

Sutton South Hello

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Hello

**A newsletter for residents, helping
each other in our community**

SPRING 2018

THERE'S LOTS COMING UP!

IN MY EASTER BONNET....

Once again we will be making Easter Bonnets, having a parade, a sing- song and something good to eat. This time we will be holding our celebrations on Wednesday 28th March between 2pm and 4pm in Christ Church Hall and members of both our Wednesday Club and Thursday Arts and Crafts will be taking part. We will have fun making the bonnets on Wednesday 14th March between 2pm and 4pm, and Thursday 15th March between 2.45 and 4.30. Why not join us?

OUR FIFTH ANNIVERSARY

It is five amazing years since we started Sutton South Hello. The time has gone so quickly that it needed Kamala, one of our members, to remind us that a celebration is due! We will mark the event on 16th of May in Christ Church Hall between 2pm and 4pm.

EXHIBITION

The centrepiece of Hello's next exhibition will be a Tree of Memories that members will make out of papier mache. Leaves on the tree will contain people's memories, in written and artistic form. But it is not just members of Hello who can take part in this exciting venture. If you would like to add a leaf to the tree with one of your special memories come along to the stall we will be holding at Christ Church's Summer Fete on June 30th.

The Exhibition will also contain wonderful work made in our Arts and Craft sessions on Thursdays, as well as pieces made on the craft table at our Wednesday Club. It will take place between Thursday 13th and 27th September at Christ Church. You will be able to buy hand made crafts and cards, enjoy tea and coffee and visit one of Sutton's lesser-known treasures, the Church itself.

VOICES

Voices of Children, happy and strong,
Laughing and cheering or singing a song,
Voices of people, merry and clear,
Each like a cymbal, pleasures the ear.
Voices are calling, make the world heed,
Listen, oh listen, the faint voices plead,
Food for the hungry, hear the weak cry,
The voice of the starving is only a sigh.

Isobel MacCallum



SUTTON SOUTH

HELLO CLUB celebrates DIWALI

Diwali is the Hindu Festival of Light celebrating new beginnings, the triumph of good over evil and light over darkness.

In our own inimitable style, we celebrated Diwali on November 1st. And it was quite an event.

There were about 80 guests including Lady Mayor Jean Crosbie, Councillor Richard Clifton and Councillor Nali Patel (Older People's Champion). Ramesh Dogra did a brilliant job of eloquently explaining to us the meaning of Diwali and the accompanying traditions.

The ladies donned their saris and hence brought the colours of the rainbow to the room. They brought plenty of spares to dress the many willing participants in gorgeous saris. A beautiful colourful procession followed. The ladies snaked around the room to the delight of the onlookers. The HELLO CLUB catwalk was in full swing.

A traditional Indian Stick Dance performed to Indian music followed.....fabulous !

Let's not forget the food. An excellent spread was produced which was very much enjoyed.

The decorated tables had indoor sparklers. A more accurate description might have been 'in-door flame throwers !!' They were magnificent. The hall had been plunged into darkness and the sparklers lit... the effect was, to say the least, **brilliant !** After all, Diwali is the festival of light, and we certainly had light, not to mention a jolly good time.

See photographs on our website.



What a swell party that was

On the 13th December Hello held their Christmas Party. About 70 people attended including the Deputy Mayor (Cllr Marlene Heron), Cllrs Trish Fivey and Richard Clifton, and PCSO Vanessa Lewis and PC Grover of the Sutton South Safer Neighbourhood Police team.



With music provided by guitarist Steve Poole, in his usual scintillating form, we all sang along to "The Twelve Days of Christmas", played 'pass the parcel', oohed and aahed at the indoor fireworks and danced in the aisles to Steve's music. Everyone had a wonderful time; and we hope to see all the members back again in 2018.

With many thanks to all the volunteers who gave up their time to help on the day; decorating the hall and tables; helping with refreshments and generally passing the time with our members and guests; and of course Steve for the music.

COME AND STROLL EVERYONE

Come and stroll everyone
On the path by the old mill
To the sound of sweet music
From over Blue Hill.

Come and stroll everyone
While the night is so clear
To the sound of folk singing
As the camp fires appear.

Come and listen everyone
To the music of the mandolin
And enjoy for a while
A tune on the old violin.

Come and put your hands
To warm by the fire glow
And join with the singers
As they sway to and fro.

Then we'll join in the dance
By the hollyoak trees
Where they step in style
With a rhythm and an ease.

Come and stroll everyone
Before the campers go to rest
And join in the spirit
Of their joyful quest.

Pauline Kavanagh

HELLO FROM OUR MEMBERS....

Words from Wednesday Club

Friendly atmosphere.

Jackie

I enjoy the word games and being with other people.

Margaret

Come for the company and a good chat.

Rosina

I enjoy the company.

Ron

Coming to the club has opened up a new life.

Kathy

Good volunteers.

Joystna

Friendly happy club with interesting people.

Kamala

Few Thoughts from Thursday .. Hello Arts & Crafts

Good company and great craft work.

Janet

Companionship and chat plus craft work.

If only we had the Hello Club for our lovely patients when I was nursing.

Joy

Alzheimer's Society Sutton

One to one support

Finding out that you, or someone you know, has dementia can be overwhelming. Our Dementia Support Workers and Dementia Adviser offer information and practical guidance to help you understand the condition, cope with day to day challenges and prepare for the future.

Peer Support Groups

Caring for someone with dementia or having a diagnosis yourself can be tough and isolating. Getting support from people who understand the challenges you face can make a massive difference. We run four peer support groups in Sutton each month:

- The Individuals for people with dementia and Young Inspirations for people with dementia who are under 70
- Daytime and Evening Carers Support Groups

Carers Information and Support Programme

Our Information programmes are for family, friends and carers of people living with dementia. The sessions are run by skilled, compassionate and experienced staff and give an overview of dementia, financial and legal matters, how to support someone with dementia and looking after yourself.

Information cafes

The information cafes run across four libraries in Sutton across the month. They are held at Sutton Central, Cheam, Circle and Wallington. People living with dementia and carers can attend the cafes together and each café has a guest speaker from a different organisation.

Contact us for more details on 02087701875 Sutton@alzheimers.org.uk

41- 45 Lind Road, Sutton, SM14PP

Seniors Wednesday morning cinema at 11am at the newly refurbished Empire Cinema

Free tea/coffee and biscuits

St Nicholas Centre Sutton SM1 1AZ

Just £3.50

Call: 0844 884 6792

Website: <http://www.empirecinemas.co.uk/>

Information and Advice

- **Sutton South Safer Neighbourhood Team (Police)**

Call 020 8721 2497

or visit: <http://content.met.police.uk/Team/Sutton/SuttonSouth>.

- **Citizens' Advice Sutton - CAS**

Call them on 020 8405 3552

Monday-Fridays 9.00am-- 5.00pm

or visit: www.suttoncabx.org.uk

- **Sutton Vision**

Call them on 020 8409 7166

www.suttonvision.org.uk

- **Age UK Sutton**

For free information and advice call 020 8770 4090

Monday-Friday 9.30--4.30pm or email:

advice@ageuksutton.org.uk

Fitness League

Every Thursday at Christ Church Hall from 1.30 -2.30pm run by Katie Pennock of the Fitness League, for the more active.

For more information contact Katie on 07801 752212

or email:

katiepennock@google-mail.com.

Some of our members have narrowly escaped being scammed

Watch out for calls from your bank or police about fraudulent use of your credit or debit card. A scammer will ask for your PIN number and may tell you to give your bankcard to a courier that they will send to your home. **Your bank would never do this.**

If a caller asks you for personal information such as your PIN number, says they will send a courier to collect your card, **ignore them and hang up immediately.**

Beware Scammers can keep your phone line open. Scammers may ask you to call an official number, such as the one on your bankcard. They can keep the phone line open so even if you hang up and dial the bank's number, **the line is still connected to the scammers.**

Don't hesitate to call the police

Our local police in Sutton South can be contacted on 020 8721 2497 or email: suttonsouth.snt@met.police.uk
The national non emergency number is: 101

Your Local Councillors

Don't forget your local councillors are here to help you.

Contact them if you run into difficulties with the council or if you have views about living in Sutton.

Richard Clifton:

richard.clifton@sutton.gov.uk

Phone: 07759 050685

Trish Fivey:

Trish.Fivey@sutton.gov.uk

Phone: 07769 671168

Tony Shields:

tonyshields@blueyonder.co.uk

Phone: 07951 056660

2nd Saturday Tea

Seniors – drop in for tea, home-made cakes, often music, or just a chat.

At the Quaker Meeting House from 2pm – 4pm on the 2nd Saturday of each month. No charge but contributions are welcome.

10 Cedar Rd, Sutton SM2 5DA.

Tel: 020 8642 5876 or 020 8642 1847

CAMEO SENIORS GROUP

Come and meet each other

Chat and make new friends every Wednesday at 10.30am at Chiltern Church, 83 Chiltern Rd Sutton SM2 5QY.

A varied programme, outings and an occasional meal together.

Contact Brian on 07906 100065 for more information.

Editorial Board: Salam Saadi, Heather Honour, Colin Iddles, Ann Morton, Caspian Horlick, Gerry Benneworth, Maggie Wood, Mandy Barrie.

