

Sutton South Hello

A newsletter for residents, helping each other in our community

'ELLO, 'ELLO, 'ELLO..... What's occurring at HELLO ?

'A lot' is the answer. So here goes:

Firstly, dates for your diaries; from Sept 13th until Sept. 27th there will be an exhibition of art and craft work' all of which is being created by the members of both the Wednesday and Thursday groups. It will be held in Christ Church; a big event for us but equally exciting for you, we hope! During this time the church will be open each afternoon and, of course, tea and coffee will be available as well as beautiful things to buy.

So, what goes on behind the scene? Well, we have been working hard on our pieces and it is looking good.

Adrienne Roberts, a very talented potter and local artist, has led several classes, the result of which is a super array of beautiful glazed pottery fish, pinch pots and tiles.



Jean, and other talented artists in our group are leading the way and many works have been produced in watercolours, acrylics and pen and ink.

And then there is 'Up, up, and away' - little hot air balloons will be flying high in Christ Church..... a colourful, quirky display to adorn the back of the church.



The centre piece will be the Tree of Memories. At this very moment the tree is being constructed. Members and visitors will be able to write their memories on a leaf that will then be hung on the tree. Personally, I cannot wait to see this and indeed to read the messages.

There will be many, many other and varied exhibits. Too many to mention.

As if that is not enough we have had several other great sessions including flower arranging, drawing and decoupage.

Our Easter Tea Party was great fun. Easter bonnets were created and then donned for the parade around the hall. A lovely sight and such good fun. We even had a sing along led by Malcolm.



One of our master planners behind all these activities is Vicky, aka 'the shed lady'. She has created an Aladdin's Cave. Whatever we need we just ask Vikki who always replies 'I think I've got that in the shed' and she usually does!

The HELLO Club is never dull. I feel quite exhausted just describing some of our activities.

Here's to another session of fun, creativity and companionship.

Sutton South
Hello

SUMMER 2018



Hello, I'm Tim Haigh, owner of Right at Home, a care agency providing care at home for many elderly people in Sutton.



If you, or someone you know, is struggling to cope at home, whether due to illness or physical frailty, Right at Home can help.

Our services range from a simple hour's companionship, to help with personal care, to 24-hour live-in care as an alternative to a care home.

You may not need care now, but that might change in future. So keep a copy of this advert safe as it offers **FOUR HOURS** of **FREE HELP** when you sign up with us.

Call us today. We are a friendly company who love to meet new people.

A handwritten signature in blue ink that reads 'Tim'.

Tel: 020 8642 4829
www.rightathomeSE.co.uk
tim.haigh@rightathomeSE.co.uk

Visit Our Website

Sutton South Hello Group has recently launched its website, which you can browse at:

www.suttonsouthhello.com

SUTTON SOUTH

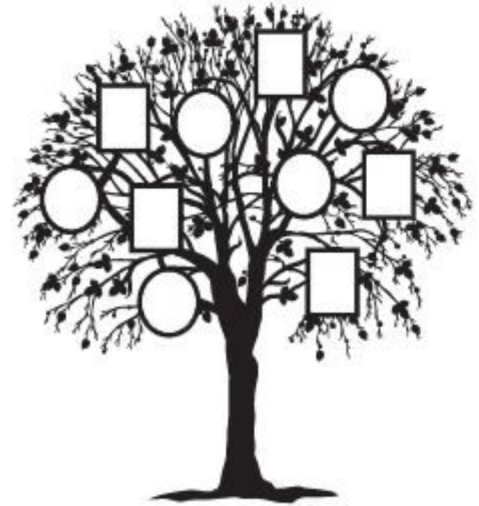
TREE OF MEMORIES

Hello's "Kitchen Studio" is making a Tree of Memories

Under the expert guidance of Pasquale d'Italia, aka Michaeangelo, a small, experimental, group of Hello's members (The Kitchen Studio) have been constructing a Tree of Memories out of chicken wire and fibre glass and a lot of finger crossing.

Members of Hello plan to make over a hundred leaves for the tree on which visitors to our exhibition in September (13th -27th September) and those attending Christ Church's Fair (June 30th) can write their memories of special people, places or events".

This is "work in progress" and we hope that the Tree can also take part in the Christmas Tree Festival at St Barnabas Church.



Christ Church Summer Fair

On the 30th June Christ Church is holding a Summer Fair between 12.30 and 4 pm.

The aim is to raise the profile of the Church and hopefully to raise some funds.

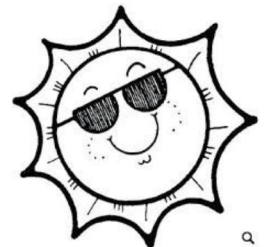
There will be cream teas, a barbecue and other refreshments, including an ice cream van.

There will also be stalls selling cakes, plants, books, goods from Tanzania, Aloe Vera products, greetings cards and many more. There will also be a Tombola.

For the children there will be a bouncy castle, face painting, glitter tattoos, crafts and side shows.

The Church will be decorated with flowers and the New London Concert Band will entertain us for two sessions during the afternoon. We are hoping for a fine day, but a marquee is being installed on the Green to keep us dry should it rain!

We do hope we have a good turnout, everyone is welcome.



Beddington Park Walk

An hour's walk around Beddington Park or Waddon Ponds every Friday morning at 10am.

Meet at St Mary's Church

Refreshments available in after walk - donations welcome.

Church Road, Wallington, SM6 7NJ

Bus 407 from Sutton or 463 from Mitcham

Contact:Melanie Nunzet, Walk Leader

Tel: 07944 833605

minnunzet@gmail.com

Events at the Beeches Baptist Free Church

- Spill the Beans Café Wed, Thurs and Fri 9.30am-2.00pm, call 020 8642 9311
- Chair-based Exercises Wed 11.00am-12.00 noon, call 020 8770 6959
- Lunch Club Wed 12.45pm -2.00pm, call 020 8642 0217
- Bereavement Support (£) Alternate Wed 4.30pm-6.15pm, call 020 8642 9311
- Coffee and Chat First Thurs of month 10.30am-12.30pm, call 020 8642 9311

Let's Have a Proper Brew

By Maddie Palmer and Anja Salta

Before we start let us introduce ourselves. We are the two star pupils of Overton Grange School (just take our word for it). So you're probably wondering why we're here. Well...at our school they were running an activity called the Duke of Edinburgh's Award, we joined as we thought it would help us in the future. Duke of Edinburgh is a course made up of four sections – physical, skill, volunteering and an expedition. We decided to go to Sutton South Hello for our volunteering as it benefits our community.

The last three months have been a real life changing experience. We have vastly added to our skill set and now we feel we are better equipped for life as a whole.

One of the main skills we have acquired is the art of tea making. When we first walked through those doors we knew nothing of this craft. Like ignorant children we attempted to brew the teas and coffees, but without success. However over the weeks of our visits we have learnt how to make the ultimate tea and we will now pass on our knowledge to you. Bear in mind that this is for at least twenty five people and so the method would change for less people.

1. Boil the kettle.
2. Once boiled put the hot water into a 'Thermal Beverage Dispenser'.
3. Place the tea bags into the amount of mugs needed.
4. Pour the water in from the 'Thermal Beverage Dispenser' into a couple of mugs, to make sure that your tea will be nice and hot.
5. Leave it to brew for 30 seconds to a minute.
6. Take the tea bag out and add milk and sugar to their preference.

PLEASE NOTE: Do not use a giant teapot as the water that comes out is not nearly hot enough and is not satisfactory.

Editor: We would be interested to hear from readers what they think is the best way to make hot cups of tea for twenty five people!

Sign up for the Right at Home Memory Walk

Do you know anyone with dementia who would enjoy a walk on Epsom Downs once a month followed by lunch in the Rubbing House pub?

The Right at Home Memory Walk is an enjoyable morning and provides invigorating and beneficial exercise for those living with dementia as well as a much-needed break for family carers.

The Walk comprises 30-minute and a 60-minute routes which cross Epsom racecourse. Walkers choose between them on the day and are supported on the way round by an experienced team of volunteers.

We meet at 10.45am on the first Thursday of every month in the Rubbing House car park. Our walkers set off at 11am, returning for lunch, which finishes at 1pm.

Forthcoming dates:

May 4th

June 14th

July 5th

August 2nd

September 6th

October 4th

Venue: The Rubbing House, 34 Langley Vale Rd, Epsom KT18 5LJ.

Please note that while the walk is free, participants should bring money for their lunch, which is ordered from the pub's menu.

For more information and to register, email

tim.haigh@rightathomeSE.co.uk or call him on 0208 642 4829.

**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

• **Carers Centre Sutton**

Benhill House First Floor

12-14 Benhill Avenue

Sutton SM1 4DA

Tel: 020 82965611

enquiries@suttoncarerscentre.org

www.suttoncarerscentre.org

9.00 am - 5.00 pm Monday, Wednesday, Thursday and Friday

9:00 am - 8:00 pm Tuesday

11:00 am - 1.00 pm Second Saturday of every month

• **Alzheimer's Society Sutton Local Service Office**

Pandora House, 41-45 Lind Rd, Sutton SM1 4PP

Tel: 020 8770 1875

Monday-Friday, 9:00 am-5 pm

sutton@alzheimers.org.uk

• **Sutton Vision**

3 Robin Hood Lane

SM1 2SW

Tel: +44 (0) 20 8409 7166

www.suttonvision.org.uk

info@suttonvision.org.uk

• **Fybromyalgia and Chronic Pain Popin Club**

www.fmcppopinclub.wordpress.com

Tel: 0844 887 2579

Email: fmcppopinclub@gmail.com

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

Call 020 8721 2497

**Sing For Joy
Community Choir
everyone welcome**

10.30am Every Thursday

Sutton Salvation Army Church
& Community Centre
Benhill Avenue, Sutton,
Surrey, SM1 4DD

Tel: 020 8642 9862

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.

**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.

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.



LOTTERY FUNDED

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