

# Sutton South Hello

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

## DRAINPIPE TREE FLOWERS AGAIN

We never dreamed that our Tree of Good Memories, made from drainpipes, chicken wire, fibre glass, plaster of paris bandages, curtain rings and lots of hot air would continue to flourish after our exhibition in September.

Before Christmas it was part of the Festival of Christmas Trees at St Barnabas Church. Festooned with handmade ceramic decorations in red and gold; hand kitted stockings and bells, and red and golden baubles, it shone out amongst the other forty six trees in the beautiful old church. We plan to take part again next year and do encourage readers to visit this heart-warming festival.

Now, preparations are underway for the tree to be used as an Easter Tree in Christ Church. Our members, under the leadership of skilled craftswoman, Maureen Charman, will be making paper flowers, decorating eggs, knitting flowers and much, much more. Talented Mengzi Yeow Teo has shown us how to make delightful origami flowers and we were amazed at what we created. Children involved in Christ Church's "Messy Church" days will also help to decorate the tree. Sounds like fun? Why not come and join us on a Thursday afternoon.

### WHEN WE MEET

**WEDNESDAY CLUB: 2pm to 4pm** for a good chat, games, dominoes, snooker or darts with tea and coffee and biscuits and good company. 50p per session

**HELLO ARTS AND CRAFTS THURSDAY: 2.45pm to 4.30pm**

Skilled artists and crafters, or beginners, all are welcome at our relaxed and friendly, "have a go" sessions.

**£1 per session with tea, coffee, biscuits.**

Both sessions take place at Christ Church Hall, Christchurch Park, Sutton SM2 5TN

**Interested?**

Contact Heather Honour Chair 07790 031764

### SPARE HALF HOUR?

#### IT'S EASY TO BE A VOLUNTEER DRIVER

Some of our members live locally, but find it hard to walk the couple of streets to get to Christ Church Hall. And buses don't come up Christchurch Park.

So we need an additional one or two drivers to pick people up and bring them to Hello. You might need to spend as little as 15 mins at the beginning and end of our sessions. You don't have to be available every week, but it does mean the world to that person who can finally get out of their home and enjoy some company and a natter over a cup of tea. Insurance is simple.

**Contact Heather for a chat on 07790 031764**

Sutton South  
Hello

**SPRING 2019**



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

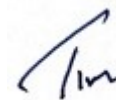


If you, or someone you know, is struggling to cope at home, whether due to illness or physical frailty, Right at Home can help.

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.



Tel: 020 8642 4829

[www.rightathomeSE.co.uk](http://www.rightathomeSE.co.uk)

[tim.haigh@rightathomeSE.co.uk](mailto: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](http://www.suttonsouthhello.com)

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## SUTTON SOUTH

### “BEST CHRISTMAS PARTY EVER!”

This was a quote by a male member of the Hello Club after the party on 12<sup>th</sup> December. The room and tables were decorated to look wonderfully festive with Christmas paper baubles and exquisite origami angels.

After members and guests had tucked into sandwiches\*, party food and cakes and imbibed mulled wine the mood was happy and we were ready for some fun. Entertainment was provided by the unstoppable Steve Poole, *who really knows how to party*. There was much singing and percussion – *a veritable cacophony of joyous sound!*



There was the usual raffle and ‘*Pass the parcel*’ which provided lots of laughter – whilst each of the 18 wrappers was ripped off, Steve sang a carol in repeat mode – over and over - the same lines for each layer!

The ‘12 days of Christmas’ paintings adorned the walls above the stage and it was now time for the members to do their bit aided and abetted by Steve’s wife Diane. This involved her breathlessly running up and down the stage pointing to the appropriate picture in turn whilst everyone sang *enthusiastically*.

No time yet for nodding off - as the dancing kicked in. Aye, aye Conga – we laughed helplessly as we snaked our way round the tables.

***A jolly good time was had by all!***

\*A special thanks to Morrisons who provided the sandwiches

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## BRINGING FUN TO CHILDREN IN ST HELIER HOSPITAL AT CHRISTMAS

At the request of local company, Subsea 7, our brilliant crafters decorated two trees and made loads of very special wall decorations to brighten up the children’s wards and clinics at St Helier Hospital.

What’s more, the proceeds of a special raffle were used to buy presents to add to the fun. Staff from Subsea 7 organised the activity and we thoroughly enjoyed ourselves in the build up to Christmas.

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## Cruse Bereavement Care .. New Service in Sutton

Cruse Bereavement Care is the leading Bereavement charity in the UK and we are pleased to announce that our new service in Sutton is open. We support adults who live in the borough of Sutton who have been bereaved. Our first volunteers are trained and supporting clients, and our second accredited training course is currently underway, meaning more volunteers will be joining us in the Spring.

We are all affected by bereavement at some time in our lives and for some of us having some help to express and process our grief is valuable and helps us to learn to live with the loss. If you would like some support from us, please find our contact details at the end of this newsletter. If you feel that you are a good listener and would like to volunteer for Cruse, please look out for our next training dates in the Autumn.

We would like to thank the local community for supporting us with fundraising and donations, without support from local people and organisations we would not be able to provide our valuable service. We have some places in the London 10k run this July, please contact us if you would like to join our team and run for Cruse.

*At the Hello Club we're all familiar with Ken Card's amazing talent for painting, but he's also documented in hardback form an illustrated series of events from his early life for the younger generation of his family. Many of his anecdotes will strike a chord with our members. This is an extract from his wartime experiences:*

## THE NIGHT MY MUM GAVE BIRTH UNDER THE TABLE

In September 1940 the war had come into our lives. Hitler had begun to implement his threat. Every night, we would wait in anticipation for the dreaded whining sound of the klaxon instructing us to take cover. My two older siblings sometimes refused to take that dreaded journey to the bottom of the garden. I reckon they thought it better to die quickly than by suffocation in an overcrowded hole. For us young ones we had no option, if we protested dad would simply carry us down to the pit of hell.

I still find it hard to believe that on occasion six or seven of us managed to squeeze into such a small space. When we did go down we stayed put until the whine of the 'all clear' alarm, sometimes all night.

We lit candles to give us a bit of comfort. I recall one especially bad night; bombs seemed to be blasting all around us every few seconds. We kids did not seem to attach much danger to it all. We by now had become acclimatised and adopted an 'it can't be me' attitude.

Sometimes there was insufficient time to get to the dugout so we would all dive under the dining room table. Mum and dad were expecting their fifth baby. Us kids had no knowledge of this, nothing was ever said or explained to us if it had anything to do with reproduction. I just thought our mum got fat. We had no idea we were soon to be the fabulous five and I would have a baby sister to bully.

On November 7<sup>th</sup> 1940 there was one of the worst nights of bombing. The dreaded siren sounded. Mum was too far in labour to make it to the shelter. I can only assume the midwife had been previously sent for. Dad took us to the dreaded pit after depositing mother under the table. Very soon after my baby sister had her first glimpse of the world around her. We were all told that the stork had managed to avoid all the German bombers to get to our house - to this day I still believe this to be true. My baby sister was oblivious to all the commotion she just wanted feeding.



### CIVIL SERVICE RETIREMENT FELLOWSHIP - SUTTON GROUP

Despite the name you don't have to have been in the Civil Service to come to our monthly meetings, where we have a Speaker, followed by tea, biscuits and chat.

The meetings are informal and friendly and are usually held on the last Monday of the month from 1.45pm – 3pm at the Friends Meeting House in Cedar Road, Sutton. The Hall is comfortable, well heated and has disabled access; we enter from the car park at the back of the building. The entrance fee is only £2 and includes the tea and biscuits.

Our next three meetings are:

25 March A talk by the Manager of the new Sainsburys store in Sutton High Street

29 April A talk about Guildford Cathedral by Mrs Mathew

20 May Barbara Stevens talks about The Trials & Tribulations of being a Public Speaker

We hope you will join us; you will be made very welcome. If you would like more details please phone Peter on 8643 5402 or Pam on 8641 2114.

### Welcome the spring in good health

As we get older, it can be harder to stay healthy during cold weather. There are simple things we can do to look after ourselves and others so we can welcome the spring in good health and happiness.

**Stay healthy:** Our immune system doesn't function as well as we age. Last year over 60% of cases of flu that needed hospital treatment were in people over 65. So it's a good idea to take extra steps to avoid a nasty illness. One of the best things you can do is get the flu jab. If you haven't already got it this year, it's not too late.

**Keep your spirits up:** It's not unusual to feel a bit blue when the weather's miserable and the evenings are darker. Try to stay connected with others, and do something you enjoy every day. Staying active can also give you a boost. Share how you're feeling - there's no shame in admitting you need a little more support.

**Age UK Sutton provides information, advice and support on all these issues and more. From where to get a free flu jab to activities in your community to a benefits check to see if you're getting the correct income, we can help. Call, email or drop-in to our office. Find our contact details on the back of this newsletter.**

## Information and Advice

### • Sutton Carers Centre

Benhill House First Floor, 12-14 Benhill Avenue,  
Sutton, SM1 4DA Tel: 020 82965611  
enquiries@suttoncarerscentre.org  
www.suttoncarerscentre.org

### • Age UK Sutton

Sutton Gate, 1 Carshalton Road, Sutton SM1 4LE  
Tel: 020 8915 2233  
www.ageuk.org.uk/sutton

### • Citizens' Advice Sutton - CAS

Advice on a wide range of topics  
Tel: 020 8405 3552 www.suttoncabx.org.uk

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

Pandora House, 41-45 Lind Rd, Sutton SM1 4PP  
Tel: 020 8770 1875  
sutton@alzheimers.org.uk

### • Sutton Vision

3 Robin Hood Lane, SM1 2SW  
Tel: +44 (0) 20 8409 7166  
www.suttonvision.org.uk Email: info@suttonvision.org.uk

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

Call 020 8721 2497

### • Cruse Bereavement Counselling

Tel: 07904 056123  
Sutton@cruse.org.uk

### Advice Link Partnership Sutton (ALPS)

Need some help but not sure where to go? Contact ALPS. We are Sutton borough's provider of free, independent and confidential information and advice. We can help with a variety of issues including housing, employment, finance, health, care and local services. Contact us on 020 8254 2616 or visit [www.suttonalps.org.uk](http://www.suttonalps.org.uk)

## KEEPING FIT

Hopefully top of  
*your must-do list*  
for 2019?

**Good news** – facilities in Sutton are among the best

**Evergreens** was set up some years ago by a feisty lady called Edna who negotiated hard to get leisure facilities for over 55s at affordable prices. Outings by coach are also organised regularly for members.

**Evergreen Annual fee: £13,  
Session fee £3 \***

\* Some popular activities may be more expensive and require pre-booking.

**Westcroft Leisure Centre,  
Carshalton**

[www.everyoneactive.com](http://www.everyoneactive.com)

Tel: 020 8669 8666

**Also at Phoenix centre -  
Roundshaw, Tel: 020 87736060**

**David Weir - St Helier,  
Tel: 020 8641 9480**

## Oasis Coffee Shop

Oasis offers a welcoming atmosphere to enjoy a coffee, cake or light lunch.

Come and chat to our friendly staff and volunteers.

Normally open 10.00 -14.00  
Mon-Fri. Trinity Church, St Nicholas Way, opposite Sutton Library.

## Your Local Councillors

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

### Richard Clifton:

[richard.clifton@sutton.gov.uk](mailto:richard.clifton@sutton.gov.uk)  
Tel: 07759 050685

### Tony Shields:

[tonyshields@blueyonder.co.uk](mailto:tonyshields@blueyonder.co.uk)  
Tel: 07951 056660

### Trish Fivey:

[Trish.Fivey@sutton.gov.uk](mailto:Trish.Fivey@sutton.gov.uk)  
Tel: 07769 671168

## 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 2<sup>nd</sup> 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.

A varied programme, outings and an occasional meal together.

## 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@googlemail.com](mailto:katiepennock@googlemail.com)



Sutton



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**Editorial Board:** Salam Saadi, Heather Honour, Colin Iddles, Ann Morton, Gerry Benneworth, Maggie Wood, Anne Lamb.

