



No 7  
February 2021

# Lockdown Times

## *Hello Everyone*

We would normally start January wishing each other a *Happy New Year* but you don't need reminding here we are in 2021, still staying at home and keeping safe. The impressive vaccination program is rolling out fast, so a glimmer of hope on the horizon...

I think most of us have suffered low moods at times in the pandemic, longing to meet up with friends and family so in this edition we're going to whisk you away to Honeywood to enter the magical world of fairies. Many members worked hard to produce the exhibits but not many managed to visit before Lockdown so hope you enjoy our version together with all the other articles. Don't forget to check out the back page where you'll find some tips to help lift your spirits. Grateful thanks to all the contributors.

**Anne**

([anne.lamb2@btinternet.com](mailto:anne.lamb2@btinternet.com))



## **WHEN WILL WE MEET AGAIN?**

We seem to have been in Lockdown forever and many people have asked me when we can meet up again. The Sutton South Hello Board met recently to discuss this very question and here is the answer:

The full club will reopen when Government guidance says that people can meet other people outside their households in community facilities indoors. Unfortunately we can't see this happening before Easter. But we always keep our fingers crossed!

For those who joined us in Christ Church for a support group on Wednesday or Thursday afternoons for up to 13 people, we will be contacting you soon to see if you have had your first vaccination and three weeks have passed. You will then have some immunity against Covid. Once we have sufficient helpers we will re-open the support groups, but we will still need to wear masks, keep a social distance and wash hands frequently.

Keep well!  
**Heather**

## WHAT DOODLE ART CAN DO FOR YOU

Are you feeling bored, fed up, tired of being Home Alone? Doodle art might help you pass a few colourful hours and lift your spirits. Adrienne Roberts, a local artist and friend of Hello has prepared a project for our arts and crafts group. Here is a simplified version to show you how to make a doodle picture.

You can use any sort of plain paper, and any paint or coloured pencils. Don't let lack of materials put you off, let Heather know on 07790 031764 and she will try to get some to you, paints, brushes or paper.

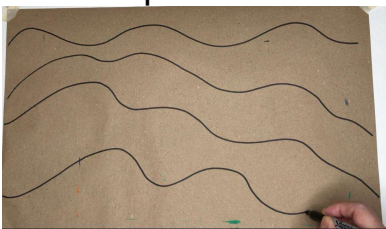
### STEP 1

Get your materials together on the table: a piece of paper; a pencil or fine tipped pen; some paints, a palette (a saucer or plate will do) and some water.



### STEP 2

Pick up your pen and make some bold shapes.



### STEP 3

Colour them in. Be bold! Go for bright colours! Let the paint dry.



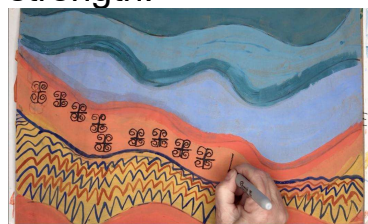
### STEP 4

Start adding some simple designs. Repeat the design with different colours if you want to.



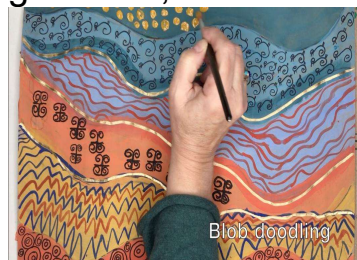
### STEP 5

Draw in some symbols. Adrienne showed us the lovely Adinkra symbols from Ghana. You could use these to put a message in your painting. In the image below Adrienne has used the symbol for strength.



### STEP 6

Make a bold statement. Add some gold dots, or another special colour.



## STEP 7

The final stage. Make sure you take a photo and let Anne have it for the next edition of Lockdown Times.



Family



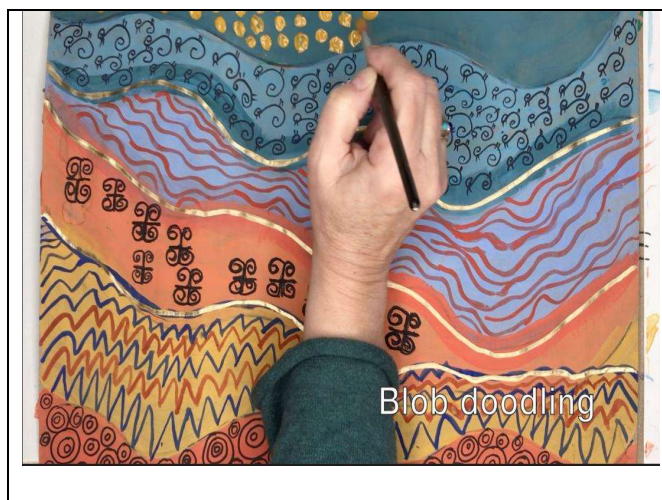
Greatness



Beauty



Unity



## MORRISONS DOORSTEP DELIVERY SERVICE

*Supermarket Shopping by phone*

Well done Morrisons for realising that many older people are not computer 'savvy' so they have introduced a telephone service with next day delivery. It was free but they now suggest a voluntary contribution of £1.50.

**Tel: 0345 611 6111 ext 5.**

I intend to continue using this service when things return to normal for my heavy shopping but I prefer to choose my meat and fresh vegetables myself.



Things do sometimes go wrong. Marie ordered a small turkey crown at Christmas and was amazed when a turkey for 12-14 people was delivered. Good job her granddaughter was staying but how they struggled to lift it into the oven!

In Morrisons favour they didn't charge her for it.

**Vicky Mosley**

### **A Good Read** **The Thursday Murder Club** By Richard Osman

Four friends meet weekly in the jigsaw room of a retirement village to discuss unsolved crimes.

I saved the book for Christmas Day as I realized I would be on my own.

I laughed out loud throughout the festive period and Osman laughed all the way to the bank by selling the film rights to Stephen Spielberg. **Vicky**



## Honeywood House Museum: Carshalton

### A winter's night in January

**I**t's cold and dark; and Honeywood House, by the side of Carshalton Ponds, has had temporarily to close its doors. Yet, any passer-by can spot from within the glimmer of lights and warm glow of a roaring fire. And peals of laughter. But how so - the Museum has been closed for several weeks? Come closer, peer in to the drawing room, and here's what you'll see!



Titania and Oberon, Queen and King of the Fairies, are hosting a woodland party. Gosh: so many Fairies, wings sparkling, all dressed in their finery. Elves leap about and Puck is being his mischievous self. Titania sings Hickory Dickory Dock as white mice run up the clock. Wise Old Owl, meanwhile, sits in the corner just wishing everyone would calm down. Doesn't look likely tonight!



As the night wears on, Puck strikes up on his flute, Elves pull Fairies from the mantelpiece to the middle of the floor and dancing begins. Even the butterflies wake up to flutter around. The squirrels and rabbits, however, take no part: they're hungry, grumpy and only here for the feast. Finally, as midnight strikes, Wise Old Owl announces: "Ladies and gentlemen... the banquet is served". And, behold: a table fit for fairy royalty, heavily laden with the finest of all cuisine.



But oh, my goodness, everyone - even the Fairies now push and jostle forwards until, at Oberon's command, everyone calms down to tuck in. Titania looks approvingly at Oberon thinking: "that's my man". Finally, all are fed and happy but, my...what a messy bunch! Crumbs and spilt drinks everywhere. Even the Fairies look dishevelled; some have managed to stain their beautiful dresses. Wise Old Owl thinks: "Hmm...told you so". The squirrels and rabbits nod in agreement. Oberon orders the main offenders to carry out a thorough clean up, spurring Puck and the elves into action. Titania uses her magical housewifely skills to remove all the stains from the fairy dresses. Wise Old Owl surveys the room and declares that A Good Job has been done by all. As dawn breaks, Oberon orders everyone back to their positions.

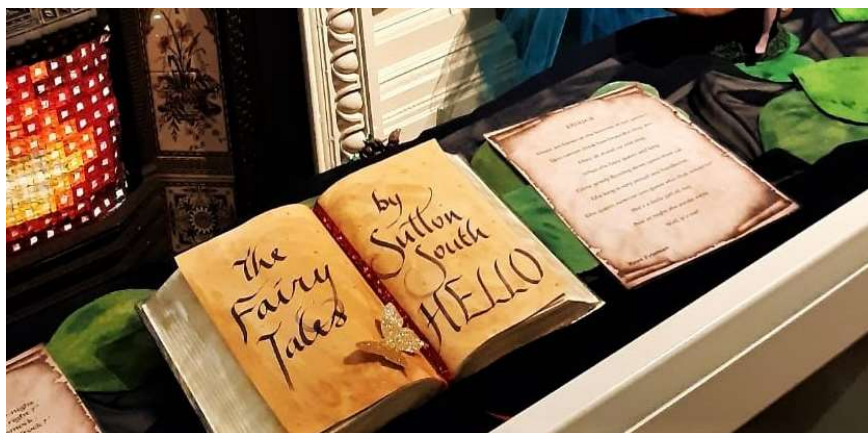
After all, says the King, this is an Art Installation! Visitors will be flocking back to see us as soon as the Museum can reopen. But until then... let there be more mischief and mayhem every night.



The fairy-themed installation was produced by members of Sutton South HELLO who take this opportunity to thank Honeywood for once again inviting us in to the Museum. We much enjoyed producing the exhibits which required collective ingenuity, time and artistic ability... all the while generating huge amounts of fun and laughter. We hope, dear reader, you will consider visiting when the Museum reopens.

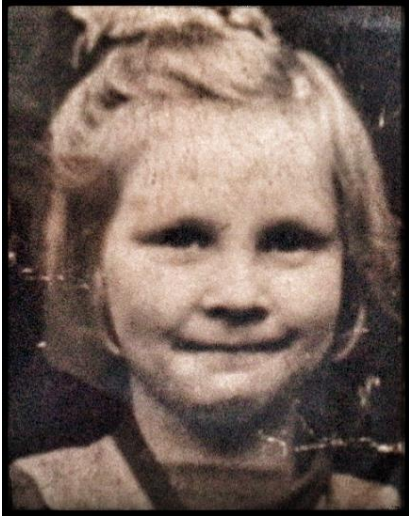
<https://friendsofhoneywood.co.uk/index.html>

Illustrations: from a selection by Ken Card



## DOREEN'S STORY

As told to Anne Lamb



Doreen Allidridge aged 8

There must have been many of our contemporaries who were born before and during the war who knew what it was like to be really hungry. My Hello members search led me to interview Doreen from the Thursday group who had a fascinating story to tell. She was born in 1935 in Wimbledon, the eldest of 7 children who arrived at regular intervals. Her father was totally unreliable and mostly absent from family life. Doreen used to spend a lot of time with her Nan in her early days but then came the war...

In 1940 the school she attended in Wimbledon organised an evacuation of children. So at the tender age of 5, Doreen was given a name badge and put on a train with other classmates on an adventure to Ilfracombe where she spent the next year or so. Doreen had good memories of her stay with a nice family and a daughter Jean of similar age. A year later Doreen's mother arrived with her next 2 siblings. Her father found

a room for them to stay together. One day her mother went to the shops leaving Doreen in charge of Mary aged 15 months in her pram and Ivy aged 3.

Doreen had often watched her father roll cigarettes so alone she mischievously got some paper, rolled it up and lit it with a match. Disaster nearly struck as the pram cover caught alight followed by the bedcover that Ivy was sitting on. Fortunately young Doreen responded quickly - rescued the baby Mary from the pram and Ivy from the bedcover.

As Doreen's mother returned from the shops she was shocked to see a fire engine and police car outside but relieved that all her children were unhurt. However she decided they should return home.

Home for the next 18 months was Maidstone and then with bombing getting worse Doreen, Ivy and Mary were evacuated together this time to Yorkshire. Doreen went to school but her memories of this new home were not good - there were whackings from the mum probably overwhelmed by so many charges and cruel taunts from the evil 15 yr old son. However being in the country there was no shortage of fresh food!

They all returned to Haydons Rd Wimbledon at the end of the war where they were greeted by 2 more young siblings. Mum had a job working for Sunlight Laundry to help



pay the bills - always rent first so they had a roof over their heads but not always food on the table. Doreen had the task of getting the younger ones to school or nursery and collect them in the afternoon. Together with her next 2 siblings they were expected to clean and tidy the home. A greengrocers nearby let them have odd veg and squashy tomatoes cheaply so dinner was frequently tomato soup! Her mum also grew some veg but they sure knew what it was to go hungry!

Doreen being the eldest also had a new coat from Marks & Spencer every year which was then passed down to the next one etc. At Christmas she received sewing kits from her aunt fuelling her love for embroidery, knitting, crochet and other crafts - at Hello we have seen some fine examples of her work.

Life could not have been easy for her mum - her father making brief reappearances in their lives leaving his hapless wife to cope with 2 more pregnancies whilst he returned to his other family. Doreen at 15 recalls being summoned by her mother at 3am when she went into labour - she went off on her wobbly bicycle through the back streets of Wimbledon to 'call the midwife'.

She was given a tin with sanitary towels inside to take back home and place in the oven to sterilise. Oddly she had never seen or heard of sanitary towels before - a luxury they couldn't afford - instead her mother had torn up rags for her daughters. Doreen assisted the midwife at the

birth with her younger sisters watching on - the sixth baby was the only son followed 2 years later by another daughter at which point they all ganged up to deny access to the unreliable father.

All this was before the days of Family allowance and Marcus Rashford and little charitable assistance. I can see it's not easy for people to relive these experiences so we are extremely grateful to Doreen for bravely opening a window into her traumatic childhood to share with us at Hello.



Doreen centre back with her mother and below her next four younger sisters



## **SAD NEWS ABOUT JOY REED**

Sadly Joy passed away last week at St George's Hospital where she was admitted after a fall.

Joy was a lovely person and a regular attendee of the Thursday Hello group. She was rightly proud of her nursing career and loved to recount funny stories.

Her religion was also important to her and the hospital chaplain was able to spend time with her.

**Food for a Healthy Mind  
and Body (Part One)**



Enter Lockdown Here...



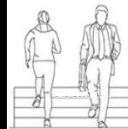
Play  
Music



Dance



& Sing



Walk Up &  
Down Stairs  
if you have them)  
Breathing Deeply

Keep an Eye on  
your Retina  
Health

It is OK to  
Feel however  
you Feel

Go for a  
Walk  
if you are able

Smile and say  
"Hello"  
to a passer by

Take Time to  
Sit & Watch  
the Birds out of  
your Window

Motivation is  
what gets you  
Started - Habit  
is what keeps  
you going

I Exercise in the  
Morning before  
my body finds out  
what I am up to

Don't say  
"I can't" - say  
"I presently  
Struggle With"

Overnight Oats  
The Night before  
Mix Porridge Oats  
with Yoghurt &  
Fresh or Frozen  
Fruit

Classic Smoothie  
Mix a Liquid:  
Milk or Juice  
with Vegetables  
&/or Fruit and  
Liquidise

Breakfast Quiche  
Pre-heat Oven  
Mix Vegetables &  
Cheese with eggs  
& cook at 190/170/5  
for 15-20 Minutes

Berry French Toast  
Dip 2 Slices of Bread  
in beaten egg  
Fry until golden &  
top with Fresh Berries  
& Fromage Frais

Plan  
of Action

You're on  
your way!

Set Up or  
Keep to your  
Usual Routine

Take  
Time for  
Breakfast

Even the longest journey starts with but a Single Step