

# Sutton South Hello

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

*So, why not come along and make friends with your  
neighbours and play an active part in your local  
community.*

## Why it's worth taking that first step?

I moved to Sutton from Scotland a year after my husband died. When he was first diagnosed we decided to move south and because of his illness decided that Sutton would be good because of its proximity to the Royal Marsden and to our son and his family who live in Croydon. That wasn't to be however, his illness being very aggressive.

I visited Sutton in the year following his death and liked it. so moved here at the beginning of 2013. Apart from the family in Croydon, I knew absolutely no-one here. The first few months were very difficult for me; days would go by without me speaking to anyone and I began to regret the move. However in November 2013 I heard about the Sutton South Hello Project and the Wednesday group and decided to drop in to see whether I could help out. I was naturally nervous about taking this step but when I eventually plucked up the courage to go, was welcomed with great warmth. I started going on a weekly basis, very soon getting to know everyone and finding that my help was welcomed.

Now a year later I have made lots of new friends; regularly visit with them and am on the committee for the group, and the Board of Trustees for the project itself. The project has gone from strength to strength. The Wednesday group is gaining new members; Thursday afternoon art and craft sessions have started, with local people offering their skills to others in the community.

Although taking that first step was hard, for me it has been so worthwhile. I'm glad that I can help, but in fact it has been a two way process. I have gained friendships and a place within the community. Just being able to go somewhere, to have a chat and a cup of tea lessens the loneliness. So to anyone who perhaps doubts the benefits of a group such as Hello, please take that first step.

**Fran Wilson**

Sutton South  
Hello

**SPRING 2015**

## Wednesday Hello Club

Come and chat over a cup of tea, play a variety of board and card games, occasional speakers, exercise and sing songs, and all for 25p.

**Every Wednesday 2pm  
to 4pm** at Christ Church  
Community Hall,  
Christchurch Park SM2 5TN.  
Contact Heather on  
07790 031764  
or email:  
heather.honour@sky.com

[www.scola.ac.uk](http://www.scola.ac.uk)

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**PRINTMAKING**

## Arts & Craft Courses

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sutton college

## SUTTON SOUTH

### It went with a “sparkle”

Sutton South Hello held its Christmas party on December 17<sup>th</sup>. A rough head count put the numbers who attended at around 90! The hall looked very festive and the table decorations made by the ladies of the Thursday Art and Crafts were amazing. We had a quiz and a ‘pass the parcel’ game, along with a raffle – so many donations of prizes! We even had indoor sparklers.



The hall resounded with laughter and chatter. Members and guests brought donations of cakes and savouries, and together with the party food purchased, no-one went away hungry. Thank you to all our members, guests and helpers for making the afternoon such a memorable event.

### POLICE PANEL OPEN AGAIN TO THE PUBLIC

Once again you, the public, are invited to the Sutton South Ward Panel where our local police team meets community representatives to discuss priorities for our area.

The meeting will take place on Tuesday 28 April 2015 at 7.30pm at Christ Church, Community Hall, Christchurch Park SM2 5TN.

### Where to go for advice

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

Call 020 8721 2497 or visit: <http://content.met.police.uk/Team/Sutton/SuttonSouth>.

- **Sutton Centre for Independent Living and Learning (SCILL )**

SCILL Information and Advice, 3 Robin Hood Lane, Sutton SM1 2SW

Call 020 8770 4065 or email: [information@scill.org.uk](mailto:information@scill.org.uk) [www.scill.org.uk](http://www.scill.org.uk)

- **Sutton Citizens Advice Bureaux**

Call them on 0208 405 3552 Monday-Fridays 10.00--12.00am and 1.00--3.00pm or visit [www.suttoncabx.org.uk](http://www.suttoncabx.org.uk)

- **Age UK Sutton**

Call 0208 770 4090 or email [advice@ageuksutton.org.uk](mailto:advice@ageuksutton.org.uk).

Free IT lessons, call 0208 770 4089.

Support for carers of people with dementia call 0208 770 4091.

## Will You Walk into my Parlour?

We did not expect that creating a mural of Sutton's famous landmarks would take us into the Mayor's Parlour!

So that we could represent Sutton's Coat of Arms accurately, we made enquiries about its background to the Mayor and Nick Prior, his Mace Bearer. They decided that the best way to give us the full picture was to invite us in for a talk, and show us some of the memorabilia in the Mayor's Parlour.

We were fascinated to learn that the component parts of our Coat of Arms come from the time when the London borough was formed in 1965 by the merger of the Municipal Borough of Sutton and Cheam with the Municipal Borough of Beddington and Wallington and Carshalton Urban District.



You can see the Coat of Arms on our mural of Sutton's Landmarks at an exhibition of the work of Hello Arts and Crafts at Honeywood Museum from 27th March for a month.

Opening Times: Wednesday - Friday 11am - 5pm, Saturday, Sunday and Bank Holiday Mondays - 10am - 5pm.

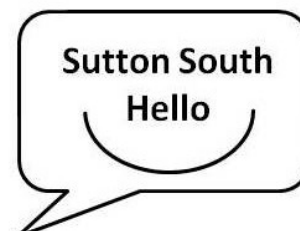
### Sutton South Hello nominated for the Community Spirit Award and is a finalist!

The Sutton South Hello has been nominated for a Sutton's Community Spirit Award 2014 and is a finalist!

Every year these awards recognise the unsung heroes who make Sutton a special place to live and work. This year, a large number of nominations were received – all of exceptionally high calibre.

Finalists have been invited to attend the awards ceremony on Tuesday 24 February 2015 where the winners from each category will be announced.

**It is a fantastic achievement. Warm congratulations to all the members of Sutton South Hello.**



### Keeping Active

After receiving a grant from Proactive Sutton\*, the Wednesday Hello Club will continue to offer afternoon chair based exercises on a weekly basis.

Contact Heather for more details on 07790 031764 or email [heather.honour@sky.com](mailto:heather.honour@sky.com)

*\* London Borough of Sutton Pro Active Sutton Physical Activity and Sports Development Community Fund administered by Sutton Centre for the Voluntary Sector.*



## WHAT'S ON LOCALLY

### What's on at the weekend

#### Ruskin Community Cinema

Meets monthly on a Saturday at Carshalton Methodist Church, Ruskin Road.

It shows movie classics, comedies and musicals.

No admission charge, but donations are invited to cover their costs.

For further details email: [ruskincinema@hotmail.com](mailto:ruskincinema@hotmail.com), or phone 020 86693676 from 9.00am - 12.30pm, Monday to Friday.

#### Contact the Elderly

This charity organises monthly Sunday afternoon tea parties in Sutton for people who live alone, aged 75 and over.

To join the group contact them on their helpline 0800 716543.

#### 2nd Saturday Tea

For over 60's. Drop in for tea, coffee and home-made cake, games or just a chat.

At the Friend's Meeting House from 2pm - 4pm on the second Saturday of every month.

10 Cedar Road Sutton SM2 5DA, Tel: 020 8642 5876.

### Seniors Wednesday morning cinema at 11am at the Empire Cinema

Free tea/coffee and biscuits

St Nicholas Centre Sutton SM1 1AZ

Just £3

Call: 0844 884 6792

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

### 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:

[rfclifton@btinternet.com](mailto:rfclifton@btinternet.com)

Phone: 07759 050685

#### Trish Fivey:

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

Phone: 07769 671168

#### Tony Shields:

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

Phone: 07951 056660

### Its an Uphill Buggy

Find walking up and down the High Street a struggle?

Successful Sutton still runs its Courtesy Shuttle service to carry shoppers from one end of the High Street to the other.

The buggy runs six days a week, Monday to Saturday from 9am to 5.30 pm. It runs every 10-15 minutes and will go up to Grove Rd and down to the Grapes. What a relief!

### 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, Frances Wilson