

Sutton South Hello

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Hello

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

SUMMER 2015

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

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

“ Oh Yes, I Remember It Well”

That's what I did in the war; “how I came to live in Sutton;”
“those were the best days of my life”.

We all have memories that are precious to us. But some
of those memories deserve to be recorded so that we do
not forget what it was like to live before the age of the
internet, before the microwave oven was invented and
when sweets were rationed.

On the first Wednesday of every month we will have a
reminiscence table at the Wednesday Hello Club so that
we can record people's stories. We plan to print the
stories and use old photos and illustrations to bring them
alive.

Healthy Body, Healthy Mind Whatever Your Level of Fitness

The right type of exercise is important so we can
stay active for as long as possible.

And you can have fun whilst staying fit.

With the help of Sutton Proactive we have engaged
Claire Stone, a very experienced fitness instructor,
to run a chair based exercise class for 45 minutes
each Wednesday, from 1.30pm to 2.15pm at
Christ Church Hall. For just £1 you can swing your
legs to Tamla Motown, shake your arms to Abba, or even wriggle your seat to a golden
oldie.

Call Claire on 07949 138043 if you want more information, or just turn up.

If you are more active, then Katie Penneck from the Fitness League, runs a wonderful
class designed to improve posture and well-being through central control (core stability)
and rhythmic exercise to music, releasing the body's potential for good health. The
class is **on Thursdays at Christ Church from 1.30pm to 2.30pm.**

Call Katie on 07801 752212 e-mail katiebpennock@googlemail.com



SUTTON SOUTH

EXHIBITION SUCCESS



People flocked to Honeywood for the launch of our Hello Arts and Crafts Exhibition on 26th March.

A mural 8ft by 4 ft of landmarks in the London Borough of Sutton was at the centre of the exhibition. This collaborative effort by five members of the group contained paper sculpture made from wall paper, architectural drawing, Sutton's coats of arms and the London Skyline seen from Oaks Park, as well as vibrant red poppies round the Carshalton War memorial.

Other exhibits included decorated eggs; complex crochet doilies, wreathes made from ribbons, knitted animals and lots more. There was a raffle for an exquisite hand knitted heirloom christening robe and shawl with the proceeds going to research into dementia.

Friends and families listened to the Mayor of Sutton, Councillor Arthur Hookway, open the exhibition. Both our MPs, Paul Burstow and Tom Brake came to join in the fun and Care Services Minister, Norman Lamb MP was a surprise guest. He recalled launching Sutton South Hello, of which Hello Arts and Crafts is a part, two years previously and congratulated us on the strength of support for our community project. If you are interested in taking part in our community arts and crafts project just come along on a Thursday afternoon. No experience is necessary.

Some of the exhibits and new material by the group will be on display at Christ Church on July 11th.



Award Night!

On 24th March members of Sutton South Hello attended the Awards ceremony at the Civic Centre. We were delighted and proud to be awarded runner-up in the Community Spirit category and the framed award certificate is now displayed in Christ Church community hall where we hold our sessions.

It is very gratifying to be recognised for the work that we do but even more that those who attend our Wednesday Hello Group sessions gain so much enjoyment from it.

Pensions

Are you aged 55 or over and confused about the recent personal pension changes? If you would like free impartial guidance contact the Government's Pension Wise service. They will provide guidance, either over the phone or, if you prefer, a face to face appointment at a branch of Citizens Advice. Their number is 0300 330 1001 The important thing is don't get caught by any of the pensions SCAMS out there. If it seems "Too good to be true" it probably is!

Rematch



We were happy to welcome back our Safer Sutton Neighbourhood Police Team to a darts match on 25th March.

The match was enthralling and very closely fought. After 6 games, the score was 3-3 and a playoff game finally brought a winner – the members and guests of the Hello Group!

Lisa Hunt, Community Life Champion from Asda in Wallington also came along and we were delighted that Asda very kindly provided the refreshments for the event. A big thank you to them from the committee and members of the Hello Group.

10 tips for staying cool

- Don't spend long periods sitting or working outside during the hottest time of the day: late morning to mid-afternoon
- If you're travelling by car or public transport always take a bottle of water
- Avoid strenuous activity, and limit activities like housework and gardening to the early morning or evening when it's cooler
- When inside, try to stay in the coolest parts of your home. Keep curtains and blinds closed in rooms that catch the sun
- Keep windows shut while it's cooler inside than out and open them when it gets hotter inside. If it's safe, you could leave a window open at night when it's cooler
- Wear loose, lightweight, light-coloured, cotton clothing.
- Take cool baths or showers
- Splash your face with cool (not very cold) water, or place a damp cloth on the back of your neck to help you cool off
- Drink lots of fluid – even if you aren't thirsty
- Eat normally – even if you aren't hungry, you need a normal diet to replace salt losses from sweating. In addition, try to have more cold foods, particularly salads and fruit.

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 www.scill.org.uk

• Sutton Citizens Advice Bureaux

Call them on 0208 405 3552 Monday-Fridays 10.00--12.00am and 1.00--3.00m or visit www.suttoncabx.org.uk

• Age UK Sutton

For free information and advice call 0208 770 4090 Monday-Friday 10.00--2.00pm or email: advice@ageuksutton.org.uk

For IT lessons call Visma 0208 770 6960

For help and support in the home call 0208 770 4089

WHAT'S ON LOCALLY



MUSIC for a SUMMER'S AFTERNOON

**Saturday 11th July
at CHRIST CHURCH**

Christchurch Park, Sutton SM2 5TN

Church and Garden 2.00-5.00pm

2.30-3.30 A Concert with the

New London Concert Band

Free Cream Teas 3.30-4.30 in the Community Hall

All Welcome—No Charge

The Sutton South Hello Arts and Crafts exhibition, at Honeywood Museum in Carshalton, proved to be so popular that the exhibition period was extended. On Saturday 11th July part of the exhibition, plus many new items, will be on display at Christ Church from 11am. During the afternoon there will also be a sale of craft items made by members of the group.

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

Phone: 07759 050685

Trish Fivey:

Trish.Fivey@sutton.gov.uk

Phone: 07769 671168

Tony Shields:

tonyshields@blueyonder.co.uk

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.

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