

# 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.*

## COME AND JOIN IN

There is a lot happening between now and Christmas so why not become a member and join in the fun. It is only 50p a week per session and we meet at Christ Church Hall, Christchurch Park, Sutton SM2 5TN

### WEDNESDAY CLUB

**afternoon 2pm – 4pm**

- A trip down Memory Lane with our lively reminiscence sessions on 4<sup>th</sup> November, 2<sup>nd</sup> December;
- Beetle Drives on 21st October and 25th November;
- Celebrate Diwali with our Asian members on November 11<sup>th</sup>;
- Card making on 18<sup>th</sup> November;
- Christmas Sing Song with Steve Poole, Guitarist and Singer 9<sup>th</sup> December;
- Christmas Party December 16<sup>th</sup>.
- Open for business as usual December 23<sup>rd</sup> and 30<sup>th</sup>.

### THURSDAY ARTS AND CRAFTS

**afternoon 2.30pm – 4.30pm**

- Three-dimensional picture in a frame;
- Various ways of making Christmas cards 5<sup>th</sup> November;
- Christmas Table Decorations 12<sup>th</sup> November;
- Ribbon Wreathes 19<sup>th</sup> November;

We will also be preparing for our 2016 project in the porch at Christ Church. This involves a large patchwork /applique covering for the porch door. The theme will be the Four Seasons. We will also be making four panels to go in each of the corners of the porch, in mixed media e.g. painting, paper sculpture, collage. Each panel will represent one of the four seasons. If you would like to take part or learn one of the skills involved, just come along.

**Enquiries to Fran on 07835 715318**

Sutton South  
Hello

**WINTER 2015**



### Snug as a Bug in a Rug?

Do you find your home is cold? Are you worried about the cost of heating? Are you feeling anything but snug as a bug in a rug?

**The colder your home, the higher the risk to your health.** Low temperatures increase the risk of flu, respiratory problems, heart attacks and strokes in older people.

Age UK Sutton are running free home energy checks for residents aged 65+. A trained team member will visit you at home and can install energy efficient measures like new light bulbs, cold weather alarms, draught excluders.

We will also check if you're entitled to further help, such as the Warm Home Discount and support to get better deals on your energy bill and help to switch providers.

**Call us today to have a chat!**

Tel: 020 8770 4090

Email:

[advice@ageuksutton.org.uk](mailto:advice@ageuksutton.org.uk)

Visit us: Unit 1 / 2 Lower Square, St. Nicholas Way, Sutton SM1 1EA

### 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

### First Annual General Meeting

Sutton South Hello's first Annual General Meeting took place on Wednesday 16<sup>th</sup> September. After the formal part of the meeting the discussion was opened up to the floor.

Among the suggestions made by members was the need for Christmas cards to be made by the Thursday Arts & Crafts to carry the group's logo.

It was proposed that during November Christmas decorations would be made and cards during December. Another member proposed that the subscription for the Wednesday group should be raised from 25p to 50p per week. This was carried unanimously and will start from Wednesday 30<sup>th</sup> September.

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### The weather was kind to us ...



On Wednesday August 12<sup>th</sup> we had our first garden party. We were fortunate that the 12<sup>th</sup> was clear and sunny. Members enjoyed a cream tea. Music was provided by guitarist Steve Poole which members sang along to.

The afternoon culminated in an impromptu conga through the tables. With many thanks to our many helpers, members and friends, and Steve. Special thanks to Nancy for allowing us to use her garden which provided a perfect setting for a wonderful event.

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### Award Winning Artist Visits HELLO

International award winning artist and disability champion, Rachel Gadsden, gave a master class to Hello Arts and Crafts on July 16<sup>th</sup>. To a packed hall Rachel explained how she overcomes her life threatening lung condition and failing eyesight to succeed as an artist. Her vision increasingly comes from within herself and she considers this gives her greater artistic freedom.

Rachel invited members of Hello to take part in her latest project, "Global Unbound". Members drew self-portraits with short descriptions of themselves and these have been placed on a website for the project whose aim is to bring together people from around the world, and in particular from the Middle East.



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### Creepy Crawlies!

September 23<sup>rd</sup> saw the first Beetle Drive to be held at the Wednesday Hello group. Everyone was able to participate and thoroughly enjoyed the afternoon.

Thanks to Peter and Ron who supervised the session and who agreed to come back to do another one next month.

## MEN ALLOWED!

Are men shy? Do they prefer to stay at home and watch the box?

Why is it that more women than men tend to come along to the various activities on offer in Sutton? And anywhere else, for that matter.

Men tell us that they can be overwhelmed when they are in the minority. There is safety in numbers!

We are glad that we have some remarkable men who come along to Hello. Pasquale and Ken play a central role in our Arts and Craft sessions on a Thursday afternoon. They were the ones who turned a blank piece of hardboard into a vivid mural of landmarks in Sutton with paper sculpture and with acrylic painting.



On Wednesday Ramesh plays a mean game of dominoes and Gerry, a volunteer from AgeUK Sutton, gives advice in an informal setting.

And then there is the editor of this Quarterly Newsletter, Salam, who is also a formidable dominoes player.

Peter and Ron ran our first Beetle Drive for us, and they have promised to put them on again for us.

But the men in our group want to do more. They want to have a “Chap’s Corner” where men can play darts, miniature snooker and anything else that takes their fancy. So, if you are bored at home watching the box, why not come along on a Wednesday afternoon between 2pm and 4pm and tell us how we can make our Chap’s Corner a success. Our club meets at Christ Church Hall, Christchurch Park, Sutton SM2 5TN.

## Winter Wrapped Up

As we get older, our bodies respond differently and this can leave us more vulnerable in cold weather. Here are some things you can do to stay safe and ward off the winter chills:

- Follow up your GP’s invitation to have a flu jab; recent research found that the flu jab kept more older people out of hospital and saved lives.
- Make sure you claim all the financial support you can to help with heating bills.
- Keep basic food items in the cupboard or freezer in case it’s too cold to go shopping.
- Order repeat prescriptions in plenty of time and ask your local pharmacy if they offer a prescription pick-up and delivery service.

Call AgeUK Sutton on 020 8770 4089 to ask for your free “Winter Wrapped Up” guide which has loads more tips and information on staying warm and well this winter!

### Chair-based Exercises

Every Wednesday from 1.30 - 2.15pm held at Christ Church Community Hall.

Cost £1 per session. Run by Clare Stone, an experienced fitness instructor.



### Fitness League

Every Thursday at Christ Church Hall from 1.30-2.30pm run by Katie Penneck of the Fitness League, for the more active.

For more information contact Katie on 07801 752212 or email: [katiepenneck@googlemail.com](mailto:katiepenneck@googlemail.com).

## 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/>

## 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--3.00m or visit [www.suttoncabx.org.uk](http://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](mailto:advice@ageuksutton.org.uk)



Each Kamsons Pharmacy provides a free of charge prescription delivery service within its locality. A range of professional services is also offered as well as the dispensing of NHS and private prescriptions. Every Kamsons pharmacist is qualified to advise you on both your over-the-counter and prescription medicines.

**Flu vaccinations are now available in all pharmacies.**

### Sutton

58 Grove Road

Sutton Surrey

SM1 1BT

Tel: **0208 642 4919**

Monday - Friday

9am- 7pm

Saturday 9am- 2pm

### Carshalton

Wrythe Lane,

Carshalton

SM5 2RE

Tel: **0208 647 0006**

Monday - Friday

8:30am- 6:30pm

Saturday 9am- 1pm

### Wallington

Jubilee Health Centre

Shotfield, Wallington

SM6 0HY

Tel: **0203 603 2603**

Monday - Friday

8:30am- 7pm

Saturday 9am- 1pm

## 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

## 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, Gerry Benneworth, Liz Hamilton.