

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.*

Did you know?

That there is a late Georgian Grade 2* listed Mansion in Nonsuch Park?

The ground floor of the Mansion House is used by a catering company for receptions, weddings, parties and other events. The same company operates the cafe in the former Servants Hall, called The Pantry.



The Service Wing has been renovated by the Friends Of Nonsuch and is now a Museum, showing how it would have been in the mid 19th Century. This has a dairy, sculleries, kitchen, larders and laundries, together with an exhibition room in the Loose Box and a shop in the Stables. There is also the Nonsuch Palace Gallery, which has a model of Henry VIII's Nonsuch Palace – built between 1538 and 1547 and demolished in 1682 – and tells the story of the people who lived in the Palace and about the excavation in 1959 that uncovered the site.

The Gallery is open from 11 am to 2 pm every Sunday throughout the winter – admission £2.50 for adults – members and children under 16 free.

The Museum and Gallery are both open on Sundays during the summer months – please see the website: www.friendsofnonsuch.co.uk for times of opening.

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SPRING 2014



Mobile library

The Mobile Library parks outside Richard Sharples Court in Cavendish Road every Wednesday 2.15 - 2.40pm with a very friendly team to help.

If you are homebound you can also get books, DVDs, CDs, talking books delivered directly to you with a big Hello from the library's Home-care service.

**Contact Denise on
0208 770 4706.**

Sutton Lodge

Good value lunch, tea and coffee in Sutton's oldest house. Two course lunch for £2.20 plus £1 membership per day. There are lots of activities on offer.

**139 Brighton Road,
Sutton, SM2 5SW.**

Tel: 0208 642 5496

Email:
suttonlodge@btconnect.com

SUTTON SOUTH

A thank you to our sponsor

We are delighted to thank local company **Right at Home** for their generous sponsorship of the Sutton South Hello newsletter.

Right at Home is a local care company which is helping a growing number of people in South Sutton to continue living happily and independently in their own homes.

“The whole community needs to address how we help our elderly enjoy a better quality of life in their later years,” explains Tim Haigh, company founder. “That is why I started Right at Home. For us, care is not a job – it’s a vocation.”

Right at Home offers a range of quality care and support– from companionship or help with washing and dressing, to specialist dementia care, or a 24/7 fully managed live-in service. “We place great emphasis on providing emotional support too,” Tim says. “That is why we only employ locally based carers who are not only trained and experienced, but also have genuine concern for the people they look after.”



For more information, please call Tim on 0208 642 4829 or visit www.rightathomesutton.com

Where to go for advice

Age UK Sutton

Offers a wide range of services for people aged 50 and over.

For more information call 0208 770 4090 or email advice@ageuksutton.org.uk.

Free IT lessons, reliable handyman/gardener call 0208 770 4089.

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

Sutton Citizens Advice Bureaux

Provides information and advice on issues such as housing, welfare benefits, employment, debt and relationship breakdown.

Contact them on 0208 8405 3552 Monday - Fridays 10.00-12.00am and 1.00-3.00pm or visit www.suttoncabx.org.uk

Sutton Centre for Independent Living and Learning (SCILL)

Offers a wide range of services to support and enable disabled people and their carers.

For information and advice call 020 8770 4065

Monday to Friday 10 - 4pm or email information@scill.org.uk

Sutton South Safer Neighbourhood team (Police)

Sergeant Geraldine Costello and her team are dedicated to making our neighbourhood safe.

Call 020 8721 2497 or visit <http://content.met.police.uk/Team/Sutton/SuttonSouth>. If you would like advice on crime prevention just give them a call.

How to Be Safe and Sure at Your Door

Sutton is one of the safest Boroughs in London and Sutton South is one of its safest wards. You can help keep it that way.

Sutton council and police, through their joint Safer Sutton Partnership Service, offer a range of advice on how to “Be safe and sure at your door”.

They can provide a simple pack which includes all sorts of advice on dealing with doorstep traders, home security, fire safety and home handyman schemes.

One of the great ideas in the pack helps to tackle the rare but upsetting crime of distraction burglary, where a criminal can get into your home through false pretences, and distracts the resident while their accomplice carries out the burglary. The nominated neighbour scheme helps people who may not be confident in dealing with unknown callers. You can display a simple laminated card giving the details of a nominated neighbour who will check the details of callers. Residents will not allow anyone into their home unless their neighbour has checked they are who they say are.

Like most good ideas it is simple. Genuine callers will not mind having their details checked.

If you want a pack ask your Safer Neighbourhood Team on 0208 721 2497 or email: safer.sutton@sutton.gov.uk.

Cameo Seniors Group

Why not be part of a group of more than 30 seniors who meet at 10.30am every Wednesday at Chiltern Church, 83 Chiltern Road, Sutton SM2 5QY to enjoy a full and varied programme with a time to chat, make new friends and enjoy a delicious cup of tea or coffee. Every week there's a different programme with people sharing their interests on a host of subjects, outings and the occasional meal together.

Cameo stands for **C**ome **A**nd **M**eet **E**ach **O**ther. The S1 bus will drop you at the front door and the S3 only 100 yards away.

Please contact Brian on 07906 100065 for more details or just to ask for a copy of our weekly programme.

Wednesday Hello Club



We meet every Wednesday 2pm to 4pm at Christ Church Community Hall, Christchurch Park SM2 5TN.

We have tea and biscuits, games and chat. It is very relaxed and run by residents and we have interesting talks every so often.

For more information contact **SCILL**, who help us with our project, on **020 8770 4065** or email: information@scill.org.uk, and say you are with Sutton South Hello.

No charge.

Travel Support Cards

Travel Support Cards are issued by Transport for London (TfL). Anyone who finds travelling on public transport difficult can have one of these cards. You might have a hidden disability or find it difficult to travel on your own. There is a space on the card to write down anything that could enable TfL staff to support you during your journey.

You can find out more and order a card from www.tfl.gov.uk/accessguides or by calling 0343 222 1234 (calls cost 5p a minute from a BT landline).

WHAT'S ON LOCALLY

Thousands of historic photos discovered in Sutton High Street

Exhibition of Photographic Art by Pamela Jane Wheeler
Wed 29th Jan - Sun 23rd March

This exhibition is an exciting chance to enjoy a rare showing of examples from more than 10,000 photographic glass plate negatives, a collection of work from c.1904-1917, discovered in the basement of the Knights-Whittome old studio in Sutton High Street.

They are now kept in the Borough archives but are showing at Honeywood Lodge from the end of January to the end of March.

Honeywood Walk, Carshalton SM5 3NX Tel: 020 8770 4297

Open: **Wed - Fri** 11am - 5pm. **Sat & Sun** 10am - 5pm. **ADMISSION FREE**



Seniors Wednesday morning cinema for £3 at the Empire Cinema

Free tea/coffee and biscuits

St Nicholas Centre Sutton SM1 1AZ

Phone: 0844 884 6792

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

February:

Wednesday 19th: The Butler

Wednesday 26th: Diana

March:

Wednesday 5th: Rush

Wednesday 12th: Captain Phillips

Wednesday 19th: Blue Jasmine

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

Heather Honour:

heather.honour@sky.com

Phone: 07790 031764

Tony Shields:

tonyshields@blueyonder.co.uk

Phone: 07951 056660

SPILL THE BEANS!

**Carshalton Beeches Baptist
Free Church**

**Banstead Road Carshalton
Beeches SM2 9311**

Lots of day time activities including morning coffee, snacks and light lunches Wednesdays, Thursdays and Fridays 9:30am-2:00pm

Call 020 8642 9311

Second Saturday Club

Every second Saturday of the month between 2pm and 4 pm you can enjoy tea, coffee, cake and a good chat at the Friends Meeting House 10 Cedar Road, Sutton SM2 5DA. Call 0208 642 5876 or just turn up.

Sunday Hello at the Rose Cafe

Sunday afternoon chat, tea and biscuits. All welcome

2pm - 5pm.

Sutherland House,
29 Brighton Rd, Sutton SM2 5AJ near the crossing opposite Tesco.

South Sutton Neighbourhood Association (SSNA)

Information about local events updated every 2 weeks.

www.ssna.org.uk