



# SUTTON SENIORS' FORUM

## NEWSLETTER



NOTHING ABOUT US WITHOUT US

Jan 2019 Issue No 227

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Queens Award for Voluntary Services 2006

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### A MESSAGE FROM YOUR CHAIRMAN

**Dear Members,**

First of all, can I offer belated New Year greetings on behalf of myself and the Sutton Seniors Forum committee members. The last year was one of survival and consolidation, and many thanks for your support during that difficult period.



We are looking forward to the coming year, and hoping that we can start to rebuild our membership. We are already looking forward to the Annual General Meeting in March, and a reminder that from April onwards we will be holding our monthly meetings in the Civic Centre. We are hoping that this will be a more convenient venue, and it should also be considerably cheaper.

I expect that you already appreciate the hard work that the committee members do throughout the year, and we will continue to consider funding options so that we can enhance our ability to offer other events. For example, although unfortunately we didn't succeed in our grant claim for coach trips, we will again persevere, and will keep you updated, in due course.

We do of course welcome any suggestions that you may have, as to what we can do to make meetings more attractive, and if you know of someone (who preferably doesn't charge) whom we could consider inviting as a speaker, please let us know.

Finally thanks to all those who attended our December forum meeting where we were entertained by the Robin Hood Junior Choir and we hope you also enjoyed the singing and the refreshments.

- oOo-oOo-oOo -

Our Treasurer, Nina, is now accepting renewal of your membership. Please make cheques payable to 'Sutton Seniors' Forum'.

Single £15   Double/Joint £25   Groups £25

And don't forget to 'Gift Aid' it!



### Contact SSF

Mary 020 3620 9598

Joan 01737 363064

Pam 020 8643 3018

Brenda 020 8401 2741

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### Meeting Dates for 2019

NO MEETING IN FEBRUARY

**March 22nd—AGM**

With Sutton Mayor  
Steve Cook



**As from  
April 26th**

The monthly  
meetings will  
be held at the Civic Centre

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MAY 17TH

JUNE 28TH

JULY 19TH

**NO MEETING IN  
AUGUST**

20TH SEPTEMBER

25TH OCTOBER

22ND NOVEMBER

6TH DECEMBER



Come along and enjoy lunch with other members of SSF on the  
**1st Wednesday** of the month (except August).

Meet Pam Lyne at 12.20pm outside The Moon on the Hill in  
Trinity Square (at the top of Sutton).

Please let Pam know if you are coming on **020 8643 3018** so she can book a table



### **BENHILL SOCIAL CLUB**

BSC are holding an 'Open Morning' at Granfers  
Community Centre, Oakhill Road, Sutton on

**Wednesday 16th January & 13th February**

10am–11.45pm. Hot drinks 30p

**Quiz Night** 27th February, 7pm–10.15pm £2.

Fish & Chips £4.75 extra. **All Welcome!**

For more information call Gwen on

**07714003490**

[gwen42john@hotmail.co.uk](mailto:gwen42john@hotmail.co.uk)

I expect many of you who saw the Tesco Christmas adverts will have recognised Pam Lyne who is one of our committee members. Pam will be signing autographs at the January forum meeting (only joking)!



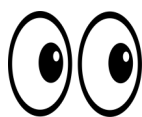
AgeUK Sutton have moved to new offices at Sutton Gate, 1 Carshalton Road, Sutton SM1 4LE and have a new telephone number 020 8915 2233

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**B & Q's** Diamond points card has changed. The Wednesday Over 60's discount is now limited to elected gardening and seasonal products.

Receive 15% off servicing, brakes, wipers, exhausts and batteries plus offers on MOTs and tyres when you sign up to ATS Euro-master's Club 60. Contact your local centre.

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Specsavers are offering *free* home eye and hearing tests (subject to eligibility).

The Sutton store number is **020 8643 3434** for more information.

*Earn extra points at **Boots** when you join the Over 60's Club. See in store or online for info.*

Over 60's can also collect double points with your Garden Club card at **Wyevale** Garden Centres every Tuesday.

**Congratulations to all involved**, as Sutton wins top prize at London's New Year's Day Parade. Sutton won the prize for best performance and float at the London's 33rd New Year's Day Parade. Sutton Council's Mayor, Steve Cook, collected the trophy for being 1st – along with £10,000 for the Mayor's charities: Sutton Home-Start and The Kidney Fund.



## Congratulations to our 50/50 Club winners in November

1st Prize Mrs Hockham  
2nd Prize Mrs Gordon-Jones  
3rd Prize Miss O'Brien



## .....and in December

1st Prize Miss O'Brien

2nd Prize Mr Kshatri

3rd Prize Miss Vaughan

Many thanks to all who help boost SSF funds by joining the 50/50 club. It costs £4.00 a month (payable by monthly DD or via an annual payment) and 50% of the income goes back as prize money in the monthly draw. If you wish to pay for 2019 or would like to join, details will be available at the Forum meetings.



## Coming up at the Women's Centre

### 30th January—A CONFIDENT YOU

An interactive session looking at what self-confidence is, how confident you are, tips to help you increase your confidence and techniques to look confident – even when you're not feeling it!

**13th February—DECLUTTER YOUR LIFE** – Do you have trouble finding things? Do you have some many belongings they just get in the way? Are you ashamed to let people in because your house is a mess? Come along and find some useful techniques on how to free yourself from hoarding and living in chaos. Learn to reduce what you have, get more organised and have more time to enjoy yourself!

### 27th February—SELF COMPASSION & SELF CARE

**HOW** can we manage difficult thoughts and feelings and how we can incorporate self care into our everyday lives.

**Also NEW! WEEKLY ART FOR WELLBEING CLASSES EVERY WEDNESDAY FROM 10-12PM. WEEKLY SINGING FOR WELLBEING EVERY WEDNESDAY FROM 10-11.30AM**

As from monthly held at CENTRE



26TH APRIL the meetings will be THE CIVIC

*Refreshments provided!*

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## Free Step by Step Computer Training

With Ann, resident Digital Champion,  
& Esther, IT colleague

Every **Wednesday** at  
**Sutton Women's Centre**  
3 Palmerston Road SM1 4QL  
0208 661 1991

Use our Windows 10 laptops or bring your own laptop to work on. Free Wi-Fi

Are you a complete beginner, perhaps afraid of the challenges?

**That's no problem!**

Are you unsure how computing can benefit you?

**We can explain!**

Have you got limited digital skills and would like to improve?

**We can help you to learn, step by step!**

**You must book** – 45min computer sessions **between 11am – 3.30**

Email: [anncrago@gmail.com](mailto:anncrago@gmail.com)

Phone: **07960 726815** - if no reply please leave a message. If you would prefer to come and look around the women's centre before you book your first session, please pop in any Wednesday between 11am – 3.30 to meet us all at the informal **Open House** session for a chat and cup of tea.  
**All women welcome.**

All members are welcome to attend our monthly Forum meetings at the Salvation Army Hall,  
45 Benhill Ave, Sutton SM1 4DD between 2pm & 4pm

Hearing loop \* Disabled access and toilet facilities \* Café \* No Smoking \*

**Please note as from 26th April our monthly meeting will be held at the Civic  
Offices, St. Nicholas Way, Sutton**

### Sutton Lodge Day Centre

Morning coffee. Hot lunches served Monday to Friday. Daily exercise class, entertainment  
and outings. £10 per day. Transport available @ £2.50 per return trip.

For more information please ring **020 8642 5496**

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## **NO MEETING IN FEBRUARY**

*Please join us for our AGM*

*22nd March 2019*

*Speaker*

*The Mayor of Sutton Steve Cook*

*will talk about his love of photography*



*Our April meeting will be at the Civic Centre*