

# SSF NEWS



**2006 Winner of Queen's Award for Voluntary Service**

**February 2008**

**Issue No. 117**

Editor: Brenda Pennington

Sutton Seniors' Forum, Granfers Community Centre, 73-79 Oakhill Road, Sutton SM1 3AA Tel 020 8401 2741

Email: [suttonseniors@aol.com](mailto:suttonseniors@aol.com) Office open Monday & Friday 9.30 am - 1 pm. and Wednesday 2.30 - 4.30 pm

At other times call 020 8287 0871

*SSF News is regularly sent to all members, both to 450 individual members and 30 affiliated groups, to keep them informed of issues relevant to Seniors in Sutton*

### Dates of SSF Public Meetings in 2008

**22 February, 14 March, 9 May,  
20 June, 11 July, 19 September, 10 October,  
14 November, and 12 December**

### UK bottom of the Pensioners' League

British pensioners are given the worst state pensions in the whole of Europe for the second year running (according to a report by Aon Consulting). We get a pension equivalent to only 17% of average earnings, the lowest in the EU and well below the average of 57%.

#### TOP

- 1) Luxembourg
- 2) Hungary
- 3) Spain
- 4) Italy
- 5) Greece

#### BOTTOM

- 21) Cyprus
- 22) Estonia
- 23) Belgium
- 24) Rep. of Ireland
- 25) United Kingdom

At a EU summit in 2001 the UK Government signed an agreement to increase our state pension to 40% of the national average wage by 2007. We are still waiting .....and waiting !!!!

Is it not about time that the Government started to increase state pensions by using the existing surplus in the National Insurance Fund - currently this fund is over £38 billion and is expected to rise to £60 billion by 2010.

### SSF Membership Renewal

Membership renewals are due on 1<sup>st</sup> January 2008. Members and groups not renewing by 1st April will be removed from the mailing list. **Membership fees for the year:** Individual members £6.00 Couples at same address £11.00 Groups £16 We would be grateful to receive any extra donations to help to cover the Forum costs. *Please remember to enclose a stamped addressed envelope with your cheque, when paying by post.*

### Volunteers wanted

SSF is grateful to the many volunteers who help both in the SSF office and at SSF Public Meetings - **BUT WE NEED MORE HELP.**

Are you willing to give some time to help YOUR FORUM to operate even better ?

Please phone Pam in the SSF office ( the times are shown above) and talk to her if you feel that you would like to have an occasional (or regular) job. We are constantly being told by the current band of helpers how much they enjoy meeting other members whilst doing useful work for our Forum. Don't hesitate - do it now !

### MP Contacts

Tom Brake MP  
Kennedy House, 5 Nightingale Road,  
Carshalton SM5 2DN  
Tel: 020 8255 8155  
or visit [www.tombrake.co.uk](http://www.tombrake.co.uk)

Paul Burstow MP  
312-314 Sutton High Street,  
Sutton SM1 1PR  
Tel: 020 8288 6550  
or visit [www.paulburstow.com](http://www.paulburstow.com)

## Stay Snug this Winter

Are you staying warm to stave off winter illness? If your body temperature drops, the risk of heart attacks, strokes and breathing problems increases.

### Tips for staying warm and healthy:

- Wear plenty of clothes - several thin layers are better than one thick one. Wear a hat when outdoors.



- Try to keep your home at a temperature of 21 degrees (70F), with your bedroom above 18 degrees.



- Use an electric blanket or a hot water bottle in bed, but never both at the same time!

- Have hot meals and drinks regularly throughout the day.



- Keep moving - it helps to generate body heat. Move about once an hour.



- Stop smoking - it will improve your general health and your circulation.

**For more details**  
**Phone NHS Direct on 0845 4647**

## London Transport Museum

Why not treat yourself to a free day out in London this month. You can catch a free train to Victoria with your freedom pass. Then, hop on a number 11 bus outside Victoria Station, which will take you to Covent Garden. There you will find the London Transport Museum. If you show your freedom pass at the entrance, you can get free entry! Inside you will find all sorts of old transport vehicles and memorabilia. There is also a good reasonably priced restaurant, where you can get a light lunch, unless you want a truly free day and bring your own.

### Normal opening times

Saturday to Thursday 10.00 to 18.00

Friday 11.00 to 21.00 (last admission 20.15)

*Mr and Mrs Bonny*

## DATES FOR YOUR 2008 DIARY

**26 February to 22 April**  
Series of SSF Talks at Thomas Wall  
Centre - application form enclosed

**Thursday, 27 March 2008**  
at 2.30 p.m.

**Wimbledon Theatre**  
**"HELLO DOLLY"**

starring **ANITA DOBSON**  
**£17 per SSF member.**

Please note that there are steps involved  
in accessing the theatre.

**Date to be arranged**  
Music Hall Theatre Outing  
further details and application form  
in next issue of SSF Newsletter.

**23 - 27 May**  
SSF Holiday at Comfort Hotel, Thetford  
All rooms are now reserved.

## Activities at Granfers Community Centre

There are now many activities taking place regularly at the Granfers Community Centre, Oakhill Road, Sutton for Seniors including exercise classes, hobbies and games sessions.

To find out more why not visit the Centre and have a cheap lunch. For more details phone the Centre Manager, Marion O'Brien on 020 8401 2701

## SSF May Holiday

We are pleased with the response for this new SSF activity and can report that all the rooms for the holiday for members at Thetford in May have been applied for. We are grateful to SSF Trustee, Iris Heppel, for making all the arrangements.

## Out of Hours Pharmacy Service

**Rosehill Pharmacy,**  
**28 The Market, Wrythe Lane, Carshalton SM5 1AG**  
**Tel: 0208 644 9589**

Monday to Friday	19:30 - 22:30
Saturday	19:00 - 22:00
Sunday	17:00 - 22:00
Bank Holiday	10:00 - 22:00

**Emergency out of hours doctor Tel: 0845 603 1087**



*Some of Sutton Seniors' Forum Members enjoying Christmas lunch at Merrill Lynch office.*

### **Christmas Telephone Treat**

*28 SSF members were treated to a wonderful Sunday morning in December. A coach took them from Sutton to the grand City offices of Merrill Lynch. There they were greeted by Santa and given a hot cuppa whilst meeting folk from other London Forums and being entertained individually by the bank's staff. They were then helped to make 30 minutes of phone calls to family and friends living anywhere in the world. This was followed by a hot lunch with choristers singing festive songs and the visit ended with Santa giving them a bag of goodies before the coach took them back to Sutton.*

*SSF sent thanks to the Greater London Forum for Older People ( who make all the arrangements) and to Merrill Lynch for their generosity.*

**N.B..** *A black folding umbrella and a pair of gloves were found on the coach following the outing. They are in the SSF office if the owners would like to collect them.*

### **Robin Hood Juniors Nativity Play**

In December, twenty members of Sutton Seniors' Forum went to Robin Hood Juniors Nativity play. They saw a truly magnificent presentation with an extremely novel script. The whole of the seventy Year Five students took part. Every SSF member who saw the play thoroughly enjoyed it and was full of praise for their entertaining afternoon

**£5 Voucher Reminder**

*SSF members can qualify for a £5 voucher to be used when paying for SSF outings if they introduce two new members in any one year. Phone the SSF office for a form.*

**SSF Spring Talks**

Enclosed with this Newsletter is the application form for members to attend the series of eight talks this Spring. Please note that these talks will be held in the Small Hall at the Thomas Wall Centre, Benhill Avenue, Sutton. SSF thanks Trustee, June Guinness, who arranged all the speakers.

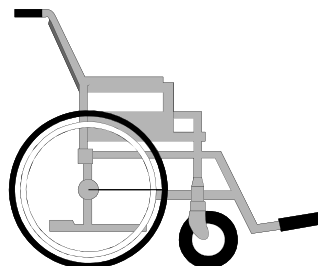
**Message in a bottle**

There is a supply of 50 of these bottles distributed between SSF office, Age Concern and Civic Offices reception, to issue on demand. The scheme provides the emergency service staff with vital details of any illness or allergy, or someone to contact should they be called to the house of anyone as the result of sudden illness or personal accident. The scheme works by having your personal details (written by you), stored in a plastic bottle, which is kept in your home fridge. Two small distinctive stickers, which are known to the ambulance staff and other caring agencies, are displayed within your home, one in a prominent position in your hallway and the other on your fridge door. If you are already participating in the 'message in a bottle' scheme, don't forget to keep your medical information updated.



**All Seniors are invited to the SSF Public Meeting on Friday 22nd February  
In the Large Hall, Thomas Wall Centre, 52 Benhill Avenue 2 - 4 p.m.**

Hearing Loop - Toilet facilities - Disabled access - No smoking allowed



**Margaret Karooni**

**Talking about the important work done  
in Sutton by SCILL  
to promote independence for everyone with  
mental and physical disabilities -  
both at home and in the workplace**

**Useful Sutton Telephone Contacts**

Visiting Pension Advice Service ..... 020 8687 3621  
Housing and Council Tax enquiries ..... 020 8770 5444  
Pension Credit Advice ..... 0845 606 0265

Sutton Seniors' Forum cannot be held responsible for the accuracy of this Newsletter contents, including advertisements. All reasonable measures are taken to check the factual accuracy of its contents.

SSF is grateful for grants from the London Borough of Sutton and the City Bridge Trust.  
Registered Charity No. 1080557