

The Sundial News

Issue 51
April - July 2011

The Sundial Centre is community centre open to all members of the public who are over 25

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Sundial gets green-fingers!

On a sunny Tuesday morning in February, Sundial centre members from the resource centre and day-care, got stuck in planting an army of seedlings....



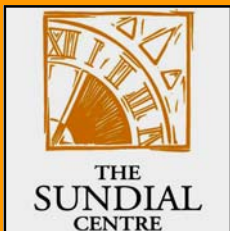
They planted all sorts of vegetables, including spinach, kale and beet-root. They filled up 4 seed trays, which are currently waiting outside in our Sundial garden.



The gardening session was organised for the Linkage Plus programme. The seeds are going to go into the Linkage Plus Older People's community garden. The garden is situated near to Mile End Station, and is for the use of older people in Tower Hamlets. This photo shows the raised beds there

- which our seeds are going to be planted into! It will be looking beautiful by the Summer months!

The gardening sessions are due to carry on here at the Centre, so if you would like to get involved in these or in the garden at Mile End, please give your name to reception (020 7021 4137)



A newsletter by and for the members of the Sundial Centre

Interview with John Roberts



by Barry Gendler

⇒ ***Can you tell us a bit about what your job is at the Sundial Centre?***

Daycare assistant, which means assisting with daily activities, transporting members to & from the Sundial Centre, and generally assisting where needed.

⇒ ***Can you tell us a bit about your background?***

I was born in Chester but grew up in Northampton, where I worked helping patients with dementia. I have a GCSE & NVQ in social care work, which I have done for five years, the last two of those at the Sundial Centre.

⇒ ***What is the one saying or phrase that you like to use or think?***

I try to look on the bright side of life.

⇒ ***Who has been the greatest influence in your life?***

My mum has had, and is, my greatest influence. She was a manager in a care home, and encouraged me along those lines.

⇒ ***What do you like best about working at the Sundial?***

I like to meet new people, and the atmosphere at the centre is very uplifting.

⇒ ***What is your favourite meal?***

Tai food and sushi.

⇒ ***What would be your perfect day?***

A beach somewhere exotic, just sunbathing.

UPCOMING EVENTS AT SUNDIAL



Down To Earth

11.30am – 4pm, Weds 20 April 2011

Talking about funerals and last wishes is often put off or swept under the carpet. People sometimes don't know where to start, how much it might cost or what may be possible.

The Quaker Social Action 'Down to Earth' Project is running a one day event at the Sundial Centre, that will help you begin to think about these issues and enable us to each plan for the funeral we want, in a way that is affordable.

Information, money advice, talk and workshops will run throughout the event.

Refreshments and lunch will be available

To book your place please give your name to reception, call 020 7021 4137 or email leigh.andrews@peabody.org.uk

Hackney City Farm and The Sundial Centre Intergenerational Project



In May & June 2011, children from St Paul's with St Michael's School will join the elders in a new project,

'Made in Hackney'

Hackney City Farm Intergenerational team seek people with recollections of the past local industries, such as tailoring, shoe making, brewery, the gasworks, tile makers, furniture making and the Gainsborough Film Studios.

'Made in Hackney' invites people willing to share memories of the industries through interview in April/May, and also people to explore the impact of those industries with the children in May/June 2011.

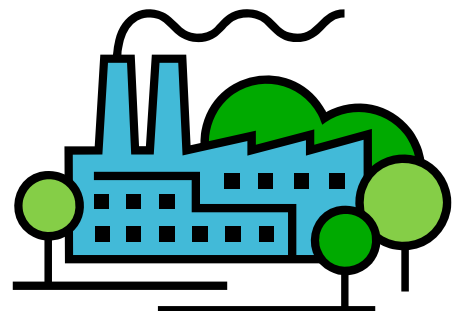
If you have something to share or want to know more about the project, please contact **Ellen Halstead** at

The Sundial Centre on:

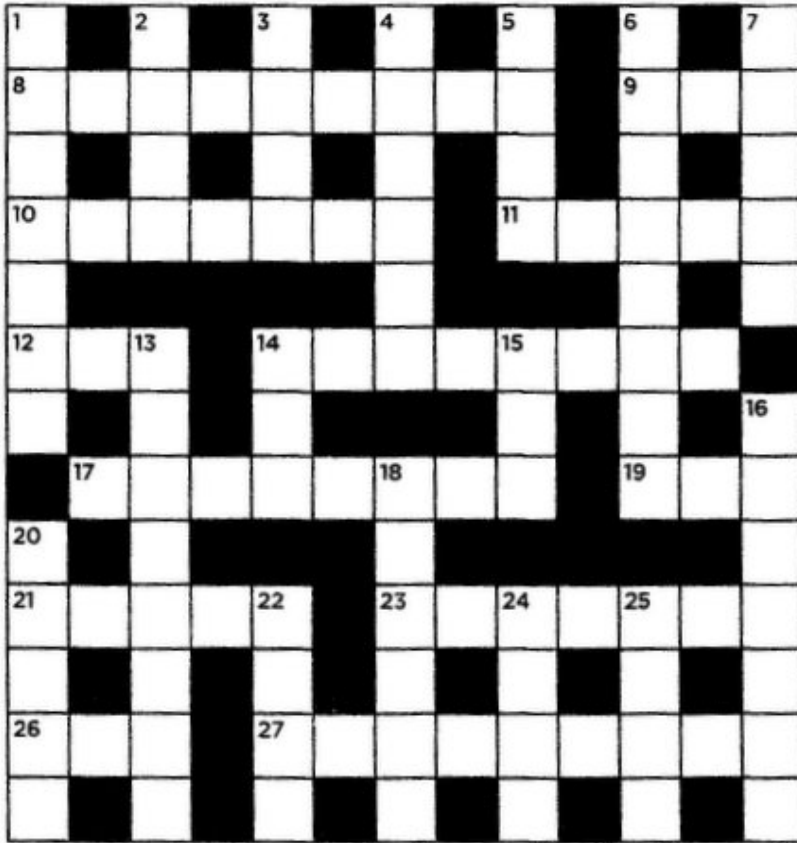
0207 021 4137

Or **Caroline Baker**, project co-ordinator, on:

07756 019 828



PUZZLES PAGE



Crossword designed by Barry Gendler

Puzzle answers can be found on the back page

ACROSS

- 8. Police baton
- 9. Circuit
- 10. Desert
- 11. Hardly ever
- 12. Obtain
- 14. Reaching destination
- 17. American sidewalk
- 19. Japanese currency
- 21. Moving to music
- 23. Honest
- 26. Weapon
- 27. In turns

DOWN

- 1. Odd
- 2. Fish type
- 3. Sour or sharp
- 4. Less fat
- 5. Soon
- 6. Messy
- 7. Football is one
- 8. Preparing for 7 Down
- 14. High card
- 15. Animal doctor
- 16. One more
- 18. Happenings
- 20. A saying
- 22. A type of cheese
- 24. Uncommon
- 25. Style and energy

		7		2	3		8	
	5		7	4	8	6		
		6		9		2		
	9	2	3		4		6	1
	7	4		5		8		
		8	5		2			
	4			7				2
				6			3	

Sudoku

By Geoffrey Gleadhill

Fill in all the blank squares to that EACH ROW, EACH COLUMN and EACH 3x3 SQUARE contains all the digits 1-9



S.AGE - PAGE

ENJOYMENT OF SENIOR AGE

OUTINGS 2011

All trips leave from the Bingo Hall

on Hackney Road

Tickets must be bought in advance, at £9.00.

Monday 9th May : Brighton 9AM

Tuesday 7th June : Cotswolds 8.30AM

Wednesday 29th June : Worthing 9AM

Thursday 21st July : Rye & Hastings 9AM

Thursday 9th August:

Broadstairs 9AM

Wednesday 31st August :

Littlehampton

Wednesday 14th September

: Southend

The Golden Girls have had a busy few months!

The Girls set up a stall at the Older People's Health & Wellbeing Day at Toynbee Hall, 17th March. The Day started off slowly, but before too long the pace picked up, and the stall was extremely popular! The Girls made £175 in just one afternoon!

The Knitting & Crafts group also went up to the Stitch n Craft Show at Olympia on the 18th March. There were lots of stalls, and lots of new ideas for different projects. The favourite was a method for making red corsages, which look gorgeous—so look out for those on the Golden Girls Stall!

We would like to give a big thank you to the Nelson's Head pub, for their generous donation to S.Age, & for their continuing support!

S.AGE PARTY!

S.Age are having a party to celebrate both St George's Day and the Royal Wedding!

FRIDAY 15th APRIL

Tickets at £3.00

LETTERS TO THE EDITOR

For a week in February, the Sundial Centre had a work experience student, Yolanda Johnson, here from Bishop Challoner School. She wrote this letter to the newsletter, about her experiences at the centre.

“The first day of my placement at The Sundial Centre was mixed with excitement and anxiety, I tend to feel this way in new surroundings without familiar faces, but as soon as I was introduced to the staff I'd be working with all of my anxiety drifted away with greetings and smiles. I could immediately tell that this experience would be a great one, The Sundial Centre offers great classes for everyone's interest which ranges from media based classes and arts and crafts.

During my week at The Sundial Centre I met The Golden Girls who have been knitting and crocheting at the Centre for more than 4 years, creating such things as blankets and figurines from wool which have been donated to them by various people. Meeting up with them they had shown me a few of their creations of baby clothing and other things, we spoke of the reoccurring trends in fashion they had spotted on me and of which things they had once worn themselves.

The Golden Girls explained to me that The Sundial Centre provided them with a chance to leave their house and socialise with others which they wouldn't be able to do otherwise with such full affect.

Working in Day care had also been great I joined in the fitness class which had been fun and also played games and joined in with a quiz session.

The relaxed atmosphere in the Day care had been wonderful and I could see that everyone enjoyed their time when attending the Day care.

On my last day I went to Hackney City Farm to take part in a pottery class with several members of the Day Care this was a lovely outing and it allowed us all to get very creative with us being told to create something with love hearts, it got us prepared for Valentines Day.

Overall I have enjoyed my week at The Sundial Centre very much and would love to come back to visit one day.”

Yolanda also worked on putting together some great looking photo collages, going through the photos of the centre. The Tuesday morning Art group have worked hard to mount them - and they are now put up on the coffee bar, have a look!

**We really enjoyed having Yolanda in the centre,
wish her good luck for the future!**

LETTERS TO THE EDITOR

Dear Editor,

In the art class, I drew a squirrel. I like coming to the art class, I do nice paintings and Eva said they have nice and bright colours.

Ernie Beavington

Dear Editor,

I have been talking to many people of old age, men and women, and they tell me about loneliness as most of them live on their own and have done so for many years. They tell me its so lonely at nights, so could loneliness by the answer for so many deaths before our time is up?

So by going to the Sundial Centre as I go there myself, and also by doing different activities, it keeps the brain active and the stressfulness away it makes you feel a lot better and happier in your self. So could this be true to life in old age?

Mr Thomas Larner

Dear Editor,

I just want to say about the Sundial Centre, and the pleasure we have from it. But myself, I go to the hospital a few times a week as my wife is in there with that terrible illness Dementia. And its so stressing hearing the moans and shouting because they don't know, and they will never get better. So when I go to the Sundial each week it takes the stress off and its so nice to meet each week and to be friendly to one another. What I am trying to say is life is so sweet as you only get one life and its so precious. Also, thanking all the staff for caring for us all.

Thank you,

Mr Thomas Larner

Do you want to be featured in our newsletter?

Any articles, letters or writings are all very welcome!

Either hand them to reception

or email them to

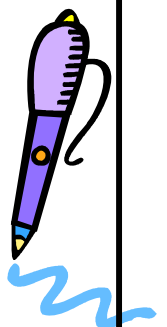
ellen.halstead@peabody.org.uk

If you enjoy writing, why not join our

Creative Writing Group!

every Tuesday 13.00-14.30

For tips, sharing, ideas and advice!



CREATIVE WRITING

Failure to Success

My story of failure to success concerns myself and a lifelong friend, whom I shall call George, because that's his name. We have been friends since the age of 14. We met at a youth club in east London through both of us being keen table tennis players, and apart from 2 years National Service, have always done everything together. We would both be best man at each others weddings. After completing N. Service I had a variety of jobs and was finding it very hard to settle to civilian life. Somebody suggested doing the Knowledge, which is the means of qualifying to become a licensed taxi driver in London. The learning of thousands of streets, all hospitals, hotels, museums, palaces, railway stations and all places of importance and interest and all reached by the shortest possible route.

We signed up, went for an interview to assess worthiness, and having accepted, we bought our push bikes and started the dreaded knowledge - dreaded because of a rumour or not about the fearsome nature of the examiners on our monthly tests. The way the knowledge is normally done is to decide on a daily basis, a series of runs that are taken from a book known as the blue book. A run is a trip from one point to

another, taken from the B.B. The route is planned by a system called cottoning up, which is exactly as stated, a string of cotton laid from point A to point B, and the route decided by keeping as near the cotton as practical. After several months it became apparent that for whatever reason I was falling behind George in learning the K. Getting home after doing the runs the evenings were spent calling over the runs, which meant exactly that, calling over from memory all the runs we had done over the weeks and months. As I said, I seemed to be struggling, when one night during call over, George suggested I close my eyes and visualise the streets in my mind. It was then that it hit me, I realised I had not been able to read the street names during the runs. A visit to the optician soon found out I was myopic and in need of spectacles.

The difference was spectacular, and what at first seemed to be heading for failure turned to success in the end.

**Its come at least
So long we asked
All is sunny
Event the little bunny
Cavorts in the field
As the sun yields
Its magic rays
And all is turned to gold -
Its come at last
So long we asked
A little light
To show the way
Even we thought if
Only a ray
Then we would stay
And enjoy all day.**

Rae Angre

Barry Gendler

CREATIVE WRITING

WHERE DID HE GO WRONG?

One minute he was listening to his favourite music and two minutes later he had lost all his money, credit cards, medals and his late wife's jewellery.

It all started at eight in the evening when there was a ring on the door. He struggled to the door and opened it a couple of inches. There was a young man in workman's overalls outside. The man flashed a card with his photo on, saying that he was from North Thames Gas, explained that there had been a gas leak in the block, and they had to check that his supply was safe. He let the man in, and, while the man kept him busy, the man's accomplice was stealing his valuables.

Where did he go wrong?

1. **Never open the door** to a stranger until you are certain that they are a genuine companies representative, or a friend or relative that you trust.
2. **Use your door viewer** to see who the visitor is.
3. Ask them to **put their identity card through the letterbox**. A genuine visitor will do this for you. If they refuse - DO NOT LET THEM IN.
4. **Always apply the door chain** if you have to open the door.
5. **Call the company concerned** to check that the person is an authorised representative. (Do not use a phone number on their card, check the number in the phone book. A genuine visitor should not object to this check).
6. Once their identity is confirmed, **only allow one person into your house**.
7. Once the visitor is in, **re-secure your front door**.
8. **Stay with the visitor** at all times.
9. If your visitor asks for a drink, or for something from another room, **keep them with you so you can see what they are doing at all times** (A genuine emergency repair engineer will not normally ask you for a drink!).
10. When they leave, **re-secure your door**.

REMEMBER: Be suspicious of any unexpected visitors (male or female) and workmen.

By Mark Mapstone

ALL OF THE ABOVE PIECES HAVE BEEN DONATED BY MEMBERS OF THE CREATIVE WRITING GROUP THAT MEET AT SUNDIAL EVERY TUESDAY

ACTIVITIES AT SUNDIAL

Massage Sessions

Sundial Centre runs Monthly Massage sessions - a massage for just **£3.00** for anyone over 50 years!

The upcoming dates are:

5th April

3rd May

31st May

5th July

2nd August

Appointments are available from
9.30 – 12.30

PLEASE BOOK IN ADVANCE Sessions
get booked up quickly!

(020 7021 4137)

CONNAUGHT OPERA!

CHARIOTS OF FIRE

A SPECTACULAR IN SONG!



DATE: Tuesday 19th April

TIME: 10.45—11.45pm

PLACE: THE SUNDIAL CENTRE

This concert is generously supported by

The Tower Hill Trust



My East London

- What do you like about your local area?
- What would you change about your local area?
- Has your local area changed since you've lived there?

A new and exciting project that enables you to explore your local environment and how you feel about it, through writing, drawing, taking photographs, or in any way you choose to express yourself.

**For more information contact Alys at the Sundial Centre,
(11 Shipton Street, London, E2 7RU) on 0207 021 4137**

Weekly Timetable for The Sundial Centre

April - June 2011

Day	Time	What's On
Mon	12.00pm - 12.30pm	Hearing Aid Clinic [50+]
	12.30pm - 1.30pm	Computer session [25+]
	1.30pm - 3.00pm	Media Group [50+]
	2.00pm - 4.00pm	Art Class [25+]
Tues	10.00am - 12.00am	Art Club [50+]
	10.15am - 11.45am	Falls Sessions - starts 3rd May
	10.00am - 1.00pm	Massage Sessions with Olga [50+] (monthly)
	10.00am - 4.00pm	Hairdressing and Manicures
	12.30pm - 1.30pm	Computer Sessions [25+]
	1.00pm - 2.30pm	Creative Writing Group [25+]
	1.45pm - 4.00pm	Bingo [50+]
	Wed	10.00am - 11.30am
12.30pm - 1.30pm		Computer Sessions [25+]
2.00pm - 4.00pm		Knitting and Crafts Group [50+]
1.45 - 2.15pm		Armchair Keep Fit
2.15pm - 3.15pm		Keep Fit [50+]
Thurs	9.45am - 11.45am	Sundial Singers [25+]
	9.20am - 1.00pm	Reflexology/ Acupuncture [25+] appointment only
	10.00am - 4.00pm	Hairdressing and Manicures
	12.30pm - 1.30pm	Computer Sessions [25+]
	2.00pm - 4.00pm	Mobile Library Service
	2.00pm - 3.30pm	T'ai Chi [25+]
Fri	9.30am - 10.30am	Keep fit ladies only [18+]
	10.45am - 11.45am	Green Candle Dance Sessions
	12.30pm - 4.30pm	Computer Sessions [25+]
	1.30pm - 3.00pm	Pottery at Hackney City Farm [50+]
	2.00pm - 3.00pm	Indoor Bowling [50+] N.B. Only session in April is 8th. Return to weekly sessions in May.
	2.00 - 3.00pm	Sundial Men's Group [50+]

SUNDIAL ACTIVITIES AND EVENTS

All extra activities or special events that are not on Page 11 are outlined below. Sessions will be held at the Sundial centre unless stated.

DATE	TIME	ACTIVITY	PRICE
Fri. 1st April	2.00	Sundial Forum all welcome!	FREE
Thurs. 21st, 28th April	13.15-15.00	Made In Hackney Project	FREE
Thurs.14th April	11.00-12.00	Sundial Singers Concert	FREE
Fri. 15th April	13.30-15.30	S.Age Party	£3.00
Tues.19th April	10.45-11.45	Connaught Opera Concert	FREE
Wed. 20th April	11.00-16.00	Down to Earth Day	FREE
Tues. 3rd May	10.15-11.45	Falls Sessions Start	FREE
18th - 22nd April	All week	Easter Break at Sundial - No Sessions	
22nd April & 25th April	All day	Easter Bank Holidays	
29th April	All day	Royal Wedding - Bank Holiday	

2	8	9	6	1	5	3	4	7
4	6	7	9	2	3	1	8	5
3	5	1	7	4	8	6	2	9
8	3	6	1	9	7	2	5	4
5	9	2	3	8	4	7	6	1
1	7	4	2	5	6	8	9	3
9	1	8	5	3	2	4	7	6
6	4	3	8	7	9	5	1	2
7	2	5	4	6	1	9	3	8

Sudoku Answers

Crossword Answers:

Across: 8. Truncheon 9. Lap 10. Abandon
11. Never 12. Get 14. Arriving 17. Pavement
19. Yen 21. Dance 23. Earnest 26. Gun
27. Alternate

Down: 1. Strange 2. Tuna 3. Acid 4. Leaner
5. Anon 6. Slovenly 7. Sport 13. Training 14.
Ace 15. Vet 16. Another 18. Events
20. Adage 22. Edam 24. Rare 25. Elan

The Sundial Centre

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Bethnal Green, E2 7RU

Email: sundial@peabody.org.uk

Phone: 020 7021 4137