



## **Transcript of Audio from local charities in Sutton**

### **Sutton Counselling – Alistair Park**

I'm Alistair Park, I'm the Head of Operations for Sutton Counselling. We are a voluntary counselling agency based in Sutton and we are the only counselling agency in Sutton. We offer affordable counselling, that means that it is sensitive to the client's circumstances and their ability to pay. We offer about 80 sessions of counselling a week, in four basic services. We offer a general service, then we have a low fee service which is available for people on low incomes and which is supported by a Sutton Community Fund Grant. We also have a refugee service which is free to people who are refugees or asylum seekers and at the moment that is subsidised by Sutton Counselling, and we also run a therapeutic group. We offer people counselling for up to two years in the general service but we also offer a time limited service which is 12-24 sessions of counselling, and we are accredited by the British Association of Counselling and Psychotherapy.

### **The Gary Mason Charity – Christine Lindsay**

Hi Christine, thanks for talking to us today. Christine Lindsay is here with me to talk about the Gary Mason Charity. Christine, when was the charity set up and why was it set up?

Christine – The charity was set up in 2011 following the tragic death of Gary Mason who was the former British Heavyweight Boxing Champion of Great Britain. He had started the Rhythmical Empowerment Group in about 2006 and this was focussing on hand drumming as a relaxation, as an empowerment tool and also focussing on it as a music therapy.

SCVS – And he thought that this would potentially be a good idea for a non-profit organisation?

Christine – yes, he did. He came to see Sutton Voluntary Services (SCVS), and spoke to Susanna (Susanna Bennett – former CEO) and Jackie (Jackie Parr) and was here quite a lot setting up the not for profit, and when he died unfortunately I was left as the sole trustee who was alive so I asked his family and they were very keen that we carried on his work and tried to realise his dream by setting up a proper registered charity which we did.

SCVS – And that was in 2011?

Christine – yes 2011

SCVS – So you've been going for five years now?

Christine – yes, yes we have

SCVS – And who do you work with now?

Christine – We work with various of Gary's workshop leaders who taught him originally to do hand drumming and taught him how to run a hand drumming circle. It's always done in a non-confrontational way where you have people sitting in a circle to drum, and it makes people very much part of producing a nice sound, and being in a community type environment which he loved.

SCVS – And which sort of organisations in Sutton do you work with? Do you work with children, or older people, or a bit of everybody?

Christine – A bit of everybody. We work with very young children right up to very old people, even people in care homes. More recently we've been doing quite a bit of work with the dementia societies, with working in the Memory Lane Café. We've also worked with Combat Stress at Leatherhead, we've worked with the soldiers with PTSD, but we've also gone into schools and worked with schools that have got autistic units, and also with lots of people with disabilities, particularly with Sutton Mencap, we've worked with Sutton Mental Health Foundation and we also go to lots of events in the summer to help other charities to get money for their charities.

SCVS – And on that note you're looking forward to doing the New Year's Day Parade in London again this year, on behalf of the Mayor's charities, is that right?

Christine – Yes we are, yes, this will be the fourth year that we're going to do it and yes we're really excited about it again. Lots of people want to volunteer to help to put together the float and all the London boroughs go into a competition to win money for their Mayor's charities and the last three years we've been very fortunate to win money each year so it's a really good opportunity for us to work for other charities.

SCVS – Excellent. Well good luck for that and thanks for taking the time to talk to us.

## **Sutton Community Works – Fran Lewis**

Hi, I'm Fran from Sutton Community Works and we work with local churches to run Sutton Foodbank, Sutton Street Pastors, Sutton Afternoon Pastors, Sutton School Pastors, Prayer for Sutton and our new projects Sutton Linking Lives and Sutton Job Club. We've been in existence for quite a few years in different guises and we are working towards meeting the needs of local people to try and make their lives better.

## **Oaks Way Centre – Peter McBride**

My name is Peter McBride, I'm the Chairman of the Oaks Way Centre. We are an elderly day centre providing preventative services and activities for the elderly within the local borough of Sutton.

We also provide and are a community hub for local organisations to use our facilities – we have a number of local organisations using our building for their various meetings and activities.

The primary services we provide here for our elderly clients range from therapeutic such as hairdressing, makeup advice to activities – we have chair based activities, we have various activities that the clients like to undertake such as good old fashioned bingo. We have activities arts and crafts, we have making activities, we have karaoke, sing songs, dancing and really anything that our activities coordinator can put together. Our clients have really quite a varied time day to day, activities change every single day and it's really an opportunity for them to come out, meet friends, have a nutritional hot meal and really enjoy themselves rather than sitting at home.

Our main focus is to address local isolation and loneliness which as we know within Sutton is on the increase, so that's our raison d'être for what we do and why we do it.

Looking forward we're looking to.. we've got planning permission to expand some of our buildings and we are looking to add an additional conservatory/dining room so that we can provide more facilities and activities for the elderly of Sutton.