

Jan 7 **Coffee, Chat and Thought for the Day** with Rachel Berende

Jan 14 **Helen Rees – Behind the scenes at BBC weather.**



Helen started her working life in the Met Office, before becoming a TV weather presenter on The Weather Show and two series of Strange Weather Days for Radio 2. Rescheduled from 2025, when Helen had to urgently help at a local school, we look forward to welcoming her to Cameo.

Jan 21 **Coffee, Chat and Thought for the Day** with Emile Leigh

Jan 28 **Radio St Helier** will broadcast their show live from



Cameo, so please bring your music requests. Run entirely by unpaid volunteers, they provide 24-hour entertainment for the patients of St Helier Hospital and Queen Mary's Hospital for children. Don't worry, you can still chat in our relaxed setting without it being broadcast!

Feb 4 **Coffee, Chat and Thought for the Day** with John Morton

Feb 11 **Sutton Carers Centre CEO Rachael MacLoed** will



speak to us about their work. Their goal is to provide support before Carers reach a crisis. Helping Carers aged 8 upwards facing everyday challenges, improve wellbeing and connect through groups and workshops, raise awareness and influence local policy. Hear how they may be able to help a Carer you know locally.

Feb 18 **Coffee, Chat and Thought of the Day** with Jason Humphreys

Feb 25 **The Worshipful the Mayor of Sutton Councillor**



Louise Phelan will visit Cameo to discuss her role as Madam Mayor of the London Borough of Sutton. Louise was first elected as a Councillor in May 2022, representing Sutton South ward. In May 2023, she became Deputy Mayor for two years before becoming Mayor.

Mar 4 **Coffee, Chat and Thought for the Day** with Alison Adams

Mar 11 **Merton Hedgehog Rescue and Rehabilitation Centre**



provides emergency care for injured, orphaned and unwell hedgehogs in the Merton area. They will tell us about hedgehog conservation and encourage us to adopt hedgehog-friendly practices. Rachel has cared for a few of their rescues in her own back garden.

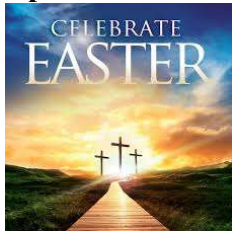
Mar 18 **World Poetry Day (21st March)** will be celebrated



listening to poems read by members of Cameo. If you would like, you are warmly invited to bring a favourite poem to share or simply come along and enjoy listening. As we have discovered in previous years, there is plenty of poetic talent among us.

Mar 25 **Coffee, Chat and Thought for the Day** with Rev Beth Lewis, Vicar at St John's Church, Belmont

Apr 1* Easter Silver Service followed by lunch together



An informal short Easter service led by Jason Humphreys. Followed by a tasty meal together in the back hall. Timings 10.30 coffees etc 11.00 Service 12.00 Lunch. Details to follow nearer the day.

Apr 8 No Cameo – Easter Break

Apr 15 National Pet Day (11 April) to celebrate the joy and



love that pets give us, we thought we'd give you an opportunity to share photos and stories of your pets - past and present. Please share photos with Kerena beforehand. We'll learn more about each other. Maybe there have been some unusual pets in the past?

Apr 22 Coffee, Chat and Thought for the Day with Ryan Todd

Apr 29 Sutton Quaker Steel Band was formed over 15 years ago by Carol Contant, a professional steel pan player, and most of their drums were made by her husband. They will play a variety of music for us from well-known Caribbean songs to Rossini and Mozart with some favourite sing-alongs.



83 Chiltern Road, Sutton, SM2 5QY

CAMEO SENIORS PROGRAMME

January to April 2026

Wednesdays at 10.30 am

Usually finishes at 11.30am, except dates indicated with a * will finish later. A suggested donation of £1 to £2 per week help us cover the cost of speakers and other expenses. There is no charge unless indicated on the programme. The programme is subject to unavoidable changes.



Pond dipping during a visit to Surrey Wildlife Trust at Nower Wood

For further information, please contact:

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CAMEO at Chiltern Church

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Coffee rota: Pauline 07897 278689