



5 ways to wellbeing

# Belmont Connect Timetable

## April/May/June 2022



**PLACES ARE LIMITED - BOOKING IS REQUIRED**

Book online at [smhf.org.uk/events](http://smhf.org.uk/events) or call 020 8770 0172

### ACTIVITIES & EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
	10.00-11.00 <b>Yoga</b> Maria (External)		10.00-11.00 <b>Line Dancing</b> Janice (External)	10.00-12.00 * <b>Drama</b> Amaia (External)
	10.30-12.30 <b>IT Hub</b> Non-assisted			11.00-12.00 * <b>Music Group</b> Geoff (Volunteer)
	11.00-12.30 <b>Art 4 wellbeing (10 wks)</b> Commencing 12 <sup>th</sup> April Anna (External)		11.15-1.15 <b>Drop-in / Scrabble club</b> Tuck shop now available	12.30-2.30 * <b>Drop-in</b> Tuck shop now available
	12.30-3.30 <b>Drop-in</b> Tuck shop now available		1.30-2.30 <b>Therapeutic Dance</b> Kata (External)	12.30-2.30 * <b>IT Hub</b> Non-assisted
	1.00-2.30 <b>Creative Writing (10 wks)</b> Commencing 26 <sup>th</sup> April At Whitehall, Cheam			7.00-8.00 <b>Mindfulness (Zoom)</b> Dennis (Volunteer)
	1.00-2.00 <b>Mindfulness</b> Dennis (Volunteer)		* On 1st April, 6th May & 10th June a New Members Open Day will take place, Belmont Connect will be closed to existing members.	



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SUPPORT APPOINTMENTS AND GROUPS				
Monday	Tuesday	Wednesday	Thursday	Friday
	12.00-2.00 <b>1:1 Support</b> Ovie (SMHF)		10.00-1.00 <b>Citizens Advice Sutton</b> Janet (External)	12.00-2.00 <b>Housing Support</b> Ovie (SMHF)
	12.00-2.00 <b>Inspire clinic</b> Alan (External)			
			3.00-4.30 <b>Sutton OCD Support Group</b> 28 <sup>th</sup> April, 26 <sup>th</sup> May & 30 <sup>th</sup> June Ovie (SMHF)	TBC <b>Bipolar support Group</b> Coming soon
			3.30-4.30 <b>Sutton Hearing Voices Group (In Sutton)</b> Fiona (SMHF)	