



# Belmont Connect Timetable

## July/Aug/Sept 2022

**Normal opening hours 10am to 2.30pm Tues, Thurs & Fri**



**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

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>New Members morning</b> 1st Friday of month
10.30-12.30 <b>IT Hub</b> Non-assisted			10.00-12.00 <b>Drama</b> 2nd & 4th Fridays Amaia (External)
11.00-12.30 <b>Art 4 wellbeing (10 wks)</b> Commencing mid July Anna (External)	11.00-12.30 <b>IT 4 Mental Health course</b> Starting in Sept Danielle (SMHF)	11.15-1.15 <b>Drop-in / Scrabble club</b> Scrabble from 12.00	11.00-12.00 <b>Music Group</b> Geoff (Volunteer)
12.30-2.30 <b>Drop-in</b>		1.30-2.30 <b>Therapeutic Dance</b> Kata/Olga (External) Please check website for dates	12.00-2.30 <b>Fish n Chips Friday</b> Starting 15th July
1.00-2.00 <b>Mindfulness</b> Dennis (Volunteer)	1.30-4.30 <b>IPS Course (10 wks)</b> Starting 31st Aug	3.00-4.00 <b>Mindfulness</b> Dennis (Volunteer)	12.30-2.30 <b>IT Hub</b> Non-assisted



5 ways to wellbeing

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SUPPORT APPOINTMENTS AND GROUPS			
Tuesday	Wednesday	Thursday	Friday
10.30-12.30 <b>1:1 Support</b> Ovie (SMHF)		10.00-1.00 <b>Citizens Advice Sutton</b> Janet (External)	10.00-12.00 <b>Housing Support</b> Ovie (SMHF)
12.00-2.00 <b>Inspire clinic</b> (Community drug and alcohol service) Alan (External)			1.30 – 4.00 <b>Employment advice</b> Christopher (External) <b>Starting 15<sup>th</sup> July</b>
		3.00-4.30 <b>Sutton OCD Support Group</b> <b>Last Thursday of month</b> Ovie (SMHF)	
		3.30-4.30 <b>Sutton Hearing Voices Group</b> <b>(In Sutton)</b> Fiona (SMHF)	