



Belmont Connect Timetable

Jan/Feb/Mar 2024



All regular activities are held weekly at Belmont Connect in the main hall unless stated otherwise – see below.
Please book all activities and events online at smhf.org.uk/events or by calling 020 8770 0172.

Day	Time	Regular activities at Belmont Connect 63 Downs Road, Belmont, Sutton SM2 5NR
Monday	11.30 am to 12.30 pm	Hatha flow yoga With Maria, suitable for intermediate/advanced
	1.30 pm to 3.30 pm	Retro gaming Old school video games, board games and Warhammer model painting
Tuesday	10.00 am to 11.00 am	Chair yoga With Maria, suitable for all abilities
	11.15 am to 12.00 pm	Indoor Tennis with soft balls & beanbags With Liam from Sutton Tennis & Squash club
	12.00 pm to 2.30 pm	Drop-in Unlimited hot drinks £1. Tuck shop also available
Thursday	10.00 am to 11.00 am	Line dancing With Janice
	11.00 am to 2.30 pm	Drop-in Come and have a game of scrabble or mahjong Unlimited hot drinks £1. Tuck shop also available
Friday	10.00 am to 11.30 am	Art 4 wellbeing With Anna Please email admin@smhf.org.uk to check availability
	11.00 am to 12.00 pm	Music group Upstairs
	12.00 pm to 2.30 pm	Drop-in incl.lunch Please book by 11am. Hot meal £3.50, dessert £1, hot drinks £1 Vegetarian option available

IN YOUR CORNER

Sundays are back!

Open every Sunday from now until 14th April, for people in Sutton struggling with their mental health. We offer an affordable warm meal, chat and support if needed.

Open 11.30 am to 4.30 pm

Lunch £3.50
Vegetarian option available
Unlimited hot drinks £1
Tuck shop also available

Book by Friday 2pm

Call 020 8770 0172 or book online at smhf.org.uk/events



5 ways to wellbeing

Belmont Connect Timetable

Jan/Feb/Mar 2024



Day	Time	Regular activities at Wallington Library Wallington Library, Shotfield, Wallington, SM6 0HY
Last Wednesday of each month	7.00 pm to 8.30 pm	Book club With Emily Please email admin@smhf.org.uk to check availability
1 st & 3 rd Thursday of each month	6.30 pm to 8.00 pm	OCD support group With Ovie
Day	Time	Special events and courses at Belmont Connect 63 Downs Road, Belmont, Sutton SM2 5NR
1 st Friday of each month	10.00 am to 12.00 pm	New members morning A chance for people who haven't used the service before to have a look round, meet the staff and generally find out what we can offer
1 st Tuesday of each month	2.00 pm to 3.00 pm	Community meeting An opportunity to have your say and to help shape our services
Tuesday 6 th Feb	2.00 pm to 3.30 pm	Signpost Sutton Bags of taste
Day	Time	Support appointments at Belmont Connect 63 Downs Road, Belmont, Sutton SM2 5NR
Mondays & Tuesdays	10.00 am & 1.00 pm	Housing support appointments With Jordan
Wednesday Friday	1.00 pm & 3.00 pm 11.00 am & 1.00 pm	General 1:1 support appointments With Jordan
Thursday	10.00 am, 11.00 am & 12.00 pm	Welfare advice appointments With Janet, Citizens Advice Sutton
Day	Time	Support groups held elsewhere
Thursday	3.30 pm to 4.30 pm	Sutton Hearing Voices Group (In Sutton) With Jorden