



# Belmont Connect Timetable

## July/August/September 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](http://smhf.org.uk/events) or by calling 020 8770 0172.**

Day	Time	Regular activities at Belmont Connect 63 Downs Road, Belmont, Sutton SM2 5NR
<b>Monday</b>	10 am to 11 am	<b>Women's only yoga</b> With Maria, suitable for all levels
	11.30 am to 12.30 pm	<b>Hatha flow yoga</b> With Maria, suitable for intermediate/advanced
	1.30 pm to 3.30 pm	<b>Retro gaming</b> Old school video games, board games and Warhammer model painting
	1.00 pm to 2.50 pm Alternate weeks	<b>Art group- upstairs</b> With Sarah, once every 2 weeks (1 <sup>st</sup> July, 15 <sup>th</sup> July, 29 <sup>th</sup> July, 12 <sup>th</sup> August, 9 <sup>th</sup> September, 23 <sup>rd</sup> September)  <b>Sewing class- upstairs</b> With Maxine, once every 2 weeks (22 <sup>nd</sup> July, 5 <sup>th</sup> August, 19 <sup>th</sup> August, 2 <sup>nd</sup> September, 16 <sup>th</sup> September, 30 <sup>th</sup> September)
<b>Tuesday</b>	10.00 am to 11.00 am	<b>Chair yoga</b> With Maria, suitable for all abilities
	12.00 pm to 2.30 pm	<b>Drop-in</b> Unlimited hot drinks £1. Tuck shop also available
<b>Thursday</b>	3.00 pm to 4.30 pm	<b>OCD support group – With Ovie</b> (4 <sup>th</sup> July, 1 <sup>st</sup> August, 5 <sup>th</sup> September)
	10.00 am to 11.00 am From 5 <sup>th</sup> of September	<b>Line dancing-</b> With Janice
	11.00 am to 2.30 pm	<b>Drop-in</b> Come and have a game of scrabble or mahjong Unlimited hot drinks £1. Tuck shop also available
<b>Friday</b>	10.00 am to 11.30 am	<b>Art 4 wellbeing</b> With Anna Please email <a href="mailto:admin@smhf.org.uk">admin@smhf.org.uk</a> to check availability.
	11.00 am to 12.00 pm	<b>Music group - Upstairs</b>
	12.00 pm to 2.30 pm	<b>Drop-in incl.lunch</b> Please book by 11am. Hot meal £3.50, dessert £1, hot drinks £1 Vegetarian option available



5 ways to wellbeing

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Day	Time	Regular activities at Wallington Library Wallington Library, Shotfield, Wallington, SM6 0HY
<b>Friday</b> 19 <sup>th</sup> July, 30 <sup>th</sup> August, 11 <sup>th</sup> October	5.00 pm to 6.50 pm	<b>Book club</b> - With Lisa Please email <a href="mailto:admin@smhf.org.uk">admin@smhf.org.uk</a> to book your place.
<b>3<sup>rd</sup> Thursday of each month</b>	6.30 pm to 8.00 pm	<b>OCD support group</b> - With Ovie
Day	Time	Special events and courses at Belmont Connect 63 Downs Road, Belmont, Sutton SM2 5NR
<b>1st Friday of each month</b>	10.00 am to 12.00 pm	<b>New members morning</b> 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.
<b>1st Tuesday of each month</b>	2.00 pm to 3.00 pm	<b>Community meeting</b> An opportunity to have your say and to help shape our services
<b>Tuesday</b> 25 <sup>th</sup> July	1.00 pm to 2.30 pm	<b>Signpost Sutton</b> Recovery College- mental health and wellbeing- booking required.
Day	Time	Support appointments and drop-in clinics at Belmont Connect 63 Downs Road, Belmont, Sutton SM2 5NR
<b>Wednesday &amp; Friday</b>	1.00pm & 3.00 pm 11.00am & 1.00pm	<b>1:1 general support appointments</b> With Jordan
<b>Mondays &amp; Tuesday</b>	1.00 pm & 3.00 pm 11.00 am & 1.00 pm	<b>Housing support appointments</b> With Jordan
<b>Thursday</b>	10.00 am, 11.00 am & 12.00 pm	<b>Welfare advice appointments</b> With Janet, Citizens Advice Sutton
	10.00 am to 11.30 am 4 <sup>th</sup> July, 18 <sup>th</sup> July, 1 <sup>st</sup> of August	<b>Supportive circle</b> With Jane & Vilma A support group for parents of ASD/ADHS children or adults with mental health concerns
<b>Friday</b>	1.00 pm to 2.30 pm	<b>Employment advice drop-in</b> With Ayesha
Day	Time	Support groups held elsewhere
<b>Thursday</b>	3.30 pm to 4.30 pm	<b>Sutton Hearing Voices Group</b> - With Jorden in Sutton

