



# Belmont Connect Timetable

## October/November/December 2024



Day	Time	Regular activities at Belmont Connect 63 Downs Road, Belmont, Sutton SM2 5NR
Monday	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 (7 <sup>th</sup> Oct, 21 <sup>st</sup> Oct, 4 <sup>th</sup> Nov, 18 <sup>th</sup> Nov, 2 <sup>nd</sup> Dec, 16 <sup>th</sup> Dec, 30 <sup>th</sup> Dec) <b>Sewing class- upstairs</b> With Maxine, once every 2 weeks (14 <sup>th</sup> Oct, 28 <sup>th</sup> Oct, 11 <sup>th</sup> Nov, 25 <sup>th</sup> Nov, 9 <sup>th</sup> Dec, 23 <sup>rd</sup> Dec)
Tuesday	10.00 am to 11.00 am	<b>Chair yoga</b> With Maria, suitable for all abilities
	11.15am to 12.00pm	<b>Indoor Tennis</b> With Liam
	12.00 pm to 2.30 pm	<b>Drop-in</b> Unlimited hot drinks £1. Tuck shop also available
Thursday	3.00 pm to 4.30 pm	<b>OCD support group</b> – With Ovie (3 <sup>rd</sup> October, 7 <sup>th</sup> November, 5 <sup>th</sup> December)
	10.00 am to 11.00 am	<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
Friday	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

### IN YOUR CORNER

#### Sundays are back!

Open every Sunday from now until 30th March 2025, for people over 18 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  
SMHF  
63 Downs Road  
Belmont  
Sutton  
Surrey SM2 5NR

#### Book by Friday 2pm

Call 020 8770 0172 or book online at [smhf.org.uk/inyourcorner](http://smhf.org.uk/inyourcorner)



5 ways to wellbeing

# Belmont Connect Timetable

## October/November/December 2024



Day	Time	Regular activities at Wallington Library Wallington Library, Shotfield, Wallington, SM6 0HY
<b>Tuesday</b>	6.30pm to 8.30pm	<b>LGBTQ+ Adult Support Group-</b> fortnightly starting with 1 <sup>st</sup> of October
<b>Friday</b>	5.00 pm to 6.50 pm	<b>Book club -</b> With Lisa- 11 <sup>th</sup> Oct & 29 <sup>th</sup> Nov 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 8<sup>th</sup> October</b>	2.15 pm to 3.45 pm	<b>Signpost Sutton</b> <b>Sutton 1 in 4-</b> Find out more about who we are and what we can do for you. - 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	<b>Supportive circle</b> With Jane & Vilma - Fortnightly starting with 10 <sup>th</sup> Oct A support group for parents of ASD/ADHS children or adults with mental health concerns
<b>Friday</b>	10.00 am to 1.00 pm	<b>Advice Volunteer –</b> With Sarah- fortnightly starting with 4 <sup>th</sup> October
	1.00 pm to 2.30 pm	<b>Employment advice drop-in</b> With Ayesha
Day	Time	Support groups held elsewhere

**Thursday**

3.30 pm to 4.30 pm

**Sutton Hearing Voices Group- With Jordan in Sutton**