



5 ways to wellbeing

Belmont Connect Timetable

January/February/March 2025



Day	Time	Regular activities at Belmont Connect 63 Downs Road, Belmont, Sutton SM2 5NR
Monday	10 am to 11 am	Ladies' yoga With Maria, suitable for all levels- Contact: Vilma.songui@smhf.org.uk
	11.15 am to 12.15 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
	1.00 pm to 3.00 pm Alternate weeks	<div style="text-align: center;">Art group With Sarah, once every 2 weeks (13th Jan, 27th Jan, 10th Feb, 24th Feb, 10th Mar, 24th Mar)</div> <div style="text-align: center;">Sewing class With Maxine, once every 2 weeks (6th Jan, 20th Jan, 3rd Feb, 17th Feb, 3rd Mar, 17th Mar, 31st Mar)</div>
Tuesday	10.00 am to 11.00 am	Chair yoga With Maria, suitable for all abilities
	11.15am to 12.00pm	Indoor Tennis - With Liam
	12.00 pm to 2.30 pm	Drop-in Unlimited hot drinks £1. Tuck shop also available
Thursday	3.00 pm to 4.30 pm	OCD support group – With Ovie (2nd January, 6th February, 6th March)
	10.00 am to 11.00 am	Line dancing- With Janice
	11.30 am to 12.30pm	Harmony and Gratitude- fortnightly starting on 9 th January 2025
	12.30 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 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

Please book all activities and events online at smhf.org.uk/events or by calling 020 8770 0172.



5 ways to wellbeing

Belmont Connect Timetable

January/February/March 2025



Day	Time	Regular activities at Wallington Library Wallington Library, Shotfield, Wallington, SM6 0HY
Monday	6.30pm to 8.30pm	LGBTQ+ Adult Support Group- fortnightly starting with 13 th January
Friday	5.00 pm to 6.50 pm	Book club - With Lisa- 10 th Jan & 28 th Feb Please email admin@smhf.org.uk to book your place.
3rd 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
1st 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.
1st 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 4th February	12.15 pm to 1.45 pm	Signpost Sutton Arthritis - booking required.
Day	Time	Support appointments and drop-in clinics at Belmont Connect 63 Downs Road, Belmont, Sutton SM2 5NR
Wednesday & Friday	1.00pm & 3.00 pm 11.00am & 1.00pm	1:1 general support appointments With Jordan
Mondays & Tuesday	1.00 pm & 3.00 pm 11.00 am & 1.00 pm	Housing support appointments With Jordan
Thursday	10.00 am, 11.00 am & 12.00 pm	Welfare advice appointments With Janet, Citizens Advice Sutton
	10.00 am to 11.30 am	Supportive circle With Jane & Vilma - Fortnightly starting with 16 th January A support group for parents of ASD/ADHS children or adults with mental health concerns
Friday	10.00 am to 1.00 pm	Advice Volunteer – With Sarah- fortnightly starting with 10 th January
Day	Time	Support groups held elsewhere
Thursday	3.30 pm to 4.30 pm	Sutton Hearing Voices Group- With Cheryl in Sutton