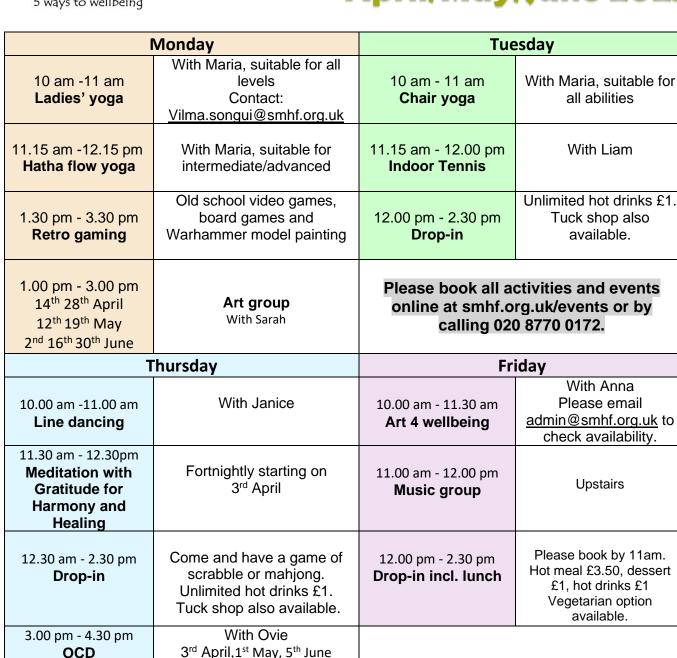


support group

### **Belmont Connect Timetable**

## **April/May/June 2025**





#### Where to find us:

63 Downs Road, Belmont, Sutton SM2 5NR

When: Our telephone lines are open Mon, Tues, Thurs & Fri- 020 8770 0172 10am - 3pm

Your	<b>Feedba</b>	ick N	latters!
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We would love to hear from you.

- ☐ Which classes do you enjoy the most?
- ☐ What new programs or offerings would vou like to see at Belmont?
- ☐ How can we improve our centre to better serve you?

Please email us at <a href="mailto:admin@smhf.org.uk">admin@smhf.org.uk</a> or drop us a message in our suggestion box.



## **Belmont Connect Timetable**

# **April/May/June 2025**



Support appointments and drop-in clinics at Belmont Connect 63 Downs Road, Belmont, Sutton SM2 5NR				
Wednesday	Friday	1:1 general support appointments		
1pm-3pm	11am-1pm	With Jordan		
Monday	Tuesday	Housing support appointments		
1pm-3pm	11am-1pm	With Jordan		
Thursday		Welfare advice appointments		
10 am, 11 am & 12 pm		With Janet, Citizens Advice Sutton		
		Supportive circle		
Thursday		With Jane & Vilma		
10 am - 11.30 am		A support group for parents of ASD/ADHS		
Fortnightly starting on 10 <sup>th</sup> April		children or adults with mental health		
		concerns		
Friday		Advice Volunteer – With Sarah		
10 am – 1 pm		fortnightly starting on 11 <sup>th</sup> April		

Special events and of	Special events and courses at Belmont Connect				
63 Downs Road, Belmont, Sutton SM2 5NR					
	New members morning				
1st Friday of each month	A chance for people who haven't used the				
10 am – 12 pm	service before to have a look round, meet				
	the staff and generally find out what we can				
	offer.				
1st Tuesday of each month	Community meeting				
2 pm – 3 pm	An opportunity to have your say and to help				
	shape our services				
Tuesday 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> April					
2.30 pm – 3.30 pm	Falun Dafa				
Thursday 24th April	Keeping Safe in Sutton				
12.30 pm – 2 pm	Talk by Neighborhood Watch				
Tuesday 20 <sup>th</sup> May					
12.30 pm – 2 pm	Hearing Voices				
Tuesday 17 <sup>th</sup> June	Ultra Processed Food				
12.15 pm - 1.15 pm	Ullia Fiocesseu Food				

Regular activities at Wallington Library Wallington Library, Shotfield, Wallington, SM6 0HY		
Monday 6.30pm to 8.30pm	LGBTQ+ Adult Support Group 7th April & 19th May	
Friday 5 pm – 6.50 pm	Book club – With Lisa Please email admin@smhf.org.uk to book your place.	
3 <sup>rd</sup> Thursday of each month 6.30 pm – 8.00 pm	OCD support group- With Ovie	

Other events				
The Sutton Community				
Dye Bed Project				
4th & 11th April	Oru Sutton Rooftop Garden,			
12.30 pm – 2.00 pm	7Throwley Way Sutton, SM1 4AF			
25th April	Sutton Plaza - Sutton Court Road			
12.30 pm – 2.00 pm	6 spaces			
To book contact: Fiona.denton@smhf.org.uk or Zoe on 07725048331				
Sutton Hearing Voices Group				
Thursday				
3.30 pm – 4.30 pm	Sutton Library- with Cheryl			
Email admin@smhf.org.uk or call 020 8770 0172				