



5 ways to wellbeing

# Belmont Connect Timetable

## April/May/June 2025



Monday		Tuesday	
10 am -11 am <b>Ladies' yoga</b>	With Maria, suitable for all levels Contact: <a href="mailto:Vilma.songui@smhf.org.uk">Vilma.songui@smhf.org.uk</a>	10 am - 11 am <b>Chair yoga</b>	With Maria, suitable for all abilities
11.15 am -12.15 pm <b>Hatha flow yoga</b>	With Maria, suitable for intermediate/advanced	11.15 am - 12.00 pm <b>Indoor Tennis</b>	With Liam
1.30 pm - 3.30 pm <b>Retro gaming</b>	Old school video games, board games and Warhammer model painting	12.00 pm - 2.30 pm <b>Drop-in</b>	Unlimited hot drinks £1. Tuck shop also available.
1.00 pm - 3.00 pm 14 <sup>th</sup> 28 <sup>th</sup> April 12 <sup>th</sup> 19 <sup>th</sup> May 2 <sup>nd</sup> 16 <sup>th</sup> 30 <sup>th</sup> June	<b>Art group</b> With Sarah	<b>Please book all activities and events online at <a href="http://smhf.org.uk/events">smhf.org.uk/events</a> or by calling 020 8770 0172.</b>	
Thursday		Friday	
10.00 am -11.00 am <b>Line dancing</b>	With Janice	10.00 am - 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.
11.30 am - 12.30pm <b>Meditation with Gratitude for Harmony and Healing</b>	Fortnightly starting on 3 <sup>rd</sup> April	11.00 am - 12.00 pm <b>Music group</b>	Upstairs
12.30 am - 2.30 pm <b>Drop-in</b>	Come and have a game of scrabble or mahjong. Unlimited hot drinks £1. Tuck shop also available.	12.00 pm - 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.
3.00 pm - 4.30 pm <b>OCD support group</b>	With Ovie 3 <sup>rd</sup> April, 1 <sup>st</sup> May, 5 <sup>th</sup> June		

### 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 Feedback Matters!

We would love to hear from you.

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

Please email us at [admin@smhf.org.uk](mailto:admin@smhf.org.uk) or drop us a message in our suggestion box.



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

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

Special events and courses at Belmont Connect 63 Downs Road, Belmont, Sutton SM2 5NR	
1st Friday of each month 10 am – 12 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.
1st Tuesday of each month 2 pm – 3 pm	<b>Community meeting</b> 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	<b>Falun Dafa</b>
Thursday 24 <sup>th</sup> April 12.30 pm – 2 pm	<b>Keeping Safe in Sutton</b> <b>Talk by Neighborhood Watch</b>
Tuesday 20 <sup>th</sup> May 12.30 pm – 2 pm	<b>Hearing Voices</b>
Tuesday 17 <sup>th</sup> June 12.15 pm - 1.15 pm	<b>Ultra Processed Food</b>

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