



5 ways to wellbeing

Belmont Connect Timetable

July/August/September 2025



| Monday | | Tuesday | |
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| 10 am -11 am Ladies' yoga | With Maria, suitable for all levels Contact: Vilma.songui@smhf.org.uk | 10 am - 11 am Chair yoga | With Maria, suitable for all abilities |
| 11.15 am -12.15 pm Hatha flow yoga | With Maria, suitable for intermediate/advanced | 11.15 am - 12.00 pm Indoor Tennis | With Liam |
| 1.30 pm - 3.30 pm Retro gaming | Old school video games, board games and Warhammer model painting | 12.00 pm - 2.30 pm Drop-in | Unlimited hot drinks £1. Tuck shop also available. |
| 1.00 pm - 3.00 pm 7 th & 21 st July 4 th & 18 th August 1 st & 22 nd September | Art group With Sarah | Please book all activities and events online at smhf.org.uk/events or by calling 020 8770 0172. | |
| Thursday | | Friday | |
| 10.00 am -11.00 am Line dancing | With Janice 3 rd , 10 th & 17 th July Break till 18 th September | 10.00 am - 11.30 am Art 4 wellbeing | With Anna Please email admin@smhf.org.uk to check availability. |
| 11.30 am - 12.30pm Meditation with Gratitude for Harmony and Healing | Fortnightly 10 th July onwards | 11.00 am - 12.00 pm Music group | Upstairs |
| 12.30 am - 2.30 pm Drop-in | Come and have a game of scrabble or mahjong. Unlimited hot drinks £1. Tuck shop also available. | 12.00 pm - 2.30 pm Drop-in incl. lunch | Hot meal £3.50, dessert £1, hot drinks £1 Vegetarian option available. Please book by 11am. |

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 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 | 1:1 general support appointments With Jordan |
| Monday 1pm-3pm | Tuesday 11am-1pm | Housing support appointments With Jordan |
| Tuesday & Thursday 10 am, 11 am & 1pm | | Welfare advice appointments With Janet, Citizens Advice Sutton |
| Friday 10 am – 1pm | | Advice Volunteer – With Sarah fortnightly |

| Other events | |
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| The Sutton Community Dye Bed Project | |
| Every Friday 12.30pm – 2.00pm | Oru Sutton Rooftop Garden, 7Throwley Way Sutton, SM1 4AF |
| To book contact: Fiona.denton@smhf.org.uk or Zoe on 07725048331 | |
| Mindful Slow Stitch | |
| 10.30am- 12.30pm 24 th July, 21 st August, 23 rd October, 4 th December | Please book online at events.sutton.gov.uk WHITEHALL HISTORIC HOUSE, SM3 8QD |
| Sutton Hearing Voices Group | |
| Thursday 3.30 pm – 4.30pm | Sutton Library- with Cheryl |
| Email admin@smhf.org.uk or call 020 8770 0172 | |
| Supportive Circle | |
| SCD-Sutton Community Dance St Nicholas Centre, St Nicholas Way, Sutton SM1 1AW | |
| Thursday 10 am - 11.30 am Fortnightly starting on 3 rd July | With Jane & Vilma A support group for parents of ASD/ADHS children or adults with mental health concerns |

| Regular activities at Wallington Library Wallington Library, Shotfield, Wallington, SM6 0HY | |
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| Monday 6.30pm to 8.30pm | LGBTQ+ Adult Support Group 14 th & 27 th July (Healthy Eating event) 11 th & 25 th August 8 th & 22 nd September |
| Friday 5 pm – 6.50 pm | Book club – With Lisa Please email admin@smhf.org.uk to book your place. |
| 3 rd Thursday of each month 6.30 pm – 8.00 pm | Relaunch session- 17th July OCD support group- With Ovie |

| Special events and courses at Belmont Connect 63 Downs Road, Belmont, Sutton SM2 5NR | |
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| 1st Friday of each month 10 am – 12 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 pm – 3 pm | Community meeting An opportunity to have your say and to help shape our services |
| Thursday 18 th September 1-2pm | Sutton Signpost Session Chronic fatigue |

| boxing for mental health 9 th Sept- 2 nd Dec | |
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| Tuesday 10.30 – 11.30 | Sutton Sports Village |
| Book online at Events - Sutton Mental Health Foundation Come in gym wear & trainers | |