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## VOYAGER

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Mental Health:  
Creative perspectives.

# VOYAGER

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## Mental Health: Creative Perspectives.

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## Support

Age UK Sutton 020 8078 0002
CASS Women's Self-Injury Helpline 0808 800 8088
Citizens Advice Bureau 020 8405 3552
Crimestoppers 0800 555 111
Cranstoun Drug and Alcohol Service 020 8773 9393
Mental Health Crisis Support Line 0800 028 8000
Mind 0300 123 3393
National Domestic Violence Helpline 0808 2000 247
NHS Helpline 111
No Panic (Sutton and Merton) 07562 520 954
OCD Action 0300 636 5478
Off The Record (Youth Counselling) 0800 980 7475
Police (Non-Emergency) 101
Rethink (Advice Service) 080 801 0525
SANE Line (4 pm–10 pm) 0300 304 7000
Samaritans 116 123

Springfield Advocacy Service 0300 7900 559
Springfield Hospital 0203 513 5000
Stop Hate UK Crime Helpline 0800 138 1625
Sutton Carer's Centre 020 8296 5611
Sutton Crisis Cafe 0800 012 9082
Sutton Mental Health Foundation 020 8770 0172
Sutton Night Watch (Homeless support) 020 8669 9920
Sutton Council 020 8770 5000
Sutton Talking Therapies 020 3513 4044
Sutton Women's Centre 020 8661 1991
Transform Sutton (Domestic Violence) 020 8092 7569
Victim Support 0808 1689 111
Volunteer Centre Sutton 020 8661 5900



POTIONS  
IN THE NIGHT  
UNSEEN

A BLOODIED  
HEART  
UNSEEN

THAT MONSTER,  
DOCTOR HIDE.  
INVISIBLE

THAT LOVE,  
SO FULL.  
INVISIBLE

INVIS'BLE





“Life has a way of  
getting hold of  
all of us at times.”



## What does invisible mean to you?

▲ Editorial Team

▲ Photography: A Friend

Try to imagine the feeling or image  
when you hear the word invisible.  
Let's try to imagine if this word feels  
relatable to you.

Does it? Mental health is often overlooked, something silent that can't be seen but is very visible when you're the one struggling. The Voyager aims to connect people to highlight the importance of feeling connected.

Life doesn't have to feel shackled by our circumstances. We can bless our world by looking at and perceiving things in a different sense of light.

Let's imagine that you are exactly where you want to be. Does this place look loud, bustling with life, or does it look quiet, a place where you focus on your own peace?

Now, let's try to imagine if you were unable to have any of this. Let's take it back to the start. Would you feel invisible?

Sadly, we walk past people every day who are struggling. The person who is asking for a bit of spare change. The friend who always has their head down. The partner that doesn't seem as exciting as they once were. Life has a way of getting hold of all of us at times. But if we spoke and made our thoughts more visible, then in time the pressure slowly lifts. The flower begins to blossom, and the dark turns to light. Let's speak, as staying quiet often makes us feel invisible.

# Editorial 01



# Danny McCann

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25th April 1955–31st May 2024

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Obituary

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Danny McCann sadly passed away in May 2024. He enjoyed going to the Café, at the Circle with friends from The Drop In and liked reading about sport and used to get very enthusiastic about it. He also organised regular Sweep Stakes for the World Cup. The Grand National, The Oxford and Cambridge Boat Race plus regular Bingo Sessions. Danny wrote some lovely poetry and before Lockdown he regularly attended The Drop In and was very well liked and a very nice person to know.

R I P



# Observe<sup>02</sup>



# Anna Virabyan

Artist Spotlight



Contact

[intuit.art@outlook.com](mailto:intuit.art@outlook.com)

[@intuit.art](https://www.instagram.com/intuit.art)



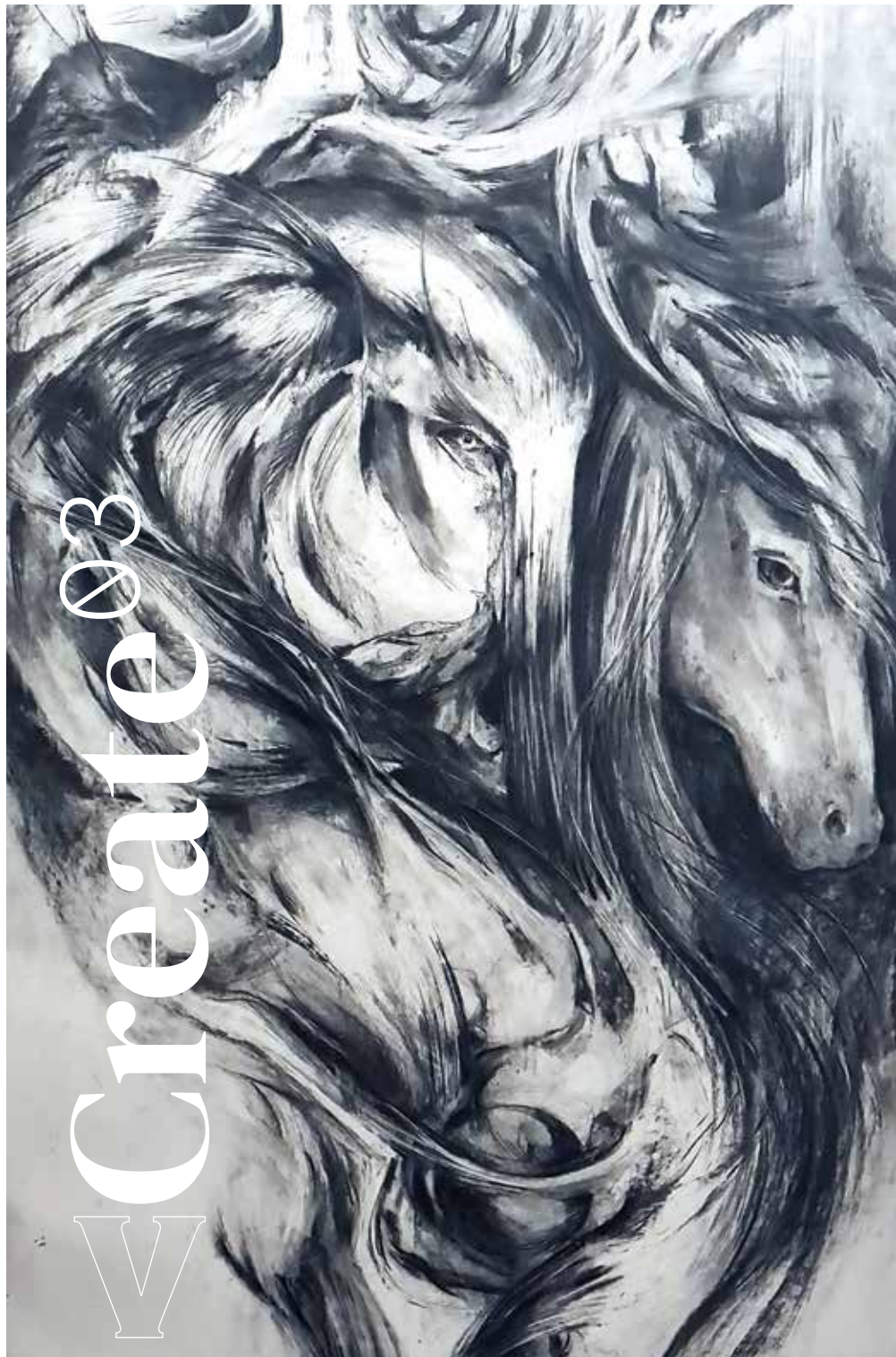
Anna Virabyan is an award-winning artist specialising in the Alla Prima watercolour technique. She celebrates the transformative power of creativity, using her art to inspire others to unlock their unique potential and authenticity.

She collaborates with various local organisations, including Sutton Mental Health Foundation, using creative expression as a tool for healing and growth.

Through the curation of exhibitions, Anna has highlighted critical causes such as mental health and domestic violence.

Her journey as a lived experience artist reflects her unwavering belief that art can foster personal transformation and drive meaningful change within the community.

Anna runs therapeutic art sessions at Sutton Mental Health Foundation on Friday mornings, 10 am–12 pm. See [smhf.org.uk/events](https://smhf.org.uk/events) for details.





# Charlie Jenkins

Artist Spotlight



Contact

jenksygraphics@gmail.com

@monocle\_sloth



“My fatigue was  
DIABOLOCAL.  
It feels like you are  
just melting into  
wherever you are.”



It started 8 years ago, in 2017, I would consistently feel knackered. I assumed everyone felt the same, as I worked on a building site and saw how hard people worked. My eyesight went completely blurry in one eye during college back in 2017, which scared me SO much. It only lasted 10 minutes, so I brushed it off. Again in 2019, both eyes went COMPLETELY white, but I was skiing at the time, so I put it down to snow blindness, so I didn't think much of it.

Fast forward a couple of years, drugs, breakups, sad times, and happy, and we get to January 2021. I had had enough of being on a building site (I was having a relapse), so, by some coincidence, I started a new job in a hospital, as a porter. Stars aligning right? During my time of starting this new job, I started to feel VERY strange. I somehow managed to drive all the way to work at 5 am, even though my legs could barely keep me upright. Ego? maybe. Imagine trying to walk but unable to pick your legs up. That is how it was for me, BUT, as I say, luckily, I was working in a hospital. I went to fix a door, and my manager saw me. SIT DOWN NOW, CHARLIE, is what came



out of their mouth. I was given a Mars bar, and my parents called to pick me up, as I couldn't even walk. We went to a hospital in Epsom and... I was told I should go home and rest?!? Ay, I can't even walk!?!?

I stayed in bed for a couple of days as I couldn't walk, let alone get up and down the stairs. My fatigue was DIABOLOCAL. It feels like you are just melting into wherever you are. My vision also started to go very blurry in my right eye, with my vision also going crosseyed.

I then went to my local GP and saw an excellent man named Dr Murray, who sent me straight to St George's, shout out St George's. I was sent straight to A&E. Imagine sitting in a room surrounded by people screaming, unable to see straight; it is pretty horrendous. I was then sent to Atkinson Morley ward. Where I was filled up with steroids, it was a pretty good time ahaha. I made some art, a rose, actually, and gave it to one of the nurses. They are very fortunate to get it for free. A neurologist came into my room one night and told me I might have Multiple Sclerosis, and I just started laughing!

After that, I went home, and it took a couple of months, a lot of walks, and one



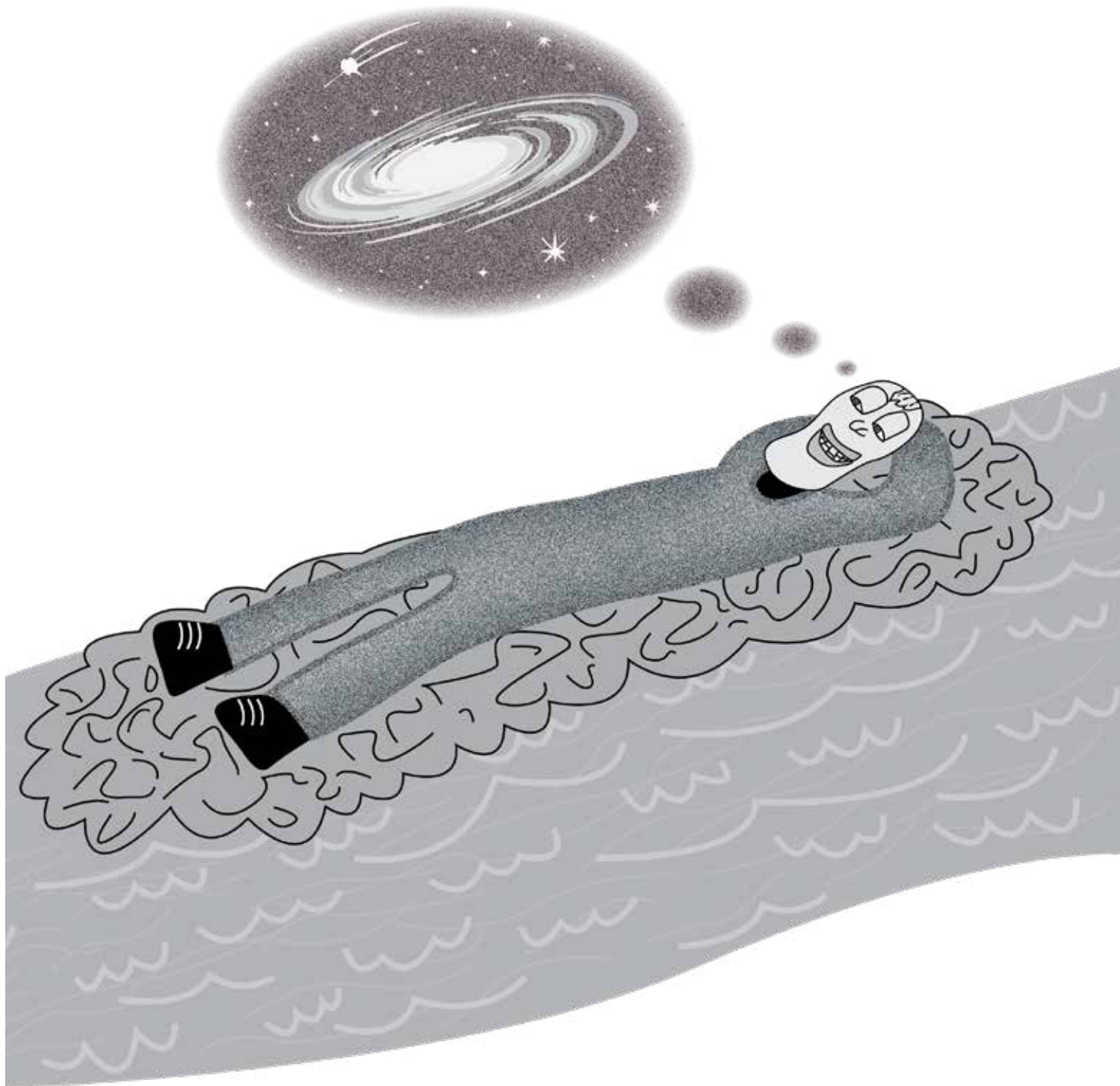
mum to get “better” or normal-ish again. Two years of ABSOLUTE shite, looking like I had Parkinsons, legs felt as if they were on FIRE 24/7, brainfog like I am in a misty forest, unable to understand the easiest things, mixed with some of the greatest times of my life. I was having relapses after relapses, SOMETHING told me I was just continuously having one for a VERY long time... dunno what that could be... When I found out this was the case, I was actually happy. As it meant I could be subject to quite a newish and dangerous procedure, called HSCT or a Stemcell transplant for laymen.

Doing this was SIMULTANEOUSLY the BEST and WORST thing to ever happen to me. It basically kills you and brings you back to life. I am eternally grateful, as it gave me a second chance at life.

I now stand/sit here before you as a normal(ish) human being, and ALL I want to do now is help people. I will start by helping myself first, though.

This is where my characters come in. At first, I didn't know how to articulate how I felt, so I decided to draw faces on what I was going through for 40 days! Please feel free to colour them in.





# Hopes and Dreams

◀ Jennifer Humphreys

◀ Illustration: Charlie Jenkins

Poetry

Dreaming, dreaming, dreaming,  
When will I wake up?  
Reality,  
Achievements,  
Insight and awareness,  
Beautiful pictures immerse my mind,  
Inspiration forms,  
Abundance of dreams,  
Positivity opens like a flower,  
In flows the workings,  
The magic of life,  
Intelligent clouds,  
Float softly and gently,  
A vision of nature,  
Grounds me,  
Dream,  
Strong and bold,  
The sun is the reason,  
In light of me,  
Realise your dreams,  
With eyes full of fire,  
Accomplish your goals,  
Define the steps,  
The journey is your destination,  
Enjoy the ride



# MIND

## Running

◀ Anon

Poetry

Tried running a race along with my mind.  
 Came close in the race to leave my mind behind.  
 Mind kept a good pace in the race.  
 Can see the finishing line and will end this race with me and my mind.  
 Cos this race is of a kind.  
 We're both winners in the race me and my mind.



## Anxiety

◀ Tina Gillam

Creative writing

Where does it come from? The hidden beast that stalks in the shadows, lying dormant and elusive until it is time to strike. It reminds you of its infinite power to derail and control your every thought, feeling, and action. It feeds on all your insecurities, ravenously devouring any last scrap of confidence.

Nerves fray and tear like rags, the mind lost in a labyrinth of collapsing tunnels. You want to scream to release the tension, but the scratch in your throat forbids any relief. Then comes a flush of heat, spreading so quickly over your skin that it leaves you gasping for air. A disorderly twitch of muscles and sinews makes you stiff and rigid; your ever-increasing pulse feels like a pipe about to burst, spewing its contents everywhere.

From within this sensory overload, you detect the acrid smell of burning plastic and a taste so bitter that you gag. All the while the ringing in your ears is getting louder, a deafening siren approaching at speed. The blackness blurs your vision, and you cannot move. Frozen in time like a tombstone, you don't even remember your name.

Overcome with exhaustion, you close your eyes as the beast slips back into the shadows without a ripple. The emotional wreckage in your head and fragility of your body feels like a ship caught up in a violent storm with no protection. Smashed up and broken, but just about afloat.

Peace finally, returns – a long-lost friend bathing light into the darkest corners of your soul. It will take time, but the road ahead is now as clear as a mountain stream. A space to heal.

Until the next time...



# The dress

◀ Tina Gillam

Poetry

I've lived in the darkness for such a long time  
Surrounded by mothball and well past my prime  
My silken fabric is the deepest of blue  
Cloaked in plastic and hidden from view

I long for the days of music and dance  
Forever hopeful of just one more chance  
To swish and sway while out on a date  
And feel the excitement of staying out late

Caressing your skin as you move to the beat  
Memories that lately feel so bittersweet  
Deep in my fibres there lingers a scent  
Of wild abandon and lovers content

Echoes of laughter still cling to my seams  
A life that was full of desires and dreams  
Please let me return to those heady nights  
When my sequins did sparkle under the lights

I may be vintage and hang by a thread  
But let it be known, I am not yet dead  
Set me free from these chains of despair  
I'll show you a good time with style and flare



# A poem in response to Hokusai

◀ Alice Chadwick

Inspired by Kelvin and Marion's Introduction to Spirituality Course

Poetry

Alice says there's beauty in unexpected places  
And more to a soul than the faces they show you.  
Relentlessly work on healing;

Trauma and pain leave you feeling you're done  
But you're gutsy  
Wait and see...  
The sun's always rising round the corner  
And the gift is who you'll be.

From the torture life has put you through;  
Starless nights and sunless days you've seen.  
Finally you'll breathe with ease,  
And willingly, relaxed and effortlessly  
You'll lean.

You may not have wanted such commotion,  
Picking through the wreckage after the harm,  
But if you keep going you'll get razor sharp perspective,  
Strength and insight like the ocean calm  
Your wounds dressed lovingly as you imbibe it's breathtaking balm.

It may feel like a time-warp,  
Days passing, mind perturbed;  
Try to find joy in the small things;  
New interests, watch the birds.

Reach out for human contact;  
Places you can be heard.  
Even just a smile or surface natter,  
Healing building blocks;  
They all matter.

Hold onto belief  
Like a child holding onto their mothers dress,  
Especially when fear rears up  
And paralyses you in your step.  
It might regularly keep you hostage,  
A waste to live your life in bondage,

Ghosts from the past  
Or worries about taking the next step;  
Strip dead the anxieties that consume you  
Like striking a spider's web.

Outdoors or at home  
You pray you are no longer alone.  
All life is precious.  
Respect resources, nature, creatures, yourself.  
You're health is your wealth for the future;  
There is NO wound that cannot be sutured.

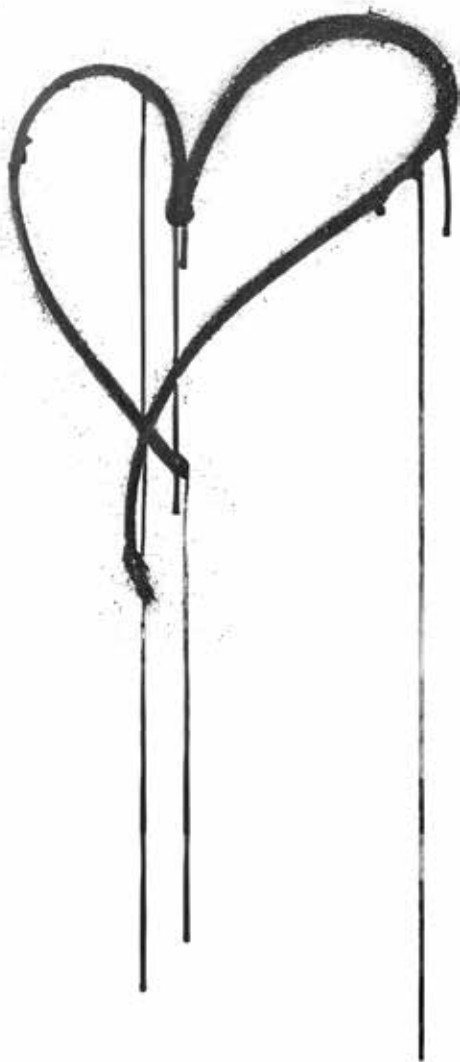
No limits on starting anew,  
You CAN find peace and contentment  
Though a long and arduous road,  
But try not to pick up resentments,  
Your peace will come as you deserve, well earned.  
Blissful ease, basking in the glow.



# Bless our world

◀ Tiana La-Belle

Poetry



Bless our creatures Lord  
 Bless our beautiful land  
 Bless our plants bless us all  
 Reach out and touch a hand  
 Our gentlemen be kind  
 Our ladies be of worth  
 We all have a voice you know  
 Let signing for deaf be heard!  
 Braille on a notebook be seen  
 Mute or dumb believe  
 Those that save our lives at hospitals  
 Those that save our lives at sea  
 We are all busy talking...  
 We are all busy walking...  
 Why?  
 Because we were given life  
 Don't you see  
 Create space to give thanks  
 Because with those that cared  
 And those that shared  
 Through previous generations  
 Lessons can be taught  
 Battles can be fought  
 Families reunited again  
 A football team, a friend in need  
 The future generations  
 Happy as tough it's been  
 Can we go back to  
 Simplicity  
 Can we go back at all!  
 Nature's way the present  
 It's calmer n peaceful  
 A closing prayer request or plea  
 Yes I pray it starts  
 It starts with me...  
 Forgiveness is the answer  
 Forgiveness is the key  
 To melt a heart of stone  
 That once lived in me...

## What's the point of nothings?

◀ Nisha Pearson

Poetry

What's the point of nothings?  
 Or a smile that barely shows?  
 What's the use in pleasantries  
 When you can't tell friend from foe?

I wish into the wind,  
 Feel it rush across my face.  
 All I want is to vanish,  
 To drift,  
 To another place.

Maybe in the years ahead,  
 these heavy thoughts depart.  
 I'll rise beyond the shadows,  
 And make a fresh new start.

I see the sky awash with wings,  
 But butterflies won't stay  
 Each day, I try to catch just one  
 But each day slips away.

The wallpaper is peeling;  
 I press it back in place.  
 The voices on the evening news  
 Wear that same blank, rubber face.

Everywhere I turn,  
 A secret waits in shade.  
 Quiet, heavy,  
 Tight-lipped truths  
 That never quite evade.

Is it too much to ask  
 For rose-tinted glass?  
 A room where joy feels plentiful  
 And all the bad things pass.

But I look down at the pavement cracks  
 There's nothing but a penny  
 Still, I shake the Monday off  
 And drop it with the many.

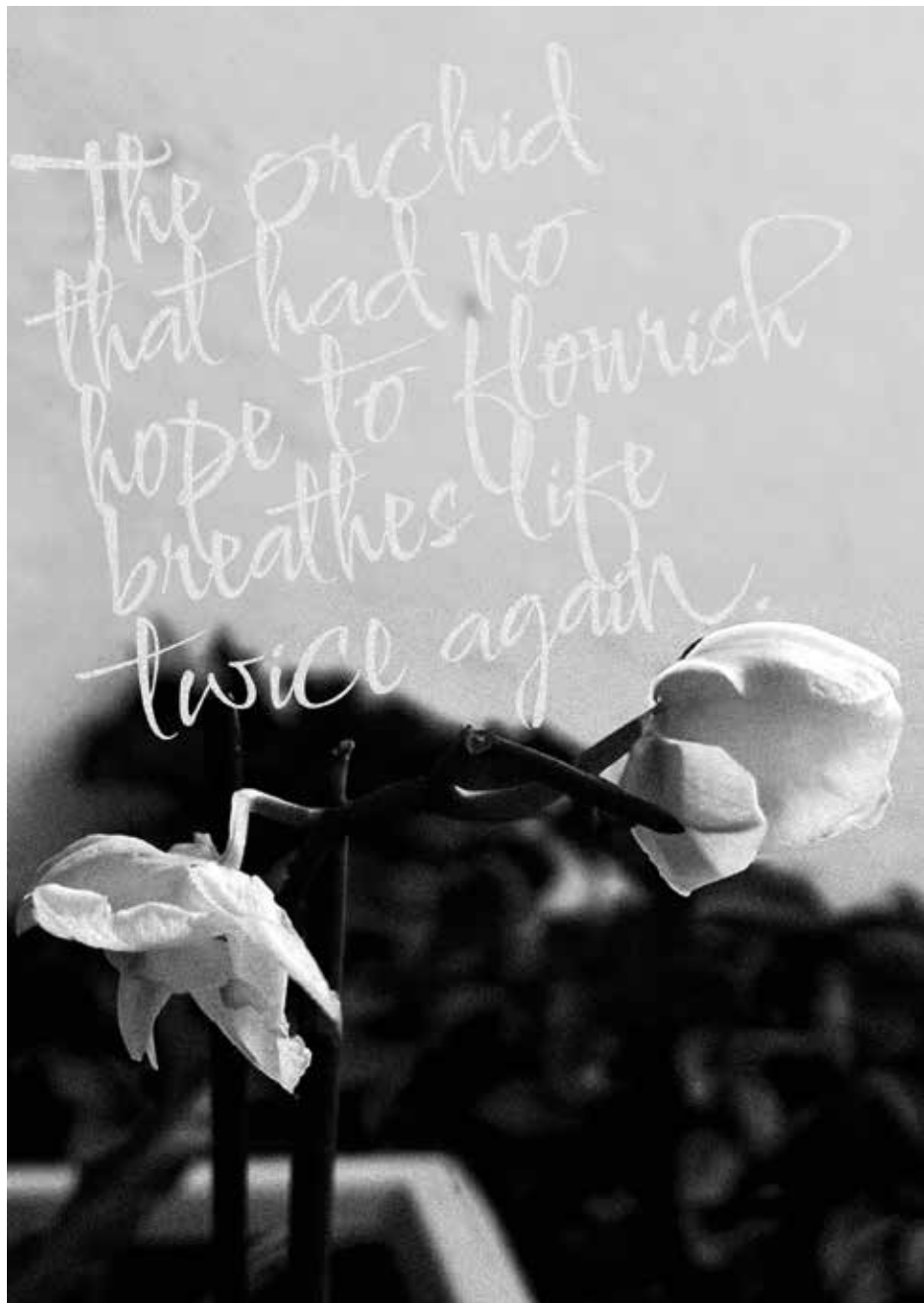
And maybe one day,  
 I'll open that box  
 To find something sweet or soft,  
 A quiet place to carry away,  
 Leaving behind the heavy cost.



## Against all odds

John Saunders & Heather Voegt

Photography



## Mini Eton Mess

Serves 2

Linda Gruber

Food

John Saunders

Food Review

The recipe for this issue of the Voyager is Mini Eton Mess for 2. It consisted of strawberries, crushed meringues, and single cream. I found it had a very nice light consistency and was not oversweet when I sampled it and would be a lovely treat for two people.

### Ingredients

150 ml Single Cream

2 Meringue Nests

150g Raspberries

### Kitchen Utensils

2 small dishes

Tablespoon

Sieve

Large bowl

### To make

1. Rinse and drain the raspberries in cold water.
2. When the raspberries have been drained, place them in two small pudding dishes.
3. Crush the meringues in a large bowl and place them on top of the raspberries.
4. Then pour the single cream over the top. You may not need all the pot of the 150ml single cream – it's up to you.

Serve cooled.



# Invisible Society

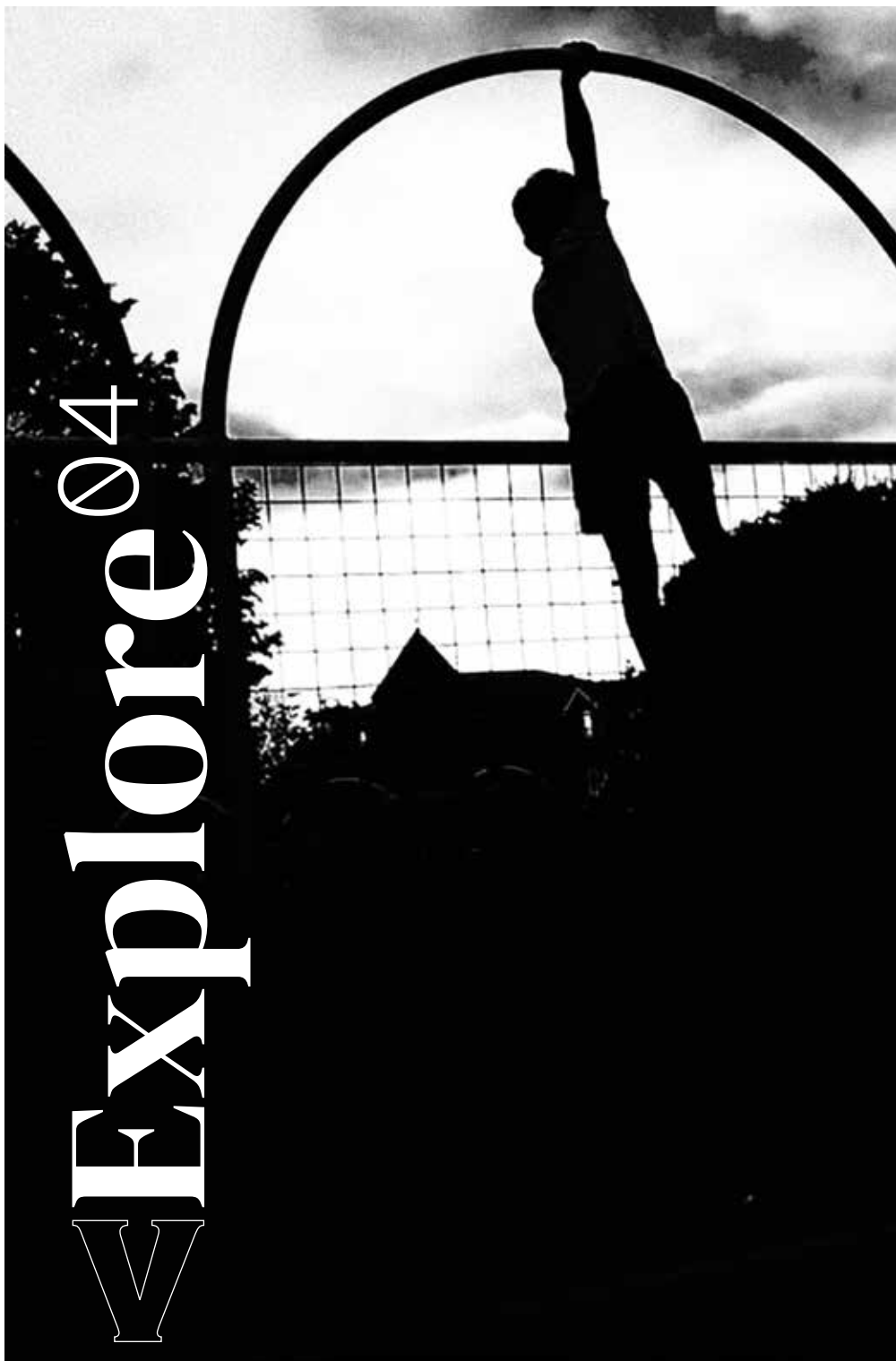
A Friend

Photography

I have taken these photographs to reflect the current state of homelessness. With my lived experience of navigating the system, I feel it is pointless to write about this subject, as much has already been written on the topic. No one cares, and nothing changes. All I can say is read "I Dwell in Possibility" by Emily Dickinson.







# Active8 trip to Your Space



## Trip Information

Your Space  
Sears Park Nursery  
Sears Park  
St Dunstan's Hill  
Sutton  
SM1 2LR

[yourspace Sutton.org](http://yourspace Sutton.org)

Free Entry



◀ Linda Gruber

◀ Photography: A Friend

Trips

In early February 2025 some of us from the Active8 Group visited Your Space in Cheam.

It was quite a wintry day though we were all looking forward to visit it as it sounded good from people who had been there. Also a couple of Peer Support Workers from SMHF were Volunteers there at one stage and they enjoyed their time there. The Your Space cafe was only 10 minutes from the bus stop in Cheam and it was easy to find.

In the café area there were some tasty cakes to choose from and a good choice of drinks and a wide range books to read. It was very nice to be inside away from the cold day outside. The Café Assistant was pleasant and welcoming. There are lots of gardening projects at Your Space which we did not see in full and perhaps in the future we may visit the gardening area at a warmer time of the year.

After visiting Your Space a few of us decided to go to Piggies in Cheam Village to have some lunch and another drink. We relaxed in the café and we then decided to make our way to our homes.

It had been a good day and I am looking forward to visiting there again in the future.



# What's on 05

## Tennis training at Belmont Connect and Sutton Tennis & Squash Club

◀ Linda Gruber

Projects

Last Year Ovie from Belmont Connect kindly set up free tennis training for Belmont Connect Members at Belmont Connect and Sutton Tennis and Squash Club. The tennis training has proved to be very successful for members and it has really helped them with their mental health issues.

Liam trains us very well us at Belmont Connect and Sammy trains also trains us very well at the Sutton Tennis and Squash Club and Liam is always around there too. Members tennis has improved greatly and I have learnt more than I knew before I took part in the training – thank you Liam and Sammy.

On Tuesday mornings the walk in tennis training takes place at Belmont Connect,

between 11.15 am–12.00 pm - training does not take place in school holidays. On Wednesday mornings tennis training takes place at Sutton Tennis and Squash Club from 11.30 am–12.30 pm, in school holidays the training takes place 12.30 pm–1.30 pm.

Even if you have never touched a tennis racket it does not matter as everyone at all levels are very much encouraged by Liam and Sammy.

Tasty food, teas and coffees at reasonable prices are available at the Sutton Tennis and Squash Club and there is a bar.

There is a nice atmosphere there and all the staff are friendly and welcoming.

We are very lucky that Ovie has managed to set up the training for us.



### Project Information

Sutton Tennis  
& Squash Club  
19 Devonshire Rd  
Sutton  
SM2 5HH

[stcsport.co.uk](http://stcsport.co.uk)

Free Entry







Contact

[meglouisetattoo@gmail.com](mailto:meglouisetattoo@gmail.com)

[@meglouisetattoo](https://www.instagram.com/meglouisetattoo)



# The Scar Transformation Project

◀ Meg Louise

Projects

My name is Meg and I'm a local tattoo artist based in Sutton, and the Scar Transformation Project (STP) is rooted in my own experience with mental wellbeing, self harm and suicide loss. All of this lived experience has become the desire to support others through art and healing. After losing someone incredibly close to me last year, I knew I wanted to do more than just tattoo - I want to use my craft to help people reclaim their bodies and stories.

The STP offers bespoke, trauma-informed tattoo cover ups for people with self-harm scars, surgical scars, or any marks that hold pain or memory. Each tattoo is designed to be meaningful and empowering, not just decorative. I've researched in depth into symbolism, just to be able to add elements into each tattoo that represent and encourage my clients. The initial response to the STP has been emotional, humbling and overwhelmingly positive.

For some people, it's about reclaiming a body they feel disconnected from. For others, it's about turning something painful into something beautiful. Tattoos can be a way of taking control, expressing identity and beginning a new chapter -

and for survivors, that sense of agency is everything.

I'm not a therapist - and I would never claim to be - but I work in a deeply trauma-informed and body-safe way. I always prioritise client readiness, consent and storytelling - and I am constantly learning from professionals and clients to improve the process.

If your interested in transforming your scars into a meaningful piece of art for you to wear. Please contact me through email. You can find more of work on Instagram. To start the process I'll ask you to fill out my booking form first so you can answer some questions to help me understand your story and what you'd like to come from this collaboration.





**INYOUR  
CORNER**

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**Project Information**

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Sutton Mental  
Health Foundation  
63 Downs Rd  
Belmont  
SM2 5NR

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020 8770 0172

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[smhf.org.uk/inyourcorner](http://smhf.org.uk/inyourcorner)

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Free Entry

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## What's on your mind? In Your Corner returns

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◀ Lisa Lancefield

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Projects

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Sutton Mental Health Foundation will be open every Sunday from October 26th, 2025, to March 29th, 2026, from 11.30 am–4.30 pm, for people over 18 in Sutton struggling with their mental health during the winter months.

We offer an affordable warm meal, a chat, and help to get further support if needed. You will need to book your place for lunch by contacting Sutton Mental Health Foundation.





“The power and  
resonance of  
peer support”

## Community Dye Bed



### Project Information

Oru Sutton  
7 Throwley Way  
Sutton  
SM1 4AF

[oruspace.co/sutton](https://oruspace.co/sutton)

Free Entry



### Contact

Fiona Denton  
[Fiona.denton@smhf.org.uk](mailto:Fiona.denton@smhf.org.uk)

Zoe Hannam  
07725 048 331

◀ Fiona Denton | Peer Lead

◀ Zoe Hannam | Creative Lead

◀ Photography: Monique Challis

Projects

ORU kindly donated us a piece of land on their rooftop terrace to manage, design, cultivate, and maintain a ‘community dye garden’. This is a space to grow flowers, herbs, and plants that we can use to dye thread and cloth. The process of dying cloth and thread is an integral part of our Mindfulness-based slow stitch workshops at Whitehall Historic House Cheam.

We wanted a project that could truly be a peer-run enterprise, and a project that engenders confidence and self-agency. Peer-run workshops are central to our understanding of creating a healthy community/communities.

We started this project in January of 2025. Obviously, in January, we couldn’t grow any plants or flowers. But we used the avocado skins and onion skins from the kitchen at ORU to dye cloth. Dye plants have been used traditionally



as medicinal and culinary herbs for centuries, and many cultures believed that wearing certain robes dyed with specific plants could cure ailments. In Sanskrit, the process of natural fabric dyeing is called “ayurveda.” The word “ayur” means health, “veda” means wisdom, and “vastra” means cloth or clothing. This roughly translates to “healthy clothing that strives to restore the body’s natural equilibrium.”

Although the focus is on dye and stitch, conversations around mental health organically generate as work together. The group thrives with our two skilled facilitators and there is always someone with whom to have a ‘break-out conversation’. We aim to stigma-smash mental health issues. We focus on building relationships that are mutual, explorative, and conscious of power.

Every Friday 12–2.30 pm at ORU except for the last Friday of Month, which is Mindful Stitching at Whitehall in Cheam.





Pace



## Project Information

Sutton Sports Village  
Rose Hill  
Sutton  
SM1 3HH

020 8770 0172

Free Entry



## Pace

Keyan

## Projects

Sutton Mental Health Foundation is excited to introduce Pace with Keyan, with kind support from Sutton Sports Village and Sutton Plumbase.

We're Pace, a boxing based exercise project. We welcome anyone - regardless of skill, size, age or ability.

We get it, traditional gyms and their muscle-centric branding can feel overwhelming. We understand that mental health challenges don't always show on the outside, and everyone deserves a safe space to move without pressure or judgment.

Our mission is to create a calm, supportive environment where fitness feels approachable. Be it your first time trying exercise or you already have experience, you can go at your own pace and rediscover the comfort of movement.

Most importantly, Pace exists to help people move from feeling stuck to feeling capable again. Every session is a gentle step toward confidence, peace of mind, and the simple joy of feeling at home in your own body.

Sessions will run from From  
9th Sept-2nd Dec on Tuesdays  
10.30 am-11.30 am at Sutton Sports  
Village Booking essential at  
[smhf.org.uk/events](http://smhf.org.uk/events) or 020 8770 0172.

# EMPOWERING MOVEMENT.



IN  
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