



Belmont Connect Timetable

October/November/December 2025



Monday		Tuesday	
10 am -11 am Ladies' yoga	With Maria, suitable for all levels Contact: Vilma.songui@smhf.org.uk 13th Oct & 10th Nov onwards	10 am - 11 am Chair yoga	With Maria, suitable for all abilities 13th Oct & 10th Nov onwards
11.15 am -12.15 pm Hatha flow yoga	With Maria, suitable for intermediate/advanced 13th Oct & 10th Nov onwards	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 6 th , 13 th & 20 th Oct 3 rd & 17 th Nov 1 st & 15 th Dec	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 2 nd October onwards	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 16 th October onwards	11.00 am - 12.00 pm Music group	Upstairs
11.00 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.
11.00 am - 2.30 pm Mahjong Club fortnightly- 9 th Oct			

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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Special events and courses at Belmont Connect 63 Downs Road, Belmont, Sutton SM2 5NR	
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
Tuesday 18 th Nov 1-2.30pm	Sutton Signpost Session Energy Advice
Thursday 9 th & 16 th October 1 pm- 2.30 pm	Women's Emotional Wellbeing Workshop

Other events	
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 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 9 th October	With Jane & Vilma A support group for parents of ASD/ADHS children or adults with mental health concerns
Menopause Café	
Trinity Church, St. Nicholas Way, SM1 1ST	
Tuesday 4 th November & 2 nd December 1 pm- 2.30 pm	A safe, supportive space to talk, learn and connect.

Regular activities at Wallington Library Wallington Library, Shotfield, Wallington, SM6 0HY	
Monday 6.30pm to 8.30pm	LGBTQ+ Adult Support Group 6 th , 25 th Oct (Saturday at SMHF, 1pm)
Friday 17 th Oct 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- 16th October OCD support group- With Ovie

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
Thursday 10 am, 11 am & 1pm	Welfare advice appointments With Janet, Citizens Advice Sutton

boxing for mental health 9 th Sept- 2 nd Dec	
Tuesday 10.30 – 11.30 Come in gym wear & trainers	Sutton Sports Village Book online Events - Sutton Mental Health Foundation
Autism & ADHD Intro Signpost Sutton	
Wednesday 15 th Oct 7.00pm- 8.30pm	Sutton Sports Village