



Belmont Connect Timetable

January/February/March 2026

5 ways to wellbeing

Monday		Tuesday	
10 am -11 am Ladies' yoga	With Maria, suitable for all levels Contact: Vilma.songui@smhf.org.uk 5th Jan onwards	10 am - 11 am Chair yoga	With Maria, suitable for all abilities 6th Jan onwards
11.15 am -12.15 pm Hatha flow yoga	With Maria, suitable for intermediate/advanced 5th Jan onwards	11.15 am - 12.00 pm Indoor Tennis	With Liam 6th Jan
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.
1.00pm - 3.00pm 15 th Dec, 12 th & 26 th Jan 9 th & 23 rd February 9 th & 23 rd March	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 29 th January 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 8 th January 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- 8 th Jan			



Where to find us:

63 Downs Road, Belmont, Sutton SM2 5NR

When: Our telephone lines are open

020 8770 0172

Mon 11am - 1.30pm
Tues, Thurs & Fri 10.30am - 2.30pm

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.

Belmont Connect Timetable

January/February/March 2026

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
Saturday 6 th Dec, 3 rd Jan, 7 th Feb, 7 th Mar 1 pm- 4 pm	Crafternoons
Regular activities at Wallington Library Wallington Library, Shotfield, Wallington, SM6 0HY	
Monday 6.30pm to 8.30pm	LGBTQ+ Adult Support Group 12 th , 26 th Jan, 9 th , 23 rd Feb, 9 th , 23 rd Mar
Friday 16 th Jan, 27 th Feb 5 pm – 6.30 pm	Book club – With Lisa Please email admin@smhf.org.uk to book your place.
Support appointments and drop-in clinics at Belmont Connect 63 Downs Road, Belmont, Sutton SM2 5NR	
Phone for availability	1:1 general support appointments With Jordan
Phone for availability	Housing support appointments With Jordan
Thursday 10 am, 11 am & 1pm	Welfare advice appointments With Janet, Citizens Advice Sutton

Other events	
The Sutton Community Dye Bed Project	
Friday 12.30pm – 2.00pm	Oru Sutton Rooftop Garden, 7 Throwley Way Sutton, SM1 4AF
To book contact: Fiona.denton@smhf.org.uk or Zoe on 07725048331	
Mindful Slow Stitch	
10.30am- 12.30pm Dates to be confirmed	Please book online at events.sutton.gov.uk WHITEHALL HISTORIC HOUSE, SM3 8QD
Sutton Hearing Voices Group	
Thursday 3.30 pm – 4.30pm	In Sutton with Cheryl Phone for more details
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 15 th January	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 27 th January 1 pm- 2.30 pm	A safe, supportive space to talk, learn and connect.
boxing for mental health 6 th Jan- 24 th March	
Tuesday 11.00 – 12.00 Come in gym wear & trainers	Sutton Sports Village Book online Events - Sutton Mental Health Foundation