



# Belmont Connect Timetable

## April/May/June 2026



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> <b>13<sup>th</sup> April onwards</b>	10 am - 11 am <b>Chair yoga</b>	With Maria, suitable for all abilities <b>7<sup>th</sup> April onwards</b>
11.15 am -12.15 pm <b>Hatha flow yoga</b>	With Maria, suitable for intermediate/advanced <b>13<sup>th</sup> April onwards</b>	11.15 am - 12.00 pm <b>Indoor Tennis</b>	With Liam <b>7<sup>th</sup> April onwards</b>
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.
1.00pm - 3.00pm 13 Apr, 11 & 18 May 15 & 29 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 2 <sup>nd</sup> April onwards	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 16 <sup>th</sup> April onwards	11.00 am - 12.00 pm <b>Music group</b>	Upstairs
11.00 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>	Hot meal £3.50, dessert £1, hot drinks £1 Vegetarian option available. Please book by 11am.
11.00 am - 2.30 pm <b>Mahjong Club</b> fortnightly			

### 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](mailto: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	<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 1.30 pm – 2.30 pm	<b>Community meeting</b> An opportunity to have your say and to help shape our services

### Regular activities at Wallington Library Wallington Library, Shotfield, Wallington, SM6 0HY

Monday 6.30pm to 8.30pm	<b>LGBTQ+ Adult Support Group</b> 6 & 20 April, 4 & 18 May, 1, 15 & 29 June
Friday 5 pm – 6.30 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.

### Support appointments and drop-in clinics at Belmont Connect 63 Downs Road, Belmont, Sutton SM2 5NR

Phone for availability	<b>1:1 general support appointments</b> With Jordan
Phone for availability	<b>Housing support appointments</b> With Jordan
Thursday 10 am, 11 am & 1pm	<b>Welfare advice appointments</b> With Janet, Citizens Advice Sutton

### Other events

#### The Sutton Community Dye Bed Project

Friday 4 <sup>th</sup> & 11 <sup>th</sup> April 12.30pm – 2.00pm	Oru Sutton Rooftop Garden, 7Throwley Way Sutton, SM1 4AF
To book contact: <a href="mailto:Fiona.denton@smhf.org.uk">Fiona.denton@smhf.org.uk</a> or Zoe on 07725048331	

#### Mindful Slow Stitch

10.30am- 12.30pm 25 <sup>th</sup> April	Please book online at <a href="https://events.sutton.gov.uk">events.sutton.gov.uk</a> WHITEHALL HISTORIC HOUSE, SM3 8QD
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#### Sutton Hearing Voices Group

Thursday 3.30 pm – 4.30pm	In Sutton with Cheryl Phone for more details
Email <a href="mailto:admin@smhf.org.uk">admin@smhf.org.uk</a> 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 23 <sup>rd</sup> April	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 12 <sup>th</sup> May 1 pm- 2.30 pm	A safe, supportive space to talk, learn and connect.