

What's in it for me?

The Carshalton Beeches Wellbeing Group aims to **empower you** in the Five Ways to Wellbeing. We do this through developing and promoting community-led activities.

Connect..

With the people around you. With family, friends, colleagues and neighbours. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Venues

Beddington Park, Church Road, Wallington, SM6 7NN

Carshalton Beeches Baptist Free Church, Banstead Road, Carshalton, SM5 3NL

Carshalton Community Allotment, Ecolocal, The Old School House, Mill Lane, Carshalton, SM5 2JY

Church of the Good Shepherd, Queen Mary's Avenue, Carshalton, SM5 4NP

Carshalton Lavender, Stanley Road Allotments, Oaks Way, Carshalton, SM5 4NQ

Carshalton Lawn Tennis Club, between 60/62 Beeches Avenue, Carshalton, SM5 3LW

Lower Park Hall, **Carshalton Methodist Church**, Ruskin Road, Carshalton, SM5 3DE

The Diamond Riding Centre, Woodmansterne Road, Carshalton, SM5 4DT

David Weir Leisure Centre (Sutton Arena), Middleton Road, Sutton, SM5 1SL

Lavender Oaks Care Home, 4 Metcalfe Avenue, Carshalton, SM5 4AQ

Maxime Wools, 68 Banstead Road, Carshalton, SM5 3NL

Nork Community Centre, 38 Nork Rise, Banstead, SM7 1JN

The Oaks Golf Centre, Woodmansterne Road, Carshalton, SM5 4DT

Oaks Way Centre, Oaks Way, Carshalton, SM5 4WQ

Perseid School, Middleton Road, Morden, SM4 6RU

Sutton College, St Nicholas Way, Sutton, SM1 1EA

St Margaret of Scotland Catholic Church, Fir Tree Grove, Carshalton, SM5 3NG

Useful Numbers

Age UK Sutton	020 8770 4089
Alcoholics Anonymous	020 7833 0022
Alzheimer's Society	020 8770 1875
Benefits Agency	0842 266 1765
Carshalton Safer Neighbourhood Team	020 8721 2490
Citizens Advice Bureau	020 8405 3552
Community Drug Service	020 8773 1881
Eldercare (telecare/alarms)	0345 603 4576
Everyman Project Anger Management	020 7263 8884
Healthwatch Sutton	020 8254 2616
London Borough of Sutton	020 8770 5000
Meals on Wheels	020 8770 4539
Mental Health Support Line	0800 028 8000
Mobile Library	020 8770 4705
Narcotics Anonymous	0300 999 1212
QEF Mobility Services	020 8770 1151
Samaritans	020 8681 6666
SCILL Centre	020 8770 4065
Sexual Health Line	0300 123 7123
Sutton Carers Centre	020 8296 5611
Sutton Community Social Work Team	020 8770 6064
Sutton Mencap	020 8647 8600
Sutton Stroke Association	07764 905 073
Sutton Uplift	020 3513 4044
Sutton Vision	020 8409 7166
Sutton Volunteer Bureau	020 8661 5900
Sutton Women's Centre	020 8661 1991
Terence Higgins Trust	0845 122 1200



Local Groups & Activities

*Meet new people;
Be more active*



wellbeingcarshaltonbeeches@gmail.com

020 8642 6388

YOU CAN HELP. BECOME A MEMBER

of the Carshalton Beeches Community Wellbeing Group

Whether you have just moved into the area, or have lived here forever.

Whether you have all the time in the world, or have just occasional spare moments.

We need your help.

Give us a call or email us

We'd love to hear from you

wellbeingcarshaltonbeeches@gmail.com

020 8642 6388

Other events in the area

QEF Mobility Services, where we help children and adults with disabilities retain some independence. 020 8770 1151

- 2nd March: QEF Kids free event for families, therapists or those dealing with disability
- 5th October: QEF Mobility free Event for families, therapists or those dealing with disability

Diamond Riding Centre - a very special place for disabled riders. Enquires: 020 8643 7764

- 28th April: Quiz Night Saturday
- 2nd June Barn Dance Saturday
- 30th September Autumn Fair Sunday

Carshalton Beeches Baptist Free Church

- 7th July: Fun Day

Yulefest - a community event for everyone

- 7th December - Banstead Road, Carshalton, SM5 3NL

Carshalton Beeches Community Wellbeing Group does not endorse any of the services, activities or events listed within this leaflet.

Please telephone before attending an activity to check on cost and confirm activity is taking place.

(£) indicates charges may be applicable.



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Oaks Way Centre

Oaks Way
 Carshalton
 Surrey SM5 4NQ



The Oaks Way Seniors Centre in Carshalton

Is a great place to have lunch, have an enjoyable day out and meet new friends.

Why not come along for a tea or coffee with a friend or family member, have a chat and see what we do?

Contact Sally Martin on

020 8647 8990

or check us out on

www.oakswaycentre.co.uk

Monday

Dance & Exercise	9:30am-11:30am
Carshalton Beeches Baptist Free Church	020 8643 7943
Exercise Class	9:30am-10:30am
Carshalton Beeches Baptist Free Church	07738 819 761
Cycling	10:00am-12noon
David Weir Leisure Centre	020 8404 1522
Pilates	11:30am & 6:45pm
Carshalton Beeches Baptist Free Church	020 8643 7943
Gardening	1:00pm-3:00pm
Carshalton Community Allotment	020 8404 1522
Bingo (£)	1:30pm-2:30pm
Oaks Way Centre	020 8647 8990
Shepherd Singers	2:00pm-3:00pm
<i>*Third Monday of month</i>	
Church of the Good Shepherd	020 8773 2962
Primo Music	2:30pm-5:30pm
Carshalton Beeches Baptist Free Church	07815 073 606
Carers Support Group	3:00pm
<i>*Last Monday of month</i>	
Lavender Oaks Care Home	0808 164 2522
Tennis (Children)	4:30pm-5:30pm & 5:30pm-6:15pm
Carshalton Lawn Tennis Club	020 8773 0927
Weight Watchers	6:00pm-7:30pm
Carshalton Beeches Baptist Free Church	07780 330 693
Dog Training (£)	7:30pm
Diamond Riding Centre	07780 704 766
Tennis (Beginners)	7:30pm-8:30pm
Carshalton Lawn Tennis Club	020 8773 0927
Tennis (Cardio)	7:30pm-8:30pm
Carshalton Lawn Tennis Club	020 8773 0927
Sports & Social Club	7:45pm-10:00pm
Carshalton Beeches Baptist Free Church	020 8643 7893
Carshalton Camera Club	8:00pm
Carshalton Methodist Church	07952 231 723

Tuesday

Tennis (Cardio)	9:15am-10:15am
Carshalton Lawn Tennis Club	07720 941 494
Parents & Toddlers	10:00am-11:00am
Carshalton Beeches Baptist Free Church	020 8642 9311
Arts & Crafts (£)	11:00am-12noon
Oaks Way Centre	020 8647 8990
Golf - Senior Group (£)	10:00am & 11:00am
The Oaks Golf Centre	020 8643 8363
Ladies Stretch & Tone	1:30pm-2:30pm
Church of the Good Shepherd	020 8642 0892
Pilates	1:30pm & 7:00pm
Carshalton Beeches Baptist Free Church	020 8643 7943
Old Time Singalong (£)	2:00pm-3:00pm
Oaks Way Centre	020 8647 8990

Dramabuds	2:30pm-3:30pm & 4:30pm-5:30pm
Carshalton Beeches Baptist Free Church	020 8669 2355
Tennis (Children)	4:45pm-5:30pm
Carshalton Lawn Tennis Club	07720 941 494
Swim Sessions	5:30pm
Perseid School	07411 122 103
Knitting	6:00pm-8:00pm
<i>*First & third Tuesday of month</i>	
Maxime Woolls	020 8661 5625
Golf - Beginner Class	7:30pm
The Oaks Golf Centre	020 8643 8363

Wednesday

Spill The Beans Café	9:30am-2:00pm
Carshalton Beeches Baptist Free Church	020 8642 9311
Tennis (Adult Ladies)	10:15am-11:15am
Carshalton Lawn Tennis Club	07720 941 494
Coffee Morning	10:30am-11:30am
St. Margaret's Catholic Church	020 8647 7748
Chair-based Exercises (£)	11:00am-11:45am
Oaks Way Centre	020 8647 8990
Chair-based Exercises	11:00am-12noon
Carshalton Beeches Baptist Free Church	020 8770 6959
Lunch Club	12:45pm-2:00pm
Carshalton Beeches Baptist Free Church	020 8642 0217
Conquest Art (£)	2:00pm-4:00pm
<i>*Alternate Wednesdays</i>	
Carshalton Beeches Baptist Free Church	020 8647 9472
Arts	2:45pm-4:45pm
Sutton College	020 8770 5566
Bereavement Support (£)	4:30pm-6:15pm
<i>*Alternate Wednesdays</i>	
Carshalton Beeches Baptist Free Church	020 8642 9311
Over 50s Swim/Exercise	5:30pm & 6:00pm
<i>*Hydrotherapy Pool</i>	
Perseid School	07411 122 103
Pilates Class	7:00pm
Carshalton Beeches Baptist Free Church	020 8643 7943
Wednesday Club	8:00pm-10:00pm
<i>*Fourth Monday of month</i>	
Church of the Good Shepherd	020 8669 0318

Thursday

Dance Exercise	9:30am-11:30am
Carshalton Beeches Baptist Free Church	020 8642 9311
Spill The Beans Café	9:30am-2:00pm
Carshalton Beeches Baptist Free Church	020 8642 9311
Tiny Tunes	9:45am-10:45am
Carshalton Beeches Baptist Free Church	07977 585 020
Coffee & Craft	10:15am
<i>*Second Thursday of the month</i>	
Church of the Good Shepherd	020 8647 3196
Coffee and Chat	10:30am-12:30pm
<i>*First Thursday of the month</i>	
Carshalton Beeches Baptist Free Church	020 8642 9311

Arts & Crafts (£)	11:00am-12noon
Oaks Way Centre	020 8647 8990
Golf - Beginner Class	11:00am
The Oaks Golf Centre	020 8643 8363
Pilates Class	12noon-1:00pm & 8:00pm-9:00pm
Carshalton Beeches Baptist Free Church	020 8643 7943
Hand Drumming for Therapy (£)	2:00pm-3:00pm
<i>*Term Time Only</i>	
Oaks Way Centre	07770 533 000
Theatre Group	5:00pm-8:00pm
Carshalton Beeches Baptist Free Church	020 8642 9311

Teen Minds (£)	5:15pm-5:45pm
Nork Community Centre	07900 915 660
Stress Relief	6:00pm-7:00pm
Nork Community Centre	07900 915 660
Beeches AA Group	8:00pm-9:00pm
Carshalton Beeches Baptist Free Church	07570 813 040

Friday

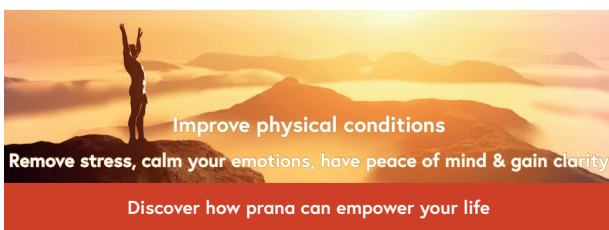
Pilates Class	9:15am-10:15am
Carshalton Beeches Baptist Free Church	020 8643 7943
Spill The Beans Café	9:30am-2:00pm
Carshalton Beeches Baptist Free Church	020 8642 9311
Music and Dance	10:00am-11:00am
Carshalton Beeches Baptist Free Church	020 8642 9311
Gardening	10:30am-12:30pm
Carshalton Community Allotment	020 8404 1522
Exercise Class	10:30am-11:30am
Carshalton Beeches Baptist Free Church	020 8288 1302
Art Class	2:00pm-3:30pm
Carshalton Beeches Baptist Free Church	07914 000 145
Art Class	3:50pm-4:50pm
Carshalton Beeches Baptist Free Church	07914 000 145
Tennis (Children)	5:00pm-6:00pm & 6:00pm-7:00pm
Carshalton Lawn Tennis Club	07720 941 494

Saturday

Tennis	9:00am-12noon
Carshalton Lawn Tennis Club	07720 941 494
Lavender Drop In	10:00am-2:00pm
Carshalton Lavender	07948 174 907
Pilates	10:00am-11:00am
Carshalton Beeches Baptist Free Church	01737 553 280
Cycling Groups	2:00pm
<i>*Every third Saturday</i>	
Beddington Park	020 8395 8350

Sunday

Golf - Beginners Class	11:00am
The Oaks Golf Centre	020 8643 8363
Football Club (£)	2:00pm-4:00pm
Carshalton Beeches Baptist Free Church	01932 836 490



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