



**2024**

**BENHILL  
COMMUNITY  
CALENDAR**



Community Action Sutton  
Building Stronger Communities



**SUTTON  
PRIMARY CARE  
NETWORKS**  
INTEGRATING  
& INNOVATING

# Find support and activities closer to you

This support calendar aims to tell you what activities, groups and support is available near the Benhill community.

It has been created by Sutton Primary Care Networks and Community Action Sutton to make it easier for Benhill estate residents to access the support on offer.

Every effort has been made to make sure the information in this calendar is correct. Dates, times and contact details are subject to change, however, and it is **strongly recommended** you contact the organisation or group before attending the activity listed in this calendar.

## ► More Information

To find out more about how this calendar was created and the work going on in and around the Benhill estate, please contact Alex Towers:

[alex@communityactionsutton.org.uk](mailto:alex@communityactionsutton.org.uk)








07549 410 838

It'd be great to hear from you!

# Understanding the Benhill Community Calendar

We've categorised events by the day of the week. The pages for each day are at the bottom of this page.



We have also included a key to help you find activities suitable for you and those around you more easily.




	Free to attend		Course
	Payment Required		Mental Health
	Child/Baby Friendly		Visual impairments
	Adults Only		Women only
	50 or over		Men only




## Contents



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# Monday


Mini Explorers		10:00am-11:30am
 	For parents/carers and new walkers aged up to 24 months.	
<b>Contact Details:</b> Tel: 0208 770 5875	Thomas Wall Children's Centre, 69 Western Road, Sutton, SM1 2TF	


Sewing Beginners		10:00am-12:00pm
  	For women aged 18 and over. 10 week course.	
<b>Contact Details:</b> jo@suttonwomen.co.uk	Sutton Women's Centre, 3 Palmerston Road, Sutton, SM1 4QL	



Freedom Programme		10:00am-12:00pm
  	For women aged 18 + affected by domestic abuse.	
<b>Contact Details:</b> jo@suttonwomen.co.uk	Sutton Women's Centre, 3 Palmerston Road, Sutton, SM1 4QL	




International Coffee Club		10:00am-12:00pm
 	For people in Sutton who have moved here from abroad a chance to make new friends and perhaps practise their English conversation skills. All welcome.	
<b>Contact Details:</b> outreach@rmns.org.uk www.trinitychurchsutton.org.uk/icc	Trinity Church Sutton, Cheam Road, Sutton SM1 1DZ	

# Monday

Warm Welcome		11:00-13:30pm
	Warm space, information and support	
<b>Contact Details:</b> admin@suttonvineyard.org	The Dolphin, 316 High St, Sutton SM1 1PR	


Sangam		11:00am-14:00pm
	£15/year & £2 Sessions - Trips, Bingo, Meet and Greet	
<b>Contact Details:</b> Tel: 07737 683 074	Granfers Community Centre, Oakhill Road, SM1 3AA	

Hatha Flow Yoga		11:30am-12:30pm
 	For adults aged 18 and over who need support with their mental health.	
<b>Contact Details:</b> Tel: 020 8409 7166	Sutton Mental Health Foundation, 63 Downs Road, Belmont, Sutton, SM2 5NR	


VI Scrabble		1:00pm-3:00pm
  	For adults aged 18 and over with visual impairments. Runs on second and fourth Monday of each month.	
<b>Contact Details:</b> Tel: 0208 4097 166	3 Robin Hood Lane, Sutton, SM1 2SW	


Please make sure you contact the service to find out more/book a place.

# Monday


Retro Gaming	1:30pm-3:30pm
	For adults aged 18 and over who need support with their mental health.
<b>Contact Details:</b> Tel: 0208 7700 172	Sutton Mental Health Foundation, 63 Downs Road, Belmont, Sutton, SM2 5NR


Into the Light	10:00am-12:00pm
	Provides support to people who have been sexually abused.
<b>Contact Details:</b> info@intothelight.org.uk	Online www.intothelight.org.uk

Freedom Programme	10:00am-12:00pm
	For women aged 18 + affected by domestic abuse.
<b>Contact Details:</b> jo@suttonwomen.co.uk	Sutton Women's Centre, 3 Palmerston Road, Sutton, SM1 4QL

Chi Flow	1:30pm-2:30pm
	For women 18 and over. This activity is run online.
<b>Contact Details:</b> jo@suttonwomen.co.uk	Online (Zoom).

# Monday

Baby & Me	2:00pm-3:30pm
	For Parents/Carers and children aged 0-4 months
<b>Contact Details:</b> maja.nielsen@sutton.gov.uk	Central Sutton Family Hub, Sutton Library, Civic Offices, SM1 1EA

Crisis Café	6:30pm - 11:00pm
	For adults aged 18 and over who struggle with mental health
<b>Contact Details:</b> Tel: 0800 028 8000	Sutton Mental Health Foundation, 63 Downs Road, Belmont, Sutton, SM2 5NR

Badminton Club	7:45pm-10:00pm
	£75 (Sep-Apr) £30 (May-Aug) - Adults of all abilities
<b>Contact Details:</b> boothmalcolm15@gmail.com	Trinity Church Sutton, Cheam Road, Sutton. SM1 1DZ

Please make sure you contact the service to find out more/book a place.



## Your GP surgery has grown!



Over the past few years, your GP surgery has grown. We've created access to more appointments and treatment by recruiting specialist staff to help meet the needs of our patients.



These new additions to our practice are experienced healthcare professionals, trained to support you with your health and wellbeing.



Find out more at: [www.suttonpcns.co.uk](http://www.suttonpcns.co.uk)






# Tuesday

Toddler Time	09:00am-11am (term time)
 	For Parents/Carers & 0-5 year olds
<b>Contact Details:</b> boothsheila39@gmail.com	Trinity Church Sutton, Cheam Road, Sutton. SM1 1DZ

Bumps and Babies	09:30am-11:00am
 	For parents/carers of bumps to pre-walkers
<b>Contact Details:</b> Tel: 02087705875	Thomas Wall Children's Centre, 69 Western Road, Sutton, SM1 2TF

Toddler Time	09:30am-10:45am (Term time)
 	£2.50/session - Parents/carers and children, games and play
<b>Contact Details:</b>	Sutton Women's Centre, 3 Palmerston Road, Sutton, SM1 4QL

Chair Yoga	1:00pm-3:00pm
  	For adults 18 and over who struggle with mental health
<b>Contact Details:</b> Tel: 0208 4097 166	Sutton Mental Health Foundation, 63 Downs Road, Belmont, Sutton, Surrey SM2 5NR

Please make sure you contact the service to find out more/book a place.

# Tuesday

# Tuesday

## Freedom Programme

10:00-12:00pm



For women aged 18 and over affected by domestic abuse

**Contact Details:**  
jo@suttonwomen.co.uk

Sutton Women's Centre, 3  
Palmerston Road, Sutton, SM1 4QL

## Men in Shades

12-2pm (1st Tuesday each month)



For men with visual impairments

**Contact Details:**  
Tel: 02084097

3 Robin Hood Lane, Sutton,  
SM1 2SW

## Sewing Improvers

10:00am-12:00pm



For women aged 18 and over. 10 week course.

**Contact Details:**  
jo@suttonwomen.co.uk

Sutton Women's Centre, 3  
Palmerston Road, Sutton, SM1 4QL

## Age UK Friendship Lunch

12:00-14:00pm



For all adults aged 50 and over (6 week course)

Trinity Church Sutton, Cheam Road, Sutton. SM1 1DZ

<https://www.ageuk.org.uk/sutton/activities-and-events/>

## Storytime

11:15am-11:45am



Available for all families.

**Contact Details:**  
<https://events.sutton.gov.uk>

Central Sutton Library, Sutton Civic  
Office, St Nicholas Way, SM1 1EA

## The Chatty Café

12:00-2:00pm



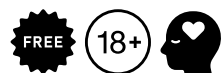
Warm space, refreshments, information and support

**Contact Details:**  
jeff@suttonfx.com

Thomas Wall Community Hall, 64  
Robin Hood Lane, SM1 2RG

## Indoor Tennis

11:15am-12:00pm



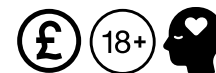
For adults aged 18 and over who struggle with mental health.

**Contact Details:**  
Tel: 02087700172

Sutton Mental Health Foundation,  
63 Downs Road, Belmont, Sutton,  
Surrey SM2 5NR

## Drop in

12:15-2:30pm





Unlimited hot drinks £1 - Adults aged 18+ who struggle with mental health




**Contact Details:**  
Tel: 02087700172


Sutton Mental Health Foundation,  
63 Downs Road, Belmont, Sutton,  
Surrey SM2 5NR


Please make sure you contact the service to find out more/book a place.

# Tuesday



Baby Massage		12:30-2:00pm
 	For parents/carers of children 16 weeks and over	
<b>Contact Details:</b> Tel: 0208 770 5875	Thomas Wall Children's Centre, 69 Western Road, Sutton, SM1 2TF	



Zumba		1:00pm-1:45pm
  	For women aged 18 and over	
<b>Contact Details:</b> jo@suttonwomen.co.uk	Sutton Women's Centre, 3 Palmerston Road, Sutton, SM1 4QL	




Sutton Community Project		2:00pm-5:00pm (waiting list for food)
	Food, info, warm space & activities	
<b>Contact Details:</b> hello@suttoncommunityproject.com	Thomas Wall Centre, 52 Benhill Avenue, SM1 4DP	




Christians Against Poverty		14:00-17:00pm (1st Tues of each month)
	Debt and money help, job skills	
<b>Contact Details:</b>	Thomas Wall Centre, 52 Benhill Avenue, SM1 4DP	

# Tuesday

Mini Movers		2:00pm-3:00pm
 	For parents/carers & 2-5 year olds	
<b>Contact Details:</b> maja.nielsen@sutton.gov.uk	Central Sutton Family Hub, Sutton Library, Sutton Civic Offices, SM1 1EA	



Digital Help Sessions		2:00pm-3:00pm
 	For adults aged 18 and over	
<b>Contact Details:</b> <a href="https://events.sutton.gov.uk/">https://events.sutton.gov.uk/</a>	Central Sutton Library, Sutton Civic Office, St Nicholas Way, SM1 1EA	



Chi Flow		19:30-20:30pm (Zoom)
  	For adult women aged 18 and over	
<b>Contact Details:</b> jo@suttonwomen.co.uk	Sutton Women's Centre, 3 Palmerston Road, Sutton, SM1 4QL	




Crisis Café		18:30 - 23:00pm (Doors close 22:30pm)
  	Adults aged 18 and over who struggle with mental health	
<b>Contact Details:</b> Tel: 0800 028 8000	Sutton Mental Health Foundation, 63 Downs Road, Belmont, Sutton, Surrey SM2 5NR	



Please make sure you contact the service to find out more/book a place.

# Wednesday




Toddler Time		9:30am-10:45am (term time)
 	£2.50/session - For accompanied children, games and play	
<b>Contact Details:</b> www.salvationarmy.org.uk/sutton		Sutton Salvation Army, 45 Benhill Avenue, SM1 4DD

Domestic Abuse one-stop-shop		9:30-11:30am
 	Support for women survivors of domestic abuse	
<b>Contact Details:</b> jo@suttonwomen.co.uk		Sutton Women's Centre, 3 Palmerston Road, Sutton, SM1 4QL


Domestic Abuse one-stop-shop		9:30-11:30am (3rd Wed each month)
  	Support for adult men survivors of domestic abuse	
<b>Contact Details:</b> jo@suttonwomen.co.uk		Sutton Masonic Hall, 9 Grove Road, Sutton, SM1 1BB




Wendyhouse		9:45-11am (term time)
 	£3/adult and under 4s (50p/extra child) - music and play	
<b>Contact Details:</b> wendyhouse@suttonvineyard.org		The Guide Hall on Clarence Road, Sutton SM1 1RJ

# Wednesday

Coffee Morning		10am-12pm
  	Adult Women aged 18 and over	
<b>Contact Details:</b> jo@suttonwomen.co.uk		Sutton Women's Centre, 3 Palmerston Road, Sutton, SM1 4QL

Computer Skills		10am-3pm (Appointment only)
  	Adult Women aged 18 and over	
<b>Contact Details:</b> jo@suttonwomen.co.uk		Sutton Women's Centre, 3 Palmerston Road, Sutton, SM1 4QL

Nordic Walking		10:30-11:30am
	£3/walk - All ages and abilities (equipment provided)	
Rosehill Park West, Rose Hill, Sutton, SM1 3EX		
<a href="http://www.ageuk.org.uk/sutton/activities-and-events/">www.ageuk.org.uk/sutton/activities-and-events/</a>		




VI Bridge		10:30am-12:30pm
  	Adults with visual impairments	
<b>Contact Details:</b> Tel: 02084097166		3 Robin Hood Lane, Sutton, SM1 2SW


Please make sure you contact the service to find out more/book a place.




# Wednesday


# Wednesday



Chair-based Yoga		11am-12pm (Booking only) 12pm-1pm (Booking only)
  	Adults with visual impairments	
<b>Contact Details</b> Tel: 02084097166	3 Robin Hood Lane, Sutton, SM1 2SW	



Storytime		11:15am-11:45am
	For families of all ages	
<b>Contact Details:</b> <a href="https://events.sutton.gov.uk">https://events.sutton.gov.uk</a>	3 Robin Hood Lane, Sutton, SM1 2SW	




Wellbeing Workshop		12:30pm-2:30pm
  	Support for adult men survivors of domestic abuse	
<b>Contact Details:</b> <a href="mailto:jo@suttonwomen.co.uk">jo@suttonwomen.co.uk</a>	Sutton Women's Centre, 3 Palmerston Road, Sutton, SM1 4QL	

Inclusive Music		2:00pm-3:00pm
	£7/session - Adults and carers	
<b>Contact Details:</b> <a href="https://events.sutton.gov.uk">https://events.sutton.gov.uk</a>	Central Sutton Library, Sutton Civic Office, St Nicholas Way, SM1 1EA	

No Panic		2:00pm-3:30pm
 	For Adults living with anxiety, panic attacks or phobias.	
<b>Contact Details:</b> Tel: 07562 520954 Email: <a href="mailto:karen@nopanicsuttonandmerton.org.uk">karen@nopanicsuttonandmerton.org.uk</a> - Contact Karen before first session.		Granfers Community Centre, 73-79 Oakhill Road, Sutton, SM1 3AA

Infant Feeding Support		2:00pm-4:00pm
 	For Mothers and Families.	
<b>Contact Details:</b> <a href="mailto:infantfeedingteam@sutton.gov.uk">infantfeedingteam@sutton.gov.uk</a>		The Dolphin, 316 High St, Sutton SM1 1PR

Code Club		6:00pm-7:00pm
 	For kids of all ages.	
<b>Contact Details:</b> <a href="https://events.sutton.gov.uk">https://events.sutton.gov.uk</a>		Central Sutton Library, Sutton Civic Office, St Nicholas Way, SM1 1EA

Crisis Café		6:30pm - 11:00pm (Doors close 10:30pm)
  	Adults aged 18 and over who struggle with mental health	
<b>Contact Details:</b> Tel: 0800 028 8000		Sutton Mental Health Foundation, 63 Downs Road, Belmont, Sutton, Surrey SM2 5NR

Please make sure you contact the service to find out more/book a place.



# Sutton Information Hub

Scan the QR code to view the dedicated Benhill Estate Sutton Information Hub webpage where you will find more information about many of the groups and activities listed in this calendar.

You can also translate the information into a language of your choice.

The Sutton Information Hub is constantly being updated to keep checking back to see what new information is available.

Please note you can only access the Benhill Estate page via this QR code.








To go to the Sutton Information Hub homepage, please go to:




<https://suttoninformationhub.org.uk>

## Thursday

Lighthouse		10:00am-1:00pm
		Free clothes and items for children aged five and under.
<b>Contact Details</b> lighthouse@suttonvineyard.org		The Dolphin, 316 High St, Sutton SM1 1PR

Stay and Play		10:00am-11:30am
		Parents/carers and children aged 0-5 years.
<b>Contact Details:</b> Tel: 0208 4097 166		Thomas Wall Children's Centre, 69 Western Road, Sutton, SM1 2TF




Line Dancing		10:00am-11:00am
		
<b>Contact Details:</b> Tel: 0208 7700 172		For adults aged 18 and over who need support with their mental health. Sutton Mental Health Foundation, 63 Downs Road, Belmont, Sutton, Surrey SM2 5NR




ESOL Classes		10:00am-11:00am
		
<b>Contact Details:</b> jo@suttonwomen.co.uk		English for Speakers of Other Languages Class. For women aged 18 and over. Sutton Women's Centre, 3 Palmerston Road, Sutton, SM1 4QL



Please make sure you contact the service to find out more/book a place.



# Thursday




# Thursday




VI Games Morning		10:30am-12:30pm (3rd Thursday of the month)
  	For adults with visual impairments.	
<b>Contact Details:</b> Tel: 0208 409 7166	3 Robin Hood Lane, Sutton, SM1 2SW	




VI Knit and Natter		1:30pm-3:30pm (last Thursday of the month)
  	For adults with visual impairments.	
<b>Contact Details:</b> Tel: 0208 409 7166	3 Robin Hood Lane, Sutton, SM1 2SW	




Charles Bonnet Support Group		11:00am-1:00pm (last Thursday of the month)
 	For adults affected by Charles Bonnet syndrome.	
<b>Contact Details:</b> Tel: 02084097166	3 Robin Hood Lane, Sutton, SM1 2SW	

Bumps and Babies		2:00pm-3:30pm
 	Parents/carers and bumps to pre-walkers	
<b>Contact Details:</b> maja.nielsen@sutton.gov.uk	Central Sutton Family Hub, Sutton Library, Sutton Civic Offices, SM1 1EA	

Drop in		11:00am-2:30pm
  	Unlimited hot drinks £1	
<b>Contact Details:</b> Tel: 02087700172	Sutton Mental Health Foundation, 63 Downs Road, Belmont, Sutton, Surrey SM2 5NR	

Hearing Voices Group		3:30pm-4:30pm
  	For adults who experience hearing voices	
<b>Contact Details:</b> Tel: 0208 7700 172	Sutton Mental Health Foundation, 63 Downs Road, Belmont, Sutton, Surrey SM2 5NR	




ESOL Classes		12:30pm-2:30pm
  	English for Speakers of Other Languages Class. For women aged 18 and over.	
<b>Contact Details:</b> jo@suttonwomen.co.uk	Sutton Women's Centre, 3 Palmerston Road, Sutton, SM1 4QL	



Working Age Group (local pub)		4:00pm-7:00pm (last Thursday of the month)
  	For adults with visual impairments.	
<b>Contact Details:</b> Tel: 0208 409 7166	3 Robin Hood Lane, Sutton, SM1 2SW	

Please make sure you contact the service to find out more/book a place.

# Thursday



<b>Mindful Art</b>		<b>6:00pm-8:00pm (10 week course)</b>	
  		For women aged 18 and over	
<b>Contact Details:</b> jo@suttonwomen.co.uk		Sutton Women's Centre, 3 Palmerston Road, Sutton, SM1 4QL	

<b>Men's Social Walking Group</b>		<b>7:00pm</b>	
 		For all men looking for conversation	
<b>Contact Details:</b> Tel: 07397501110		Sutton United, Gander Green Lane, Sutton, SM1 2EY	



## Get Connected!

Social media can be a great way to stay up to date and find out what's going on in your community.

### Benhill Estate Facebook Page

Local residents of the Benhill Estate have set up a Facebook Page for residents. You can scan the QR code below or go to:



[www.facebook.com/groups/2112471215803514](http://www.facebook.com/groups/2112471215803514)

### Sutton Primary Care Networks

Sutton Primary Care Networks has lots of different platforms. You can follow to stay up to date about healthcare in your area.

Facebook



Instagram






LinkedIn









Please make sure you contact the service to find out more/book a place.

# Friday




Parenting Drop In		9:30-11am
	Refreshments and information available.	
<b>Contact Details</b> theresa.cameron@sutton.gov.uk	Central Sutton Family Hub, Sutton Library, Sutton Civic Offices, SM1 1EA	




Communicators		
 	Parents/carers and 2-5 years	
<b>Contact Details:</b> Tel: 0208 770 5875	Thomas Wall Children's Centre, 69 Western Road, Sutton, SM1 2TF	



New Members Drop in		
  	For adults aged 18 and over who need support with their mental health.	
<b>Contact Details:</b> Tel: 0208 770 0172	Sutton Mental Health Foundation, 63 Downs Road, Belmont, Sutton, Surrey SM2 5NR	



Freedom Programme		10:00-12:00pm
  	For women aged 18 and over affected by domestic abuse	
<b>Contact Details:</b> jo@suttonwomen.co.uk	Sutton Women's Centre, 3 Palmerston Road, Sutton, SM1 4QL	

# Friday

ESOL Classes		10:00am-12:00pm
  	English for Speakers of Other Languages Class. For women aged 18 and over.	
<b>Contact Details:</b> jo@suttonwomen.co.uk	Sutton Women's Centre, 3 Palmerston Road, Sutton, SM1 4QL	


Music Group		11:00am-12:00pm
  	For adults aged 18 and over who need support with their mental health.	
<b>Contact Details:</b> Tel: 02087700172	Sutton Mental Health Foundation, 63 Downs Road, Belmont, Sutton, Surrey SM2 5NR	

Rhymetime		11:15-11:45am
 	For parents / caregivers and children	
<b>Contact Details:</b> <a href="https://events.sutton.gov.uk">https://events.sutton.gov.uk</a>	Central Sutton Library, Sutton Civic Office, St Nicholas Way, SM1 1EA	




Let's Create		11:30am-1:30pm
  	For women aged 18 and over. (10 week course)	
<b>Contact Details:</b> jo@suttonwomen.co.uk	Sutton Community Dance, St Nicholas Centre, High Street	




Please make sure you contact the service to find out more/book a place.

# Friday



Drop-in Lunch		12:15-2:30pm
	Hot meal £3.50 + dessert £1 + drink £1.	
<b>Contact Details:</b> Tel: 02087700172	Sutton Mental Health Foundation, 63 Downs Road, Belmont, Sutton, Surrey SM2 5NR	




SSA - Sutton Community Works		12:00-2:00pm
	Foodbank and support.	
<b>Contact Details:</b> <a href="https://suttoncommunityworks.org/foodbank">https://suttoncommunityworks.org/foodbank</a>	Sutton Salvation Army, 45 Benhill Avenue, SM1 4DD	

Freedom Programme		12:30pm-2:30pm
  	For women aged 18 + affected by domestic abuse.	
<b>Contact Details:</b> jo@suttonwomen.co.uk	Sutton Women's Centre, 3 Palmerston Road, Sutton, SM1 4QL	

Art for Wellbeing		12:45pm-2:45pm
  	Beginners art classes for women aged over 18. This is a 10 week course.	
<b>Contact Details:</b> jo@suttonwomen.co.uk	Sutton Women's Centre, 3 Palmerston Road, Sutton, SM1 4QL	

# Friday




Benhill Social Club		12:00pm-4:00pm
 	Trips, information and meet and greet	
<b>Contact Details:</b> Gwen - 07714 00 3490	Granfers Community Centre, Oakhill Road, SM1 3AA	

Crisis Café		6:30pm - 11:00pm (Doors close 10:30pm)
  	Adults aged 18 and over who struggle with mental health	
<b>Contact Details:</b> Tel: 0800 028 8000	Sutton Mental Health Foundation, 63 Downs Road, Belmont, Sutton, Surrey SM2 5NR	



Please make sure you contact the service to find out more/book a place.




# Saturday

Spin-a-Yarn	12:15-2:30pm (2nd Saturday of the month)
	Knitting Group. £5 per session.
<b>Contact Details</b> sandsmith64@yahoo.co.uk	Thomas Wall Community Hall, 64 Robin Hood Lane, SM1 2RG

Crisis Café	6:30pm - 11:00pm (Doors close 10:30pm)
  	Adults aged 18 and over who struggle with mental health
<b>Contact Details:</b> Tel: 0800 028 8000	Sutton Mental Health Foundation, 63 Downs Road, Belmont, Sutton, Surrey SM2 5NR

# Sunday

Solo Lunches	Certain Sundays, times vary.
 	£6 per meal for adults (pre-booking required)
<b>Contact Details:</b> Maureen - 01737363193	Trinity Church Sutton, Cheam Road, Sutton. SM1 1DZ

Crisis Café	6:30pm - 11:00pm (Doors close 10:30pm)
  	Adults aged 18 and over who struggle with mental health
<b>Contact Details:</b> Tel: 0800 028 8000	Sutton Mental Health Foundation, 63 Downs Road, Belmont, Sutton, Surrey SM2 5NR



# More organisations and services in Sutton

All the organisations and services listed below are based in Sutton and offer support.

## COMMUNITY

### Burnell and Lewis Resident Association

Community food and book cupboards.

 [burnellandlewisra.wordpress.com](http://burnellandlewisra.wordpress.com)  0208 770 4090

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### Community Action Sutton

Help residents and create groups.

 [communityactionsutton.org.uk](http://communityactionsutton.org.uk)  020 8644 2867

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### SACCO

Sutton African & Caribbean Cultural Organisation.

 [sacco.org.uk](http://sacco.org.uk)  020 3302 9543

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### Sutton Befrienders



Support for adults living with loneliness.

 [vcsutton.org.uk/sutton-befrienders](http://vcsutton.org.uk/sutton-befrienders)  020 8661 5900

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### Sutton Community Works

Food and low income support


 [suttoncommunityworks.org](http://suttoncommunityworks.org)  07525 838640

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## GENERAL

### Advocacy for All

Community food and book cupboards.

 [advocacyforall.org.uk/sutton](http://advocacyforall.org.uk/sutton)  0345 310 1812

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### Sutton Council

Council Tax and Social Care Services

 [sutton.gov.uk](http://sutton.gov.uk)  0208 770 4090

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### Citizens Advice Sutton


Information and support for over 55s.

 [citizensadvice Sutton.org.uk](http://citizensadvice Sutton.org.uk)  0208 405 3552

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### Safer Neighbourhood Team

Reporting crime and antisocial behaviour.

 [sutton.gov.uk/w/staying-safe-in-your-neighbourhood](http://sutton.gov.uk/w/staying-safe-in-your-neighbourhood)

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### Together for Sutton


Information and advice.

 [togetherforsutton.org.uk](http://togetherforsutton.org.uk)  020 8254 2616

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### Volunteer Centre Sutton

Volunteering opportunities.

 [vcsutton.org.uk](http://vcsutton.org.uk)  020 8661 5900

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## HEALTH

### Alzheimer's Society

Information for people living with Dementia.


 [alzheimers.org.uk](http://alzheimers.org.uk)

 0333 150 3456

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### Dementia Peer Support

Information and advice services.


 [ageuk.org.uk/services/in-your-area/dementia-support](http://ageuk.org.uk/services/in-your-area/dementia-support)

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### Healthwatch Sutton

Health service

 [healthwatchsutton.org.uk](http://healthwatchsutton.org.uk)


 020 8641 9540

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### Samaritans

Mental Health Crisis Support

 [samaritans.org](http://samaritans.org)

 116 123

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### Sutton Uplift

Mental health support


 [swlstg.nhs.uk/sutton-talking-therapies](http://swlstg.nhs.uk/sutton-talking-therapies)

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### Sutton Stroke Association

Mental Health Crisis Support

 [stroke.org.uk](http://stroke.org.uk)


 0303 3033 100

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### Sutton Vision

Support with sight loss

 [suttonvision.org.uk](http://suttonvision.org.uk)

 020 8409 7166


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## OLDER ADULTS

### Age UK Sutton

Information and support for over 55s.


 [ageuk.org.uk/sutton](http://ageuk.org.uk/sutton)

 020 8078 0002

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### Sutton U3A

Activities for retired adults

 [suttonu3a.org.uk](http://suttonu3a.org.uk)


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## HOUSING

### Sutton Housing Partnership

Housing association. Information and support for tenants and leaseholders.

 [suttonhousingpartnership.org.uk](http://suttonhousingpartnership.org.uk)

 020 8915 2000


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## LEARNING DISABILITIES

### Sutton Mencap

Support for people with learning disabilities.

 [suttonmencap.org.uk](http://suttonmencap.org.uk)

 020 8647 8600

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