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**2025**

# **BENHILL COMMUNITY CALENDAR**



# Find support and activities closer to you

Started in 2024, this calendar aims to tell you what activities, groups and support is available near the Benhill estate.

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


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

## ► More Information

Every effort is being made to reprint this calendar in future years.

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!

# BENHILL COMMUNITY FUN DAY



12pm - 4:00pm



Saturday 12th July, 2025



Thomas Wall Centre and Benhill Open Space  
Benhill Ave, Sutton SM1 4DP

**Come along for some  
free food, a cup of tea  
and a chat!**

There's something for  
everyone at our  
3rd Benhill Fun Day:

- Board and card games and other activities
- Information from local organisations
- Free food
- Health advice and support
- Under 5s Bouncy castle (weather permitting)





# Sutton Information Hub

**Scan the QR code to view the dedicated Benhill Estate page on the Sutton Information Hub.**



There, you will find more information about many of the groups and activities listed in this calendar.

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

The Sutton Information Hub is constantly being updated so 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>



# 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

<b>Monday</b>	pages 6-10	<b>Saturday</b>	pages 40-41
<b>Tuesday</b>	pages 13-19	<b>Sunday</b>	page 41
<b>Wednesday</b>	pages 22-28	<b>More</b>	
<b>Thursday</b>	pages 30-34	<b>Organisations</b>	pages 42-46
<b>Friday</b>	pages 36-40		

# Monday

## Sewing for Beginners

9am - 12pm



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

## Ukrainian Coffee Morning

9:30am - 10am



Coffee morning and  
discussion topics for  
Ukrainian community.

**Contact Details:**  
nataliyasemchyshyn@vcsutton.org.uk

Sutton Salvation Army,  
45 Benhill Ave, Sutton,  
SM1 4DD

## Mini Explorers

10am - 11:30am



For parents/carers and new walkers  
aged up to 24 months.

**Contact Details:**  
0208 770 5875

Thomas Wall Children's Centre,  
69 Western Road, Sutton, SM1 2TF

## Conversation and Reading Group

10am - 11am



English conversation club  
and reading group for  
Ukrainians

**Contact Details:**  
nataliyasemchyshyn@vcsutton.org.uk

Sutton Salvation Army,  
45 Benhill Ave, Sutton,  
SM1 4DD

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

## International Coffee Club

10am - 12pm



18+

For new migrants to Sutton to make new friends and practise their English skills. All welcome.

### Contact Details:

outreach@rmns.org.uk

www.trinitychurchsutton.org.uk/icc

Trinity Church Sutton,  
Cheam Road, Sutton  
SM1 1DZ

## CAP Job Club

10am - 2:30pm



18+

Practical Steps towards  
Employment (7week course)

### Contact Details:

07776302594

ronaf@creatinghope.uk

1C Manor Place, Sutton, S  
M1 4BB

## Relaxation Group

10:30am - 12:30pm



18+

Relaxation/support group  
for adult carers

### Contact Details:

enquiries@suttoncarerscentre.org

The Dolphin, 316 High St,  
Sutton, SM1 1PR

## Emotional Support Group

11am - 1pm



18+

Emotional support group with  
Ukrainian psychologists

### Contact Details:

nataliyasemchyshyn@vcsutton.org.uk

Sutton Salvation Army, 45  
Benhill Ave, Sutton, SM1 4DD

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

# Monday

## Warm Welcome

11am - 1pm



Warm space, information and support

**Contact Details:**  
admin@suttonvineyard.org

The Dolphin, 316 High St,  
Sutton, SM1 1PR

## Sangam

11am - 2pm



£15/year & £2 Sessions  
Trips, Bingo, Meet and Greet

**Contact Details:**  
Nali Tel: 07737 683 074

Granfers Community Centre,  
Oakhill Road, SM1 3AA

## Let's Talk Wellbeing

11:30am - 1pm



Drop in coffee Morning hosted by  
Sutton Talking Therapies for anyone  
seeking mental health support.

**Contact Details:**  
07856 482888

Unity Junction, St Nicholas Centre,  
High Street, Sutton

## Hatha Flow Yoga

11:30am - 12:30pm



For adults aged 18 and over who need  
support with their mental health.

**Contact Details:**  
0208 409 7166

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

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

## VI Scrabble

1pm - 3pm (2nd & 4th Monday)



For adults with visual impairments.

**Contact Details:**  
0208 4097 166

3 Robin Hood Lane, Sutton, SM1 2SW

## Retro Gaming

1:30pm - 3:30pm



For adults aged 18 and over who need support with their mental health.

**Contact Details:**  
0208 7700 172

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

## Baby & Me

2pm - 3:30pm



For parents/carers and children aged 0-4 months

**Contact Details:**  
maja.nielsen@sutton.gov.uk

Central Sutton Family Hub,  
Sutton Library, SM1 1EA

## Young Carers Chill 'n' Learn

3:30pm - 5pm (term time)



After school group for young carers


**Contact Details:**  
youngcarers@suttoncarerscentre.org


Benhill House, 12-14 Benhill Ave, Sutton, SM1 4DA




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


# Monday



Unity Junction After School Club		3:30pm - 5:45pm (term time)
		After school drop in for kids aged 11 to 19.
<b>Contact Details:</b> 07856 482888		Unity Junction, St Nicholas Centre, High Street, Sutton

Beavers		6pm - 7:15pm (term time)
		For boys aged 6 to 8 years old to learn new skills.
<b>Contact Details:</b> 1st16thsuttonscouts@gmail.com		St Nicholas Community Hall, 34 Robin Hood Lane, SM1 2RF

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

Badminton Club		7:45pm - 10pm
		£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.

You're invited to the Step Ahead

# CAREERS FAIR



scan me  
for more  
info

**Thursday 10 April**  
**10am-1pm**

Sutton College, St Nicholas Way, SM1 1EA

**CAREERS**

**TRAINING**

**JOBS**

Meet representatives & employers in the care, health, education, construction industries and more!

See [www.suttoncollege.ac.uk/careers-fair](http://www.suttoncollege.ac.uk/careers-fair)



**STEP AHEAD**  
employment.skills.careers.



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# STEP AHEAD

employment.skills.careers.

**UNEMPLOYED?**

**OUT OF WORK?**

**LIVE IN LONDON?**

Visit the **Step Ahead Centre at Sutton College** for free help with Job Search, Interview Techniques, Job Applications, One-to-One coaching and much more!

**Book an appointment and Step Ahead!**  
[www.suttoncollege.ac.uk/step-ahead](http://www.suttoncollege.ac.uk/step-ahead)

Step Ahead Centre at Sutton College, St Nicholas Way, SM1 1EA  
email [stepahead@suttoncollege.ac.uk](mailto:stepahead@suttoncollege.ac.uk) or call 0208 405 7046

In a hurry? Scan the QR code to use our virtual advisor to book onto Step Ahead



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St Nicholas Way  
SM1 1EA  
020 8289 4700







[www.suttoncollege.ac.uk](http://www.suttoncollege.ac.uk)



**Part-time courses for adults including hobbies, skills & free qualifications!**







Toddler Time		9am - 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		9:30am - 11am
 	For parents/carers of bumps to pre-walkers	
<b>Contact Details:</b> 0208 770 5875	Thomas Wall Children's Centre, 69 Western Road, Sutton, SM1 2TF	

Toddler Time		9:30am - 10:45am (term time)
 	£2.50/session - parents/carers and children, games and play	
<b>Contact Details:</b> office@suttonsa.org	Sutton Salvation Army, 45 Benhill Ave, Sutton, SM1 4DD	

Learning Disability Carers		10:30am - 12:30pm (bi-monthly)
 	For adults carers for people with learning disabilities	
<b>Contact Details:</b> enquiries@suttoncarerscentre.org	Benhill House, 12-14 Benhill Ave, Sutton, SM1 4DA	

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

# Tuesday

## The Chatty Café

11am - 2pm



Warm space, refreshments, information and support

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

Throwley Yard Cinema,  
Throwley Road, Sutton, SM1 4GJ

## Dementia Carers

11am - 12pm



Support for carers of people living with Dementia

**Contact Details:**  
enquiries@suttoncarerscentre.org

Online

## Dementia Carers

11am - 12:30pm



Support for carers of people living with Dementia

**Contact Details:**  
enquiries@suttoncarerscentre.org

Benhill House, 12-14 Benhill Ave,  
Sutton, SM1 4DA

## Storytime

11:15am - 11:45am



Available for all families.

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

Central Sutton Library,  
St Nicholas Way, SM1 1EA

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

## Indoor Tennis

11:15am - 12pm



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

**Contact Details:**  
0208 770 0172

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

## Men in Shades

12pm - 2pm (1st Tuesday)



For men with visual impairments

**Contact Details:**  
0208 409 7166

Meets in local pub, please phone  
for more details

## Age UK Friendship Lunch

12pm - 2pm



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/>

## Drop in

12:15pm - 2:30pm



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

**Contact Details:**  
0208 770 0172

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

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

# Tuesday

## Baby Massage

12:30pm - 2pm



For parents/carers of children  
16 weeks and over

**Contact Details:**  
0208 770 5875

Thomas Wall Children's Centre,  
69 Western Road, Sutton, SM1 2TF

## Art Club

12:30pm - 2pm



Art club for adults and over 55s.

**Contact Details:**  
07856 482888

Unity Junction, St Nicholas  
Centre, High Street, Sutton

## Chair Yoga

1pm - 3pm



For adults 18 and over who struggle  
with mental health

**Contact Details:**  
0208 409 7166

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

## Moving On

1:30pm - 2:30pm






Support group for  
former carers.



**Contact Details:**  
[enquiries@suttoncarerscentre.org](mailto:enquiries@suttoncarerscentre.org)


Benhill House, 12-14 Benhill  
Ave, Sutton, SM1 4DA

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

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


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


Digital Help Sessions		2pm - 3pm
 		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, St Nicholas Way, SM1 1EA


Neuroverse		3:45pm - 5:45pm
		After school club for kids with neurodiversity aged 11 to 25
<b>Contact Details:</b> 07856 482888		Unity Junction, St Nicholas Centre, High Street, Sutton


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

# Tuesday




Young Carers Induction		4pm - 5:30pm (3rd Tuesday)
	Induction session into Young Carers Group	
<b>Contact Details:</b> youngcarers@suttoncarerscentre.org		Benhill House, 12-14 Benhill Ave, Sutton, SM1 4DA


Young Adult Carers Drop in		4pm - 6pm
	Drop in for carers aged 18-25	
<b>Contact Details:</b> enquiries@suttoncarerscentre.org		Benhill House, 12-14 Benhill Ave, Sutton, SM1 4DA

Cubs		6:15pm - 8pm (term time)
	Boys aged 8 to 10 1/2 years old to learn new skills.	
<b>Contact Details:</b> 1st16thsuttonscouts@gmail.com		St Nicholas Community Hall, 34 Robin Hood Lane, SM1 2RF

Dementia Carers		6:30pm - 7:30pm
	Support for carers of people living with Dementia	
<b>Contact Details:</b> enquiries@suttoncarerscentre.org		Online

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

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

<b>Scouts</b>		<b>7pm - 8:30pm (term time)</b>
	Boys aged 10 1/2 to 14 years old to learn new skills	
<b>Contact Details:</b> 1st16thsuttonscouts@gmail.com	St Nicholas Community Hall, 34 Robin Hood Lane, SM1 2RF	

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)





# Together for Sutton



## Together for Sutton is a partnership of seven Sutton based charities

If you are a Benhill resident or professional, and you are not sure where to get help and support from, please contact our TfS team to speak to someone who can help!

### Contact Us



020 8254 2616  
Monday - Friday 9am - 5pm (not bank holidays)



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



Citizens Advice Sutton,  
St Nicholas Way,  
SM1 1EA  
(10am-3pm Mon - Fri)



We can provide you with information to help you make informed choices.



We can offer you advice on a range of topics.



We can help you find the support you need, when you need it.



We can support you to ensure your voice is heard in times of trouble.







This service is funded by Sutton Council







# Wednesday



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

<b>CAP Debt Counselling</b>		<b>Appointment Only</b>
 	Free debt advice and personal support	
<b>Contact Details:</b> 08003280006		1C Manor Place, Sutton, SM1 4BB

<b>Domestic Abuse one-stop-shop</b>		<b>9:30am - 11:30am</b>
 	Free drop-in advice service for women survivors of domestic abuse	
Sutton Baptist Church, 21 Cheam Road, Sutton, SM1 1SN		

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

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

# Wednesday

## Parent Carer Peer Support Group

10am - 11:30am



Drop in for parents/carers of children with SEND

**Contact Details:**  
enquiries@suttoncarerscentre.org

Benhill House, 12-14 Benhill Ave,  
Sutton, SM1 4DA

## Coffee Morning

10am - 12pm



Adult women aged 18 and over

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

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

## Ukrainian ESOL Classes

10am - 12pm



ESOL courses organized by  
Sutton Refugee and Migrant  
Network

**Contact Details:**  
nataliyasemchyshyn@vcsutton.org.uk

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

## Computer Skills

10am - 3pm (appointment only)



Adult women aged 18 and over

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

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

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

# Wednesday



## Nordic Walking

10:30am - 11:30am



£3/walk - All ages and abilities  
(equipment provided)

Rosehill Park West, Rose Hill, Sutton, SM1 3EX

[www.ageuk.org.uk/sutton/activities-and-events/](http://www.ageuk.org.uk/sutton/activities-and-events/)

## VI Bridge

10:30am - 12:30pm



Adults with visual impairments

Contact Details:  
0208 409 7166

3 Robin Hood Lane, Sutton,  
SM1 2SW

## Chair-based Yoga

11am - 12pm & 12pm - 1pm (Booking)



Adults with visual impairments

Contact Details  
0208 409 7166

3 Robin Hood Lane, Sutton, SM1 2SW

## Mindful Moment

11am - 12pm



Colouring & meditation coffee  
morning for adults & over 55s.

Contact Details:  
07856 482888

Unity Junction, St Nicholas  
Centre, High Street, Sutton

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

# Wednesday

## Storytime

11:15am - 11:45am



For families of all ages

### Contact Details:

<https://events.sutton.gov.uk>

3 Robin Hood Lane, Sutton,  
SM1 2SW

## Ukrainian Choir

12:30pm - 1:30pm



Choir practice, music, and  
movement sessions.

### Contact Details:

[nataliyasemchyshyn@vcsutton.org.uk](mailto:nataliyasemchyshyn@vcsutton.org.uk)

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

## Wellbeing Workshop

12:30pm - 2:30pm



Support for adult men survivors of  
domestic abuse

### Contact Details:

[jo@suttonwomen.co.uk](mailto:jo@suttonwomen.co.uk)

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

## Bingo

12:30pm - 2pm



For adults and over 55s.

### Contact Details:

07856 482888

Unity Junction, St Nicholas  
Centre, High Street, Sutton

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

# Wednesday



## Mental Health Carers

12:30pm - 2:30pm (3rd Wednesday)



Support for carers with mental health conditions

**Contact Details:**  
[enquiries@suttoncarerscentre.org](mailto:enquiries@suttoncarerscentre.org)

Benhill House, 12-14 Benhill Ave,  
Sutton, SM1 4DA

## Inclusive Music

2pm - 3pm



£7/session - Adults and carers

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

Central Sutton Library, St Nicholas Way, SM1 1EA

## Infant Feeding Support

2pm - 4pm



For mothers and families.

**Contact Details:**  
[infantfeedingteam@sutton.gov.uk](mailto:infantfeedingteam@sutton.gov.uk)

The Dolphin, 316 High St,  
Sutton, SM1 1PR

## No Panic

2pm - 3:30pm




For adults living with anxiety, panic attacks or phobias.


**Contact Karen before first session.**  
07562 520954  
[karen@nopanicsuttonandmerton.org.uk](mailto:karen@nopanicsuttonandmerton.org.uk)


Granfers Community Centre,  
73-79 Oakhill Road, SM1  
3AA

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

# Wednesday

Time Out After School Club	3:45pm - 5:45pm (term time)
	After school club drop in for kids aged 11 to 19.
<b>Contact Details:</b> 07856 482888	Unity Junction, St Nicholas Centre, High Street, Sutton

School Nurses Health Drop in	4pm - 5pm (term time)
	School nurse drop in for kids aged 11 to 19.
<b>Contact Details:</b> 07856 482888	Unity Junction, St Nicholas Centre, High Street, Sutton

Young Carers Peer Support	4pm - 5pm (2nd Wednesday)
	Peer support for young carers aged 8-16 years with SEND.
<b>Contact Details:</b> youngcarers@suttoncarerscentre.org	Benhill House, 12-14 Benhill Ave, Sutton, SM1 4DA

Young Carers Peer Support	4pm - 5:30pm (1st Wednesday)
	Peer support for young carers aged 8-13 years.
<b>Contact Details:</b> youngcarers@suttoncarerscentre.org	Benhill House, 12-14 Benhill Ave, Sutton, SM1 4DA

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

# Wednesday



## Young Carers Peer Support

4pm - 5:30pm (last  
Wednesday)



Peer support for young carers  
aged 14 years and over

### Contact Details:

[youngcarers@suttoncarerscentre.org](mailto:youngcarers@suttoncarerscentre.org)

Benhill House, 12-14 Benhill  
Ave, Sutton, SM1 4DA

## Advanced Art

5:30pm - 7:30pm



Women interested in using  
Art as a therapy

### Contact Details:

[jo@suttonwomen.co.uk](mailto:jo@suttonwomen.co.uk)

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

## Code Club

6pm - 7pm



For kids of all ages.

### Contact Details:

<https://events.sutton.gov.uk>

Central Sutton Library,  
Sutton, SM1 1EA

## Crisis Café

6:30pm - 11pm  
(Doors close 10:30pm)



Adults aged 18 and over who struggle  
with mental health

### Contact Details:

0800 028 8000

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

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





## Creating Hope, Restoring Dignity

Creating Hope is a local charity with our offices just off Sutton high street. We are dedicated to providing support and services to those facing debt and other challenges in life. Our services are available to anyone and are FREE of charge.



**Creating Hope, 1c Manor Place, Sutton, SM1 4BB.**



**[ronaf@creatinghope.uk](mailto:ronaf@creatinghope.uk)**



### **CAP Debt Counselling**

For people who need help in finding the best route out of their debt.

### **CAP Money Coaching**

A 3 session course for those who want to manage their money better.

### **CAP Job Club**

Practical help - CV writing, completing application, interview preparation - for those looking for work and build their confidence.

### **CAP Life Skills**

For people who want to build confidence and skills to manage everyday life.



**DROP IN**

### **Community Drop In**

Open to any person who is in need to provide community and support. Every Tuesday term time.



### **Kintsugi Hope**

A safe and supportive space for people who feel or have felt overwhelmed. Provides tools for self-management in a facilitated, peermentoring setting.

# Thursday

## Lighthouse

10am - 1pm



**Contact Details**  
lighthouse@suttonvineyard.org

Free clothes and items for children aged five and under.

The Dolphin, 316 High St,  
Sutton, SM1 1PR

## Stay and Play

10am - 11:30am



**Contact Details:**  
Tel: 0208 4097 166

Parents/carers and children aged 0-5 years.

Thomas Wall Children's Centre,  
69 Western Road, Sutton, SM1 2TF

## Line Dancing

10am - 11am



**Contact Details:**  
0208 7700 172

For adults aged 18 and over who need support with their mental health.

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

## CAP Life Skills

10am-12pm (term time only)



**Contact Details:**  
gwenblackburn@caplifeskills.org

Learn practical skills for living in today's world

1C Manor Place.  
Sutton, SM1 4BB

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

## ESOL Classes

10am - 12pm



English for Speakers of Other Languages Class.

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

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

## VI Games Morning

10:30am - 12:30pm (3rd Thursday)



For adults with visual impairments.

**Contact Details:**  
0208 409 7166

3 Robin Hood Lane, Sutton, SM1 2SW

## Carers Connect Coffee Morning

11am - 12pm



Drop in for all adult carers with regular themed discussions.

**Contact Details:**  
enquiries@suttoncarerscentre.org

Benhill House, 12-14 Benhill Ave, Sutton, SM1 4DA

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

# Thursday

## Charles Bonnet Support Group

11am - 1pm (last Thursday)



For adults affected by Charles Bonnet syndrome.

**Contact Details:**  
0208 409 7166

3 Robin Hood Lane, Sutton,  
SM1 2SW

## Drop in

11am - 2:30pm



Unlimited hot drinks £1

**Contact Details:**  
0208 770 0172

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

## Creative Journalling

11:30am - 1:30pm



For women aged 18 and over.

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

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

## ESOL Classes

12:30pm - 2:30pm



English for Speakers of Other Languages  
Class. For women aged 18 and over.

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

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

## VI Knit and Natter

1:30pm - 3:30pm (last Thursday)



For adults with visual impairments.

**Contact Details:**  
0208 409 7166

3 Robin Hood Lane, Sutton, SM1 2SW

## Bumps and Babies

2pm - 3:30pm



Parents/carers and bumps  
to pre-walkers

**Contact Details:**  
maja.nielsen@sutton.gov.uk

Central Sutton Family Hub, Sutton  
Library, SM1 1EA

## Hearing Voices Group

3:30pm - 4:30pm



For adults who experience hearing  
voices

**Contact Details:**  
0208 770 0172

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

## Young Carers Ambassadors

4pm - 5:30pm (last Thursday)



For young carers aged 8 - 25 years.

**Contact Details:**  
youngcarerscentre.org

Benhill House, 12-14 Benhill Ave,  
Sutton, SM1 4DA

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

# Thursday



## Working Age Group

4pm - 7pm (last Thursday)



For adults with visual impairments.

**Contact Details:**  
0208 409 7166

Meets in local pub, please call for more details.

## Mindful Art

6pm - 8pm (10 week course)



For women aged 18 and over

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

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

## Men's Social Walking Group

7pm



For all men looking for conversation

**Contact Details:**  
T07397501110

Sutton United, Gander Green Lane,  
Sutton, SM1 2EY

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



# 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



# Friday

## Parenting Drop In

9:30am - 11am



Refreshments and information available.

### Contact Details

[theresa.cameron@sutton.gov.uk](mailto:theresa.cameron@sutton.gov.uk)

Central Sutton Family Hub,  
Sutton Library, SM1 1EA

## Communicators

9:30am - 10:30am



Parents/carers and 2-5 years

### Contact Details:

0208 770 5875

Thomas Wall Children's Centre,  
69 Western Road, Sutton, SM1 2TF

## New Members Drop in

10am - 12pm



For adults aged 18 and over who need support with their mental health.

### Contact Details:

0208 770 0172

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

## ESOL Classes

10am - 12pm



English for Speakers of Other Languages Class.

### Contact Details:

[info@suttonwomen.co.uk](mailto:info@suttonwomen.co.uk)

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

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



## Kintsugi Hope

10-12pm (11 week course)



18+

Discovering treasure in life's scars.  
Supporting mental and emotional health.

### Contact Details:

katherinep@creatinghope.uk

1C Manor Place, Sutton, SM1 4BB

## Cost of Living Drop in

10am - 1pm



For carers to access cost of living information and advice.

### Contact Details:

enquiries@suttoncarerscentre.org

Benhill House, 12-14 Benhill Ave,  
Sutton, SM1 4DA

## Music Group

11am - 12pm



18+



For adults aged 18 and over who need support with their mental health.

### Contact Details:

0208 770 0172

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

## Housing Support Sessions

11am - 1pm



18+



Consultation sessions with Ukraine Housing Options and Support Officer.

### Contact Details:

0208 770 0172

The Sounds Lounge, 216-220 High Street, Sutton, SM1 1NU

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

# Friday

## Rhymetime

11:15am - 11:45am



For parents / caregivers and children

### Contact Details:

<https://events.sutton.gov.uk>

Central Sutton Library, St Nicholas Way, SM1 1EA

## Let's Create Dancing

11:30am - 1:30pm



For women aged 18 and over.  
(10 week course)

### Contact Details:

[jo@suttonwomen.co.uk](mailto:jo@suttonwomen.co.uk)

Sutton Community Dance, St Nicholas Centre, High Street, Sutton

## SSA - Sutton Community Works

12pm - 2pm



Foodbank and support.

### Contact Details:

<https://suttoncommunityworks.org/foodbank>

Sutton Salvation Army, 45 Benhill Avenue, SM1 4DD

## Drop-in Lunch

12:15pm - 2:30pm



Hot meal £3.50 + dessert £1 + drink £1.




### Contact Details:



0208 770 0172


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

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

<b>Sutton Shakers</b>	<b>12:30pm onwards (bi-monthly)</b>
 	Support group for people living with Essential Tremor
<b>Contact Details:</b> essentialtremor.1@gmail.com	Holiday Inn, Gibson Road, Sutton, SM1 2RF

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

<b>Benhill Social Club</b>	<b>12pm - 4pm</b>
 	Trips, information and meet and greet
<b>Contact Details:</b> Gwen - 07541 014344	Granfers Community Centre, Oakhill Road, Sutton, SM1 3AA

<b>Pub Quiz</b>	<b>12:30pm - 2pm (last Friday)</b>
	For adults and over 55s. £4 entry. 1 free drink included.
<b>Contact Details:</b> 07856 482888	Unity Junction, St Nicholas Centre, High Street, Sutton

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

# Friday

## Crisis Café

6:30pm - 11pm (Doors close 10:30pm)



Adults aged 18 and over who struggle with mental health

**Contact Details:**  
0800 028 8000

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

## Time Out After School Club

3:45pm - 5:45pm (term time)



After school club drop in for kids aged 11 to 19.

**Contact Details:**  
07856 482888

Unity Junction, St Nicholas  
Centre, High Street, Sutton

# Saturday

## Spin-a-Yarn

12:15pm - 2:30pm (2nd Saturday)






Knitting Group. £5 per session.

**Contact Details:**  
sandsmith64@yahoo.co.uk



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




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

# Saturday

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

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

# More organisations and services in Sutton


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

## **BENHILL COMMUNITY**

### **Benhill Social Club**

Meetings, trips and activities for the over 55s

 [gwen42john@icloud.com](mailto:gwen42john@icloud.com)


 07541 014344

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### **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**

Support local groups bid for funding, training and development.

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

 020 8644 2867

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### **The Duffus Community Foundation**


Wellbeing support for children and young people

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

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### **Sangam**

Meetings, trips and cultural activities for over 55s of an Indian heritage

 07737 683 074

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## Sutton Befrienders



Support for adults living with loneliness

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

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## Sutton Carers Centre

Support for adult and young carers

 [suttoncarerscentre.org/support-groups](https://suttoncarerscentre.org/support-groups)  020 8296 5611

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## Sutton Community Works

Food and low income support

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

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## Sutton Women's Centre

Support for women affected by domestic abuse and violence

 [suttonwomenscentre.co.uk](https://suttonwomenscentre.co.uk)  [info@suttonwomen.co.uk](mailto:info@suttonwomen.co.uk)

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## INFORMATION AND SUPPORT

### Advocacy for All

SEND participation groups and Advocacy

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

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### Citizens Advice Sutton

Housing, legal, consumer and debt advice

 [citizensadvicesutton.org.uk](https://citizensadvicesutton.org.uk)  0208 405 3552

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### SACCO


Sutton African & Caribbean Cultural Organisation

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

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## Safer Neighbourhood Team

Reporting crime and antisocial behaviour.


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

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## Sutton Council

Council Tax and Social Care Services

 [sutton.gov.uk](https://sutton.gov.uk)


 0208 770 5000

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## Together for Sutton

Information, advice, support and advocacy

 [togetherforsutton.org.uk](https://togetherforsutton.org.uk)


 020 8254 2616

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## Volunteer Centre Sutton

Volunteering opportunities.

 [vcsutton.org.uk](https://vcsutton.org.uk)


 020 8661 5900

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## Step Ahead - Employment, Skills & Careers Service

For those out of work or unemployed


 [suttoncollege.ac.uk/step-ahead](https://suttoncollege.ac.uk/step-ahead)


 020 8405 7046

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## Welfare Advice and Support Team

Essential support to residents struggling financially

 [suttoninformationhub.org.uk/services/welfare-benefits-advice-support-team](https://suttoninformationhub.org.uk/services/welfare-benefits-advice-support-team)

 020 8405 7046


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## HEALTH

### Alzheimer's Society

Information for people living with Dementia

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

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## **Healthwatch Sutton**

Health Service Complaints

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


 020 8641 9540

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## **Samaritans**

Mental Health Crisis Support

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

 116 123

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## **Sutton Mental Health Foundation**

Mental Health Crisis Support

 <https://smhf.org.uk/events/>

 020 8770 0172

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## **Sutton Talking Therapies**

Mental health support


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

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## **Sutton Stroke Association**

Mental Health Crisis Support

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


 0303 3033 100

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## **Sutton Vision**

Support with sight loss

 [suttonvision.org.uk](https://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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### **Sutton Connect**

For Sutton Housing Partnership residents to maintain independence

 [suttonhousingpartnership.org.uk/  
sutton-connect-standard/](http://suttonhousingpartnership.org.uk/sutton-connect-standard/)

 020 8915 2000

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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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## **ADULT LEARNING**

### **Sutton College**

Adult Education courses throughout the year

 [suttoncollege.ac.uk](http://suttoncollege.ac.uk)

 020 8289 4700

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# Notes



