

# Welcome to the new edition of the Calendar of Activities



We provide information about activities for adults available in Wallington, Carshalton Beddington and surrounding areas via our calendar and also signpost people to where they may obtain help and advice at our two Health & Wellbeing events each year.

We work with South West London NHS, Local GP practices, Sutton Primary Care Networks and particularly the Wallington INT (Integrated Neighbourhood Team) to help them reach residents more easily to help provide for their needs by enabling better local engagement opportunities to them.

We strive to continue to help local residents keep active for longer, make friends, support each other and live happier lives.

We are here to help you!

Age UK Sutton	020 8078 0002
Citizens Advice Bureau	020 8405 3552
HealthWatch Sutton	020 8641 9540
NHS Sutton Talking Therapies	020 3513 4044 / free phone 0800 032 1411
Oaks Way Seniors Centre	020 8647 8990
Sutton Carers Centre	020 8296 5611
Sutton Council	020 8770 5000
Sutton Mencap	020 8647 8600
Sutton Mental Health Foundation	020 8770 0172
Sutton Neighbourhood Watch	020 8770 6090
Sutton Vision	020 8409 7166
Volunteer Centre Sutton	020 8661 5900

Police:	Urgent Crime: Dial 999	Non Urgent: Dial 101
Fire:	Urgent: Dial 999	General Non-Emergency: 020 8555 1200
Ambulance: Urgent:	Dial 999	Non Urgent / Advice: NHS Direct 111


Email: [wallingtontoncommunitygroup@gmail.com](mailto:wallingtontoncommunitygroup@gmail.com)

[www.wallingtoncommunitywellbeing.org](http://www.wallingtoncommunitywellbeing.org)

Telephone 07770 533000 / 020 8647 3000

Join us on Facebook <https://www.facebook.com/groups/wallingtoncommunitywellbeing>

Twitter [X@wallingtongroup](https://twitter.com/wallingtongroup) Registered Charity No. 1182560



# Activity Calendar

# 2026/2027

Wallington Community Wellbeing Charity  
with Beddington & Carshalton

Volunteers helping people  
live active, happy and healthy lives.

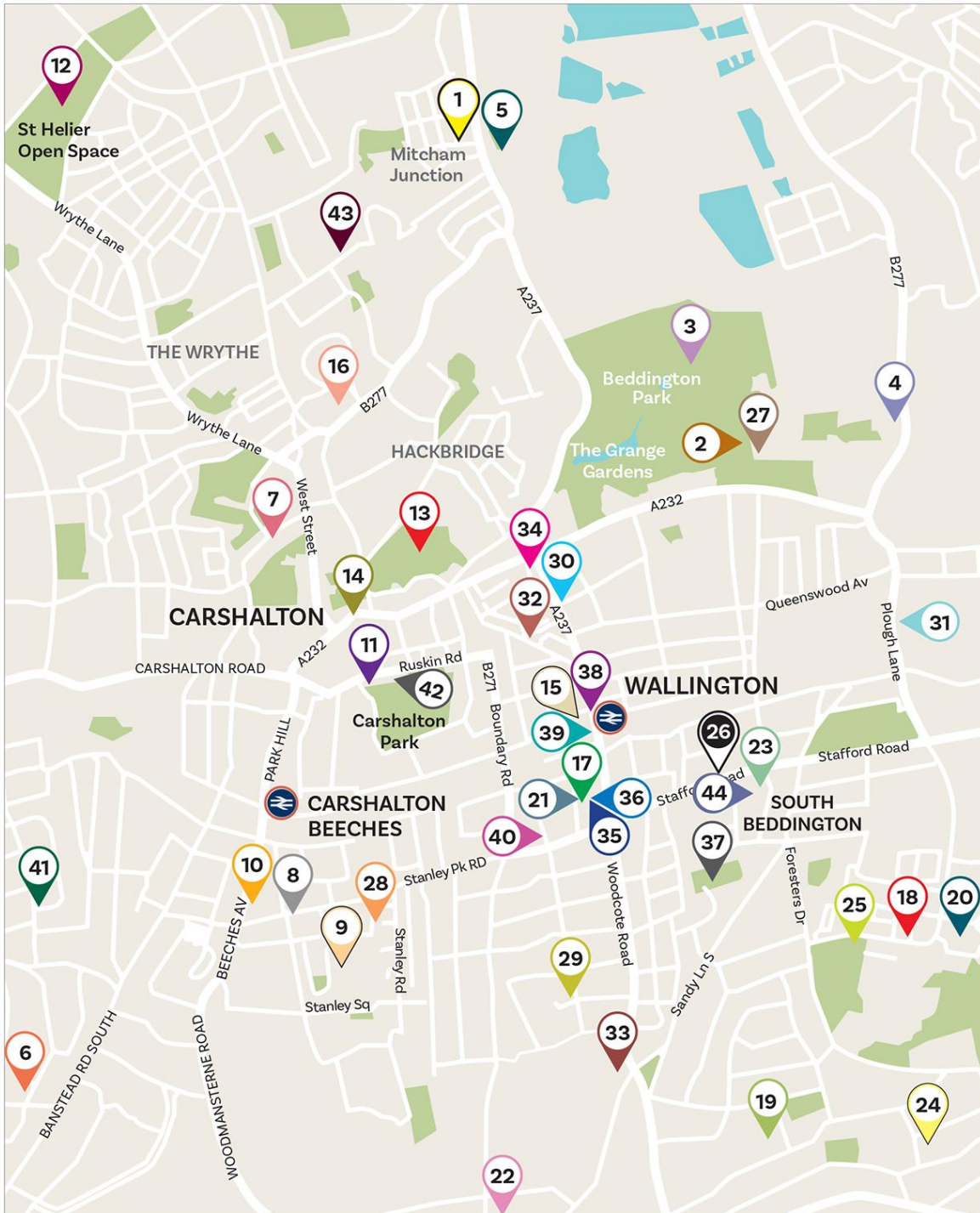
MONDAY		TUESDAY (CONTINUED)		WEDNESDAY (CONTINUED)		THURSDAY (CONTINUED)		FRIDAY		SATURDAY	
SO. STRENGTH & BALANCE (SLB) 9:30AM - 10:30AM	07842 126 119 SMP	BEECHES TEC CAFE 1ST AND 3RD TUESDAY 10:30AM-12:00PM	CGS DROP-IN CLINIC	50+ AEROBICS, STRENGTH AND BALANCE 9:30AM - 10:30 AM	07842 126 119 SMP	INDOOR BOWLS 10:00AM - 12:00PM OCT - MAR	07813 334513 SMC	LEGS, BUMS AND TUMS (TINA) 9:30AM - 10:30AM	07971 608 751 PSC	BOOT CAMP FUN OUTDOOR EXERCISE 9:00AM-10:00AM	07968 950 052 PSC
VOLUNTEERING 8:30AM - 10AM & 1PM - 4PM	07419 740 754 SCF	TUESDAY CLUB DEMENTIA SUPPOJRT 10:30AM - 12:30PM	07985 729 551 CMC	CARSHALTON & WALLINGTON AM TOWNSWOMEN'S GUILD 10:30AM - 12:30PM	0208 395 8085 9:30AM-12:00PM WSH	CYCLING FOR ADULTS 10:00AM - 12:00PM	020 8404 1522 DWLC	WALKING GROUP 10:00AM ONWARDS	020 8669 9050 RSC	GROW YOUR OWN 9:30AM - 11:30AM	020 8404 1522 CCA
CYCLING FOR ADULTS 10:00AM - 12:00PM	020 8404 1522 DWLC	FRIENDLY LOW-LEVEL WALK AND COFFEE 10:30AM	020 8661 5900 BPK	MORNING COFFEE, CHAT & ACTIVITIES 10:00AM - 12:30PM	020 8661 0678 BPC	FLEXERISE (MEN & WOMEN) 10:00AM - 11:00AM	020 8642 0892 WBC	INTERGENERATIONAL TABLE TENNIS 10:00AM-12:00PM	020 8669 2177 TCF	CARSHALTON LAVENDER DROP-IN 10:00AM - 2:00PM	07948 174 907 CL
MOVEMENT CLASS FOR MOBILITY, STRENGTH & BALANCE 10:00AM - 11:00AM	07432 488875 ASC	ENLIGHTENED ART FOR BEGINNERS 11:00AM - 1:00PM	07813 334513 WLS	CYCLING FOR ADULTS 10:00AM - 12:00PM	020 8404 1522 DWLC	PILATES 10:00AM-12:00PM chelseahalthespilates@gmail.com	WURC	GENTLE WALKING FOOTBALL 10:30AM - 11:30AM	020 8669 2177 TCF	DISABILITY TENNIS 11:30AM - 12:30PM	07852 134 079 STSC
WALKING CRICKET 10:00 AM - 11:30AM NOT EVERY MONDAY BOOK IN ADVANCE	020 8669 2177 TCF 6 WEEK PROGRAMME	TAI CHI 11:00AM-12:00PM	SPC	OVER 50 FUN FOOTBALL 10:00AM - 11:30AM INSIDE IN WINTER	020 8669 2177 TCF	WELCOME CAFE 10:00AM - 1:00PM	020 8669 3676 CMC	GROW YOUR OWN 9:30AM - 11:30AM	020 8404 1522 CCA	ALZHEIMER SOCIETY CAFE 2:00PM - 4:00PM 3RD SAT OF MONTH	020 8770 1875 TC
TAI CHI 10:30AM	TERM TIME ONLY (FULL) HM	PILATES (AMY) 11:15AM - 12:15PM	07725 539104 PSC	WALKING CRICKET 10:00AM - 11:30AM	020 8669 2177 TCF	COFFEE AND CRAFT 10:15AM - 12:00 PM 2ND THURS OF MONTH	020 8643 0411 CGS	DISABILITY TENNIS (ADULTS) 12:00PM - 1:00PM	07852 134 079 STSC	CYCLING GROUP 2:00PM ONWARDS SAT 3RD WEEK	020 8395 8350 BPC
EXERCISE CLASS 10:30AM - 11:00AM	020 8647 2498 RMC	CHAIR-SUPPORTED YOGA 11:15AM TERM TIME ONLY	(FULL) HM	COFFEE MORNING 10:00AM - 11:00AM	020 8688 7057 SMCSB	THE THURSDAY CLUB (MEMORY/DEMENTIA/CARERS) 10:30AM - 12:30PM	07502 411 918 SPC	D & J SHORT MAT-BOWLS 2:00PM - 3:45PM	07483 145963 MH	BEGINNER CYCLING GROUP 2:00PM ONWARDS 3RD SAT OF MONTH	020 8395 8350 BPC
GROW YOUR OWN 10:30AM - 12:30PM	020 8404 1522 CCA	LUNCH CLUB TUESDAY IN TERM TIME 12:00PM - 2:00PM	0208 647 7605 (CALL TO BOOK) STP	WALKING NETBALL 10:15AM - 11:30AM	020 8669 2177 TCF	HEALTHY YOU (NHS) 10:30AM - 12:30PM	SPC	BEEES BEREAVEMENT SUPPORT GROUP (FORTNIGHTLY) 3:00PM ONWARDS	020 8643 0411 CGS	CAMEO CLUB (COME AND MEET EACH OTHER) 3:00PM - 4:00PM	07928 824251 3RD SAT OF MONTH STP
PILATES & PELVIC FLOOR 10:30AM	BPK	TAI CHI 1:00PM-2:00PM TERM TIME ONLY	SMCSB	60+ AEROBICS, STRENGTH AND BALANCE 10:30AM - 11:30AM	07842 126 119 SMP	SENIOR MOVERS 11:00AM - 12:00PM	020 8661 9731 WURC	RENDZVOUS CAFE 3:00PM - 4:00PM 2ND SAT OF MONTH	07928 824251 STP		
OVER 50S TENNIS (HELENA) 11:00AM - 12:00PM	07702 167566 STSC	FLEXERISE 1:30PM - 2:30PM	020 8642 0822 CGS	PARK WALKS 10:30AM - 11:30AM	07770 533 000 WLS	AFRO-CARIBBEAN GROUP 12:00PM - 3:00PM FORTNIGHTLY	07957 385071 PCR				
WALINGTON TUNES AND TEA 1:30PM - 3:30PM LAST MON OF MONTH	07914 441 238 MCBG	D & J BINGO 1:30PM - 3:45PM	07483 145 963 MH	EXERCISE CLASS 10:30AM - 11:00AM	020 8647 2498 RMC	FAMILY HISTORY GROUP 1:00PM - 4:00PM	07834 780 749 PCR				
KNIT & NATTER 2:00PM - 4:00PM 2ND & 4TH WKS	020 8669 8733 WBC	USA ART GROUP 1:40PM - 3:40PM (TUES FORTNIGHTLY)	07984 992 083 WURC	SUTTON VISION COFFEE 10:30AM - 11:30AM 3RD WEDS OF THE MONTH	020 8409 7166 WLC	OVER 60S CLUB 1:30PM-3:30PM	020 8647 5155 MH				
SHEPHERD SINGERS 2:00PM - 4:00PM 3RD MON OF THE MONTH	020 8643 0411 CGS	WATENDONE FOLK DANCE 2:00PM - 4:00PM	07942 087 429 SMP	COFFEE MORNING 10:30AM - 11:30AM	020 8647 7748 STMC	LACE MAKING 1:30PM - 3:30PM	020 8647 3077 WURC				
D & J SHORT-MAT BOWLS 2:00PM - 3:45PM	07483 145963 MH	KNIT AND NATTER 2:00PM - 4:00PM	020 8669 3676 CMC	MILAN BADMINTON 11:00AM - 3:00PM	07879 339 410 SMC	LADIES BADMINTON 2:00PM - 4:00PM scorpisharon@icloud.com	WURC (SEPT-APRIL)				
MENTAL HEALTH TABLE TENNIS 6:00PM - 7:00PM	07852 134 079 STSC	BEDDINGTON TOWNSWOMEN'S GUILD 2:00PM - 4:00 PM 1ST AND 2ND TUES OF MONTH ONLY	07964 028 884 WGH	TAI CHI 11:30AM - 12:30PM TERM TIME ONLY	(FULL) MRWL	FUN ART CLASSES BEGINNERS 2:00PM - 5:00PM	020 8835 2116 STC				
MANSPLACE / PROPER BLOKES CLUB WALK AND TALK	6:00PM-8:30PM 07812 544775 SPC	DISABILITY TENNIS (JUNIOR 5-17 YEARS OLD) 5:00PM - 6:00PM	07852 134 079 STSC	WALKING TENNIS 11:30AM - 12:30PM	07852 134 079 STSC	D & J WHIST (CARDS) 2:00PM - 3:30PM	07483 145 963 MH				
PILATES 7PM - 8PM & 8:15PM - 9:15PM pilates@chelseacentre.com	WURC	DISABILITY TENNIS (JUNIOR 5-17 YEARS OLD) 6:00PM - 7:00PM	07852 134 079 STSC	OVER 50S LADIES ONLY TENNIS (HELENA) 11:30AM - 12:30PM	07702 167 566 STSC	FALLEN ANGELS DRAMA FOR OVER 50S joan.crowhurst@btinternet.com	WURC 2:00PM - 4:00PM				
TENNIS (BEGINNERS) 7:30PM - 8:30PM	020 8773 0927 CLT	PILATES 6:00PM-11:00PM chelseahalthespilates@gmail.com	WURC	OVER 60S COMMUNITY LUNCH 12:00PM-2:00PM	020 8669 9050 RSC	GAMES CLUB 4:00PM-6:00PM	020 8669 9050 RSC				
<b>TUESDAY</b>		PROPER BLOKES WALK AND TALK 6:30PM	07812 544 775 STM	CHAIR BASED EXERCISES 1:30PM-2:15PM	020 8669 9050 RSC	SING OUT SUTTON 5:30 PM - 7:00PM	07792 781885 CC				
DROP-IN COFFEE 9:30AM - 12:00PM	07928 824251 STP	ZUMBA (MARIANNE) 7:00PM - 8:00PM	07913 969 730 SMP	D & J BINGO 1:30PM-3:30PM	07483 145963 MH	D & J BINGO 6:00PM - 9:00PM	07483 145963 MH				
VOLUNTEERING 8:30AM - 10AM & 1PM - 4PM	07419 740 754 SCF	LEGS, BUMS & TUMS 7:00PM - 8:00PM	07971 608 751 PSC	GARY MASON HAND DRUMMERS CHARITY 2:00PM-3:00PM	07770 533000 SMCSB TERM TIME ONLY	PILATES 7:00PM - 8:00PM	07725 349104 PSC				
ART CLASS 10:00AM-12:00PM	07812 544 775 STM	WALLINGTON WOMEN'S GROUP 7:30PM-9:30PM	020 8647 0801 MRWL 1ST TUES OF MONTH	WEDNESDAY CLUB 4:00PM - 6:00PM TERM TIME ONLY	020 8643 0411 CGS	ZUMBA (MARIANNE) 7:00PM - 8:00PM	07913 969730 SMP				
INDOOR BOWLS 10:00AM - 12:00PM OCT-APRIL ONLY	07813 334 513 SMC	PILATES (MARIANNE) 8:00PM - 9:00PM	07913 969 730 SMP	CORE PILATES FOR ALL 4:30PM - 6:30PM	07983 793 163 PSC	CWOMEN'S CONTACT GROUP 7:30PM - 8:30PM FORTNIGHTLY	020 8669 8733 WBC				
WALLY WALKS 10:00AM-12:00PM	07770 933 000 WGS	BADMINTON 8:00PM-10:00PM babstheekleston@hotmail.co.uk	WURC SEPT-MAY	WALLINGTON & CARSHALTON WI 8:00PM ONWARDS 1ST WEDS OF MONTH	07743 161 770 CGS	CRAFT CLUB 8:00PM - 10:00PM FORTNIGHTLY	020 8669 8733 WBC				
CHAIR SUPPORTED YOGA 10:00AM TERM TIME ONLY	(FULL) HM	<b>WEDNESDAY</b>		<b>THURSDAY</b>		Please telephone before attending an activity to check that the session is taking place, and see if there is a cost.					
TIME2MEET 10:00AM - 11:30AM	020 8669 0380 WSEC	VOLUNTEERING 8:30AM - 10AM & 1PM - 4PM	07419 740 754 SCF	DROP-IN COFFEE 9:30AM - 12:00PM	07928 824 251 STP						



# Activity Calendar 2026/2027

- ASC All Saints Centre Hackbridge
- BPC Beddington Park Pavillion Cafe
- BPK Beddington Park
- BVH Beddington Village Hall
- BZ BedZED Pavillion
- CC Chiltern Church
- CCA Carshalton Community Allotments
- CGS Church Of Good Shepherd
- CL Carshalton Lavender Allotments
- CLT Carshalton Lawn Tennis Club
- CMC Carshalton Methodist Church
- CSH Carshalton Scouts Hall
- DWLC David Weir Leisure Centre
- GPK Grove Park
- HM Honeywood Museum
- MH Honeywood Walk
- MH Milton Hall
- MCBG Methodist Church Beddington Garden
- MRWL Mallinson Room Wallington Library
- PCR Phoenix Centre
- PSC Purley Sports Club
- RCC Roundshaw Community Centre
- RMC Runnymede Court
- RSC Riverside Centre Carshalton
- SCF Sutton Community Farm
- SMC St Michael's Centre
- SMP St Mark's Church
- SPC St Paul's Church
- STC St Elpheges's Church Hall
- STM St Mary's Church
- STMC St Margaret's Church
- SMCSB St Michael's Church South Beddington
- STP St Patrick's Church
- STSC Sutton Tennis & Squash Club
- TC Trinity Centre
- TCF The Change Foundation
- WBC Wallington Baptist Church
- WGS Wallington Girls School
- WGH Guide Hall Wallington Green
- WLS Wallington Library Shotfield
- WLC Wallington Library Café Shotfield
- WS Wallington Station
- WSC Wallington Sports Club
- WSH The Scout Hall
- WSEC West Street Evangelical Church
- WURC Wallington URC

## Wallington, Beddington and Carshalton Venues



- 1 **ASH - All Saints Centre**  
Hackbridge, New Road, CR4 4 JN
- 2 **BPK - Beddington Park**  
(Opposite St Mary's Church) SM6 7NU
- 3 **BPC - Beddington Park Pavilion Cafe** (via Church Road), SM6 7NU
- 4 **BVH - Beddington Village Hall** 1-5 Beddington Lane CRO 4TG
- 5 **BZ - BedZED Pavilion**  
24A Sandmartin Way, SM6 7DF
- 6 **CC - Chiltern Church**  
83 Chiltern Road Sutton SM2 5QY
- 7 **CCA - Carshalton Community Allotments**  
Colston Ave SM5 2PW
- 8 **CGS - Church Of Good Shepherd** Queen Mary's Ave SM5 0AA
- 9 **CL - Carshalton Lavender Allotments**  
Stanley Road SM5 4NQ
- 10 **CLT - Carshalton Lawn Tennis Club**  
60/62 Beeches Avenue SM5 3LW
- 11 **CMC - Carshalton Methodist Church** Ruskin Road Carshalton SM5 3DE
- 12 **DWLC - David Weir Leisure Centre**  
Middleton Road SM5 1SL
- 13 **GPK - Grove Park**  
(By Westcroft) SM5 2TG
- 14 **HM - Honeywood Museum**  
Honeywood Walk Carshalton SM5 3NX
- 15 **MCBG - Methodist Church Beddington Garden**,  
Wallington SM6 OHU. (Opp Lidl)
- 16 **MH - Milton Hall**  
Cooper Crescent Carshalton SM5 2DL
- 17 **MRWL - Mallinson Room Wallington**  
Library Shotfield SM6 OHY
- 18 **PCR - Phoenix Centre**  
Mollison Drive Roundshaw SM6 9NZ
- 19 **PSC - Purley Sports Club** The Ridge Purley CR8 3PF
- 20 **RCC - Roundshaw Community Centre**  
Vanguard Way Wallington SM6 9JL
- 21 **RMC - Runnymede Court**  
44 Beddington Gdns SM6 OHW
- 22 **SCF - Sutton Community Farm**  
40a Telegraph Track, Wallington SM6 OSH
- 23 **SMC - St Michael's Centre** Milton Road Wallington SM6 9RP
- 24 **SMP - St Mark's Church**  
Church Road Purley CR8 3QQ
- 25 **SPC - St Paul's Church**, Mollison Drive, Carshalton, SM5 3DE
- 26 **STC - St Elpheges's Church Hall**  
Stafford Road Wallington SM6 9AY
- 27 **STM - St Mary's Church**  
Church Road Wallington SM6 7NJ
- 28 **STMC - St Margaret's Church**  
Fir Tree Grove Carshalton SM5 3NG
- 29 **STP - St Patrick's Church** 47 Park Hill Rd Wallington SM6 ORU
- 30 **TC - Trinity Centre**  
Malden Road Wallington SM6 8BL
- 31 **TCF - The Change Foundation**  
Plough Lane Wallington SM6 8JQ
- 32 **WBC - Wallington Baptist Church**  
Parkgate/Queen's Rd SM6 0AG
- 33 **WGS - Wallington Girls Sch Meet Outside**  
Woodcote Rd Wallington SM6 0PH
- 34 **WGH - Guide Hall**  
Wallington Green, Behind The Duke's Head Pub.
- 35 **WLC - Wallington Library Café**  
Shotfield SM6 OHY
- 36 **WLS - Wallington Library** Shotfield Wallington SM6 OHY
- 37 **WSC - Wallington Sports Club**  
Hillside Gdns Wallington SM6 9NX
- 38 **WS - Wallington Station O/Side**  
Railway Approach Wallington SM6 ODZ
- 39 **WSH - The Scout Hall**  
Wallington High Street (Behind Cafe Nero)
- 40 **WURC - Wallington URC** Stanley Pk Rd Wallington SM6 0EU
- 41 **STSC - Sutton Tennis & Squash Club**19  
Devonshire Rd Sutton SM2 5HH
- 42 **CSH - Carshalton Scouts Hall**  
Ruskin Road SM5 3DE
- 43 **RSC - Riverside Centre**  
113 Culvers Ave Carshalton SM5 2FJ
- 44 **SMCSB - St Michael's Church South**  
Beddington SM6 9RP