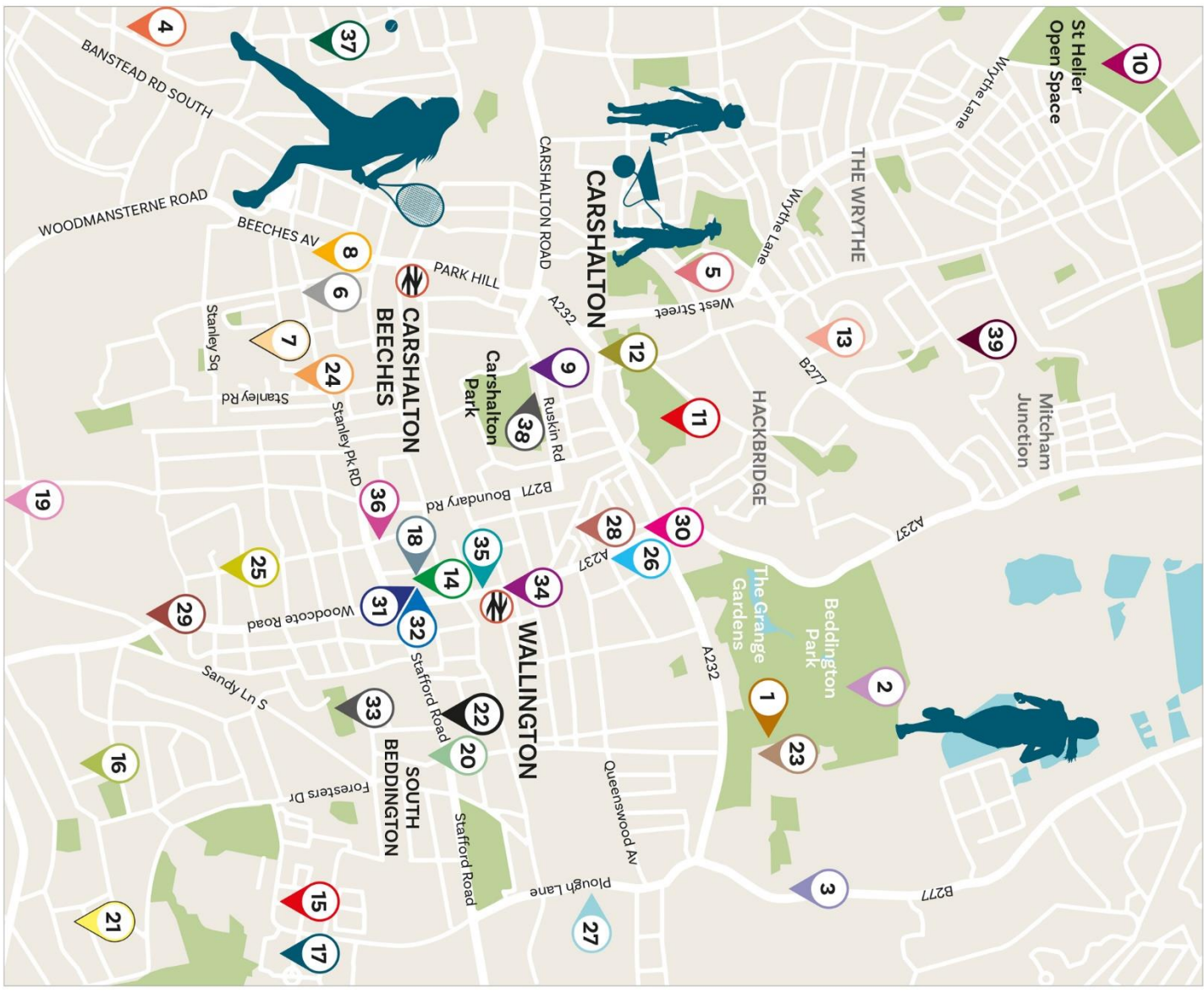


MONDAY		TUESDAY (continued)		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
50+ STRENGTH & BALANCE (SUE) 9.30AM - 10.30AM PSC	07842126119	CHAIR-SUPPORTED YOGA 11.15AM (FULL) HM	07770 533000	50+ AEROBICS, STRENGTH AND BALANCE 9.30AM - 10.30 AM SUE) SMP	020 8405 2909	CORE PILATES FOR ALL 9.20AM CSH	07983 793163	LEGS BUMS & TUMS (TINA) 9.30AM - 10.30AM PSC	07971 608751	BOOT CAMP FUN OUTDOOR EXERCISE 9.00AM - 10.00 AM PSC	07968 950052 (CHRIS)
SUTTON COMMUNITY FARM 10.00AM OR 2.00PM SCF	07722 156079	TIME2MEET 10AM - 11:30AM WSEC	020 8669 0380	SUTTON COMMUNITY FARM 10.00AM OR 2.00PM SCF	07722 156079	YOGA FOR ADULTS 9.30AM - 11.00AM PSC	07876 133036	SUTTON COMMUNITY FARM 10.00AM OR 2.00PM SCF	07722 156079	GROW YOUR OWN 9.30AM - 11.30PM CCA	020 8404 1522
CYCLING FOR ADULTS 10.00AM - 12 NOON DWLC	020 8404 1522	ENLIGHTENED ART FOR BEGINNERS 11.00AM - 1.00PM WLS	07813 334513	60+ AEROBICS, STRENGTH AND BALANCE 10.30AM - 11.30 AM SUE) SMP	020 8405 2909	DROP-IN COFFEE TUESDAY AND THURSDAY 9:30AM - 12 NOON STP	07928 824251	GROW YOUR OWN 10.30AM - 12.30PM CCA	020 8404 1522	CARSHALTON LAVENDER DROP-IN 10.00AM - 2.00PM CL	07948 174907
WALKING CRICKET 10.00 AM - 11.30AM TCC	020 8669 2177	LUNCH CLUB TUESDAY IN TERM TIME 12 NOON - 1.30PM STP	07982 824251 (CALL TO BOOK)	CYCLING FOR ADULTS 10.00AM - 12NOON DWLC	020 8404 1522	SUTTON COMMUNITY FARM 10.00AM OR 2.00PM (MON-FRI) SCF	07722 156079	INTERGENERATIONAL TABLE TENNIS 10.15 - 11.30 AM TCC	020 8669 2177	ALZHEIMER SOCIETY CAFE 2.00PM - 4.00PM 3RD WEEK TC	020 8770 1875
TAI CHI 10.30AM HM	07770 533000	PILATES (AMY) 11.15AM - 12.45PM PSC	07725 539104	MORNING COFFEE, CHAT & ACTIVITIES 10.00AM - 12.30PM RCC	020 8669 5559	INDOOR BOWLS 10.00AM - 12NOON OCT - APR SMC	07813 334513	GENTLE WALKING FOOTBALL 10.15AM - 11.30AM TCC	020 8669 2177	CYCLING GROUP 2.00PM ONWARDS SAT 3RD WEEK BPC	020 8395 8350
EXERCISE CLASS 10.30AM - 11AM RMC	020 8647 2498	PHILIPS PENSIONERS 1.00PM - 4.00PM 2ND WEEK SMC	07813 334513	CARSHALTON & WALLINGTON AM TOWNSWOMEN'S GUILD WEDS 2ND WEEK WSH	0208 395 8085	CYCLING FOR ADULTS 10.00AM - 12NOON DWLC	020 8404 1522	CORE PILATES FOR ALL 11:30AM - 12:30PM RSC	07983 793163	BEGINNER CYCLING GROUP 2.00PM ONWARDS SAT 3RD WEEK BPC	020 8395 8350
FRIENDLY LOW-LEVEL WALK AND COFFEE 10.30AM BPK	07800 8661 5900	TOWNSWOMEN'S GUILD 1.00PM - 4.00PM SMC	07813 334513	WALKING FOOTBALL 10.15AM - 11.30AM TCC	020 8669 2177	COMMUNITY CAFÉ 10.00AM - 1.00PM CMC	020 8669 3676	DISABILITY TENNIS (ADULTS) 12.00PM - 1.00PM STSC	07852 134 079	CAMEO CLUB (COME AND MEET EACH OTHER) 3.00PM - 4.00PM 3RD WEEK STP	07928 824251
GROW YOUR OWN 10.30AM - 12.30PM CCA	020 8404 1522	FLEXERCISE 1.30PM - 2.30PM CGS	020 8642 0892	WALKING NETBALL 10.15AM - 11.30AM TCC	020 8669 2177	FUN ART CLASSES INC BEGINNERS 10.00AM - 1PM AND/OR 2PM - 5PM STC	020 8835 2116	D & J SHORT MAT-BOWLS 2.00PM -3.45PM MH	07483 145963	RENDEZVOUS CAFE 3.00PM - 4.00PM SAT 2ND WEEK STP	07928 824251
PILATES & PELVIC FLOOR BPK	10.30AM	U3A ART GROUP 1.30PM - 3.30PM WURC	07984 992083	PARK WALKS 10.30AM - 11.30AM WLS	07939 471822	FLEXERCISE (MEN & WOMEN) 10.00AM - 11.00AM WBC	020 8642 0892	BEES BEREAVEMENT SUPPORT GROUP FORTNIGHTLY 3PM ONWARDS CGS	020 8643 0411		
KNIT & NATTER 2.00PM - 4.00PM 2ND & 4TH WKS WBC	020 8669 8733	TENNIS RECOVERY GROUP 1:30PM - 3:30PM WSC	07507 865753	FRIENDLY LOW-LEVEL WALK & COFFEE 10.30AM GPK	020 8661 5900	COFFEE AND CRAFT 10:15AM - 12.00 PM THURS 2ND WEEK CGS	020 8643 0411	PILATES 7.00PM - 8.00PM (AMY) PSC	07725 349104		
SHEPHERD SINGERS 2.00PM - 4.00PM 3RD WEEK CGS	020 8643 0411	D & J BINGO 2.00PM - 3.45PM MH	07483 145963	EXERCISE CLASS 10.30AM - 11.00AM RMC	020 8647 2498	SENIOR MOVERS 11.00AM - 12 NOON WURC	020 8661 9731				
D & J SHORT-MAT BOWLS 2.00PM - 3.45PM MH	07483 145963	WATENDONE FOLK DANCE 2.00PM - 4.00PM SMP	020 8669 0034	SUTTON VISION COFFEE 10.30AM - 11.30AM 2ND WEEK WLC	020 8409 7166	OVER 60S CLUB 1.30PM - 3.30PM BVH	020 8647 5165				
60+ CIRCUIT TRAINING (MEN) 5.45PM - 6.45PM PSC	020 8405 2909	COFFEE AFTERNOON 2.00PM - 4.00PM RMC	020 8647 2498	COFFEE MORNING 10.30AM - 11.30AM STMC	020 8647 7748	AFRO-CARIBBEAN GROUP 12.00 NOON - 3.00PM PCR.FORTNIGHTLY	07957 385071				
MENTAL HEALTH & WELL-BEING TENNIS 6.00PM - 7.00PM STSC	07852 134 079	KNIT AND NATTER 2.00PM - 4.00PM (TUES LAST) CMC	020 8669 3676	MILAN GROUP 11.00AM - 3.00PM SMC	07974 640350	FAMILY HISTORY GROUP 1.00PM - 4.00PM PCR	07821 797366				
TENNIS (BEGINNERS) 7.30PM - 8.30PM CLT	020 8773 0927	BEDDINGTON TOWNSWOMEN'S GUILD 2.00PM - 4.00 PM (TUES 2ND WEEK) WGH	07954 028884	CLUSTERS LUNCH ACTIVITIES 11.00AM - 2.00PM WURC	07908 090965	LACE MAKING 1.30PM - 3.30PM WURC	020 8647 3077				
ZUMBA 8.15PM - 9.15PM SMC	07813 334513	DISABILITY TENNIS (JUNIOR 5-17 YEARS OLD) 6.00PM - 7.00PM STSC	07852 134 079	TAI CHI 11.30AM - 12.30PM MRWL	07770 533000	LADIES BADMINTON 2.00PM - 4.00PM SEPT - MAY WURC	020 8647 3077				
		PROPER BLOKES WALK AND TALK 6.30PM STM	07812 544775	WALKING TENNIS 11:30AM - 12:30PM STSC	07852 134 079	FUN ART CLASSES INC BEGINNERS 2.00PM - 5.00PM STC	020 8835 2116				
TUESDAY		ZUMBA (MARIANNE) 7.00PM - 8.00PM SMC	07913 969730	D & J BINGO 2.00PM - 3.30PM MH	07483 145963	D & J WHIST (CARDS) 2.00PM - 3.30PM MH	07483 145963				
DROP-IN COFFEE TUESDAY AND THURSDAY 9:30AM - 12 NOON STP	07928 824251	YOGA 7.00PM - 9.00PM BVH	020 8395 0300	CORE PILATES FOR ALL 5:30PM - 6:30PM RSC	07983 793163	SING OUT SUTTON 5.30 PM- 7.00PM CC	07792 781885				
YOGA FOR ADULTS 9.30AM - 11.00AM PSC	07876 133036	EXERCISE GROUP 7.00PM - 8.00PM WURC	020 86619731	FIGHTING FIT (TINA) 7.00PM - 8.00PM PSC	07971 608751	D & J BINGO 6.00PM - 9.00PM MH	07483 145963				
SUTTON COMMUNITY FARM 10.00AM OR 2.00PM (MON-FRI) SCF	07722 156079	PILATES (MARIANNE) 8.00PM - 9.00PM SMC	07913 969730	WEDNESDAY CLUB 8.00PM - 10.00 PM WED_4TH WEEK CGS	020 8643 0411	PILATES 7.00PM - 8.00PM (AMY) PSC	07725 349104				
ART CLASS 10.00AM - 12 NOON TERM TIME STM	07812 544775	LEGS BUMS & TUMS (TINA) 8.00PM - 9.00PM PSC	07971 608751	WALLINGTON & CARSHALTON WI 8.00PM ONWARDS WED 1ST WEEK CGS	07743 161770	WOMEN'S CONTACT GROUP 7.30PM - 9.30PM FORTNIGHTLY WBC	020 8669 8733				
INDOOR BOWLS OCT-APRIL 10.00AM - 12 NOON SMC	07813 334513	WALLINGTON EVE TOWNSWOMEN'S GUILD 7.30 - 9.30 PM TUE 1ST WEEK MRWL	020 8647 0801	Please telephone before attending an activity to check that the session is taking place, and see if there is a cost. For complete venue addresses see reverse.		CRAFT CLUB FORTNIGHTLY 8.00PM - 10.00PM WBC	020 8669 8733				
WALLY WALKS 10.00AM - 12 NOON (CURRENTLY FULL) WGS	07770 533000	BADMINTON SEPT - MAY 8.00PM - 10.00PM WURC	020 8669 8163	In partnership with Wallington Neighbourhood and Primary Care Networks							
CHAIR SUPPORTED YOGA 10.00AM HM	07770 533000										

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

Activity Calendar 2024





- 1** **BPk - Beddington Park**
(Opposite St Mary's Church) SM6 7NU
- 2** **BPC - Beddington Park Pavilion Cafe**
Via Church Road SM6 7NU
- 3** **BVH - Beddington Village Hall 1-5**
Beddington Lane CR0 4TG
- 4** **CC - Chiltern Church**
83 Chiltern Road Sutton SM2 5QY
- 5** **CCA - Carshalton Community Allotments**
Colston Ave SM5 2PW
- 6** **CGS - Church Of Good Shepherd**
Queen Mary's Ave SM5 0AA
- 7** **CL - Carshalton Lavender Allotments**
Stanley Road SM5 4NQ
- 8** **CLT - Carshalton Lawn Tennis Club**
60/62 Beeches Avenue SM5 3LW
- 9** **CMC - Carshalton Methodist Church**
Ruskin Road Carshalton SM5 3DE
- 10** **DWLC - David Weir Leisure Centre**
Middleton Road SM5 1SL
- 11** **GPK - Grove Park**
(By Westcroft) SM5 2TG
- 12** **HM - Honeywood Museum**
Honeywood Walk Carshalton SM5 3NX
- 13** **MH - Milton Hall**
Cooper Crescent Carshalton SM5 2DL
- 14** **MRWL - Mallinson Room**
Wallington Library Shotfield SM6 OHY
- 15** **PCR - Phoenix Centre**
Mollison Drive Roundshaw SM6 9NZ
- 16** **PSC - Purley Sports Club**
The Ridge Purley CR8 3PF
- 17** **RCC - Roundshaw Community Centre**
Vanguard Way Wallington SM6 9JL
- 18** **RMG - Runnymede Court**
44 Beddington Gdns SM6 OHW
- 19** **SCF - Sutton Community Farm**
40a Telegraph Track, Wallington SM6 0SH
- 20** **SMC - St Michael's Centre**
Milton Road Wallington SM6 9RP
- 21** **SMP - St Mark's Church**
Church Road Purley CR8 3QQ
- 22** **STC - St Elphgees's Church Hall**
Stafford Road Wallington SM6 9AY
- 23** **STM - St Mary's Church**
Church Road Wallington SM6 7NJ
- 24** **STMC St Margaret's Church**
Fir Tree Grove Carshalton SM5 3NG
- 25** **STP - St Patrick's Church**
47 Park Hill Rd Wallington SM6 0RU
- 26** **TC - Trinity Centre**
Malden Road Wallington SM6 8BL
- 27** **TCC - The Cricket Centre**
Plough Lane Wallington SM6 8JQ
- 28** **WBC - Wallington Baptist Church**
Partridge/Queen's Rd SM6 0AG
- 29** **WGS - Wallington Girls Sch Meet**
Outside Woodcote Rd Wallington SM6 0PH
- 30** **WGH - Guide Hall**
Wallington Green, Behind The Duke's Head Pub.
- 31** **WLC - Wallington Library Cafe**
Shotfield SM6 OHY
- 32** **WLS - Wallington Library**
Shotfield SM6 OHY
- 33** **WSC - Wallington Sports Club**
Hillside Gdns Wallington SM6 9NX
- 34** **WS - Wallington Station O/Side**
Railway Approach Wallington SM6 0DZ
- 35** **WSH - The Scout Hall**
Wallington High Street (Behind Cafe Nero)
- 36** **WURC - Wallington URC**
Stanley Rd Wallington SM6 0EU
- 37** **STSC - Sutton Tennis & Squash Club**
19 Devonshire Rd Sutton SM2 5HH
- 38** **CSH - Carshalton Scouts Hall**
Ruskin Road SM5 3DE
- 39** **RSC - Riverside Centre**
113 Culvers Ave Carshalton SM5 2EJ

Wallington, Beddington and Carshalton Venues

Welcome to the new edition of the Calendar of Activities

A lot has happened over the past two years and many people have become even more lonely and isolated due to the pandemic. Many of the previous activities have changed and some have gone to an online platform. We have completely rewritten this new calendar and hope you will find it useful.

We provide information about activities for adults available in Wallington and

surrounding areas via our calendar signpost people to where they can obtain help and advice at our two events each year. We also work with GP practices to help them with 'Social Prescribing' and have set up healthy walks and other activities.

We are here to help you!

Age UK Sutton	020 8078 0000	200
Alzheimer's Society	020 8770 1875	
Citizens Advice Bureau	020 8405 3552	
HealthWatch Sutton	020 8647 9540	
Oaks Way Seniors Centre	020 8647 8990	
QEF Mobility Services	020 8770 1151	
Sutton Carers Centre	020 8296 5611	
Sutton Council	020 8770 5000	
Sutton Mencap	020 8647 8600	
Sutton Mental Health Foundation	020 8770 0172	
Sutton Stroke Association	077161 292654	
Sutton Talking Newspapers	020 3759 6679	
Sutton Vision	020 8409 7166	
Sutton Uplift (Wellbeing Navigators)	020 3513 4044 / free phone 0800 032 1411	
Volunteer Centre Sutton	020 8696 5900	
Safer Neighbourhood Team Beddington North	020 8721 2496	
Safer Neighbourhood Team Beddington South	020 8721 2073	
Safer Neighbourhood Team Carshalton Central	020 8721 2898	
Safer Neighbourhood Team Wallington North	020 8721 2495	
Safer Neighbourhood Team Wallington South	020 8721 2730	
Safer Neighbourhood Carshalton South & Clockhouse	020 8721 2490	
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



wallingtoncommunitygroup@gmail.com
 email: info@wallingtoncommunitywellbeing.org
 Telephone 07770 533000 / 020 8647 3000
 Like us on Facebook Follow us on Twitter @WallingtonGroup
 Registered Charity No. 11825660



Activity Calendar 2023/24

Wallington Community Wellbeing Charity
with Beddington & Carshalton

Volunteers helping people
live active, happy and healthy lives.