

A TO Z

DIRECTORY OF VOLUNTARY SERVICES IN THE LONDON BOROUGH OF SUTTON FOR ADULTS



Community Action Sutton

Community Action Sutton is a membership organisation that supports, develops, and promotes the voluntary, community and social enterprise sector in the London borough of Sutton. Our vision is to Promote equality and diversity and positive change for communities in the Borough of Sutton.



PROMOTE
Equality, diversity, and positive change for communities in Sutton



INSPIRE
Partnerships / collaboration across the Volunteer and Community Sector



REPRESENT
The voice of the Voluntary and Community Sector



SUPPORT
Growing and established organisations to reach their full potential



DEVELOP
A diverse and vibrant Voluntary & Community Sector

This information was updated June 2022 and was accurate. If you come to know of any expired information, please let us know [here](#) or use the email below.

Community Action Sutton is always looking to be in contact with and support new groups and Organisations. If you would like support to set up a community organisation, get funding or to turn an existing group into a charity, please contact us [here](#) or use the email below.

How to Contact Us / Website / social media

Address: Community Action Sutton,
Granfers Community Centre,
73-79 Oakhill Road,
Sutton, Surrey SM1 3AA

Telephone: 020 8644 2867

Website: <https://www.communityactionsutton.org.uk/>

Twitter: @ComActionSutton

Facebook: @communityactionsutton

Email: enquiries@communityactionsutton.org.uk

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A to G Music School

- Service:** Musical Instruments Tuition
- Short Description:** A to G Music School provides one to one music tuition at a fully equipped school facility for students of all ages and abilities. Lessons are offered in a wide range of instruments, including piano, guitar, voice, and violin, as well as composition and music theory. Whether you are learning for fun, or to complete accredited music grades, lessons can be tailored to suit you. Traditional, tried, and tested methods are combined with modern techniques and technology to provide engaging and progressive lessons. No obligation trial lessons are available. Lessons are £20 per half hour. Hour-long lessons are also available. Lessons available seven days a week, all year around.
- Target Group:** From 5 years old to adult learners, lessons to achieve grades or for fun
- Contact Details:** Email: contact@atogmusicschool.com ; Phone: 02086424987
- Website:** www.atogmusicschool.com ; Instagram @atogmusicschool

Absolute Martial Arts

- Service:** Martial Arts Classes
- Short Description:** At Absolute Martial Arts action packed, family friendly martial arts classes for children and adults are provided. Free taster sessions offered for anyone who wishes to give a class a try and are committed to helping to achieve your goals, whether it be fitness, confidence, self-defence or beginning the journey to black belt. £55 per month is the minimum membership for 2 lessons per week per month. Classes takes place at Brookfield Primary School, North Cheam on Mondays, and Wednesdays and at Carshalton High School for Girls on Tuesday and Thursday evenings all year around.
- Target Group:** 3 Years to adults who likes to defend themselves, lose weight, or to have fun
- Contact Details:** Email: amakickboxing@gmail.com ; Phone: 07917 386 582
- Website:** www.absolutemartialarts.co.uk

Ace Coaching

- Service:** Tennis Coaching
- Short Description:** Ace Coaching is a premier tennis provider at Cheam Lawn Tennis Club in Sutton offering a full Tennis programme for all abilities, from beginner level through to advanced level. Coaching available Mondays to Saturdays all year around at Cheam LTC. Cost varies at different levels. More information is on the website.
- Target Group:** 4+ Years and Adult
- Contact Details:** Email: tennisamit@gmail.com ; Phone: 07947 408 901
- Website:** <https://ace-coaching.co.uk>

Active Me

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|---------------------------|---|
| Service: | Physical Exercise Programme |
| Short Description: | Active Me is a free 22-week physical exercise programme run in partnership with Community Action Sutton and Sutton Housing Partnership for those who would like to improve their physical fitness. You will also receive a free bag of exercise items such as resistance bands and weights after attending 5 consecutive sessions. It takes place on Tuesdays 10.30am at Seven Acres Community Hub and Wednesdays 9.30am at Hill House Community Centre until September 2022. |
| Target Group: | 45+ Years |
| Contact Details: | Email: michael.frean@communityactionsutton.org.uk |
| Website: | https://www.communityactionsutton.org.uk/latest/events/active-me/ |

Advocacy for All

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|---------------------------|--|
| Service: | Speak up Sutton |
| Short Description: | <p>At Advocacy for All the aim of the group is to give a voice to the adult members to speak up on various issues affecting people with learning disability, have regular meetings to discuss useful, practical and basic ideas that members can take back to the council to resolve, represent people with a learning difficulties at various national meetings, organise and support the Sutton Partnership board to give a voice to a wider community of people in the borough with learning difficulties.</p> <p>Speak up Sutton meet weekly for open meetings, work with the Police on issues like hate or mate crime, invite people from the council to talk and resolve issues, have social days' out, hold practical workshops, work with the young people's group (Action Voices), talk about issues that affect everyday lives like education, health, transport, and relationships.</p> |
| Target Group: | Adults aged 18 and over with learning disabilities and live, work or study in the London Borough of Sutton. |
| Contact Details: | groups@advocacyforall.org.uk ; Phone: 0345 310 1812 (option 5) |
| Website: | https://www.advocacyforall.org.uk/self-advocacy-groups/sutton-groups/ |

African & Caribbean Heritage Association

- Service:** Activities, Educational talks, social outings etc. throughout the year
- Short Description:** The Association is established to promote the health and wellbeing, support, advice, and informal education to members of the African and Caribbean community, their families, and friends in the London borough of Sutton. Good fellowship meetings, cultural activities, social outings, educational topic talks from experts etc beneficial to its members are facilitated throughout the year usually on Thursday afternoons. Check out the events calendar on the website. The cost is an annual membership of £15 plus £5 each weekly meetings towards food and activities.
- Target Group:** 50+ Years and their families
- Contact Details:** Email: achasutton@yahoo.com ; Phone: 07957 385 071
- Website:** www.achasutton.org

Age UK Sutton

- Service:** Services and Support for 50+ people
- Short Description:** Age UK Sutton is an independent local charity supporting older people, their families, and carers in the London Borough of Sutton. They make Sutton a more age-friendly borough, by providing services that make a difference, improving understanding of what older people need, standing up for their interests and fostering a sense of community and belonging for all older people.
- A range of services and support, such as free Information and Advice on benefits, health, housing, care, income, local services and more, and offer a Help at Home service, a Home from Hospital discharge service, Lets Connect programme, Dementia wellbeing support and Mental Health Peer support. There is a cost for some of the services. More information is on the website.
- Target Group:** 50+ Years
- Contact Details:** Email: info@ageuksutton.org.uk ; Phone: 020 8078 0002
- Website:** www.ageuk.org.uk/sutton/

ALTétude French Tutoring

- Service:** French Tuition
- Short Description:** ALTétude French Tutoring provide private French tuition for groups and one-to-one virtually (E.g., Zoom, Live Chat or Telephone) or in Person. Available throughout weekdays and Saturday Mornings. One-to-One lessons are available for all levels: beginner, intermediate or advanced. Each lesson is tailor made to support learning needs and it is adapted to the learning pace of the student. There is a cost of £35/hour. More information is on the website.
- Target Group:** 4 Years to Adult - to learn French from scratch, students who need support with going over what they have learnt at school, and students who want extra support to revise for their exams.
- Contact Details:** Email: myriam@altetudedefrenchtutoring.com ; Phone: 07894 221346
- Website:** www.altetudedefrenchtutoring.com

Alzheimer's Society Sutton

- Service:** Dementia Support Service
- Short Description:** Alzheimer's Society Sutton provides one-to-one support to people with dementia, their carers and family members by given them information and practical support to live well with dementia. It can be provided face to face, over the phone or through written communication. The service is unique to personal circumstances and needs. The dementia support workers are employed to carry out a different role to social workers and community psychiatric nurses but may complement their work. Key topics covered by them are: help understand more about dementia and the diagnosis, offering practical advice and coping strategies for living with dementia day-to-day, making awareness of other services available, empowering you to access and build wider support networks, Developing Coping Strategies, Legal and Financial Matters (LPA, Wills, etc), Mental and General Wellbeing advise, Staying Safe, Family and Friends, End of Life Care etc.
- Target Group:** People with Dementia and Alzheimer
- Contact Details:** Email: sutton@alzheimers.org.uk ; Phone:02087701875 /
- Website:** <https://www.alzheimers.org.uk/>

BabyBien - Hypnobirthing

- Service:** Hypnobirthing and Antenatal Classess
- Short Description:** BabyBien hypnobirthing and birth preparation classes are designed to help you feel calm, in control and prepare for the birth that you want. Whatever type of birth you're hoping for (homebirth, natural birth, induction, c-section & anything in between), hypnobirthing can help you have a more positive experience, and recognises the important role that your birth partner can play. All BabyBien courses are relaxed, friendly, informative and include ongoing support up until the birth of your baby and access to the online course so that you can continue your practise easily at home. Private and group options available. Courses from £150 per couple
- Target Group:** For Expectant Parents
- Contact Details:** Email: kate@babybien.co.uk; Phone: 07715 105 729
- Website:** <https://www.babybien.co.uk/birth.html> ;
https://www.instagram.com/babybien_hypnobirthing ;
<https://www.facebook.com/Babybien.uk>

BabyBien – Parenting

- Service:** Starting Solids Workshop & Potty-Training workshop
- Short Description:** BabyBien starting solids workshops will give introduction to weaning, helping you navigate this stage of the baby's development confidently. Weaning doesn't seem half as daunting as there are menu ideas and understanding of when babies are ready to wean and how to approach it in a stress-free way. Join a group class or arrange a private session with friends or family. The 2-hour workshop will give all the information available and help approach introducing babies to solid foods in a relaxed & confident way. Also, at BabyBien you can find out how to apply a gentle parenting approach to 'potty training' and follow toddler lead for an easier time starting toileting. The toddler-led toileting workshop will cover 'signs of readiness' to watch out for, help you to know when a good time is to start and how to support your child, not impose it on them. Available as a group course or private session at your own home.
Cost is £20 per session.
- Target Group:** Parents of babies
- Contact Details:** Email: kate@babybien.co.uk ; Phone: 07715 105 729
- Website:** <https://www.babybien.co.uk/parenting>

Bags of Taste Sutton

- Service:** Cooking Course to Improve Diet & Food Budget
- Short Description:** Bags of Taste Sutton aims to change people's mindset about cooking, and about using less expensive ingredients to cook delicious meals that cost less than £1 a portion. They work with vulnerable people, socially isolated people, those struggling with their food budget, pensioners, and families. They deliver a FREE bag of ingredients to the referred client's door and mentor them by WhatsApp or phone while they cook three delicious meals in their own time over a two-week period.
- Target Group:** 16+ Years
- Contact Details:** Email: sutton@bagssoftaste.org ; Phone: 07790464305
- Website:** www.bagssoftaste.org

Beddington and Wallington Senior Citizen Club

- Service:** Senior Citizens Club
- Short Description:** Beddington and Wallington Senior Citizens Club is formed in 1947 for 60+ people to meet up weekly. They have snacks, games, bingo, outings, parties etc. in a friendly environment. Members are from all over the borough. They meet at the Guide Hall, Wallington Green on Mondays 11am – 3pm. Please phone Beryl for more information.
- Target group:** 60+ Years
- Contact Details:** Beryl Smith, Phone: 020 8686 091
- Website:** Not on the Website and no email address

Beddington Cricket Club

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|--------------------|---|
| Service: | Cricket Coaching |
| Short Description: | Colts cricket for ages 5-16 leading to adults' cricket with organised training nights and matches. It's at Beddington Park on Wednesday, Friday evenings and Saturday, Sunday mornings all year around. Cost is £100 membership for season. More information is on the website. |
| Target Group: | 5 Years onwards |
| Contact Details: | Email: beddingtoncolts@hotmail.com ; Phone: 07984 747 970 |
| Website: | https://www.beddingtoncc.co.uk/ |

Beddington Village Hall

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|--------------------|---|
| Service: | Hire facility for the community |
| Short Description: | Beddington Village Hall is a community hall which provides facilities for regular group meetings and private hire for children's birthday parties. The aim is to enhance the quality of life of local people by providing health, cultural and other opportunities at an affordable price. Currently regular groups include Lavender Preschool (Mondays – Fridays), Brownies and Girl Guides (Mondays), Slimming World (Tuesdays), Karate (Wednesdays and Fridays), Over 60s club (Thursdays), Rainbows (Thursday), Taekwondo and Tiny Tots Taekwondo (Thursdays), Baby Ballet (Saturdays), Church Group (Saturdays). Contact for more information. |
| Target Group: | Available to all in the community |
| Contact Details: | Email: beddingtonvillagehall@hotmail.co.uk ; |
| Website: | http://www.beddingtonvillagehall.co.uk/ |

Benhill Social Club

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|--------------------|--|
| Service: | Social Club for over 60s |
| Short Description: | Benhill Social Club is a social club for the elderly providing day trips, holidays, and Bingo etc on Wednesday mornings and Friday afternoons at Granfers Community Centre. It is free to join the group. Contact them for more information. |
| Target Group: | 60+ |
| Contact Details: | Email: gwen42john@hotmail.co.uk ; 0208 7701468 |
| Website: | Not on website |

Bioregional

- Service:** Promotes sustainable living
- Short Description:** Bioregional champions a better way to live by working with partners to create better, more sustainable places to live, work and do business. There are various projects and services run such as
- one planet living** – a vision of a world where people enjoy happy, healthy lives within the natural limits of the planet, leaving space for wildlife and wilderness.
 - Sustainable Business Consultancy** - services for businesses helping to get to net-zero carbons, as well as to plan and implement an innovative sustainability strategy for organisations.
 - Built Environment Consultancy** – works with companies in the built environment, communities, and local government to create homes and communities that make it easy to live a sustainable lifestyle.
 - Influencing wider change** – influencing wider sustainable change by building alliances with partners and spreading best practice from the work and that of partners.
- More information is on the website.
- Target Group:** All ages who would like to explore sustainable living
- Contact Details:** Email: info@bioregional.com ; Phone: 020 8404 4880
- Website:** <https://www.bioregional.com/>

Brooklyn Bakes Studio

- Service:** Cake Decorating Classes
- Short Description:** A unique baking studio offering a variety of cake decorating workshops accessible to all ages. Whether a beginner, or seasoned cake decorator, workshops are available that will teach new skills or elevate existing ones. Classes take place at the River Church, Highfield Hall, 320 Carshalton Road, Sutton during half term times on Saturdays and Sundays. Cost per 4 hr session, depends on class type, but approximately £35-65 per session.
- Target Group:** All Ages
- Contact Details:** Email: kmquarcoo@gmail.com ; Phone: 07722 572 628
- Website:** www.Brooklynbakes.co.uk

Carshalton Bowling Club

- Service:** Bowling Club
- Short Description:** Carshalton Bowling Club is a friendly Club that provides the opportunity to learn and play the sport of lawn bowls in both competitive and friendly matches. It operates at Grove Park, Carshalton from mid-April until late September - mornings, afternoons, and evenings every day of the week. Cost is £180 per annum. More information is on the website.
- Target Group:** 18+ Years
- Contact Details:** Email: jeremy.dearmer@gmail.com ; Phone: 07784 825 502
- Website:** <http://www.carshaltonbowlingclub.co.uk>

Cheam Cricket Club

- Service:** Cricket Coaching
- Short Description:** Cheam Cricket Club aims to provide "Cricket for all" with both Junior and Adult Sections in place. Opportunities are available for children of 5 upwards to learn and play the game in a safe & secure environment on one of the best grounds in Surrey with fully qualified coaches. Players of all abilities are welcome as the focus is on development and enjoyment in competitive sport for the local community. Summer and Winter coaching programmes are available with the membership season starting in April each year. Adult teams have 5 Surrey Championship sides playing on a Saturday and have 2 Sunday teams, adult training is on a Thursday night during the Summer. Membership packages start from £100 a season.
- Target Group:** 5+ Years and Adults
- Contact Details:** Email: markbtf@gmail.com ; Phone: 07875 886 292
- Website:** <http://www.cheamcricketclub.com/>

Cheam Priory Day Centre

- Service:** Day Centre for those living with Dementia and Alzheimers
- Short Description:** Cheam Priory Day Centre cater for dementia and alzheimers and those with behavioural needs. Every week Cheam Priory Centre offers its members full and varied range of activities such as arts and crafts, live entertainment, day trips, discussion groups etc. Cost for day care is £47 per day and transport £12.
- Target Group:** 50+
- Contact Details:** Email: carol.message@cheampriorycentre.co.uk ;
Phone: 0208 288 9208
- Website:** <http://cheampriorycentre.co.uk/>

Chi Combat System

- Service:** Self Defence, Karate, Martial Arts for all ages
- Short Description:** Chi Combat System© helps and improves your power of concentration, self-control, discipline, more self-esteem, have a 'winning attitude' in life, have a cardiovascular work-out and so promoting health, better behaviour and get mentally stimulated for 'positive thinking'. Classes take place at various locations including Sutton Pavilion (Rosehill Community Association). Morning, Afternoon and Evening classes available throughout the week. Cost varies by levels of classes.
- Target Group:** 5+ Years and Adults
- Contact Details:** Email: chicombatsystem@yahoo.com ; Phone: 020 8 646 5551
- Website:** www.chicombatsystem.com

Citizens Advise Sutton

- Service:** Information and Advice service
- Short Description:** Citizens Advice Sutton provides free, confidential, independent, impartial information and advice on issues such as welfare benefits, debt, housing, employment, and other issues related to residents' rights and responsibilities. More information is on the website.
- Target Group:** 18+ Years
- Contact Details:** Phone: 020 8405 3552
- Website:** <https://www.citizensadvicesutton.org.uk/>

CDARS (Community Drug & Alcohol Recovery Services)

- Service:** Sunshine Recovery Café for people with mental health issues
- Short Description:** CDARS Sunshine Recovery Café was set up to support people in a mental health crisis and help them discuss the nature of the crisis they are experiencing, their strengths and the coping skills they might use to decrease their distress and promote their wellbeing. Within a safe and secure environment, the service aims to support customers through a range of support and leisure opportunities. It's a free access service for clients from Southwest London with mental health support needs. More information is on the website. Address to the venue is Sunshine Recovery Cafe, 296A Kingston Road, SW20 8LX. The Service is open from 18.00-23.00 (Monday-Friday) and 12.00-23.00 (weekends and bank holidays). It is open every day of the year.
- Target Group:** 18+
- Contact Details:** Email: tim.tweedy@cdars.org.uk ; Phone: 07908 436 617
- Website:** https://www.cdars.org.uk/project/Mental_Health_Support

Conquest Art

- Service:** Art Groups for People with Disabilities
- Short Description:** Conquest Art provide art groups for people with disabilities and long-term health issues so they can discover their creative energy and feel self-confidence through art. Everyone is encouraged to create from their imagination, develop their own style and work at their own pace in a friendly, non-competitive environment. Conquest Art groups operate in different locations during school term time. Cost is weekly subscription of £2, Annual membership of £10 payable to Conquest Art. More information is on the website.
- Target Group:** 16+
- Contact Details:** Email: enquiries@conquestart.org; Phone: 0208 393 7707
- Website:** <https://www.conquestart.org/>

Cruse Bereavement Support

- Service:** Bereavement Support
- Short Description:** Cruse Bereavement Support in Sutton offers face-to-face, telephone, email, and website support and information to adults living in Sutton. The services are free, accessible, flexible, confidential, non-judgemental, and inclusive. National Helpline 0808 808 1677 is free of charge. It is accessible Mon-Fri 9.30am-5pm Tues, Wed and Thurs evenings until 8pm.
- Target Group:** 18+ Years
- Contact Details:** Email: sutton@cruse.org.uk ; Phone: 020 8181 1123
- Website:** <https://www.cruse.org.uk/get-support/local-support-phone/>

Dessi's Art

- Service:** Painting Art Classes
- Short Description:** Dessi's Art encourages children and adults to release their inner creativity, inspire imaginations and most of all have fun. Dessi's Art guides children and adults through the fundamentals of painting either in a 1:1 or group class to aid in developing techniques. Classes take place at Trinity Church, Sutton on Saturdays 14:15 until 15:30 all year around. Cost for the sessions is £12 but discounts available through bundles.
- Target Group:** All Ages
- Contact Details:** Email: dessisart@mail.com ; Phone: 07588 320 002
- Website:** www.dessisartlondon.com

Diamond Riding Centre

- Service:** Therapeutic Services for Disabled people, using Horses
- Short Description:** Diamond Riding Centre has unique facilities to provides therapeutic riding and carriage driving for children and adults with disabilities. Half an hour or so session with the assistance of instructors and helpers are offered to enjoy the experience of riding or driving horses to help improve individual capabilities. This can be an experience which takes them out of restricted daily lives for disabled people. For many of the riders it is one of only a few sports they can participate in and experience some form of independence and sense of achievement. There are activities such as Horse Riding, Vaulting, Hippotherapy, Carriage Driving, Horse Care, Tea with Pony etc. More information is on the website.
- Target Group:** 3+ Years Children and Adults with disabilities
- Contact Details:** Email: admin@diamondcentre.org.uk ; Phone: 020 8643 7764
- Website:** <http://www.diamondcentre.org.uk/>

Doris Holford Stage School

- Service:** Dance Classes
- Short Description:** Teaching children from the age of 2 up to 70 plus, in a friendly atmosphere which often sees different generations of the same family all dancing together. Classes are held at Rosehill Community Centre, St Helier Community Centre and further afield at Pollards Hill during school term time. Caters for all kinds of dance genres: Ballet, Tap, Modern Stage, Gymnastic Dance, Contemporary, Musical Theatre and Dramatic Art. Pupils and Students perform in shows to raise money for various charities and take the examinations offered by the National Association of Teachers of Dancing. Competition work is undertaken annually by the participation in the British Arts Awards. There is a cost of £3.50 per 30 minutes session which can be paid weekly or in advance.
- Target Group:** 2+ years & Adults
- Contact Details:** Email: sharonwaiteroberts@gmail.com ; Phone: 07803 038049
- Website:** <https://thedorisholfordstageschool.co.uk/> or www.facebook.com/dorisholfordstageschool

Dyscover Ltd

- Service:** Service for People with Aphasia (Communication)
- Short Description:** Dyscover Ltd offers Speech and Language Therapist led services for people with aphasia after stroke and as part of rare dementia. There are face to face groups in Leatherhead and Kingston with no geographical restrictions to beneficiaries and on-line groups too. All supporting communication needs through structured programmes which suit people at various stages of their recovery. Dyscover also supports families and provides training for people working or caring for people with aphasia. Dyscover supports all aphasia needs and is open to individual requests for support. There are different programmes available at various times throughout the year. Group participants contribute towards their sessions which vary but are approximately £15 per session.
- Target Group:** 18+
- Contact Details:** Email: info@dyscover.org.uk ; Phone: 01737 819419
- Website:** www.dyscover.org.uk ; twitter @dyscoveraphasia

Ecological – Community Allotment

- Service:** Food Growing Sessions
- Short Description:** Ecological Community Allotment offers friendly inclusive food growing sessions. No experience necessary. The session leader and friendly volunteers will get you involved in the gardening. Ideal for people who are looking to get outdoors, meet others, get gentle exercise, volunteer in the community, improve their mental wellbeing or learn food growing skills. Participants get to take fresh fruit and veg home. Bring your own gardening gloves and drinks for the tea break. Certain areas of the allotment are accessible with raised beds, but wheelchair users should assess it for their specific needs.
- Target Group:** All Ages and abilities
- Contact Details:** food@ecolocal.org.uk ; Phone: 020 8404 1522
- Website:** www.communityallotment.org.uk

EcoLocal Food Growing Training

- Service:** Food growing course
- Short Description:** EcoLocal offers organic food growing course and various one day workshops. You can join the group if you are just starting out or would like to get some more detailed knowledge of organic food growing. Over 6 weeks you will learn everything you need to know to confidently grow your own fruit and veg including Preparing your growing area the organic way, planning what to grow including crop rotation, planting techniques, taking care of your plants without chemicals, Organic techniques and feeding your soil, Harvesting, and storing the produce. Course location, date, time, price and how to book are on the website.
- Target Group:** 18+
- Contact Details:** Email: info@ecolocal.org.uk ; Phone: 020 8404 1522
- Website:** <https://www.ecolocal.org.uk/highlight/organic-food-growing-course/> ; facebook/ecolocal; twitter/ecolocal1

EcoLocal Victorian Walled Garden

- Service:** Renovation of Walled Garden
- Short Description:** Volunteer days to help renovate the Victorian walled garden at The Lodge in Carshalton. Digging, weeding, watering, planting, helping plan. Bricklaying skills also welcome!
- Target Group:** 16+ Years
- Contact Details:** Email: tansy@ecolocal.org.uk ; Phone: 020 8404 1522
- Website:** <https://www.ecolocal.org.uk/volunteering/>
facebook/EcoLocal twitter/ecolocal1

EcoLocal Inclusive Cycling

- Service:** Inclusive Cycling Sessions
- Short Description:** Regular cycling sessions held on the athletics track for adults and 14+ year olds of all abilities. The accessible cycles cater for physical and learning difficulties, autistic spectrum, and those with no disabilities. There are adult trikes, recumbents, co-pilots, wheelchair bikes, go-carts, hand cycles and more. Friendly cycle instructors will help you take it at your own pace. You can get exercise, meet others, learn cycle skills etc. No booking needed. Please pay by EXACT cash or pay by card on the day. Cost is £5 per session at David Weir Centre in Carshalton.
- Target Group:** 7+ Years & Adults
- Contact Details:** Email: cycling@ecolocal.org.uk ; Tel: 020 8404 1522
- Website:** www.ecolocal.org.uk/ecolocal-cycling/

EcoLocal Carshalton Environmental Fair

- Service:** Annual Summer Fair
- Short Description:** Carshalton Environmental Fair is an annual event held on the August Bank Holiday Monday in Carshalton Park 10.30am – 8pm. The fair offers a range of entertainment and information about local services for families. There is an entry price for the fair. There are opportunities for families and 16+ year olds to volunteer to help set up and run the event e.g., stewarding, helping with publicity, organising bands and activities, event info desk, litter picking and more.
- Target Group:** All Ages
- Contact Details:** Email: tansy@ecolocal.org.uk ; Tel: 020 8404 1522
- Website:** www.envfair.org.uk

Ecolocal Garden Tea

- Service:** Wellbeing Tea Party
- Short Description:** Ecolocal Garden Tea is a garden tea party on Wednesday afternoons, with a wellbeing twist to enjoy a relaxing cup of tea in a beautiful Victorian walled garden. It aims for people to reconnect with the outdoors while chatting with others and taking part in weekly wellness activities such as Listen to bird song, Experience aromatherapy, Enjoy the sunshine, try out eco-art, Enjoy nature walks, Sow seeds in the greenhouse, and lots more! Participants should be independent. Please contact before turning up to plan numbers for refreshments. More information is on the website.
- Target Group:** 18+ Years
- Contact Details:** Email: gardentea@ecolocal.org.uk ; Phone: 020 8404 1522
- Website:** <https://www.ecolocal.org.uk/highlight/ecolocal-garden-tea/>

Encompass

- Service:** Adult Social Care
- Short Description:** Encompass LATC Ltd is a local authority trading company that is responsible for delivering a comprehensive range of services to the community in the London Borough of Sutton and beyond. The services include but are not limited to Shared Lives Care (Adult Social Care) and Support Brokerage, Homelessness Prevention including a Choice Based Lettings Scheme, Property Lettings for Landlords via a bespoke rental platform, Business Development and Digital Transformation Consulting.
- Target Group:** 18+ Years
- Contact Details:** Email: contact@encompass-latc.co.uk ; Phone: 0208 770 5000
- Website:** <https://www.encompass-latc.co.uk/>

Family Mediation Southeast

- Service:** Family Mediation
- Short Description:** Family Mediation for finances and child matters. Legal aid can be free for those eligible after an assessment with them. More information is on the website or please contact Family Mediation.
- Target Group:** 18+
- Contact Details:** Email: admin@fmse.co.uk ; Phone: 01273 694661
- Website:** <https://www.familymediationsoutheast.co.uk/>

Fallen Angels

- Service:** Drama Group
- Short Description:** Fallen Angels are an improvisation drama group so no line learning. Instead, focus is on having fun & being creative in a supportive environment. No experience is necessary, and they are a friendly sociable group perfect for combating social isolation and having fun. It is held at United Reform Church, Wallington on Thursday 2-4pm term times only. Cost is £10 per session, paid termly & refreshments provided. Free trial available.
- Target Group:** 50+ Years
- Contact Details:** Email: tamara@blackwatchentertainment.co.uk ; Phone: 07874 888719
- Website:** Facebook/fallenangelswallington

FMCP Pop in Club

- Service:** Pop in Club for people with Neurological conditions
- Short Description:** Combating loneliness and isolation for people with neurological conditions such as ME, MS, FND, CFS, Fibromyalgia, Addisons, PTSD, and other neurological conditions.
- Target Group:** 16+
- Contact Details:** Email: Fmcppopinclub@gmail.com ; Phone: 0844 891 3728
- Website:** www.fmcppopinclub.wordpress.com

Goals Soccer Center

- Service:** 5 a side Football Coaching
- Short Description:** Goals Soccer Centre are a 5 a side football facility that run 5 a side football league, as well as hire pitches, offers children's birthday packages and provide a function room for hire. They are located at goals soccer centre, in Cheam every day and all year around. Cost is £5 to turn up and play but cost of other services varies. More information is on the website.
- Target Group:** 5+ Years
- Contact Details:** Email: sutton@goalsfootball.co.uk ; Phone: 0208 644 1333
- Website:** www.goalsfootball.co.uk

Gary Mason Charity

- Service:** Music Therapy
- Short Description:** The Gary Mason Charity is committed to providing hand drumming as a music therapy to all, specialising in working those with disabilities, special needs and/or mental health problems as well as community building and empowerment.
- The charity provides hand drumming for Therapy & Healing – specialising in Adults & Children with special needs and/or disabilities, Relaxation & Wellbeing, Empowerment & Improved Self-Esteem, Community Building & Forming New Friendships, Team Building, Schools ‘Fun Drum’ Days, supporting other charities by providing activities at their events.
- Target Group:** All Ages
- Contact Details:** Email: info@gary-mason-charity.org ; Phone: 020 8647 3000
- Website:** <http://gary-mason-charity.org/>

Healthwatch Sutton

- Service:** Health and social care champion for the community
- Short Description:** Healthwatch Sutton is the local health and social care champion. They use feedback from members of the community to improve health services for everyone as they have the power to make NHS leaders and other care providers listen to what you have to say. If you have recently visited your GP, or local hospital, or used any health and care services in the London Borough of Sutton, please tell them about your experience, good or bad, by contacting them or using their website. Healthwatch Sutton is completely independent and impartial and anything you say is confidential. They also offer information and advice to help get the support you need. The service is free, simple to use and can make a real difference to people in Sutton and beyond.
- Target Group:** Anyone who wants to give feedback on Health & Social care services
- Contact Details:** Email: info@healthwatchsutton.org.uk ; Phone: 020 8641 9540
- Website:** www.healthwatchsutton.org.uk

Home-Start Sutton – The Pod at Dolphin

- Service:** Drop in Session
- Short Description:** Home-Start Sutton has a drop-in Session on Friday mornings 10am to 12 pm at the Dolphin in Sutton High Street for parents of children under the age of 5 years who has housing problems. It is a space to talk and to have access to support and information while the children can play at the play area, and they offer tea and toast. For more information, please contact them.
- Target Group:** Parents of children under five with housing problems
- Contact Details:** Email: admin@homestartsutton.org.uk ; Phone: 020 86476501
- Website:** https://homestartsutton.org.uk/get-support/#support_about

Holy Trinity Church

- Service:** Lunch Club and Friendship Afternoon
- Short Description:** Holy Trinity Lunch Club is a group that aims to demonstrate God's love by providing a delicious, good-quality two-course meal and the opportunity for friendship to seniors in our community. It meets every Wednesday throughout the year from 12pm – 2pm in the Hall. A limited number of seats are available in the minibus for those who cannot use public transport (cost £1). It is run by a team of willing volunteers and currently provides meals for about 40-50 people every week at a cost of £5 each. Tea and coffee are included and are available before and after the meal. Once a month there is a short Christian reflection time beforehand. Booking is essential by phoning or emailing. There is also a **Friendship Afternoon** which is open to all ages and aims to provide a warm, friendly environment in which to make friends and enjoy refreshments. It is on Thursdays from 2-4pm in the Trinity Centre. There is a contribution of £1 per person to cover costs.
- Target Group:** All Ages
- Contact Details:** Email: info@htchurch.uk ; Phone: 0208 647 7605
- Website:** <https://www.htchurch.uk/serving-our-community/lunch-club-friendship-afternoon/>

Inspire

- Service:** Alcohol and Drug Outreach Service
- Short Description:** Inspire is a free community drug and alcohol service that works to support people wanting to change their alcohol and/or drug use in any way. You can refer yourself to the service and referrals can also be made by your GP, housing provider, probation officer and other professionals.
- Target Group:** 18+
- Contact Details:** Email: info@inspirepartnership.org.uk ; Phone: 0208 733 9393
- Website:** <https://cranstoun.org/help-and-advice/alcohol-other-drugs/inspire-sutton/>

Monday Moments – Horizon Church

- Service:** Coffee morning for all ages
- Short Description:** Monday Moments is a drop in coffee morning for adults and children of any age to meet with new people in a relaxed environment and have a chat. Free food and drinks provided as well as crafts, toys, games etc for children. No charge to attend but small charge for breakfast and free tea and coffee.
- Target Group:** Prebirth onwards
- Contact Details:** Email: anne@horizonchurchsutton.org ; Phone: 07434867480
- Website:** <https://www.horizonchurchsutton.org/>

Jigsaw4U Helping Hands Project

- Service:** Domestic Abuse Information and Support
- Short Description:** Jigsaw4U Helping Hands Project aims to offer volunteer support for individuals and families who have experienced domestic violence and abuse to help reduce feelings of isolation and to encourage links with other organisations, agencies, and leisure facilities in the local community. Practical support may include helping to settle into a new area, establishing local community links, accessing local services, attending court or other appointments such as housing, solicitors, and health. Emotional support may consist of meeting up with a service user on a weekly basis for a cup of coffee or providing a listening ear over the phone at an agreed time. This project is available to individuals and families living within the London Boroughs of Sutton and Merton. Referrals can be made by a professional or agency on behalf of service users or can make self-referral.
- Target Group:** Anyone from Sutton or Merton boroughs
- Contact Details:** Email: info@jigsaw4u.org.uk ; Phone: 0208 687 1384
- Website:** <https://www.jigsaw4u.org.uk/hhp-domestic-violence-abuse/>

London Futures - The Change Foundation

- Service:** Employment, Education or Training for Disabled Young people
- Short Description:** The London Futures hub in Sutton runs at the Cricket Centre, Wallington every Tuesday during term-time. Referrals from the surrounding boroughs are welcome if young people with disabilities can attend the weekly sport and mentoring sessions. They are looking to recruit young adults 18 – 30 who are job ready, are independent travellers and who need that extra support in kickstarting their future careers. London Futures will be developing an Inclusive Employers Network working closely with a range of employers from different industries to support them in their inclusive practices, as well as work with them in offering young people work experience, work placements, and job opportunities to those who are suitable. London Futures delivered by Coach Mentors with credible lived experience of having a disability themselves, and who have gone through the journey of achieving employment through the dedicated support of credible role models.
- Target Group:** 18 – 30 Years
- Contact Details:** Email: ryanjones@changefdn.org.uk ; Phone: 0208 669 2177
- Website:** www.thechangefoundation.org.uk

NAS Sutton

- Service:** Support for autistic people and families
- Short Description:** National Autistic Society – Sutton Branch provide a local hub where parents, carers and autistic people can get help, access services, support each other and meet other people and families in similar situations. Unpaid volunteers entirely run it, many of whom are parents / carers of autistic children. Events organised such as monthly support group and social group for adults with autism, regular activities for the whole family to enjoy such as theatre trips, climbing sessions and slime workshops, monthly Lego club for children, introduction to Autism course twice a year for parents and carers who receives diagnosis for their child.
- Target Group:** Prebirth onwards
- Contact Details:** Email: sutton.branch@nas.org.uk
- Website:** <https://www.nassutton.org.uk/>
<https://www.facebook.com/NASSuttonBranch>

Nickel Support

- Service:** Support for people with Learning Disabilities and Autism
- Short Description:** Nickel Support is a local not-for-profit community interest company, supporting people with learning disabilities and autism focusing on three key areas which are employment, health, and relationships, refer to as 'Purpose Pods' leading them to a deeper, more fulfilled life. session-based services provided supporting adults with learning disabilities and Autism. Every session delivered has a real purpose, as well as contributing to the overall wellbeing and growth of the trainees, and are focused on growing the Social Enterprises which provide a platform for offering employment opportunities for trainees. Each session costs £32 which is available Monday to Friday, and they are based at Carshalton. More Information is on the website.
- Target Group:** 18+ Years
- Contact Details:** Email: info@nickel.org.uk ; Phone: 020 8669 5567
- Website:** www.nickel.org.uk ; <https://www.facebook.com/nickelsupport/>

Nonsuch Parkrun

- Service:** Running group at Nonsuch Park
- Short Description:** Nonsuch Parkrun is a free, fun, and friendly weekly 5k community event to walk, jog, run, volunteer, or spectate every Saturday at 9am at Nonsuch Park. You can run at your own pace. Need to register before going along for the first time. More information is on the website.
- Target Group:** 18+ Years
- Contact Details:** Email: nonsuch@parkrun.com
- Website:** <https://www.parkrun.org.uk/nonsuch/>

No Panic Sutton

- Service:** Self – Help Group
- Short Description:** No Panic (Sutton & Merton) is a self-help group that provides support to people suffering from anxiety, panic attacks and phobias. Support meetings held weekly on alternate Wednesdays and Thursdays. The group exists to offer people support for their anxieties by talking to fellow sufferers and helping them to live a more positive life. Prior to attending your first meeting, please get in touch, so that an assessment can be made to determine whether the support you require can be provided.
- Target Group:** 18+ Years
- Contact Details:** Email: karen@nopanicsuttonandmerton.org.uk ; Phone: 020 8644 5819
- Website:** <https://nopanicsuttonandmerton.org.uk/>

Oaks Sports Center

- Service:** Golf Courses
- Short Description:** The oaks is a family friendly public golf course just on the edge of Sutton providing variety of activities for all ages. They offer golf lessons for children and adults run by the Professional Golfers Association – Golf Pros. Golf lessons for Families available weekdays 7am-9pm weekends 7am-8pm. There is a cost of £6 to £20 per hour. More information is on the website.
- Target Group:** 5+ Ages
- Contact Details:** Email: Info@theoaksgolf.co.uk ; Phone: 0208 643 8363
- Website:** <https://theoaksgolf.co.uk/play-golf/>

Parkinson's Uk - Sutton, Kingston & Epsom

- Service:** Support Group
- Short Description:** Parkinson's UK – Sutton, Kingston & Epsom offer information, friendship, and support to local people with Parkinson's, their families, and carers. Also organise regular events and social activities - join and meet other people affected by Parkinson's in your area. More information is on the website or please contact.
- Target Group:** People with Parkinson's, their families, and carers
- Contact Details:** Email: ske.parkinsons.info@gmail.com
- Website:** <https://localsupport.parkinsons.org.uk/provider/sutton-kingston-and-epsom-branch>

Oaks Way Centre

- Service:** Senior Citizen's Day Care Centre
- Short Description:** Oaks Way Centre is an adult Day Care Centre situated in South Carshalton and provide care for the elderly within the London Borough of Sutton. The aim is to address loneliness and isolation and provide respite care for families and carers. In doing so the centre has developed into a place that can now support clients with dementia. There is a minibus to collect clients that require transport which costs £15. On arrival they will receive a light breakfast followed by Lunch at noon and afternoon tea before they leave. There are five care staff to support client needs and engage in activities. A range of activities run throughout the day such as bingo, hangman, play your cards right, or guess the picture etc and play lots of music and frequently have karaoke and sing-a-longs. Many of the clients like to get up and dance and the staff will always engage in this type of activity. Apart from that there are occasional themed events, community activities, hairdressers, chiropodist, and exercise classes etc also available. There is a cost of £40 per client. More information is on the website.
- Target Group:** 70+ Years
- Contact Details:** Email: Oakswaycentre@gmail.com ; Phone: 020 8647 8990
- Website:** <https://www.oakswaycentre.co.uk/>

Pastimes Senior Club

- Service:** Seniors' Club
- Short Description:** Past Times Senior Club is for older people to come out of isolation and meet like-minded older people. Healthy eating tips and cooked lunch as well as exercise classes are provided to the members. It is held at The Centre, Milton Road, Wallington from 11.15 to 3pm. There is a cost of £7 per session.
- Target Group:** 50+ Years
- Contact Details:** Email: faiza.ajmi@btconnect.com ; Phone: 07714 603 724
- Website:** Not on the Website

Ruskin Road Repair Café

- Service:** Repair of household products
- Short Description:** Repair Café uses volunteers to repair household products and encourages the re-use of products as a means of preventing and minimising waste disposal. The aim is to mend a wide range of household items such as bicycles, clothing, small electrical goods etc. They meet last Saturday of every month from 2pm, at the Ruskin Road Methodist Church.
- Target Group:** All Ages
- Contact Details:** Email: ruskinroadrepaircafe@gmail.com ;
- Website:** <http://www.ruskinroadrepaircafe.org/>

Queen Elizabeth's Foundation – Mobility Services

- Service:** Mobility Services for disabled people
- Short Description:** QEF Mobility Services is one of the UK's largest providers of mobility advice and support for people with disabilities and age-related impairments. There are a wide range of services focused on helping people of all ages become mobile and independent. As one of the UK's top three providers, around 1,300 mobility assessments are completed each year, along with advice and training for adaptations and solutions to ensure maximum mobility. Referrals not required. Support given to each client to increase their independence. A wide range of expert services provided such as support and advice, specialist care, neuro rehabilitation and development of life skills that make a real difference to disabled people's lives. There are number of service provisions, which come at various costs. Prices available on the website.
- Target Group:** Any age
- Contact Details:** Email: mobility@qef.org.uk ; Phone: 0208 770 1151
- Website:** <https://qef.org.uk/our-services/qef-mobility-services>

RASASC Rape Crisis South London

- Service:** Psychotherapy Sessions for Girls and Women experienced Sexual Violence
- Short Description:** RASASC Rape Crisis SL offer specialist play therapy and psychotherapy to young women aged five and above who have experienced any form of sexual violence. Face to face (COVID restrictions allowing), telephone and online therapies offered. Young women can receive a service with therapists who are qualified and trained in working with sexual violence. The service aims to empower girls and women to make choices to support their recovery from the oppression of sexual violence. It is a free service available all year around Mondays to Fridays.
- Target Group:** Girls and Women
- Contact Details:** Email: acops@rasasc.org.uk ; Phone: 0208 683 3311
- Website:** www.rasasc.org.uk

Samaritans Croydon & Sutton

- Service:** Listening services and Outreach work for those with personal Crisis
- Short Description:** Samaritans Croydon and Sutton provide non-judgmental emotional support to those going through any particularly tough times, finding life hard, who may be feeling depressed or distraught, and who may be feeling suicidal. It is a safe place to talk, whoever you are and whatever life has done to you. Samaritans will listen.
- Target Group:** All Ages
- Contact Details:** Email: jo@samaritans.org ; Phone: 116123 (free phone)
- Website:** <https://www.samaritans.org/branches/croydon/>

Refugee and Migrant Network Sutton

- Service:** Advise, Information, Counselling, English Classes for Refugees, Asylum Seekers, Migrants
- Short Description:** RMNS is the relief of poverty of refugees, asylum seekers and migrants who are resident or are intending to reside in the London Borough of Sutton, by providing them with free and confidential advice, assistance, representation, counselling, translating, and interpreting services in such matters as asylum, immigration, money, debts, welfare benefits, housing, health, education, training, and employment. Also provide English Language Classes to refugees, asylum seekers and newly settled migrants and their families.
- Target Group:** Refugees, Asylum Seekers, Migrants
- Contact Details:** Email: office@rmns.org.uk ; Phone: 07725 549411
- Website:** <https://www.rmns.org.uk/what-we-offer.html>

Roundabout

- Service:** Dramatherapy Services
- Short Description:** Roundabout is a registered charity providing dramatherapy services to children, young people, and adults in schools, nurseries, day centres, residential homes, and support groups. Sessions can be in groups or individually and are always non-judgmental and confidential. Also offers staff training. Dramatherapy is a form of psychological therapy which uses drama related techniques such as storytelling, metaphor, play and movement, improvisation, puppets, and music, to support people to understand themselves and make positive changes in their lives. Dramatherapy can be of help to those who are experiencing Bereavement, Bullying, Challenging Behaviour, Children and Young people with SEND, Family Breakdown, Mental Health, and Self-harm. The dramatherapy sessions usually take place weekly and the intervention offered over a period of weeks or months. Operates during school term times on Mondays to Fridays usually 8am – 6pm. Charges are on the website.
- Target Group:** Any Age
- Contact Details:** Email: info@roundaboutdramatherapy.org.uk ; Phone: 0203632 3017
- Website:** www.roundaboutdramatherapy.org.uk ;
<https://twitter.com/roundaboutdrama>

Russian Community Association

- Service:** Self-Help Group
- Short Description:** Russian Community Association aims to help Russian speakers in the UK to deal with the trauma of separation and loneliness. Weekly Zoom self-help group talks, and activities allows to connect people who cannot travel to visit each other. There is help for Russians suffering with mental, physical, or emotional discomfort. Translation provided during the sessions. The sessions that run is Club Emotion - every Mondays 11am, Drop 1-2-1 online from 12pm and Dance classes online on Tuesdays 6pm.
- Target Group:** 18+ Years of Russian Speakers
- Contact Details:** Email: russiancommunity.uk@gmail.com ; Phone: 07564 646597
- Website:** <http://russiancommunity.org.uk/projects/>

Sound Lounge

- Service:** Various Community Services
- Short Description:** The Sound Lounge is an official not-for-profit social enterprise, setup as a community interest company. It has been created to provide a platform for the best of what the UK independent roots music scene has to offer. It is an official Musician's Union Fair Play venue to work with artists promoting their shows to bring the most appreciative audiences together with performers for a memorable evening for all who have participated. All the profits are invested directly back into our local communities. Also runs other projects, workshops, and training particularly for those living with disadvantage. They include AOA accredited barista and sound engineering training, Friendship Coffee - (free hot-drink and stay), Fair Frets etc. More information is on the website.
- Target Group:** Any Age
- Contact Details:** <https://www.thesoundlounge.org.uk/contact-us>
- Website:** <https://www.thesoundlounge.org.uk/social-enterprise>

South Sutton Hello

- Service:** Community Groups
- Short Description:** Sutton South Hello is a community group for the over fifties run by volunteers on Wednesdays 2pm to 4pm at Christchurch in Sutton. The aim of the group is to create a warm and friendly atmosphere where people can meet others and have an enjoyable time. Games such as Scrabble, Upwords, dominoes, cards, darts, pool/snooker, Rummikub, and refreshments are on offer in the group. The cost is 50p per visit which includes tea, coffee, and biscuits. Also, a Thursday afternoon group run for Arts and Crafts. The cost for that is £1 which includes refreshments.
- Target Group:** 50+Years
- Contact Details:** Email: heather.honour@sky.com ; Phone: 07790 031764
- Website:** <http://www.suttonsouthhello.com/>

Soldiers, Sailors, Airmen & Families Association

- Service:** Support for former servicemen, women, and families
- Short Description:** SSAFA, the Armed Forces Charity, provides lifelong support to those who are serving or have served in the Royal Navy, Royal Marines, British Army, or the Royal Air Force, and to their families. Nearest south London office address is SSAFA London SW, The Clock Tower, Queen Alexandra's Court, St. Mary's Road, Wimbledon, London, SW19 7DE. SSAFA helps the armed forces community in a few ways, though the focus is on providing direct support to individuals in need of physical or emotional care. Addiction, relationship breakdown, debt, homelessness, post-traumatic stress, depression, and disability are all issues that can affect the members of our Armed Forces community. Many of these problems only become apparent when an individual leaves their life in the Forces. SSAFA is committed to helping overcome these problems and rebuild lives.
- Target Group:** 18+
- Contact Details:** Email: londonsw.branch@ssafa.org.uk ; Phone: 07483 909 656
- Website:** <https://www.ssafa.org.uk/>

St Patrick's Church, Wallington

- Service:** Christian Faith Groups
- Short Description:** St. Patrick's Church in Wallington provide a few different community groups that meet throughout the week at different times and for different purposes. They are run to provide opportunities for people to share in fellowship together whilst being introduced to the Good News of Jesus Christ. Activities run throughout the week and vary on each day but meet at a consistent time each week. More Information on the website.
- Target Group:** All Ages
- Contact Details:** Email: sam.lomas@stpats.org.uk ; Phone: 07925 049 530
- Website:** https://www.stpats.org.uk/Groups/329280/Community_Groups.aspx

St. Helier One Stop Shop

- Service:** Information and Advise drop-in Service
- Short Description:** St. Helier One Stop Shop is a face-to-face, drop-in service where any resident in the London Borough of Sutton can get free information, support, and advice on a wide range of areas, including welfare and benefits, employment support, housing issues, mental health, or domestic abuse. Staff from partner organisations will be available to help answer queries, arrange services and provide a range of advice. The One Stop Shop takes place on the first Thursday of every month from 10am-12pm at Hill House Bishopsford Road SM4 6BL.
- Target Group:** 16+ Years
- Contact Details:** Email: communitydevelopment@suttonhousingpartnership.org.uk
- Website:** <https://www.suttonhousingpartnership.org.uk/health-and-wellbeing>

St. Helier Community Food Shop

- Service:** Community Food Shop for Low Income Families
- Short Description:** At St. Helier Community Food Shop members of the food shop will receive 12–15 items of both fresh and non-perishable goods worth approximately £15 for the cost of just £3 per week. As part of the membership offer, members also agree to receive advice and support on education, training, employment, health and wellbeing. Membership runs for six months and can be cancelled at any time. The food shop runs at Hill House, Bishopsford Road, Carshalton, SM4 6BL on Thursdays 10am-1pm and Fridays 10am-12pm. Please call 020 8915 2000 before attending. Please sign up for membership by completing the [online membership form](#).
- Target Group:** Low Income Families
- Contact Details:** Email: communitydevelopment@suttonhousingpartnership.org.uk
- Website:** <https://www.suttonhousingpartnership.org.uk/st-helier-community-food-shop>

St Raphael's Complementary Therapies

- Service:** Complementary Therapies
- Short Description:** St. Raphael's Complementary treatments are designed to aid relaxation, ease tensions, and improve energy levels and may positively help a range of symptoms including pain and discomfort, breathing difficulties, anxiety, and insomnia. There are a range of complementary therapies on offer such as Aromatherapy, Indian head massage, Massage, Reflexology, Reiki, Soul Midwives etc. All services provided by fully qualified volunteer therapists who will discuss which therapy might help the most and will talk about the benefits of each treatment. Complementary treatments are available by appointment only.
- Target Group:** 18+ Years
- Contact Details:** Email: wellbeingcentre@straphaels.org.uk ; Phone: 020 8099 1722. The lines are open from Tuesday to Thursday 9:00-17:00. Answerphone available at other times.
- Website:** <https://www.straphaels.org.uk/complementary-therapies>

St Raphael's Wellbeing Centre

- Service:** Wellbeing support for People of Sutton and Merton Boroughs
- Short Description:** St. Raphael's Wellbeing Centre provides free support to people in the Merton and Sutton Boroughs, who are living with a life-limiting, progressive or chronic illness and, their families with enabling, empowering, and advising. Sessions are run morning and afternoon every Tuesday, Wednesday, and Thursday. They include music, art, and yoga but the emphasis is always on peer support. All sessions are small and informal. They are offered free of charge, but donations welcome. The services are open to anyone with a Sutton or Merton GP who is living with a life-limiting, chronic or degenerative condition. It extends to their family, carers and the bereaved. If anyone wants to attend, please call to let them know.
- Target Group:** anyone with a Sutton or Merton GP, who is living with a life-limiting, chronic or degenerative condition
- Contact Details:** Email: wellbeingcentre@straphaels.org.uk ; Phone: 020 8099 1722
- Website:** <https://www.straphaels.org.uk/wellbeing-centre>

Stitches Academy

- Service:** Sewing and Textiles Classes
- Short Description:** Stiches Academy offers sewing and textiles tuition for young people aged 6 years upwards. All students are offered the opportunity to gain their Arts Award, accredited qualifications. Classes are run for beginner level up to more advanced sewing techniques. The staff are qualified, DBS checked, first aid and Mental health trained. Classes are always small with no more than 7 or 8 students, so they are ideal for those who are anxious in large settings or find big groups unsettling. Classes start at £10.50 per week which includes all materials, and sewing machines are provided. Classes are held at the workshop on Upper Mulgrave Road, Cheam.
- Target Group:** 6+ Years
- Contact Details:** Email: Info@stitchesacademy.co.uk ; Phone: 07717 742 729
- Website:** www.stitchesacademy.co.uk

Sutton African & Caribbean Cultural Organisation

- Service:** Community Integration for African, Caribbean Heritage people
- Short Description:** SACCO aims to help people of African and Caribbean heritage of all ages to participate more fully in the local community. There are leisure and enrichment activities for local area from an African and Caribbean perspective which includes mentoring, exhibitions, cooking, events, educational trips, and a quarterly magazine Kaleidoscope. More information is on the website.
- Target Group:** All Ages
- Contact Details:** Email: bhmsutton@live.co.uk ; Phone: 02033029543
- Website:** <https://www.sacco.org.uk/>

Sutton Baha'i Women's Association

Service: personal reflection, group study with acts of service in the community

Short Description: Bahá'í community has developed an educational programme that seeks to cultivate the vast and powerful potentialities inherent in every human being. Through devotional meetings and classes from age 5 upwards, guided by the principle and goal of universal participation, this programme combines personal reflection and group study with acts of service in the community. The UK Baha'i community's activities are open to people from all walks of life, inspired by the world-embracing vision that all of humanity contributes to achieving material and spiritual prosperity. Get together organise at public halls or private homes. For more information please contact.

Target Group: 5+ Years

Contact Details: Email: suttonbahais@googlemail.com ;

Website: <https://www.bahai.org.uk/>

Sutton Befrienders – Volunteer Centre Sutton

Service: Befriending

Short Description: Sutton Befrienders is a volunteering project which aims to reduce social isolation and loneliness for people living in the London Borough of Sutton. We work with adults of all ages who have found themselves lonely or isolated, whether through ill health, lack of mobility or lack of regular contact with family and friends. We recruit and train volunteer befrienders to build meaningful relationships so that the adults they support feel less lonely, less isolated, and better connected in their community.

Target Group: 18+ Years who are isolated or lonely

Contact Details: Email: befriending@vcsutton.org.uk ; Phone: 0208 661 5900

Website: <https://vcsutton.org.uk/sutton-befrienders/>

Sutton Befrienders VCS – Sports Buddy Sutton

Service: Help from Volunteer Buddies to be active for people with mild to moderate disability

Short Description: Sports Buddy Sutton will enable people with mild to moderate disabilities, learning disabilities and/or autism, or experiencing anxiety, to undertake sports activities with the help of a volunteer 'buddy'. The volunteers will support people with disabilities to take part in sport and physical activities in a fun, flexible and motivating way, encouraging choice and independence.

Target Group: 18+ Years

Contact Details: Email: sportsbuddying@vcsutton.org.uk ; Phone: 0208 661 5900

Website: <https://vcsutton.org.uk/sutton-befrienders/sports-buddy-sutton/>

Sutton Befrienders VCS – Walking Group

- Service:** Walking Group to improve well being
- Short Description:** A Sociable walking groups set up by Sutton Befrienders are to help people in the community get active, have fun, and enjoy the benefits of walking in a safe and friendly group. It is open to anyone who may enjoy a nice walk with some company so please feel free to come along on your own or with a friend. No need to book, just turn up and look out for the walk leaders in their turquoise high vis jackets. Don't worry if you think you walk slowly. Each walk has at least two leaders so that the group can split into two groups with slightly different paces. The main aim of these groups is for people to meet others, get a little fresh air and hopefully enjoy themselves!
- All walks start at 10.30am and last about 30/45 minutes on Mondays, Wednesdays and Thursdays at Beddington Park, Grove Park and Nonsuch Park respectively. More information on days of the walks and meeting points are on the website.
- Target Group:** 18+ Years
- Contact Details:** Email: befriending@vcsutton.org.uk ; Phone: 0208 661 5900
- Website:** <https://vcsutton.org.uk/sutton-befrienders/sutton-befrienders-group-activ/>

Sutton Bowls Club

- Service:** Indoor and Outdoor bowling for members
- Short Description:** Sutton Bowling Club offers various memberships for indoor and outdoor Bowling all year around ranging from £20 to £550 per year depending on membership. You can have a taster session and tour of the facilities on Tuesdays between 12.00 and 2.00pm. Also offers coaching and varied social events such as special dinner and entertainment nights, themed evenings, quiz nights, bingo every first Thursday of the month and much more. More information and membership details are on the website.
- Target Group:** All Ages
- Contact Details:** Email: office@suttonbowlingclub.co.uk ; Phone: 0208 642 8136
- Website:** <https://www.suttonbowlingclub.co.uk/>

Sutton Common Bowls Club

- Service:** Bowling Club
- Short Description:** Sutton Common Bowls Club offers outdoor bowling April to October every day of the week morning till evenings at Sutton Common Park. There is an annual club membership to be paid.
- Target Group:** 18+ Years
- Contact Details:** Email: jp003f7688@blueyonder.co.uk ; Phone: 0208 395 6835
- Website:** <https://www.suttonbowlingclub.co.uk/>

Sutton Carers Centre

Service: Support for Carers

Short Description: Sutton Carers Centre is an independent charity (and part of the 'Together for Sutton' Partnership) delivering a wide range of free, local support services to meet the needs of unpaid Carers in the community. A Carer can be anyone, of any age (child or adult), who provides care without payment for a friend or family member who lives with an illness, disability, mental health or substance misuse issue. Sutton Carers Centre can provide information, advice and support by telephone, email, drop-in or by appointment. Our opening hours are 10am - 5pm Monday to Friday and until 8pm on Tuesday evenings, and from 11am – 1pm on the second Saturday of each month.

The services provided include:

- Confidential welfare benefit checks, benefit form-filling assistance by phone or in person and needs-based small grant applications
- Help navigating health and social care systems, including managing risk and links to local volunteer support services
- Help with aids and adaptations and access to Occupational Therapy support
- Diagnosis/disability specific information and advice
- Access to statutory Carer Assessments, breaks, respite and covering care
- Online and in-person Carer Peer Support groups for Parent Carers, Dementia Carers, LGBTQ+ Carers, Male Carers and more
- Mental Health Peer Support Groups/workshops, and individual support with our Sutton Uplift Carer-specialist Wellbeing Navigator, Psychological Therapists and Peer Support Workers
- In-house Counselling Service, training and workshops and Complementary Therapies
- Specialist End of Life Care support via the Palliative Care Co-ordination Hub
- Whole-family support, with links to our Young Carer Service (age 8 – 25)

More information can be found on their website.

Target Group: 18+ years who provides care without payment for a friend or family member who lives with an illness, disability, mental health or a substance misuse issue.

Contact Details: Email: enquiries@suttoncarerscentre.org; Phone: 020 8296 5611

Website: <https://www.suttoncarerscentre.org/>

Sutton Community Farm

- Service:** Community-owned Vegetable farm
- Short Description:** Sutton Community Farm is a community enterprise based in the Little Woodcote Estate in Wallington. The farm grows fruit and vegetables using organic principles and runs an online farm shop that delivers fresh food to people's houses in south London and Surrey. Each week the farm welcomes up to 80 volunteers to get involved in all areas of activity, from VegBox Packing, Crop Production, Harvesting, DIY and Composting. Volunteer sessions are three hours long, either in the morning or afternoon, Monday – Thursday. Less frequent Saturday volunteer days also occur. The farm provides tea and toast for break times, and there's a fortnightly community lunch for everyone, too! The farm can also pay for travel expenses for those on a low income. There is a range of social benefits experienced by farm volunteers. Improved wellbeing, feeling fitter, making new friends, learning new skills, feeling inspired and gaining confidence are some of the positive impacts. It also provides an opportunity to be outside in the fresh air, learn more about food growing, and to give back to a worthwhile community enterprise.
- Target Group:** 18+ Years
- Contact Details:** Email: sonia@suttoncommunityfarm.org.uk ; Phone: 07419 740754
- Website:** <http://suttoncommunityfarm.org.uk/>

Sutton Community Food Shop

- Service:** Food Shop to Support Low Income Families
- Short Description:** Sutton Community Food Shop is to help families and individuals struggling on low income and finding it difficult to make ends meet. There is a small weekly membership fee of £3 a week. In return, you can choose from approximately 15 items of non-perishable, and chilled and frozen food. These items are of greater value than the weekly membership fee so will reduce the weekly shopping bill. The aim is for residents to access support so that they will not need to be members longer term. You can cancel your membership at any time. The shop is open at the St Nicholas Centre Sutton on Thursday and Friday from 10am – 12Noon.
- Target Group:** Low-income Families
- Contact Details:** Email: foodshop@suttoncommunityworks.org ;
- Website:** <https://www.suttoncommunityworks.org/community-foodshop/>

Sutton Council Biodiversity Team

- Service:** Conservation Volunteering
- Short Description:** The Council's Biodiversity Team has been working with volunteers for over 30 years. Volunteers are able undertake a variety of activities that support the work of the Biodiversity Team, from practical habitat management, to assisting with education activities. More information is on the website.
- Target Group:** 12+ Years and Adults
- Contact Details:** Email: biodiversity@sutton.gov.uk ; Phone: 07872510122
- Website:** <https://www.sutton.gov.uk/biodiversity>

Sutton Counselling

- Service:** Psychodynamic, Group and Refugee Counselling
- Short Description:** Sutton Counselling offer long term (up to two years) and brief focussed (12 or 24 sessions) psychodynamic counselling to individuals, as well as long term group therapy in a slow-open group. Also offers bursary support to people who are financially disadvantaged to allow them to access the services at a reduced fee, and we work in tandem with our local Refugee Network to provide counselling to refugees and asylum seekers. Sutton Counselling is accredited by the British Association for Counselling and Psychotherapy (BACP) and have developed into a respected charity providing a reliable and trusted service. Service available throughout the year Mondays to Fridays mornings to late evenings.
- Target Group:** 18+ Years
- Contact Details:** Email: info@suttoncounselling.co.uk ; Phone: 0208 661 7869
- Website:** www.suttoncounselling.co.uk

Sutton Crisis Café – Sutton Mental Health Foundation

- Service:** Out of hours service for people with Mental health issues
- Short Description:** SMHF – Crisis Cafe offers an out of hours service for people over 18 whose mental health is becoming overwhelming. Support offered is as an alternative to A&E, or when other services are not available. Open Monday - Sunday 6:30pm - 11pm (last admission 10:30pm). It is a non-judgemental service for people in mild to moderate mental health crisis, who just need a safe place to be and someone to listen.
- Target Group:** 18+ Years
- Contact Details:** Email: crisiscafe@smhf.org.uk ; Phone: 0800 012 9082
- Website:** <https://smhf.org.uk/suttoncrisiscafe/>

Sutton & District United Synagogue

- Service:** Various events and activities
- Short Description:** At Sutton & District United Synagogue there are regular and varied activities take place in and around the centrally located Synagogue and cater for all age groups and there are adult education programmes, and social and cultural events to stimulate and inspire. They promote involvement and inclusion and welcomes visitors and new members.
- Target Group:** All Ages
- Contact Details:** Email: info@suttonsynagogue.org.uk ; Phone: 020 8642 5419
- Website:** <https://www.suttonsynagogue.org.uk/>

Sutton Family Mediation Limited

- Service:** Mediation for Families
- Short Description:** Family Mediation provides a safe environment for individuals to explore their issues of family breakdown. The process aims, with the assistance of an impartial, qualified Mediator to assist the parties to a point where they are fully informed such that they are enabled to make long term and practical decisions about their situations. Commonly these situations are related to financial issues about division of property or other assets within the divorce or separation process but may also relate to the arrangements for children. There is legal aid available for mediation if eligible. Service available Mondays to Saturdays
- Target Group:** 18+ Years
- Contact Details:** Email: Elsbethwells@suttonfamilymediation.co.uk ; Phone: 020 3051 8772
- Website:** www.suttoncroydonleatherheadfamilymediation.co.uk

Sutton LGBTQ Forum

- Service:** Providing Support and Advice on LGBTQ Issues
- Short Description:** Sutton LGBTQ Forum are here to give Sutton a voice on LGBTQ issue's and providing support and advice with regular meetings and to provide safe space events. Support given on Social, Emotional and Mental Health Needs. More information is on the website.
- Target Group:** All Ages
- Contact Details:** Email: Contact@suttonlgbtqforum.org ; Phone: 07873 801 075
- Website:** <https://www.suttonlgbtq.org/>

Sutton Food Bank

- Service:** Provides Emergency free Food, Information and Advice
- Short Description:** Sutton Food Bank is part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK. The Foodbank is run locally by the charity Sutton Community Works. They provide three days' nutritionally balanced emergency food and support to local people who are referred to by supporting agencies who are in crisis. It operates a voucher system which can be obtained from the referring agency. At the foodbank, they seek to signpost you for further help and support where appropriate. More information is on the website.
- Target Group:** All Ages
- Contact Details:** Email: admin@suttoncommunityworks.org ; Phone: 07525 838 640
- Website:** <https://sutton.foodbank.org.uk/>

Sutton Housing Partnership – Community Events

- Service:** Community Events
- Short Description:** Sutton Housing Partnership holds community events throughout the year. The events can be big and small, ranging from coffee mornings at independent living schemes to community wide activities for everyone. Most of the events are free, some are targeted toward specific neighbourhoods or communities, while others help residents gain specific skills and experience. Please find out what's happening and when through the Events Calendar on the website. You can click on each event to see more details of it.
- Target Group:** 16+ Years
- Contact Details:** Email: customer care@suttonhousingpartnership.org.uk ; Phone: 020 8915 2000
- Website:** <https://www.suttonhousingpartnership.org.uk/community-events>

Sutton Housing Partnership – Employment & Skills

- Service:** Preparation to Find Employment
- Short Description:** If you are unemployed and looking to get back into work, the Community Employment Link Worker, based at Hill House, can signpost you to information, support, and guidance from several partners on areas such as searching for jobs online, finding work experience, writing, or updating your CV, preparing for interviews, completing application forms, confidence building etc. We will also work with you to help you identify and overcome any barriers to employment that you might be facing. This could include finding childcare, learning new skills, or training, advice on benefits, support with confidence building or anything else. We will give you as little or as much help as you need and ensure you are settled and happy with the outcome.
- Target Group:** 18+ Years
- Contact Details:** Email: communitydevelopment@suttonhousingpartnership.org.uk ; Phone: 07871 736 378
- Website:** <https://www.suttonhousingpartnership.org.uk/employment-and-skills>

Sutton Libraries I.T Facilities

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| Service: | IT Facilities |
| Short Description: | Sutton Libraries have computers for use for the public. The internet word processing, printing, photocopying, and free public Wi-Fi are available. Most libraries have a PC with an enhanced screen, scanner and software which makes computers accessible to those with a visual impairment. Computer classes also available. There is a small charge for these facilities but there are exemptions for certain group of people. More information is on the website. |
| Target Group: | All Ages |
| Contact Details: | Email: LBSSupportServicesHub@sutton.gov.uk ; Phone: 0208 770 4798 |
| Website: | Sutton Libraries I.T Facilities |

Sutton Mental Health Foundation

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| Service: | Mental Health Support Services |
| Short Description: | Sutton Mental Health Foundation is a community run mental health support service for anyone over the age of 18 living independently in the London Borough of Sutton. You don't need a formal referral to take advantage of our support services, wellbeing activities and events. Details of all events are on the website. |
| Target Group: | 18+ Years |
| Contact Details: | Email: admin@smhf.org.uk ; Phone: 020 8770 0172 |
| Website: | https://smhf.org.uk/events/ |

Sutton Mencap

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| Service: | Group Based Services |
| Short Description: | Sutton Mencap runs group-based services such as Community Day activities service, Breakaways, Leisure services etc for adults with learning disability. There is a cost to each of these services. More information is on the website. |
| Target Group: | 18+ Adults with Learning Disability |
| Contact Details: | Email: tammy@suttonmencap.org.uk ; Phone: 020 8138 8956 |
| Website: | https://www.suttonmencap.org.uk/what-we-do/services-for-adults/ |

Sutton Men in Sheds

- Service:** Men's Support & Activities Group
- Short Description:** Sutton Men in Sheds is a positive space and support group with activities designed for men from all backgrounds. The aim is to offer the chance to engage in meaningful conversations through these activities, help prevent self-harm and suicide, offer support around mental health and social isolation and financial crisis. It is on Thursday afternoons at Hill House, Bishopsford Road, Carshalton SM4 6BL.
- Target Group:** 18+ Years Men only
- Contact Details:** Email: meninsheds@communityactionsutton.org.uk ; Phone: 0208 648 3917
- Website:** <https://hillhousesthelier.co.uk/page/activities>

Sutton Night Watch

- Service:** Programmes for Homeless People
- Short Description:** Sutton Night Watch a Homeless Charity are passionate about providing a holistic approach to dealing with the many reasons behind homelessness in the UK. We have produced several programmes which are entirely open to our service users. The first of these are "The Empowering Live's Project" and "The Positive Steps Programme". These programmes are designed to help empower and to build a meaningful and satisfying life. The courses on offer are Meditation, Mindfulness and Wellbeing, Motivational Interviewing, helping you to reduce Alcohol and substance abuse (Recovery is about discovering and often re-discovering a sense of personal identity again), Art Classes, Yoga, Kintsugi Hope, Money Management, AA Meeting on site every Thursday at 2pm, Counselling, Emotional Freedom Therapy.
- Target Group:** Anyone homeless
- Contact Details:** Email: suttonnightwatch@gmail.com ; Phone: 0208 669 9920
- Website:** <https://suttonnightwatch.com/>

Sutton Lodge Day Centre

- Service:** Day Centre for Senior Citizens
- Short Description:** Sutton Older Peoples Welfare Committee runs a day centre for the older members of the community, providing a hot meal, chair-based exercise, bingo etc. It is based at Sutton Lodge Day Centre. There is a charge £13 per visit that includes lunch, most activities and hot or cold drinks.
- Target Group:** 60+ Years
- Contact Details:** Email: suttonlodge@btconnect.com ; Phone: 0208 642 5496
- Website:** <http://www.suttonlodge.org.uk/about.html>

Sutton Repair Café

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| Service: | Repair of household and electrical items, clothes, and bicycles |
| Short Description: | We are a community-based group running a Repair Café in Sutton one Saturday a month. The service aims to help reduce waste-to-landfill by repairing personal items and educating people on how to approach repairs themselves. The cafe is run by volunteers who want to work towards a more circular economy and help foster a repair culture by sharing their own repair skills and knowledge. The Repair Cafe also aims to help people save money and improve well-being by bringing local residents together in a friendly, social space. |
| Target Group: | All Ages |
| Contact Details: | Email: info@suttonrepaircafe.co.uk ; Phone: 07980611490 |
| Website: | Coming Soon. https://www.facebook.com/suttonrepaircafe ; https://www.instagram.com/suttonrepaircafe/ |

Sutton Salvation Army Church

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| Service: | Help, Support, Prayer, and Weekly Activities to take part |
| Short Description: | Sutton Salvation Army is part of a community of people living in Sutton. Our Christian faith calls us to be good neighbours and to partner with local organisations to make a positive difference. There will be someone at Sutton Salvation Army Church Monday - Friday 9am-3pm, if you need help, support, or prayer. More information on the weekly activities is on the website. |
| Target Group: | All Ages |
| Contact Details: | Email: office@suttonsa.org : Phone: 020 8642 9862 |
| Website: | https://www.suttonsa.org/suttonsa/weekly-programme |

Sutton Seniors Forum

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| Service: | Activities for Older People |
| Short Description: | Sutton Seniors Forum promotes the welfare and interests of senior people living in and around the London Borough of Sutton by helping overcome social isolation and loneliness. It is a platform where matters of concern to older people can be raised, and policies developed. Activities include events, outings, guest speakers, entertainment and more throughout the year. |
| Target Group: | 50+ Years |
| Contact Details: | Email: suttonseniors@suttonseniors.co.uk ; Phone: 07377 939761 |
| Website: | www.suttonseniorsforum.co.uk |

Sutton Sports Village

- Service:** Sports & Leisure Facility with Activities Classes
- Short Description:** Sutton Sports Village has a trampoline and soft play park, tennis courts, gymnastics hall, café, nursery, gym, studios, football pitch and physio on site. The facility is available to book and there are activities and classes available during Mon-Fri 6.30am-9.30pm, Sat-Sun 8.30am-6pm at Sutton Sports Village, Rosehill Park, Rose Hill, Sutton. Prices vary depending on activities. Price list available on the website.
- Target Group:** All Ages
- Contact Details:** Email: oliver.stacey@gll.org ; Phone: 0208 641 6611
- Website:** www.better.org.uk/sutton

Sutton Talking Newspaper

- Service:** Newspaper recordings for visually impaired people
- Short Description:** STN records 30 minutes of local news taken from The Sutton Guardian onto CDs, memory sticks and Internet radio, for blind & visually impaired people in the London Borough of Sutton. In addition, there is a 30-minute recording of a magazine-type programme, "The Clarion", with articles of specific interest for the blind for example latest aids and equipment, financial advice, etc. together with items of more general interest. Memory stick listeners can also enjoy recordings of several popular weekly & monthly magazines such as "Hello", "My Weekly" and "BBC History", providing over 22 hours of varied topics of interest on a weekly basis. These recordings are sent out in special yellow pouches which should be returned after listening for the following week's edition. There is no charge for the service and no postal costs, as these are covered under Articles for the Blind. If you, or a relative or friend, can no longer read the local newspapers because of poor sight and interested to receive these weekly recordings of news from the local papers please contact them. More information is on the website.
- Target Group:** Visually impaired people
- Contact Details:** Email: secretary@suttontn.org.uk ; Phone: 020 3759 6679
- Website:** <http://www.suttontn.org.uk/>

Sutton Tamil Welfare Association

- Service:** Education and Community Development
- Short Description:** STWA promotes the learning of Tamil language and fine Arts subjects to the Tamil Diaspora Children in and around London Borough of Sutton. Also run many other youth and adult programmes such as Chess, Karate, Yoga, Medical Advice etc. The school runs Saturday mornings during the school term times. You are welcome to visit us during the school hours and find out how you can benefit from our school.
- Target Group:** 5 Years onwards
- Contact Details:** Email: smtamilschool@gmail.com ; Phone: 07403 389 305
- Website:** <https://www.smts.org.uk/>

Sutton Tennis & Squash Club

- Service:** Tennis Lessons
- Short Description:** Sutton Tennis & Squash Club provide tennis lessons and tennis camps for children aged 3-17, adults and those with disabilities. There are also volunteering opportunities as some of the junior players start to help with coaching when they reach a suitable age and level of experience. The address is Sutton Tennis & Squash Club, 19 Devonshire Road, Sutton. Times are varied but are throughout the week, all year around. Cost varies depending on activity. Some activities are funded and free. More information is on the website.
- Target Group:** 3+ Years and Adults
- Contact Details:** Email: manager@stscsport.co.uk ; Phone: 0208 643 2940
- Website:** <https://www.stscsport.co.uk/>

Sutton Uplift

- Service:** Mental Wellbeing Service
- Short Description:** Sutton Uplift is an integrated Primary Care Mental Health service accessible to anyone living in the borough of Sutton or registered with a Sutton Gp who are 18 years and over. Support is there for anyone who has a mental health or wellbeing need, whether this is due to emotional difficulties or life stressors. Also offers a service for people with a stable mental health diagnosis such as psychosis and Bipolar Affective disorder.
- mental health and wellbeing needs are supported through several ways including Self-management courses, psychological therapies, Psychiatric assessments and Recovery and Wellbeing support.
- Target Group:** 18+ Years
- Contact Details:** Tel: 0800 032 1411 (Freephone) or Tel: 020 3513 4044 (charged at your network rate)
- Website:** <https://suttonuplift.co.uk/>

Sutton Vision

- Service:** Information and Advice
- Short Description:** Sutton Vision have been supporting people who are blind or partially sighted in the London Borough of Sutton since 1965. Everyone's sight loss journey is different and that's why a wide range of services to help enable and empower people with sight loss to live independent and full lives are provided. The services provided are outreach services, low vision clinic, assistive technology services, social groups, awareness trainings etc. More information is on the website.
- Target Group:** 18+ years
- Contact Details:** Email: info@suttonvision.org.uk ; Phone: 020 8409 7166
- Website:** www.suttonvision.org.uk ; www.facebook.com/suttonvisioncharity

Sutton Women's Centre

- Service:** Women's Services
- Short Description:** Vision for Sutton Women's Centre is for all women in the community to achieve their full potential and work towards this by providing women with a safe space where they can access support, advice, information, and education to help them develop their skills and achieve this potential.
- The aims of the centre are to support and empower women to improve their life chances, reduce isolation, increase health and well-being, and increase basic skills. All the services are free, and the programmes offered are The Freedom Programme, Domestic Violence Counselling Service, English as a Second Language, Mother & Toddler Group, and various therapeutic workshops. They are based at 3 Palmerston Road, Sutton on Mondays to Fridays 10am to 5pm. More information is on the website.
- Target Group:** Prebirth to 5 Years for Mother & Toddler Group and 16+ Years for all other services; Services only available to women.
- Contact Details:** Email: info@suttonwomen.co.uk ; Phone: 0208 661 1991
- Website:** www.suttonwomen.co.uk

Suzanne's Theatre Dance

- Service:** Dance Classes
- Short Description:** Suzanne's Theatre classes are for 3 years to adults in Ballet, Tap, Street and Freestyle dance. Classes held at Sutton Baptist Church Hall 21 Cheam Road Sutton on Saturdays at 9.30am for beginners and at Emmanuel Church Hall, Dudley Drive, Morden on Wednesdays 3.45pm for beginners during school term times. Cost for the classes is £4.00 per half hour class.
- Target Group:** 3+ Years
- Contact Details:** Email: sueduff14@yahoo.co.uk ; Phone: 07773 982 035
- Website:** <https://www.facebook.com/Suzannestheatredance/>

Taylor's Martial Arts

- Service:** Martial Arts School
- Short Description:** Taylor's Martial Arts is a family-based club with age specific classes for both adults and children. The classes create the opportunity to learn a new hobby, whilst improving your general wellbeing which can be applied to all parts of life. It is on Monday, Tuesday, and Thursday evenings 5:30pm-8:30pm and Saturdays 11:00-1:00pm all year around at Wandle Valley Community Centre, Budge Lane. Cost is around £5 per session.
- Target Group:** 5+ years and Adults
- Contact Details:** Email: info@taylors-martialarts.co.uk ; Phone: 07873 173 974
- Website:** <http://taylors-martialarts.co.uk/>

Team Imagineers

- Service:** Dance and Movement Therapy
- Short Description:** Team Imagineers aims to support people of all abilities to improve their well-being through dance and movement therapy. It takes place Wednesdays and Thursdays in Sutton, but Location and times may change, this will be discussed on application. Zoom sessions are also available. Cost can vary from 0 to £45.
- Target Group:** 16+ Years
- Contact Details:** Email: teamimagineers@gmail.com ; Phone: 07786 961 523
- Website:** <https://www.teamimagineers.co.uk>

The Creation Station Carshalton

- Service:** Arts and Crafts Classes
- Short Description:** Creation Station are committed to inspiring creativity and help rekindle the sparks of imagination to build something inspiring and exciting. The benefits are increased self-confidence, mental well-being, fun and engaging with the peers. Prices vary according to classes. More information is on the website.
- Target Group:** All Ages
- Contact Details:** Email: shuchi@thecreationstation.co.uk ; Phone: 07757 388 859
- Website:** <https://www.thecreationstation.co.uk/locations/carshalton>

Transform Sutton

- Service:** Domestic Abuse Service
- Short Description:** Transform Sutton is the Sutton domestic abuse service that champions a partnership of local organisations, each with unique skills and experience in domestic abuse. The partnership allows us to deliver the highest level of support possible for the Sutton community and its families affected by domestic abuse (DA). It is a free service operated all year around Mondays to Fridays. There is a drop-in service on Wednesday Mornings 9:30am-11:30am at Sutton Baptist Church, 21a Cheam Road, Sutton. More information is on the websites.
- Target Group:** All Ages
- Contact Details:** Email: transformsutton@cranstoun.org.uk ; Phone: 020 8092 7569
- Website:** <https://cranstoun.org/help-and-advice/domestic-abuse/transform-sutton/> ;
<https://www.facebook.com/transformsutton>
<https://notaloneinsutton.org.uk/>

Trinity Church

- Service:** Group Events and Activities
- Short Description:** Trinity Church is an active church with something to interest everyone. There are range of groups and activities for all ages such as worship services every week and fellowship available every day. More information on each group is on the website.
- Target Group:** All Ages
- Contact Details:** Email: todayiddickinson@gmail.com ; Phone: 020 8092 7569
- Website:** <https://www.trinitychurchsutton.org.uk/groups>

Wallington Baptist Church

- Service:** Activities for Adults
- Short Description:** Wallington Baptist Church is a friendly and caring Church offering Social Activities and Christian Teaching for all ages and abilities. They are open to everyone. Activities available are 10.30am Paddington Parent and Toddler Club on Weds mornings during school Term Times. Sunday Mornings Worship is at 10.30am and Groups for all ages are available. Fridays 6pm there is high school age zoom session which aims at making friends though activities such as cooking, storytelling etc. Occasionally there are other activities for various age groups.
- Target Group:** Prebirth onwards
- Contact Details:** Email: wallingtonbaptistoffice@gmail.com ; Phone: 0208 669 8544
- Website:** <https://wallingtonbaptist.org/activities/>

Wallington Day Care - Friends of the Elderly

- Service:**
- Short Description:** Wallington Day Care is run by the charity Friends of the Elderly. It offers services to meet new friends and do activities you enjoy with help and support from dedicated and experienced care staff which enables older people to have the opportunity to live fulfilled and respected lives. The staff are trained in supporting older people with a range of age-related conditions, including short-term memory loss and dementia. The service is open Mondays – Fridays from 9 am to 3.30 pm. Tea, coffee and toast are served on arrival, a two-course lunch is cooked by our on-site chef, afternoon tea and cake is also served. We offer a wide range of activities tailored to the interests of our clients which are run in small groups. Cost is £53.00 per day fully inclusive and £20.00 per day return transport. More information is on the website.
- Target Group:** 50+ Years
- Contact Details:** Email: wendy.carpenter@fote.org.uk ; Phone: 0208 669 7398
- Website:** www.fote.org.uk or Please click [Wallington Day Care](#)