



Community Action Sutton
Building Stronger Communities



A TO Z

DIRECTORY OF VOLUNTARY SERVICES IN THE
LONDON BOROUGH OF SUTTON FOR CHILDREN,
YOUNG PEOPLE AND FAMILIES

VERSION 2, JUNE 2022



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

Contents and Categories

Additional needs / Support Groups

	Page
<u>15th Wallington Scout Group</u>	7
<u>Advocacy For All</u>	12
<u>All Aboard Club</u>	12
<u>Children's Trust Tadworth</u>	17
<u>Diamond Riding Centre</u>	20
<u>Get On Down's</u>	23
<u>Gary Mason Charity</u>	23
<u>Home Start Sutton</u>	25
<u>Jigsaw4u</u>	26
<u>Knots Arts - Girls Group</u>	27
<u>Live & Learn Ltd and Learn 2 Live Ltd</u>	28
<u>MAPS (Mentoring, Advocacy and Peer Support)</u>	30
<u>Monday Moments – Horizon Church</u>	31
<u>NAS Sutton</u>	32
<u>Off The Record</u>	32
<u>PlayWise Learning CIC</u>	33
<u>Playwise Portage Service</u>	34
<u>OEF – Mobility Services</u>	35
<u>RASASC Rape Crisis South London</u>	35
<u>Roundabout</u>	35
<u>Sutton Carers Centre</u>	43
<u>Sutton Community Uniform Shop</u>	43
<u>Sutton Mencap short breaks services</u>	44
<u>Sutton Women's Centre</u>	47
<u>Switch Sutton</u>	48
<u>The Beeches Youth Café</u>	49
<u>The Change Foundation - Girls Win</u>	49
<u>The Change Foundation - London Futures</u>	49
<u>Toddler Sense Sutton</u>	51
<u>Transform Sutton</u>	51
<u>WeCU Therapy</u>	53

Additional Skills / Hobbies

<u>ALTétude French Tutoring</u>	11
<u>Brooklyn Bakes Studio</u>	15
<u>Debutots</u>	20
<u>Dramabuds</u>	20
<u>Ecological Inclusive Cycling</u>	21
<u>Ecological Environmental Fair</u>	21
<u>EYES (Early Years Education Society)</u>	22
<u>First Class Coders Ltd</u>	22
<u>Helen O'Grady Drama Academy</u>	25
<u>Little Kickers</u>	28

Stitches Academy	40
Sutton Council Biodiversity Team	44
Sutton Ecology Centre	44
Sutton Sea Cadets	46
Sutton Tamil Welfare Association	46
TechyTots	48
The Creation Station Carshalton	48
The Nature Club	50
Tumble Tots Epsom	52
Ultimate Footballers	53

Arts, Sports, Music Coaching

A to G Music School	10
Absolute Martial Arts	11
Ace Coaching	11
Ball Masters Football Coaching	14
Beddington Cricket Club	14
Brazilian Soccer Schools	15
Carshalton Dance Centre	16
Carshalton little league	16
Cheam Cricket Club	17
Cheam Gymnastics & Trampolining Club	16
Chi Combat System	17
Crystals Elite	19
Dancemode Academy Sutton	19
Dessi's Art	19
Doris Holford Stage School	21
Edoyledesigns	22
Fundamental Football Academy	54
Goals Soccer Centres	24
JD's Football School	25
Jigsaw Arts Sutton	26
LionHeart Football	27
Love Theatre Arts Ltd	29
Make Believe Theatre School	29
Mishmak Youth Theatre	30
Oaks Sports Center	32
Pointers Dance Studio & Gymnastics Academy	34
Progressive Martial Arts Ltd	34
Riverside Community Association Ltd	36
Sound Lounge	38
Stagecoach Sutton	39
Star Steppers Performing Arts Ltd	40
Surrey Ballers	41
Sutton & Cheam Junior Badminton Club	41
Sutton and Cheam Swimming Club	42

Sutton Cycling Club	43
Sutton School of Gymnastics	45
Sutton Sports Village	45
Sutton Storm Basketball Club	46
Sutton Tennis & Squash Club	47
Suzanne's Theatre Dance	47
Taylor's Martial Arts	48
Theatretrain Sutton	50
Unity Allstars	53

Baby & Children Development Classes / Courses

Baby College Sutton & Epsom	13
Baby Sensory Sutton	13
BabyBien	13
Busylizzy Family Club	15
Gymboree Play and Music Cheam	24
Hartbeeps Sutton	24
Lingotot Sutton	27
Little Royals Softplay	28
Phonics with Robot Reg Carshalton	33
Rugrats stay and play café	36
Seeds to Sunshine	37
Sing Along	38
Socatots	38
Super Phonics	41

Breakfast / After school / Holiday clubs

Abbey Primary School	11
Aunty Connie's Childcare	12
Come and Play Childcare Ltd	18
Crafty Critters Club	19

Faith Based Activity groups

1st Carshalton Beeches Girls' Brigade	7
1st Sutton Girls Brigade Company	8
3rd Sutton Girls Brigade (faith Based)	10
Cheam Baptist Church	16
Chiltern Church - Pursuit Fridays Youth Group	18
Kids Club	26
Shining Stars Toddler group	37
St Patrick's Church, Wallington	39
Sutton Bahai Women's Association	42
Trinity Church Sutton - Junior Church	52
Wallington Baptist Church	53

Health & Fitness for Children & Young People

Merakiyoga Surrey	30
My Gym Wallington Children's Fitness Centre	31
Mum Fit Wonder	31
Nonsuch Junior parkrun	31

Pre School / Parent & Toddler Groups

Bandon Hill Preschool	14
Beeches Baptist Church Baby and Toddler Group	15
Chiltern Church - Tots and Toys Play Group	18
Rhyme Rhythm & Song	36
Rugrats stay and play café	36
Ruskin Rascals parent/carer and child group	37
Springers Toddler Group	39
Stanley Park Parents and Toddlers	40
Sutton Salvation Army Church	44
The Wendy House	50
The Nurture Circle	50
Trinity Church Sutton - Parent & Toddler Group	51
Twiglets parent and Toddler group	52

Scout / Guide groups

1st 16th Sutton Scout Troop	7
1st Cheam Scout Group	8
1st Wallington Scout Group	8
3rd Carshalton (Methodist) Scout Group	9
3rd Cheam Scout Group	9
3rd Sutton Brownies (St Barnabas)	10
Girlguiding Sutton	23
Trinity Church Sutton - Scout & Guide Group	52

15th Wallington Scout Group

Service: Beavers, Cubs, Scouts and Explorers for Additional Needs Children
Short Description: 15th Wallington Scout Group provides scout programme and activities for boys and girls aged 5-15 with additional needs. Activities range from arts and crafts to cooking, camping, games, water activities, learning new skills and exploring the community. Programmes of the Scout Association are followed making adaptations where necessary to suit the needs of the young people in the group. Provision currently available for 6–10-year-olds Wednesday & Friday evenings during school term times and for 14-18yrs through a partner group, 15Wallington Explorer Scouts. It is held at Sutton District HQ, Woodcote Road, Wallington, and the cost is £30 per term. Volunteers can be young people aged 14+ or adults interested in providing Scouting for young people with additional needs.

Target Group: 5 - 15 Years
Contact Details: Email: 15thWallingtonscoutgroup@googlemail.com
Website: <http://15wallington.scoutsites.org.uk/>

1st 16th Sutton Scout Troop

Service: Beavers, Cubs and Scouts
Short Description: At 1st 16th Sutton Scout Troop young people will get the opportunity to complete challenge badges, go camping, cook on open fires, and go on adventures with new friends. Girls and boys can join. The aim is to provide fun, adventure and skills for life and give young people the opportunity to enjoy new adventures, experience outdoors and take part in a range of creative, community and international activities, interact with others, make new friends, gain confidence, and can reach their full potential. Group meet during school term times on Monday and Tuesday evenings at St Nicholas Community Hall in Sutton. Cost is £40 per term. Beavers meet on Mondays between 6pm - 7:15pm for ages 6 -8, Cubs meet on Tuesdays between 6:15pm - 8pm for ages 8-10 ½ and Scouts meet on Tuesdays between 7:30pm - 9pm for ages 10 1/2 – 14.

Target Group: 5 - 15 Years
Contact Details: Email: hanna_randall@hotmail.com ; Phone: 07506 490 088
Website: <https://1st16thsuttonscouts.org.uk/>

1st Carshalton Beeches Girls' Brigade

Service: Girls Brigade (Faith based)
Short Description: 1st Carshalton Beeches Girls' Brigade are part of a bigger Girls Brigade family locally and nationally. The group is run by volunteer leaders who love working with girls and young women seeing them make friends, learn new skills, achieve, have fun, and learn more about Jesus week by week. Girls Brigade is open to those of all faiths and backgrounds. The group meets at Stanley Park, Carshalton on Friday evenings during school term times. Cost is £17 per school term.

Target Group: 5+ Years
Contact Details: janice.ogilvie@ogilvie89.plus.com
Website: <http://spccarshalton.com/>
<https://www.facebook.com/GirlsBrigadeEW/>

1st Cheam Scout Group

Services: Beavers (6-8years), Cubs (8-10years) and Scouts(10-14years)
Short Description: 1st Cheam Scout Group offers a range of indoor and outdoor activities for boys and girls in the Sutton and Cheam area who belong to the Beaver Colony, Cub Pack and Scout section in the age ranges 6yrs to 14yrs. This is delivered by a weekly meeting and through occasional weekend activities and events in some of the school holidays. Beavers meet Fridays 5.30pm to 6.45pm, Cubs meet Thursdays 6.45pm to 8.15pm and Scouts meet Tuesdays 7.15pm to 9.15pm during school term time. There is an annual subscription to be paid monthly. Other costs of camps, expeditions day trips and certain other activities is in addition to the annual subscription fee.
Target Group: 6-14 Years
Contact Details: Email: Jon1stcheamscouts@btinternet.com ; Phone: 07802 197923
Website: <https://www.1stcheamscouts.co.uk/>

1st Sutton Girls Brigade Company

Service: Girls Brigade (Faith based)
Short Description: 1st Sutton Girls Brigade Company are part of a global Christian uniformed organisation helping girls and young women to explore and engage with real life and Christian faith in a fun and informative way. Activities during sessions are games, craft, cooking, learning, fundraising and outings etc. The aim is to help girls make new friends, enjoy different experiences, develop new skills, gain a sense of achievement and being creative in a safe, caring, and fun way. It's at Sutton Baptist Church on Fridays 6.30- 8pm for under 11-year-olds and 8-9.30pm for 11+ year olds during school term time. Cost is £1.50 per night or £20 per term per child with a discount for 3 or more children from the same family.
Target Group: 5 – 15 Years
Contact Details: Email: clgraham8019@gmail.com ; Phone: 0208 642 3584
Website: <https://www.suttonbaptistchurch.co.uk/children>

1st Wallington Scout Group

Services: Beavers, Cubs, Scouts, Explorers
Short Description: 1st Wallington Scout Group is part of Sutton District and provide scouting fun for boys and girls aged 6 – 14 years. Scouting actively engages and supports young people in their personal development, empowering them to make a positive contribution to society. Weekly meetings are Beavers on Tuesdays, 5.00pm – 6.15pm for 6 – 8 year-olds, Cubs on Mondays, 6.30pm – 8.00pm for 8 – 10½ year olds, Scouts on Fridays, 7.00pm – 9.00pm for 10½ - 14 year olds and Explorers on Tuesday 7.45pm – 9.30pm for 14-18 year olds. There is a Termly subscription of £35.
Target Group: 6-18 Years
Contact Details: Email: jdrinkall@sky.com; Phone: 07799 796 679
Website: <https://1stwallington.org.uk/>

3rd Carshalton Scout Group

Service: Rainbows, Brownies and Guides

Short Description: The Scout Movement is a voluntary non-political educational movement for young boys and girls to encourage their physical, intellectual, social, emotional, and spiritual development to take a constructive place in society as responsible citizens.

The groups meet during school term times. Beavers for 6 to 8 years olds meet in the Upper Park Hall on Tuesdays at Carshalton Methodist Church. Cubs for 8 – 10½ years olds meet in the Ruskin Hall on Wednesdays. Scouts for 10½ – 14 years olds meet in the Ruskin Hall on Fridays. Explorers for 14 – 18 years olds meet in the Upper Park Hall on Tuesdays. For more information, please contact them.

Target Group: 5+ Years

Contact Details: Email: dpattison@blueyonder.co.uk ; Phone: 020 8647 8545

Website: <https://carshalton-methodist.org.uk/community/scouts-guides/3rd-carshalton-scouts.php>

3rd Cheam Scout Group

Service: Beavers (6 – 8 years), Cubs (8 – 10½ years), Scouts (10½ - 14 years)

Short Description: 3rd Cheam provide skills for life, additional skills needed for school, college, and university, such as teamwork, independence, resilience, and a give it a go attitude through playing games, working in a team, and taking on new challenges. Children take part in adventure and go camping, hiking, climbing, abseiling, cycling, canoeing, fly in microlites and gliders. Children are encouraged to enter competitions on cooking, first aid, chess, camping, hiking, navigation and multi skills night adventures and to learn new things outside the classroom in a fun environment, such as science, digital programming and many more. *Beavers for 6-8 years* - Beavers is all about growing and learning. Beavers enjoy making friends, playing games, going on visits, and helping others. Activities are a combination of learning and having fun. *Cubs for 8-10.5 years* - Cub is developing practical skills and character building. Cubs will make you feel confident and happy. *Scouts for 10.5-14 years* - Scouts master skills and try things you'd never get the chance to do at home or at school. It is about being with friends, being part of a team and participating fully in the adventure and opportunities of life.

Beavers on Mondays 6.15pm - 7.30pm, Cubs on Wednesdays 6.30pm - 8pm, Scouts on Fridays 7.30pm - 9.15pm at Dudley Drive, Sutton during school term times. The cost is £20 per half term.

Target Group: 6 – 14 Years

Contact Details: Email Contacts: group@3rdcheam.co.uk
For Beavers enquiry please contact beavers@3rdcheam.co.uk
For Cubs enquiry please contact cubs@3rdcheam.co.uk
For Scouts enquiry please contact scouts@3rdcheam.co.uk
Check out this webpage below for phone numbers.

Website: <https://sites.google.com/site/3rdcheam/whos-who>
<https://sites.google.com/site/3rdcheam/home>
<https://en-gb.facebook.com/3rdCheam/>

3rd Sutton Brownies (St Barnabas)

Service: Brownies
Short Description: 3rd Sutton Brownies are Part of the worldwide organisation of Girlguiding and Girl Scouting. It takes place at St Barnabas Church Halls in Sutton on Tuesday evenings during term time. Cost is £30 per term.
Target Group: 7 Years onwards
Contact Details: Email: nicki@abstraining.com ;
Website: <http://stbarnabas.suttonteam.org.uk/children-and-youth>

3rd Sutton Girls' Brigade

Service: Girls Brigade (faith based)
Short Description: 3rd Sutton Girls Brigade is part of a Christian youth organisation that helps girls and women explore and engage with real life and Christian faith in fun, informative and hopeful ways. During Friday evening weekly sessions, the girls/young people will have fun, make friends, discover gifts, take up opportunities to develop leadership and life skills and develop their potential. There is a charge of £20/Term which can be paid in instalments, if money is an issue, or some other arrangement can be made on a case-by-case basis. Meetings take place at Crown Road Baptist Church, Sutton.
Target Group: 4+ years
Contact Details: Email: 3rdsuttongb@gmail.com;
Website: <https://www.crownroadbaptist.org/meetings.htm>

A to G Music School

Service: Musical Instruments Tuition
Short Description: A to G Music School provides one to one music tuition at a well-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 to learn for fun, or to complete accredited music grades, lessons can be tailored to suit the needs of the students. Combination of traditional, tried, and tested, teaching methods with modern techniques and technology are provided with engaging and progressive lessons. No obligation trial lessons are offered. Cost is £20 per half an hour lesson. Classes available Sunday to Saturday all year around.
Target Group: 5+ Years
Contact Details: Email: admin@atogmusicsschool.com ; Phone: 02086424987
Website: www.atogmusicsschool.com ; Instagram @atogmusicsschool

Abbey Primary School - Breakfast & After School Club

Services: Breakfast and After School Club
Short Description: Abbey Primary School Breakfast and Afterschool Club has a wide variety of activities that the children can participate in. These include craft, role & imaginative play, board games, outdoor play, team games, a quiet area for reading and much more. Children must be registered before attending their first session. They are based in Morden. More information is on the website.
Target Group: 5 – 11 Years
Contact Details: email dwilson@abbey.sutton.sch.uk ; Phone 020 8254 0862 (option 2) between 7.00-9.15am & 2.30-6.00pm.
Website: Abbey Primary School

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 one 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
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
Contact Details: Email: tennisamit@gmail.com ; Phone: 07947 408 901
Website: <https://ace-coaching.co.uk>

ALTétude French Tutoring

Service: French Tuition
Short Description: ALTétude French Tutoring provides 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. There is a cost of £35/hour. More information is on the website.
Target Group: 4+years
Contact Details: Email: myriam@altetudedefrenchtutoring.com ; Phone: 07894 221346
Website: www.altetudedefrenchtutoring.com

Advocacy For All

Service: Action Voices Sutton
Short Description: At Advocacy for All the aim of the group is to give a voice to young 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 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. Action Voices Sutton meet up every week for group discussions, learn how to speak up and be confident and to have drama, dance, music, exercise, drumming sessions. Also, to take part in social events such as bowling, going to the pub and games, independent travel training etc.
Target Group: 12 – 25 Years with learning disabilities
Contact Details: groups@advocacyforall.org.uk ; Phone: 0345 310 1812 (option 5)
Website: <https://www.advocacyforall.org.uk/self-advocacy-groups/sutton-groups/>

All Aboard Club

Service: Inclusive Play Sessions for Autistic, ADHD and special needs children
Short Description: All Aboard Club runs inclusive train play sessions for autistic, ADHD and special needs children. The children can play with our huge train sets in a safe understanding and supportive environment. The children are in charge – they run the trains, build the track, and sort out any problems. It builds their confidence, reduces their anxiety, and allows them to play for hours, while developing their social and communication skills. Weekend and holiday sessions in Sutton and other venues across London and Surrey are also available. Details are on website to book tickets. Cost is £12 per child per session (£8 for families with unwaged parents). Please contact to chat about the play sessions and specific needs of the child.
Target Group: 4 – 16 Years
Contact Details: Email: info@allaboardclub.com ; Phone: 07948 407343
Website: www.allaboardclub.com
<https://www.facebook.com/allaboardclubuk>;
<https://twitter.com/allaboardclub>

Aunty Connie's Childcare

Service: Breakfast, After School and Holiday Clubs
Short Description: Aunty Connie's Childcare provides breakfast club, after school club and holiday club for children attending schools in Wallington Roundshaw. The club is run at St Paul's Church Mollison Drive Wallington, Mondays to Fridays. Excellent care and nurturing for school age children up to the age of 11 are provided. Children are dropped off to the club from 7.30am for breakfast and later to school by staff. They are picked up from school 3pm onwards and are provided with nutritional snacks and tea. They enjoy playing educational activities which promotes both physical and intellectual development with social interactions and team building. Cost is £7 per hour and £25 per day for holiday club.
Target Group: 5 – 11 Years
Contact Details: Email: auntyconnieschildcare@outlook.com ; Phone: 07832 035 240
Website: <https://www.locrating.com/nurseries-Aunty-Connie%27s-Childcare-4nrsy2516927.aspx>

Baby College Sutton & Epsom

Service: Multi-sensory, development Classes
Short Description: Baby College Sutton & Epsom are multi-sensory, development classes for children, suitable from birth up to 3.5 years. The classes are filled with fun, varied and engaging activities to encourage and challenge all areas of the little one's development. The classes also offer support, knowledge and that all important social interaction for parents/carers. Cost is £9.50 per session, discount if you book a whole term of 12 sessions. In addition, the sessions are free for babies up to 8 weeks old to try and support and encourage new mums to get out. The classes run on Monday at Cheam Parochial Halls and Tuesday at The Church of the Good Shepherd, Carshalton.
Target Group: Prebirth to 4 Years
Contact Details: Email: Jo@BabyCollege.co.uk ; Phone: 07570 372 383
Website: www.babycollege.co.uk/sutton-and-epsom

Baby Sensory Sutton

Service: Baby Sensory Activities
Short Description: Baby Sensory sessions are classes for babies from birth and for their parent/carer. Each week the classes have a different theme and include a variety of activities to stimulate all the senses. Not only are the sessions a lot of fun but they also teach parents/carers about ways to help with their little ones' development and give plenty of ideas for things to do at home. These supportive sessions are also a great way for parents and babies to socialise, and a safe place for parents/carers to talk and ask questions. Baby Sensory classes have been considered part of postnatal care and have been a lifeline for many families in the borough over the last 8 years. Various venues across the borough: Tuesday - Sutton, Wednesday - Carshalton, Thursday - North Cheam, Friday – Banstead during school term time. There is a cost of £9.50 / session. All equipment used in the class is provided each week.
Target Group: Prebirth to 4years
Contact Details: Email: sutton@babysensory.co.uk ; Phone: 07957 226 560
Website: www.babysensory.com/sutton

BabyBien

Service: Baby Massage Classes
Short Description: Baby massage classes are a positive way for you to relax and bond with your new baby. Offered as a 4-week course, it's a great way to make new friends while spending some precious time with your little one. The massage classes are baby led and offer a relaxed & supportive environment. There is a cost of £40 for 4-week course. The course cost includes a bottle of organic oil for you to keep.
Target Group: Pre-birth - 4, 25+ ages
Contact Details: Email: kate@babybien.co.uk; Phone: 07715 105 729
Website: www.babybien.co.uk

Ball Masters Football Coaching

Service: Football Coaching
Short Description: Ball Masters Football Coaching is a Merton based football coaching centre that specialise in football technical development as well as Goalkeeping development & Futsal that's designed to develop all children of all abilities in a challenging environment that targets their individual skills, mindset, and team play. The training sessions are high tempo, fun, team related with a varied curriculum that will inspire the players to realise their potential and encourage them to develop their decision-making skills. Each session is designed to further develop their individual talent within the boundaries of discipline that allows boys & girls to demonstrate flair and individualism on the ball without fear of criticism. The costs for sessions are:- Technical Development Centre - £35, Goalkeeper Development - £40, futsal - £39.99 and Saturday Soccer School - £7 per child. It takes place all year around Monday to Saturday evenings at Cheam.
Target Group: 5 – 15 Years
Contact Details: Email: info@ballmasters.co.uk ; Phone: 07415 572 169
Website: www.ballmasters.co.uk

Bandon Hill Preschool

Services: Preschool
Short Description: At Bandon Hill Preschool all children are given the same experiences and opportunities in learning through play. Staff are guided by the children when planning lessons. The aim is for children to work on achieving their individual goals as well as extending and challenging the learning too. More information is on the website.
Target Group: 2 – 5 years
Contact Details: Email: bandonhillpreschool@hotmail.co.uk ; 07905691271
Website: <https://www.bandonhillpreschool.co.uk/>

Beddington Cricket Club

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.
Target Group: 5 Years onwards
Contact Details: Email: beddingtoncolts@hotmail.com ; Phone: 07984 747 970
Website: <https://www.beddingtoncc.co.uk/>

Beeches Baby and Toddler Group

Service: Parent and Toddler Group
Short Description: Beeches Baby and Toddler group meets at Carshalton Beeches Baptist church on Tuesday mornings between 10:00-11:00am during school term time. There's a large space for toddler activities with a separated baby area. Refreshments are available throughout the session. The group finishes with singing and story time. Welcome to arrive from 9.30am onwards for refreshments such as pastries and fruit included in the £2 per family baby & toddler group cost.
Target Group: Prebirth to 4 Years
Contact Details: Email: families@beechesbaptist.org ; Phone: 07703 775 696
Website: <https://www.beechesbaptist.org/toddlergroup.htm>

Brazilian Soccer Schools

Service: Football coaching
Short Description: Brazilian Soccer School is a unique Soccer coaching programme incorporating Futebol de Salão. The training philosophy is for players to become technically advanced with the ball. Sessions take place in Sutton and Carshalton during term time only, on an indoor hard surface. Currently sessions are on Mondays at Carshalton High School for Girls (6-7pm) and Fridays at Sutton High School (6-7pm) for 4–12-Year-Olds. Monthly membership of £35 needed to attend sessions. Alternative payment options available.
Target Group: 5years -16years
Contact Details: Email: joe.brady@braziliansoccerschools.co.uk
Phone: 07462 971 609
Website: [instagram.com/bss_suttoncroydon](https://www.instagram.com/bss_suttoncroydon)

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 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

Busylizzy Family Club

Service: Fun Baby Classes
Short Description: Busylizzy offers Pregnancy and Postnatal fitness classes, plus fun Baby Classes. Classes are delivered both online and in the local area allowing to enjoy fitness and fun from the comfort of your home or meet other like-minded mums in the local venues. Also offers Baby Massage or Baby Sensory, Outdoor Activities, Socialising etc. More information is on the website.
Target Group: Birth to 4 years
Contact Details : Email: info@busylizzy.co.uk Phone: 07483 610 414
Website: <https://busylizzy.co.uk/busylizzy-baby-classes/>

Carshalton Dance Centre

Service : Dance Classes
Short Description: Carshalton Dance Centre is run by professional ISTD (Imperial Society of Teachers of Dancing) dancers and ex Royal Ballet teachers, providing dance classes for children from toddler age up to 18 years in ballet, contemporary dance, tap, modern jazz and commercial street. Holiday clubs, shows & theatre trips for all the children, and optional examinations for children who want them, and an associate programme for those aspiring to become ballerinas are also on offer. Fees from £4.90 per session with classes in Carshalton, Wallington and Sutton on Mondays, Thursdays, and Fridays and all-day on Saturdays. Free trials available.

Target Group: 4Years onwards
Contact Details: Email: carshaltondancecentre@gmail.com ; Phone: 07710174485
Website: <https://www.carshaltondancecentre.co.uk>

Carshalton Little League

Service: Football Coaching Classes
Short Description: Carshalton Little League provides football matches and training for girls and boys aged from 6-15 at David Weir Centre in Carshalton. There is a small membership fee of £50 for whole season which includes full kit and trophy at the end of the season. All the managers are volunteers as is the committee that runs it. There are 70 volunteers in total at present. Matches are on Saturdays 8am to 2pm September to May and Training is every day from 4pm to 7pm.

Target Group: Children aged 6 – 15 years
Contact Details: Email: thedaddynorth@yahoo.co.uk ; Phone: 07787 191 272
Website: <http://carshaltonlittleleague.co.uk/>

Cheam Baptist Church

Service: Preschool (Faith Based)
Short Description: Cheam Baptist Church Pre-school provide a fun and varied curriculum for children aged two and a half to four. Well- trained staff welcomes all children and their families into a warm and caring environment with a Christian ethos.

Target Group: 2½ - 4 Years
Contact Details: email pre-school@cheambaptist.net or phone 07938 140813
Website: [Cheam Baptist Church : Cheam Baptist Church Pre-school](http://www.cheambaptistchurch.co.uk/pre-school)

Cheam Gymnastics & Trampolining Club

Services: Gymnastics and Trampolining classes
Short Description: Gymnastics classes are for those wishing to learn or improve their gymnastics skills. The qualified coaches will teach on the floor, beams, bars, vault, trampoline and Mini trampette in a fun, friendly and safe environment.
Trampolining classes are for beginners wishing to learn, or novices wishing to improve their trampoline skills. The qualified coaches will teach in a fun, friendly and safe environment.

Target Group: 4–10+Years
Contact Details: Email: cheamgymnastics@btinternet.com or Phone: 020 8394 2102
Website: <http://www.cheamgymnastics.co.uk/index.html>

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. It gives opportunities for children to develop their talent and gain confidence in a team environment. 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. Annual membership is £145 which includes the summer coaching programme, winter coaching is optional and has an additional charge. Coaching take place at Cheam Cricket Club during school term times Tuesday and Wednesday evenings.

Target Group: 5+ Years
Contact Details: Email: markbtf@gmail.com ; Phone: 07875 886 292
Website: <http://www.cheamcricketclub.com/>

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' for exams and in life, have a cardiovascular work-out and so promoting health, better behaviour at home or in school 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: Children, Young People & Adults from 5+ years
Contact Details: Email: chicombatsystem@yahoo.com ; Phone: 020 8 646 5551
Website: www.chicombatsystem.com

Children's Trust Tadworth

Services: Facilities for children with Brain Injury
Short Description: The Children's Trust gives children and young people with brain injury and neuro disability the opportunity to live the best life possible by providing specialist rehabilitation, education, and community services.

Target Group: 0-19Years
Contact Details: Email: enquiries@thechildrenstrust.org.uk or Phone: 01737 365 000
Website: <https://www.thechildrenstrust.org.uk/>

Chiltern Church - Pursuit Fridays Youth Group

Service: Youth Group (Faith Based)
Short Description: Pursuit Friday is a Friday night youth group aimed at creating a safe space for young people of 7+ years to hang out, have fun, and connect with friends during school term time from 7.30pm to 9.30pm. It is a faith-based group open to all secondary school age children. It provides a fun and relaxed atmosphere and program where they can also find general support and hear a brief faith-based message. Cost is £1 per session.
Target Group: 12 – 17 Years
Contact Details: Email: ryan@chilternchurch.org.uk ; Phone: 07908 424 361
Website: <https://www.chilternchurch.org.uk/activities>

Chiltern Church – Tots and Toys Play Group

Service: Parent and Toddler Group
Short Description: Tots and Toys Play Group is a stay and play baby and toddler groups for children under 4 with their parents and carers. Tots and Toys provides a chance to chat, make friends, enjoy mutual support and encouragement. Refreshments are provided for adults and children with gluten free and vegan options available. The groups run on Tuesdays 10.15am to 11.30am & 12.45pm to 2pm (under 18months only) and Thursday 10.15am to 11.30am during school term times. The cost is £3 per family.
Target Group: Prebirth - 4 Years
Contact Details: Email: totsntoys@chilternchurch.org.uk
Website: <https://www.chilternchurch.org.uk/tots-toys>

Come and Play Childcare Ltd

Service: Breakfast, After School and holiday clubs
Short Description: Come and Play Childcare Ltd. provides a happy and safe environment, where children will have a wide range of activities, arts and crafts, quiet corner, board games, team games etc indoors and outdoors. Also introduces new things, promoting their learning through planned activities that are challenging but achievable to them according to the interest of the children. Currently these clubs operate in few primary schools, St Elphege's Catholic School in Wallington, Wallington Primary Academy, Manor Park Primary School in Sutton, and Rushy Medow Primary Academy in Carshalton. There is a charge of £14 per session. It is open to children outside of the above schools, if parents can drop them to the breakfast and Afterschool clubs.
Target Group: 5-11 Years
Contact Details: Email: anna@comeandplaychildcare.co.uk ; Phone: 07867 422211
Websites: <https://www.wallingtonprimary.uk/after-school-and-holiday-club-come-play-childcare/>
<https://www.rushymeadowprimary.uk/breakfast-and-after-school-club/>

Crafty Critters Club

Service: Afterschool Club, Holiday Camps and Parties
Short Description: Crafty Critters Club is an established company offering Holiday Camps and Afterschool clubs in the Sutton/Cheam area. They are Ofsted registered, all staff are DBS checked, trained in Safeguarding and child protection, and all senior staff are first aid trained. After-School club runs at Avenue Primary Academy every Friday until 4.15pm for children in reception and up to year 6. The holiday Club is at Cuddington Croft Primary, West Drive in Cheam during school holidays Mondays to Fridays. Cost for the holiday club is £38 per day 9am to 4pm and £45 8am to 6pm.
Target Group: 4 – 11 Years
Contact Details: Email: hello@craftycrittersclub.co.uk ; Phone: 02086439164
Website: <https://www.craftycrittersclub.co.uk/>

Crystals Elite

Services: Cheerleading Classes
Short Description: Crystals Elite have competition teams that cater to all ages and abilities. The prep and level 1 teams can be a great entry point to all-star cheerleading, whether it's for younger athletes or for beginners, whilst remaining competitive. Whereas our level 2+ teams are appropriate for our more advanced athletes. More information is on the website.
Target Group: 3 – 16 Years
Contact Details: <https://www.crystalselite.com/contact-us>
Website: <https://www.crystalselite.com/join-us>

Dancemode Academy Sutton

Service: Street Dance Classes
Short Description: DMA offers Street dance classes to children from 4-18yrs. Children learn all different styles of Hip Hop, whilst building confidence, having fun, and achieving through dance. Its during school term times Monday evenings from 4.15pm at River Church Sutton, Highfield Hall, Carshalton Road. Classes for 4-7yrs at £5 a session and 8-18yrs is at £6 a session.
Target Group: 4 – 18 Years
Contact Details: Email: Lauren.hogan@hotmail.co.uk ; Phone: 07983 418 927
Website: www.dancemodeacademy.co.uk

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 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: Prebirth onwards
Contact Details: Email: dessisart@mail.com ; Phone: 07588 320 002
Website: www.dessisartlondon.com

Debutots

Service: Interactive Storytelling and Dramatic Play
Short Description: Debutots is a unique blend of interactive storytelling and dramatic play designed to promote skilful communication, foster creativity, build self-confidence, and develop literacy skills in children aged 1-7 years. This means that from attending these classes, children will develop the skills and knowledge to help their future social interaction, reading, writing, and understanding of stories, plus have lots of fun. Weekly parent and child classes are available on Mondays and Fridays 9.30am at Sutton Ecology Centre, The Old Rectory, Festival Walk, Carshalton held outside in nature and include a nature craft themed to the week's story. Sessions cost £9 per weekly which is payable termly.

Target Group: Prebirth to 11 Years
Contact Details: Email: Liz@debutots.co.uk ; Phone: 0208 712 1178
Website: www.debutots.co.uk/Sutton
www.Facebook.co.uk/debutotssutton

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/>

Dramabuds

Service: Drama Classes
Short Description: Classes create a positive fun environment for children to naturally grow and blossom in confidence. The stories ignite young imaginations helping children to bloom as creative thinkers, problem solvers and write creatively at school. Also helps develop children's concentration, speaking, listening and communication skills raising their self-esteem and gently encouraging the children to excel in all areas of their life. Classes are at Carshalton Beeches Baptist Church during school term times and holidays. Cost is approximately £7-£8 per hour.

Target Group: 2 to 15 Years
Contact Details: Email: becca@dramabuds.co.uk ; Phone: 07789 722 687
Website: www.dramabuds.co.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. If children wish to perform professionally, they are encouraged to train full time at any of the leading vocational schools to further their careers as previous students have done. Children gain confidence and self-belief by performing. There is a cost of £3.50 per 30 minutes session which can be paid weekly or in advance.

Target Group: 2+ years

Contact Details: Email: sharonwaiteroberts@gmail.com ; Phone: 07803 038049

Website: <https://thedorisholfordstageschool.co.uk/> or www.facebook.com/dorisholfordstageschool

Ecological Inclusive Cycling

Service: Inclusive Cycling Sessions

Short Description: Inclusive cycling sessions run at the David Weir Leisure Centre athletics track all year around. Sessions run on Mondays, Wednesdays, and Thursdays 10am till Midday for adults and 14+ year olds. Family Cycling sessions for 7+ year olds once per week during school holidays. SEND school student sessions for 14+ available Monday lunchtime spring/summer 2022. Cycle Roadshows also available. Sessions will run even if it is raining. There are a range of cycles available to ride. There is a fee of £5 per person (carers not charged).

Target Group: 5+ Years

Contact Details: Email: cycling@ecolocal.org.uk ; Tel: 020 8404 1522

Website: www.ecolocal.org.uk/ecolocal-cycling/

EcoLocal's 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

Edoyledesigns

Service: Children's Art & Sculpture Classes
Short Description: Edoyledesigns are art and sculpture Classes for children aged 5-11 years old. Children learn a wide variety of drawing, painting, and sculpture techniques with changing themes each term, usually 5–6-week period. They use various references, demonstrations, and artist inspiration to help create artwork and Sculpture. Also runs private art lessons, holiday workshops and pottery painting workshops for children and adults which are at various times and days arranged with the customer. Classes usually takes place Saturdays 12.45-1.45/12.45-2.15 at Cheam Library during school term times. Holiday workshops and private art lessons can be arranged at various days, times, after school times and weekends. Pottery painting evenings and Parties can be arranged evenings or weekends. Costs are £12ph for group. Saturday classes and prices vary for private art lessons etc.

Target Group: 5+ Years
Contact Details: Email: info@emma-doyle.com ; Phone: 07771 424 746
Website: www.etsy.com/uk/shop/Edoyledesigns

EYES (Early Years Education Society)

Service: Community Group for Parents of Young Children
Short Description: EYES-UK is parent led organisation that organises outdoor activities during holidays, run online coding classes, language classes, peer support groups for parents etc. It is a membership-based community group established by parents of young children, with the main aim of creating a platform for parents of young children where they can seek support from one another in creating community connectedness, empowerment, and developing positive parenting skills. A wide range of extracurricular activities for children aged 4-12 years are organised to raise their aspirations and programmes for parents to empower them so that they are better able to support their children fulfil their potential as well as their own health and well-being. The address is Scout Hall behind St Cecilia's Church in North Cheam, and the service is all year around on Sundays. The cost for services varies on activities chosen.

Target Group: 5 – 15 Years
Contact Details: Email: purna.shrestha@eyes-uk.org ;
Website: <https://www.eyes-uk.org/>

First Class Coders Ltd.

Service: Digital Coding Classes
Short Description: At First Class Coders Ltd., kids are taught to code. The classes and workshops are fun, engaging, and educational enrichment learning environment for children of ages 5+ years. Coding is literacy in the digital age and it's important that children understand the tech around them. All equipments are provided and personal tutoring and online classes are available. 1:1 session cost £15.50. Workshops prices are flexible.

Target Group: 5 – 11 Years
Contact Details: Email: hello@firstclasscoders.co.uk ; Phone: 07944 676 239
Website: www.firstclasscoders.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/>

Get On Down's

Service: Down's Syndrome Support Group

Short Description: Get on Down's are a parent led Down's syndrome support group that meets every Wednesday in the PlayWise Hub 9.30-11.30am for parents, children, and expectant parents during school term times. There are engaged toys and a sensory shed for the children which is a relaxed and calm atmosphere for the adults. Refreshments and chats are provided as well as sessions from external speakers. Also provides help with benefit form filling, Education, Health & Care Plans, meeting support and so much more. Apart from Wednesday morning sessions advice available through phone or email at any time. Cost is £1 for attending the group.

Target Group: Prebirth to 15 Years

Contact Details: Email: getondowns@btinternet.com ; Phone: 07967 738 045

Website: <https://www.facebook.com/GetOnDowns>

Girl Guiding Sutton

Service: Rainbow, Brownies, Guides and Rangers units

Short Description: Girlguiding Sutton is the leading charity for girls and young women. There are 21 units across Sutton; a mix of Rainbow, Brownies, Guides and Rangers units; all of which deliver exciting opportunities for girls and women to have fun and get inspired. Members have the opportunity for adventure and fun through weekly meetings, camps, holidays, and trips - enabling them to develop their potential and to make a difference. There are Crafts, Free Play, Games, Outdoor Activities, Socialising etc. Activity change weekly are offered depending on the interest of the child, young person, or family. Different groups have different meeting nights and times. Fees will vary from unit to unit but approx. £30-£40 per term. There are various meeting places across Sutton.

Target Group: 5+ Years

Contact Details: Email: girlguidingsuttonrecruitment@gmail.com;

Phone: 0740704068

Website: www.girlguiding.org.uk

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, offer 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 vary. More information on the website.
Target Group: 5+ Years
Contact Details: Email: sutton@goalsfootball.co.uk ; Phone: 0208 644 1333
Website: www.goalsfootball.co.uk

Gymboree Play and Music Cheam

Service: Early Childhood Development Classes
Short Description: Gymboree Play & Music's mission is to discover the POWER OF PLAY to prepare children for a lifetime of learning. There is a custom curriculum which is uniquely created around three key elements to early childhood development: Social/Emotional, Cognitive, and Physical. From 0 to 5 years of age, Gymboree Play & Music is the global leader in early child development programmes offering educational classes for pre-school aged children, babies from newborn to 5 years. Based at Cheam sports Club all year around Mondays to Fridays except Tuesdays. They are closed for Easter, the month of August and during Christmas holidays. Cost for classes from £43-£50 per month.
Target Group: Prebirth to 5 Years
Contact Details: Email: cheam@gymbo.co.uk ; Phone: 07990 761 259
Website: <https://gymbo.co.uk/locations/cheam/>
instagram :@gymboreeclassescheam,
www.facebook.com/GymboreeClassesCheam

Hartbeeps Sutton

Service: Music and Sensory Classes for babies and toddlers
Short Description: Hartbeeps provide music and sensory sessions that encourage parents to bond and create memories with their babies and children in a 45 min beautiful soundscape environment designed to enhance their development and be fun for all participating. Learning at Hartbeeps is super fun, and sessions leaders (imagineers) are often ex performing professionals or have equally vast childcare experience. All the sessions are prepared to show a quality theatrical experience that is immersive for everyone whilst educational. Hartbeeps also hold Special Education Needs sessions and visit mainstream/school nurseries weekly. They would love to do more work with special needs children and have seen great how the service can really benefit children with Autism, communication Difficulties, Learning Difficulties, and sensory processing disorder. It can be inclusive by supportively adapting to additional needs in SEN specific sessions in schools currently. The locations they operate are Church of the Good Shepherd in Wallington, St. Andrews Church in Cheam Monday, Wallington United Reformed Church, Kingwood village hall and Nork village club. They also have venues in Cobham an Molesey. Cost is £9 / session within term commitment (6 weeks) or £11 drop inn rate pre booked only.
Target Group: Birth to 4 Years.
Contact Details: Email: Katie@hartbeeps.com ; Phone: 07947 780 538
Website: www.hartbeeps.com ; www.bookeo.com/hartbeeps_wmc

Helen O'Grady Drama Academy

Service: Drama Classes
Short Description: Helen O'Grady Drama Academy offers drama classes to help with confidence building and resilience for children and teenagers. The aim is to help children to develop confidence and speaking skills through drama. Over 15,000 children attend Helen O'Grady classes in the UK each week. By offering a unique curriculum, delivered by dynamic, enthusiastic, and energised teachers, in the Sutton area, they can help children to learn and grow. Operates in and around Sutton borough during term time Mondays to Fridays 4-7pm and Saturdays 10am-1pm. There is a cost of £9 / hour.
Target Group: 5 -17 Years
Contact Details: Email: croydon@helenogrady.co.uk ; Phone: 020 8667 9812
Website: www.dramaschoolforkids.co.uk

Home-Start Sutton

Service: Free Support for struggling families with Children
Short Description: At Home-Start Sutton the core service is home-based volunteer befriending and mentoring for families with younger children; weekly support from a professionally trained and supported volunteer who has parenting experience. This includes practical support as well as a listening ear and emotional support. In addition to these weekly groups and parenting programmes are provided. The aim is to reduce the effects of isolation in families and provide parents with the support they need to provide the best start for their children. The first years are crucial for children's longer-term development, resilience, and emotional well-being, strengths-based organisation, building on existing family resources to improve confidence, self-esteem, coping strategies and well-being. Families can self-refer as well as can be put in contact through their health visitor, social worker, family support worker, mental health service, early year's workers, children's centres, and community groups. Some of the challenges families supported are facing include parental mental ill-health, physical disability, chronic, acute, or terminal illness, children's disability or ill health, loneliness and isolation, domestic abuse, and lack of local support. The groups and parenting programme generally run-in term-time, in community locations, and the 1-2-1 family mentoring is offered in the family home.
Target Group: Prebirth to Adult
Contact Details: Email: admin@homestartsutton.org.uk ; Phone: 020 8647 6501
Website: <https://homestartsutton.org.uk/>

JD's Football School

Service: Football Coaching
Short Description: JD's Football School provides professional football coaching for children aged 4-16. Cost is Approximately £8 per session. Sessions takes place in Epsom & Ewell High School/ Goals North Cheam. Classes available all year around Monday to Saturday Evenings and Extra Curriculum clubs from 5.15pm.
Target Group: 4-16 Years
Contact Details: Email: Jamie@jdsfootballschool.co.uk ; Phone: 07506622818
Website: <http://www.jdsfootballschool.co.uk/>

Jigsaw4U

Service:	Support for Children, Young People & Families experiencing Complex Social, emotional difficulties
Short Description:	Jigsaw4u supports children, young people and families experiencing complex social and emotional difficulties. Current services include are pre and post bereavement, young victims of crime, domestic violence/abuse, parenting programmes, support for adopted children, young people in care and leaving care and prisoners' families. Office is based at Mitcham and the services are available all year around. More information is on the website.
Target Group:	Prebirth onwards
Contact Details:	Email: info@jigsaw4u.org.uk ; Phone: 020 8987 1384
Website:	www.jigsaw4u.org.uk

Jigsaw Arts Sutton

Service:	Performing Arts School
Short Description:	Jigsaw Performing Arts is dedicated to developing performance skills, promoting self-expression, and building confidence. Jigsaw has a team of dedicated and enthusiastic professionals who are committed to delivering fun and exciting dance, drama and singing classes. The teachers work in the performing arts industry, have passed rigorous training programme, and have a DBS check. Every student can benefit, in some way, from the performing arts. While some join to build a firm foundation for a professional performance career, others do so to unlock their hidden talents, overcome their shyness or increase their confidence and social skills. However, what all students enjoy is having fun through drama, singing and dance classes, while making lots of new friends. Classes are at Harris Academy School in Sutton on Saturday afternoons 2.30pm-6pm during term time. Cost is £152 for an 11-week term.
Target Group:	3 – 18 Years
Contact Details:	Email: michael@jigsaw-arts.co.uk ; Phone: 0208 688 3409
Website:	https://www.jigsaw-arts.co.uk/performing-arts-school/sutton/

Kids Club – North Cheam Baptist Church

Service:	Clubs for Children (Faith Based)
Short Description:	Kid Clubs are run at North Cheam Baptist Church for children in reception to year 6 during school term times on Tuesday evenings. These are lively evening of games, activities, craft, and Bible teaching. Cost is £20 per term.
Target Group:	5 – 11 Years
Contact Details:	Email: childrensworker@ncbc.org.uk ; Phone: 02086447360
Website:	www.ncbc.org.uk

Knots Arts - Girls Group

Service: Activities Group for Girls with Social Difficulties
Short Description: Knots Arts are weekly creative activity groups for girls with social communications difficulties such as autism or ADHD. The groups run on a Monday evening at River Church in Carshalton from 4.30pm - 5.30pm for primary school girls aged 6 - 11 and from 5.45 - 6.45pm for young girls aged 11 - 16. Each week there are different activities which range from art, drama, animation, photography, and yoga. Each half term is planned with the participant's input. The groups are run in a structured and supportive way, with staff and volunteers who has experience of supporting children and young people with social communication difficulties and are designed to help the girls make friends, build new skills, and feel more confident in social settings. Cost is £100 for a 10-week term. Free bursary spaces are available for anyone that would find the cost a barrier for attending.

Target Group: 5 – 15 Years
Contact Details: Email: hello@knotsarts.com ; Phone: 07947 212485
Website: <https://knotsarts.com/>

Lingotot Sutton

Service: Language Class for Parents, Babies, Toddlers, and Pre-Schoolers
Short Description: Lingotot Sutton gives opportunity to learn a language in an engaging and interactive class which filled with songs, games, stories, and craft in another language! It runs Monday, Thursday, and Saturday mornings. Fees is £10 per session and £5 for online classes. Sibling discounts are available.

Target Group: Pre-birth to 4 years
Contact Details: Email: sutton@lingotot.com ; Phone: 07950 251 007
Website: www.Lingotot.com/sutton

LionHeart Football

Service: Football Development Company
Short Description: LionHeart are a football development company established by coaches & scouts that provide a range of player centred programmes and innovative services for young players at all levels across London & Southeast England. Coaching is at Wallington South all year around. Cost varies depending on the service chosen. More information is on the website.

Target Group: 4 years onwards
Contact Details: Email: solomon@lionheartfootball.com or james@lionheartfootball.com
Phone: 07473791045 or 07587175190
Website: <https://lionheartfootball.com/>

Little Royals Soft play

Service: Soft play for babies
Short Description: Little Royals Soft play is a new pop-up in Sutton/Cheam, Surrey. The soft play itself is rather different to other soft plays in the area as its monochrome themed. There are soft white and grey foam shapes and a ball pit for crawlers to walkers and Range Rover mini jeeps and Mercedes-Benz G Wagon rides and a milestone corner for little babies. Bookings are taken through website or by direct message. Private hire of the soft play equipment is also available upon request. Cost is £5 per session for under 6 months and £6 per session for over 6 months all year around. Venue address is 570 London Road Sutton on Tuesdays 1.30pm-3.30pm.
Target Group: Prebirth – 4 years
Contact Details: Email: Littleroyals_softplay@outlook.com ; Phone: 07539 274 218
Website: <https://littleroyalssoftplay.square.site/>

Little Kickers

Service: Pre-School incorporating Football Skills
Short Description: Little Kickers is a pre-school activity programme incorporating football skills and early learning goals. It gives children a positive introduction to sport by teaching high quality football skills in a friendly, pressure-free environment. There are four different classes tailored specifically to the needs of children between 18 months and eight years. It is the perfect way to ignite an enthusiasm for sport that will stay with them for life. They are at different venues in the Sutton Borough including Christ Church with St Philip, Worcester Park on Tuesday mornings. Cost is £9.69 per session.
Target Group: 18Months to 8 Years
Contact Details: Email: hmorgan@littlekickers.co.uk ; Phone: 02082866038
Website: www.littlekickers.co.uk

Live & Learn Ltd and Learn 2 Live Ltd

Service: Personal Assistance for Young people with Disabilities
Short Description: Live & Learn Ltd works with young people with disabilities doing Gardening, Pottery, Cooking, Arts and Craft, Sensory Play, Music, Reflexology, enabling young people to access local community services, Day Service, Respite etc. It is at 131 Woodmansterne Road all year around Mondays to Fridays between 10am to 7pm. Cost depends on the need of the young person which will be paid directly from the disability benefit allocated to their personal assistance budget.
Target Group: 5 Years onwards
Contact Details: Email: Office@liveandlearnltd.co.uk ; Phone: 07734 945 524
Website: Not on website and social media yet, but watch the space

Love Theatre Arts Ltd

Service:	Musical Theatre and Dance
Short Description:	<p>Love Theatre Arts is an independently run welcoming musical theatre / dance school based at Cheam High School that has been produced to provide a professional, fun, and enthusiastic home for children who wish to partake in the teachings of Musical Theatre & Dance. Children can practice coordination, pronunciation, expression, speech, dialogue, and many more key skills, which we all endeavour to have in everyday life.</p> <p>There are different programs such as <i>Love Street</i> which introduces children to the world of commercial and Street dance.</p> <p>Offers <i>private classes</i> to partake in individual singing, piano, guitar & acting lessons and have the chance to work towards an exam in their chosen discipline. Students work to the syllabus of Trinity College of Music and Drama & ABRSM achieving grades from 1-8 with expert guidance from qualified faculty who are still also working professional artists. There is an additional cost for an exam fee, and prices vary from grade to grade.</p> <p><i>The Society</i> is a program for singers 9+ who wish to share and develop their passion for singing both collectively and individually. During 'The Society' classes students work towards building repertoire in preparation for recording and performance opportunities.</p> <p><i>The Squad</i> is a program for 9 - 18-year-olds who wish to train hard and dream big. The program will focus on developing an all-round technical performer with the aim of providing competitive opportunities. 'The Squad' covers a variety of styles under the Jazz and Contemporary umbrella. The program will run at a pre-professional standard to create a dedicated, dynamic, and artistically developed dancer. Trial classes available and more information is on the website.</p>
Target Group:	Prebirth onwards
Contact Details:	Email: info@lovetheatrearts.com ; Phone: 07816 507 032
Website:	https://www.lovetheatrearts.com/ www.facebook.com/lovetheatrearts/

Make Believe Theatre School

Service:	Performing Arts school
Short Description:	<p>Make Believe Theatre School is a performing arts company. A place where young people learn to sing, act and dance, realise their potential dreams and aspirations, whatever their level or ability; a place where students flourish, make friends and have fun; go on a journey that extends horizons and self-belief; a safe environment that builds confidence and confronts apprehensions; a brand that parents and carers trust and a brand that makes children and young people happy. Session Times for different age groups vary however for Ages 3-5 between 5.30-7.00pm; Ages 6-9 between 5.30-8.30pm; Ages 10+ between 5.30-8.30pm on Fridays during term times at Overton Grange Secondary School, Stanley Road, Sutton. Cost for ages 3-5 are £44.50 per month and ages 6 and above are £75.00 per month payable by direct debit.</p>
Target Group:	4+ years
Contact Details:	Email: sutton@makebelievegroup.co.uk ; Phone: 02082414392
Website:	https://www.makebelievegroup.co.uk/school/make-believe-sutton/

MAPS – Volunteer Centre Sutton

Service: Mentoring, Advocacy and Peer Support
Short Description: MAPS mentoring is a positive relationship where an adult volunteer mentor meets with the young person once a week for 6-12 months. Trained volunteers provide young people with a safe space to unpack life and have their voice heard, giving them an opportunity to talk about issues that may be affecting them, whether with low self-esteem, poor mental health, behaviour issues or challenging family situations. Young people benefit from support and guidance, learning new skills, trying new activities, and having some fun. MAPS Advocacy is where a volunteer advocate helps a young person have their opinions and views heard and MAPS Peer Support is where a volunteer mentor helps one of their peers having been through a similar experience.

Target Group: 8 – 21 Years
Contact Details: Email: maps@vcsutton.org.uk ; Phone: 0208 661 5900
Website: <https://vcsutton.org.uk/maps/>

Merakiyoga Surrey

Service: Yoga Class for Children and Young People
Short Description: Merakiyoga promotes yoga in schools or pre-school in the Sutton Borough. Yoga helps pupils to become more resilient, reduce stress and stay calm and relaxed in tests or exams. Improved concentration and focus help to enhance pupils' academic performance as well as support their wellbeing. Yoga also promotes strength, flexibility, coordination, and body awareness and is an ideal activity to encourage participation in physical activities by pupils, including those who are less confident about team sports or reluctant to take part in more traditional PE classes. The frequency and timings are discussed with the school. The activity is offered during term times. More information, price and contact details are on the website.

Target Group: 5 – 11 Years
Contact Details: Email: Ross.merakiyoga@btinternet.com ; Phone: 07427 402799
Website: www.merakiyoga-surrey.co.uk

Mishmak Youth Theatre

Service: Dance, Drama and Singing Classes
Short Description: Mishmak Youth Theatre offers training in drama, singing, dance and performance opportunities to young people aged from 5 to 18 years old. Established in 2010, it is a fully inclusive family run company. Teachers are professionals from the worlds of theatre, TV, and film. There are weekly classes in term time, holiday clubs, and are committed to producing two shows per year. Also participates annually in National Theatre Connections - a fantastic drama festival of new writing for 13–21-year-olds. Runs at Cryer Arts during School term times on Saturday mornings and afternoons. Term cost between £160 and £210 (sibling discounts available). Term fees have been covered by councils in past for supported children.

Target Group: 5+ Years
Contact Details: Email: Michelle.mishmak@gmail.com; Phone: 07984 488 525
Website: www.mishmak.co.uk

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 are 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/>

Mum Fit Wonder

Service: Fitness Classes for Families
Short Description: Mum Fit Wonder offers fitness classes & sessions for Mums & Families to do in person or at home online. These classes will improve overall physical fitness levels but most importantly set your kids up for leading a healthy and active lifestyle and make you a great role model for them. In person classes are Mondays at 9:45am, 7:45pm, Wednesdays 7:45pm and Thursdays 9:45am. Cost is £7 per class. Venues vary but are around Carshalton/Wallington area.
Target Group: Prebirth onwards
Contact Details: Email: lauren@mumfitwonder.com ; Phone: 07834066252
Website: www.mumfitwonder.com

My Gym Wallington Children's Fitness Centre

Service: Activities for Children
Short Description: My Gym offers age-appropriate classes that incorporate music, dance, relays, games, special rides, sports & gymnastics as well as amazing birthday parties in a purpose-built centre. Featuring monkey bars, rock wall, gymnastic bars, beam and even a zip-wire. Cost is £65 every 4 weeks on a rolling membership. It runs every day 8:30am - 6:30pm and Holiday Camps on Wednesdays throughout the holiday period from 9:45am - 4pm.
Target Group: Prebirth to 11 Years
Contact Details: Email: wallington@mygym.com ; Phone: 07768 796 980
Website: www.mygym.com/wallington

Nonsuch Junior Parkrun

Service: 2k Parkrun
Short Description: Nonsuch Junior Parkrun organises 2k free running event for juniors of 4- to 14-year-olds. It is held every Sunday at 9:00am at Nonsuch Park near the Mansion House. It's a free event but need to register @parkrun.org before the first visit only. Need to take a printed copy of your barcode you receive when you register.
Target Group: 4 to 14 Years
Contact Details: Email: nonsuch-juniors@parkrun.com ;
Website: <https://www.parkrun.org.uk/nonsuch-juniors/>

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. It is run entirely by unpaid volunteers, 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. More information is on the website and facebook.

Target Group: All Ages
Contact Details: Email: sutton.branch@nas.org.uk
Website: <https://www.nassutton.org.uk/> ;
<https://www.facebook.com/NASSuttonBranch>

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. All children are welcomed into a very safe and secure environment and will be taught the most important core values of golf. Services available for young people are Junior Golf Club Membership, one-to-one lessons, After School Junior Golf Academy and Golf lessons for Families available weekdays 7am-9pm weekends 7am-8pm. There is a cost of £6 to £20 per hour.

Target Group: 5+ Ages
Contact Details: Email: Info@theoaksgolf.co.uk ; Phone: 0208 643 8363
Website: <https://theoaksgolf.co.uk/play-golf/juniors-golf/>

Off The Record

Service: Free Support Service for Young People
Short Description: Off the Record (OTR) is a registered charity providing free support services to young people in the London boroughs of Croydon, Sutton, and Merton. Support for young people who live in Sutton and are registered with a Sutton GP includes face-to-face, telephone or online counselling, online workshops, and a Saturday Support telephone drop-in service. Young people aged 11-17 can be referred by a professional through this Single Point of Access <https://www.talkofftherecord.org/sutton/counselling/> and young people aged 14-25 can self-refer (using a form on the website). Also offers support to parents/carers of young people struggling with self-harm.

Target Group: 12 – 25 Years
Contact Details: sutton@talkofftherecord.org
Website: <https://www.talkofftherecord.org/sutton/>

Phonics with Robot Reg, Carshalton

Service:	Phonics Literacy Classes for Children
Short Description:	Phonics with Robot Reg opens a world of literacy to young children and their families. Classes are fun, high-energy, and interactive, and are perfectly suited for children from age 1-4. Minis class for children 12 months - 30 months helps to introduce and develop speech and language skills through role-play games, singing nursery rhymes, sharing stories, and playing games. Also work on gross and fine motor skills by shaking ribbons and scarves, using pegs and tweezers, mark making and using playdough. The pre-school classes, suitable for children aged 2.5 years -4 years, are the perfect introduction to early phonics and early reading. New letter sound is introduced each week and practise recognising the sound and hearing the sound in words and using the sounds to read simple words. All of this is taught through fun activities and games. The classes are the perfect preparation for school and are matched to the Early Years Curriculum and follows its ethos of learning through play. Classes are at St Andrew's in Cheam Monday Mornings, Good Shepherd Church in Carshalton Monday afternoons, Scout Hall, Ruskin Road in Carshalton Thursday mornings and Riverside centre Carshalton Friday mornings during school term time. Classes are £8.50 per week, paid in termly blocks and 3-week trials available for £22.
Target Group:	1 to 4 Years
Contact Details:	Email: pip@robotreg.co.uk ; Phone: 07952 258 095
Website:	www.robotreg.co.uk/pages/carshalton www.facebook.com/phonicswithrobotregcarshalton www.instagram.com/pip_robotreg

PlayWise Learning CIC

Service:	Services for Young disabled children and their parents and carers
Short Description:	PlayWise Learning CIC (Community Interest Company) has been established to offer parents & carers of young disabled children & the professionals that support them with a wider range of services to help reduce the impact of disability and SEND (Special Educational Needs & Disability) and support families on their journey. PlayWise offers new, innovative, and bespoke interventions for families either at home, the community hub or in their learning setting. It is open at various times and offer a range of different services in the Sutton Borough. Costs varies depending on service accessed but there is a family support fund for families on a low income. Services details are on their website.
Target Group:	Prebirth to 8 Years
Contact Details:	Email: info@playwise.org.uk ; Phone: 020 8770 4812
Website:	www.PlayWise.org.uk

Playwise Portage Service

Service:	Home Education Service for under 3-year-olds with Additional Needs
Short Description:	Playwise Portage Service is a home education service for children under three years old with additional needs. As well as working closely with these children and their families in their homes and education settings, there are groups in the community for these families to attend. The groups are a water play session called Nemo's in the hydrotherapy pool at Sherwood Park School, a multi-sensory story telling session called Tactile Tales in the Playwise Hub in Central Sutton and a stay and play session at Tweeddale Children's Centre. Operates during school term times Mondays to Fridays.
Target Group:	Prebirth to 4 years
Contact Details:	Email: teresa@playwise.org.uk ; Phone: 07860181538
Website:	www.playwise.org.uk

Pointers Dance Studio & Gymnastics Academy

Service:	Dance and Gymnastics Classes
Short Description:	Pointers Dance Studio & Gymnastics Academy provides dance and gymnastics classes for age 2-18 years. Variety of dance such as ballet, modern, tap, jazz, contemporary, disco, street, commercial, singing & drama are on offer. Also offers exams, yearly shows & competitions for those that are interested. Depending on age groups and ability classes are held Tuesdays 4-9pm, Thursdays 4-9pm & Saturdays 9-4pm at Bandon Hill Methodist Centre, Sandy Lane North, Wallington. Free trial classes are on offer. Payment termly for 10-week terms; on average £65 per class per term. It is a family run dance and gym school with emphasis on fun, friendships, and performance.
Target Group:	Pre-birth onwards to adults
Contact Details:	Email: charley@pointersdancestudio.co.uk ; Phone: 07517 149440
Website:	www.pointersdancestudio.co.uk

Progressive Martial Arts Ltd

Service:	Martial Arts Classes
Short Description:	Progressive martial Arts Ltd delivers Martial Arts classes to children aged 5-16 years, term time only. Alongside fantastic life skills programme, confidence, self-esteem, focus, concentration, fitness and many more aspects of a child can be improved. Multi activity holiday clubs available during school holidays. Classes take place at various Primary Schools in the London Borough of Sutton and on Wednesday afternoons at Carshalton Athletic Football Club. Cost is £100 per term or £25 per month.
Target Group:	5-15 Years
Contact Details:	Email: Progressive.bmaba@gmail.com ;Phone: 02086426080
Website:	https://progressivebmaba.co.uk/

Queen Elizabeth's Foundation – Mobility Services

Service: Mobility Services for disabled young people
Short Description: QEF Mobility Services is one the UK's largest providers of mobility advice and support for people with disabilities and age-related impairments. A wide range of services provided focusing on helping people of all ages to become mobile and independent. As one of the UK's top 3 providers around 1,300 mobility assessments each year are completed, along with advice and training with adaptations and solutions to ensure maximum mobility. Referrals are not required. There are number of service provisions, which come at various costs. More information and 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 5 and above who have experienced any form of sexual violence. Face to face (COVID restrictions allowing), telephone and online therapies are offered. Young women are offered 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: 5 Years onwards
Contact Details: Email: cypco.ops.coordinator@rasasc.org.uk ; Phone: 0208 683 3311
Website: www.rasasc.org.uk

Roundabout

Service: Dramatherapy Services
Short Description: Roundabout is a registered charity providing dramatherapy services to children and young people. 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 is offered over a period of weeks or months. Children and young people are invited to identify and discuss the aims of the work with their therapist as well as be involved in the development of their programme of therapy. Roundabout works closely with parents and carers and schools and can offer training in schools as well as individual sessions for parents and carers. The therapists can also offer supervision for school staff. Operates during school term times on Mondays to Fridays usually 8am - 6pm. Our charges are on our website. But for half a day's therapy in a school we charge £150.
Target Group: Prebirth onwards
Contact Details: Email: info@roundaboutdramatherapy.org.uk ; Phone: 2086650038
Website: www.roundaboutdramatherapy.org.uk

Rhyme, Rhythm & Song

Service: Mother and Toddler Group
Short Description: Rhyme, Rhythm & Song offers a relaxed environment for children and their grown-ups, and they sing and dance together and have fun. All the songs and rhymes have actions. Some songs will be familiar whilst others will be new. The age range is mixed; babies love being sung to and cuddled while the older children can do the actions and sing along. Most of the children are between two or three months and four years. There is opportunity to make friends for parents and children. There is a break in the middle of the session for refreshments which gives a chance to relax and socialise with other adults while the children play. It is at The Scout Hall, Carshalton Road, Woodmansterne all year around on Monday and Tuesday mornings at 10.30 to 11.45 am. Cost is £7 per family per session.
Target Group: Prebirth – 4 Years
Contact Details: Email: denise@rhymerhythmandsong.co.uk ; Phone: 07989344608
Website: www.rhymerhythmandsong.co.uk

Riverside Community Association Limited

Service: Clubs for Children and Young People
Short Description: The Riverside Centre is a local community asset, providing a programme of activities, in partnership with various local groups. Time Out Youth Project delivers a programme for children and young people, age 8+. This includes centre-based youth work, detached and outreach work, skateboarding and a holiday camp for each school holiday.
Target Group: 8 – 25Years
Contact Details: Email: mail@riversidecentre.org
Website: <https://riversidecentre.org/time-out-youth-project>

Rugrats stay and play café

Service: Stay and Play Café
Short Description: A family friendly stay and play cafe in Cheam village where parents/childminders/grandparents can bring their children and enjoy the cafe whilst the children play with the many toys/craft activities/bouncy castle/garden toys/story time etc. A wonderful and fun place to spend time with little ones. There are opportunities to have Food or Drink, Free Play, Games, Music, Outdoor Activities, Reading, Socialising etc. Themes changes weekly. It is at The Royal British Legion Hall, Mickleham Gardens, Cheam Village, SM3 8OJ Mon to weds 9.30-2.30 during school term time. Unlimited playtime available for under 4-year-olds for £2.50, over 4-year-olds for £4 and adults are free.
Target Group: Prebirth to 4 Years
Contact Details: Email: sarah@gregory.uk.net ; Phone: 07980 586 421
Website: <https://www.facebook.com/rugratscafe>

Ruskin Rascals parent / carer and child group

Service: Parent / carer and Toddler group
Short Description: Ruskin Rascals Parent and Toddler group run by Carshalton Methodist Church volunteers who meet once a week during school term time on a Friday from 1.15 p.m. to 300 p.m. Parents and carers with their children 0 to 5 years are welcome. The children can enjoy playing and interacting with others in a safe, clean, and relaxed environment. There are lots of toys, a play dough table, drawing activities and singing time. Seasonal parties are held for the children and their parents and carers. The charge is £1.50 per session per family, and this includes refreshments.
Target Group: Prebirth – 5years
Contact Details: Email: fiona.potter50@btinternet.com ; Phone: 0208 669 0198
Website: <https://carshalton-methodist.org.uk/community/ruskin-rascals/>

Seeds to Sunshine

Service: Baby Massage and Yoga classes
Short Description: Seeds to Sunshine offers baby massages and baby yoga classes to parents of babies from 8weeks to 1year. Free taster sessions available for any parent who is interested and teaches full courses of beginner's baby massage and yoga over 4 to 5 weeks. Combined baby massage and yoga classes with a theme including music, stories, and a messy/sensory play session available. Also offers one off sessions and special events in combined baby massage and yoga classes. Based at Wallington United Reform Church on Wednesday mornings during school term times. More information is on the website.
Target Group: Prebirth to 4 Years
Contact Details: Email: seedstosunshine@yahoo.com ;
Website: <https://www.instagram.com/seedstosunshine/>
<https://www.facebook.com/Seeds-to-Sunshine-105976765111739>

Shining Stars Toddler Group

Service: Parent and Toddler Group (Faith Based)
Short Description: Shining Starts Toddler Group welcomes parents and grandparents looking after small children. The aim is to provide a friendly and relaxing environment where carers can unwind and mix with others who face the joys and challenges of parenthood. The adults have a chance to chat over a cup of tea or coffee, whilst the children socialise in their own special way. They have rooms full of toys to play with and an exciting craft to enjoy creating. During the morning they have Storytime where the children hear a Bible story and can express themselves through singing and action songs. The cost for the morning is £1.50 for adult and child during school term times at North Cheam Baptist Church, Ridge Road, Sutton on Wednesday mornings.
Target Group: Prebirth to 4 Years
Contact Details: Email: childrensworker@ncbc.org.uk ; Phone: 02086447360
Website: www.ncbc.org.uk

Sing Along

Service: Singing Sessions for Children
Short Description: Sing Along offers lively song and rhymes singing sessions for the under 5's using both modern and traditional tunes to get them moving. Songs stimulate children with clapping, wriggling, jumping, stamping, and running! Even when sitting down, all the songs have actions to keep fingers and minds busy. Over 200 different rhymes and songs used for the children to enjoy. Session run all year-round Mondays to Fridays 10am to 11am at different venues including Wallington south. Prices are 1 adult with 1 or 2 children are £7, 1 adult and 3 children are £9 and 1 adult, and 4 children are £11.
Target Group: 10 Months to 5 Years
Contact Details: Email: Britt.singalong@yahoo.co.uk ; Phone: 07941 532558
Website: www.singalong.org.uk

Socatots

Service: Football based Developmental Activity
Short Description: Socatots is a football based developmental activity programme specifically designed for children (girls and boys) aged 1 - 5 years old. It runs during term time at Stanley Park Junior School on Mondays 10-11am, Fridays: 10am-12pm, Saturdays: 8.45am - 12pm and Sundays: 9am-12pm. It costs £31 per month and needs a monthly membership to attend sessions. It helps to give children the best start in life, helps you to develop a stronger bond with your child, whilst developing children's motor skills, movement, speech, numeracy, colour identification, communication, and teamwork skills.
Target Group: Walking Age – 5 years
Contact Details: Email: joe.brady@socatots.co.uk ; Phone: 07462 971 609
Website: <https://socatots.co.uk/> ; [instagram.com/socatotssuttoncroydon](https://www.instagram.com/socatotssuttoncroydon)

Sound Lounge

Service: Music Sessions for Children, Young People and Families
Short Description: Sound Lounge is proudly family friendly. 'Shake 'n' Sing' is a free makaton music, movement & percussion workshop for pre-schoolers and their carers. There is no curfew for children or under 18's. For young people under 24years, there are youth music sessions which are meet-ups for those who don't have access to instruments and/or music lessons. During these sessions young people have opportunity to hear other young people jamming, pick up tips from others and try some collaborations. It may be possible to take home an instrument if one is available. More information is on the website.
Target Group: All Ages
Contact Details: <https://www.thesoundlounge.org.uk/contact-us>
Website: <https://www.thesoundlounge.org.uk/social-enterprise>

Springers Toddler Group

Service: Parent and Toddler Group
Short Description: Springers Toddler Group has activities for children such as, Kitchen Corner, Cars and Trains, Building Blocks, Dressing Up, Books, Puzzles and Crafts. For babies there is a soft, safe play area and at the end of the morning there is toddler Nursery Rhymes, Stories and Praise Songs. It is at Crusader Hall, Stanley Park Road, Wallington on Thursdays 9:30 - 11am all year around. Cost is £1.50 which provides Coffee and Tea for the Parents and carers and Biscuits for the little ones.
Target Group: Prebirth to 4 years
Contact details: Email: Luke@springfieldchurch.org.uk ; Phone: 02086473410
Website: <http://springfieldchurch.org.uk/connect/kids/tiptoes/>

Stagecoach Sutton

Service: Performing Arts Training
Short Description: Stagecoach Sutton provides professional performing arts training for ages 4 to 18. Alongside professional musical theatre training it helps children with creative courage for life, building confidence and learning skills that are transferable into life situations as they grow up and head out into the world. Each term is structured so that children are constantly growing their abilities and learning new skills and working towards an end of term performance to show parents all the brilliant work they have achieved each term. Classes are catered to all ages and abilities through the lessons which gives chances to extra opportunities for those who wants to pursue it. Also offers 1:1 LAMDA accredited drama exams & LCM singing exams with their tutors. Class times vary between Wednesdays 4.30- 8 pm, Thursdays 5-8pm, Fridays 5-8pm, Saturdays 9.30am-5.30pm, Sundays 9.30am-1pm during school term times at Carshalton High School for Girls. Prices per 12-week term are early stages for ages 4-6 is £168, main Stages for age 6-16 is £336 and further stages for age 16-18 is £270. Sibling discounts are available.
Target Group: 4 – 18 Years
Contact Details: Email: Sutton@stagecoach.co.uk ; Phone: 0208 540 7791
Website: www.stagecoach.co.uk/Sutton

St Patrick's Church, Wallington

Service: Christian Faith Groups
Short Description: St. Patrick's Church in Wallington provide children and youth groups for ages 0 – 18 on Sundays as part of the church service as well as weekdays during daytime and evenings. 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: Prebirth onwards
Contact Details: Email: sam.lomas@stpats.org.uk ; Phone: 07925 049 530
Website: <https://www.stpats.org.uk/Groups/326327/Ministries.aspx>

Stanley Park Parents and Toddlers

Service: Parent and Toddler Group
Short Description: Stanley Park Parents and Toddlers provide a friendly atmosphere for parents, carers and childminders who bring their toddlers and babies, a wide range of activities such as toys, craft table, singing, bible stories, new friendships for mums and support for each other. There is a special Christmas and Easter services for the toddler group with treats afterwards. The address is Stanley Park Church ,130 Stanley Road, Carshalton and runs during term times on Monday mornings 10–11.30 am. During the morning refreshments are served for the toddlers enjoy. The group has been running for thirty-five years. Cost per family per half a term £10 or weekly £2. Please contact to book places.
Target Group: Prebirth to 4 Years
Contact Details: Email: Janetlaws@hotmail.com ; Phone: 0208 642 6770
Website: www.spccarshalton.com

Star Steppers Performing Arts Ltd

Service: Dance, Drama and Singing Classes
Short Description: Star Steppers Performing Arts Ltd is a Fun and engaging Dance, Drama and Singing classes that incorporate Musical Theatre, Street Dance, Contemporary Dance, Pop Singing, and Acting for all school age children. It is during School term time at Cheam Parochial Rooms, The Broadway, Cheam on Mondays 4-5pm / 5.15-6.45pm Fridays 4.30-5.30pm / 5.30-7.00pm which is 60mins classes for 3-7yrs and 90mins classes for 7+ yrs. £7 for 60mins and £10 for 90mins paid in half-termly blocks of 6-7 weeks according to school term times.
Target Group: Prebirth to 15 years
Contact Details: Email: info@star-steppers.com ; Phone: 07810 808 228
Website: <https://star-steppers.com/>

Stitches Academy

Service: Sewing and Textiles Classes
Short Description: Stiches Academy offers sewing and textiles tuition for young people aged 6 years upwards. Classes held during the term time, after school and in the school holidays. All students are offered the opportunity to gain their Arts Award, accredited qualifications. As Duke of Edinburgh assessors' students are welcome to attend classes for the skills section of the Award. Also run adult classes 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 children, 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

Super Phonics

Service: Phonic Classes
Short Description: Super Phonics teaches all stages of phonics through fun and engaging ways, which also aid children's development. They make learning experiences fun and stimulating for children. Super Phonics offers ideas for activities, advice on supporting for children from birth to 2 years. Also, classes are run for children aged 1 to 7 years old at present. Charged termly, and Prices change depending on the number of weeks in a term. Classes take place at various locations in Carshalton, Wallington, and Croydon on Mondays 10am - 10.45am, 11.15 - 12pm & 4pm - 4.45pm, Fridays 9.30am - 10.10am & 1.15pm - 2pm during school term time.
Target Group: 1 – 7 Years
Contact Details: Email: info@superphonics.co.uk; Phone: 07903 422 225
Website: www.superphonics.co.uk

Surrey Ballers

Service: Football Training
Short Description: Surrey Ballers provide quality affordable football training for kids in the local area. Currently based at The Centre, Wallington on Milton Road. More information is on the website.
Target Group: 2 – 9 Years
Contact Details: Email: surreyballers@gmail.com ; Phone: 07788 210 206
Website: <https://www.surreyballers.co.uk/program>
<https://www.facebook.com/SurreyBallersLtd>

Sutton & Cheam Junior Badminton Club

Service: Badminton Classes
Short Description: Sutton & Cheam Junior Badminton Club has three junior coaching groups based on age and ability, during the winter season at Nonsuch High School for Girls, in Cheam on Sundays 12pm to 4pm during school term times. 'C section' for beginners of ages 7-9 play from September to April between 12pm to 1pm on Sundays. 'B section' for intermediate of ages 10-11 play from September to April between 1pm to 2pm on Sundays and 'A section' for advanced of ages 12-18 play from September to April from 12pm to 2pm or 2pm to 4pm on Sundays. They are coached every week by a coach who has a UK Coaching Certificate Level 2. It costs about £5 - £7 per week/session
Target Group: 7+ Years
Contact Details: Email: sandcjuniors@gmail.com ; Phone: 07798 854729
Website: www.suttoncheambadminton.co.uk

Sutton & Cheam Swimming Club

Service: Swimming Lessons

Short Description: Sutton and Cheam Swimming Club is a competitive swimming club that accept young swimmers from early-stage swimming through to National level. Also runs a Water Polo session from youngsters through to international level. Service available all year around, early morning swimming for most competitive swimmers are 06.30 to 08.00 am and varying times in the evening from 6pm - 9pm. Saturday and Sunday morning start at 9am. Cost depends on the number of sessions attended and the squad.

Target Group: 5 Years onwards

Contact Details: Email: suttonandcheamsc@gmail.com ; Phone: 07764 250 423

Website: <http://suttonandcheam.co.uk/aboutus/index.htm>

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 organised 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 Carers Centre

Service: Support Services for Young Carers
Short Description: Sutton's Young Carers Service, run by Sutton Carers Centre (a local, independent charity and part of the 'Together for Sutton' Partnership), provides a range of free, specialist and targeted support to children and young adults aged 8-25 years who have caring responsibilities. Young Carers may help look after a family member (e.g. parent or sibling) who lives with an illness, disability, mental health and/or a substance misuse issue.

SCC's Young Carers Service includes:

- Advice, information and guidance on caring, caring issues, mental health and personal wellbeing
- One-to-one emotional and practical support sessions
- Group Peer Support Sessions
- Young Carers 'Chill & Learn' Homework Club & Sibling Carers support group
- Respite breaks, activities (creative, self-development and social) and training for Young Carers
- Schools-based specialist support for Young Carers

They also can offer practical support for the whole family, including advice on housing, benefits, and health issues. More information can be found on their website.

Target Group: 8 – 25 years who cares without payment for a family member or friend who lives with an illness, disability, mental health or a substance misuse issue.

Contact Details: Email: youngcarers@suttoncarerscentre.org; Phone: 020 8296 5611
Website: <https://www.suttoncarerscentre.org/young-carers-services>

Sutton Community Uniform Shop

Service: Free School Uniform
Short Description: Sutton Community Services have set up a free school uniform shop that covers most Sutton schools depending on donations received. There are no criteria, and the shop is open to all families who live in the London Borough of Sutton who may be experiencing financial difficulties buying school uniforms.

Target Group: 4-18 Years

Contact Details: Email: suttoncommunityuniform+owners@sutton.gov.uk ; Phone: 020 8770 6000

Website: <https://www.suttonhousingpartnership.org.uk/financial-and-digital-inclusion>

Sutton Cycling Club

Service: Cycling Club
Short Description: Sutton Cycling Club is a youth cycling club created to provide cycling opportunities for local young people, in a safe environment with access to British Cycling coaches and support. Weekly sessions are held on Saturdays at Northey Ave, Cheam. There are opportunities for Club Saturdays, Cyclo-cross, Mountain Biking, Track Cycling etc. More information is on the website.

Target Group: 5 – 18 Years

Contact Details: Email: secretary@suttoncycling.co.uk

Website: <http://www.suttoncycling.co.uk/>

Sutton Ecology Centre

Service: Nature and Biodiversity Activities
Short Description: Sutton Ecology Centre is a beautiful nature reserve in Carshalton. The woodlands, ponds, meadows, and gardens provide an oasis for wildlife to thrive in a built-up area. Their aim is to educate the residents of Sutton about nature and biodiversity. The nature reserve is open to the public 7 days a week for anyone to explore, follow a trail, and discover more about nature from the information boards. Fun school holiday activities are offered for families with children 3yrs plus and school sessions during term time linked to the national curriculum. Also offers Forest School Sessions for pre-school children and their parents in partnership with other services and art workshops and more. All organised groups, holiday activities and schools need to book in advance.

Target Group: Prebirth to 11 Years
Contact Details: Email: biodiversity@sutton.gov.uk ; Phone: 07812 663 187
Website: https://www.sutton.gov.uk/info/200453/parks_trees_and_open_spaces/1145/biodiversity_and_wildlife/3

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 onwards
Contact Details: Email: biodiversity@sutton.gov.uk ; Phone: 07872510122
Website: <https://www.sutton.gov.uk/biodiversity>

Sutton Mencap short breaks services

Service: Play and Leisure Activities for Children and Young People with Learning Disability
Short Description: Sutton Mencap provides a range of high-quality play and leisure opportunities for children and young people with a learning disability. Also provides group-based after-school, holiday, and Saturday services. The children's groups generally cater for those aged 6 to 14, although they are flexible around age to take account of the specific needs of children. The youth groups can take young people up to the age of 19 and provide a specific focus around transition to adulthood and independent living skills. There are a wide range of stimulating and fun activities, including cooking, art, messy play, music and dancing, games, stories, relaxation, and sensory experiences. Access to services is generally via referral from the London Borough of Sutton Disabled Children's Service. Parents can also use direct payments to access the service. After referral, Sutton Mencap will work with parents to identify appropriate services and level of support required. Please note that the services are very popular and operates a waiting list. Prices are based on the level of support required. More information on the website.

Target Group: 5 Years onwards
Contact Details: Email: info@suttonmencap.org.uk ; Phone: 020 8647 8600
Website: www.suttonmencap.org.uk

Sutton Salvation Army Church – Toddler Time

Service: Parent and Toddler Group
Short Description: Sutton Salvation Army Church is part of a community of people living in Sutton. Christian faith calls to be good neighbours and to partner with local organisations to make a positive difference in helping to make the community a fun, fair and friendly place for all. Toddler Time is a safe, well run, and exciting group led by volunteers from the church and open to all pre-school age children. It takes place during term-time Tuesday and Wednesday mornings. They also provide space for a self-support group on Friday mornings for new parents. Cost is £1 per family. Please contact before booking the sessions.
Target Group: Prebirth to 4 Years
Contact Details: Email: office@suttonsa.org ; Phone: 0208 642 9862
Website: <https://toddlertimesutton.wordpress.com/>

Sutton Sports Village

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

Sutton School of Gymnastics

Service: Gymnastics Coaching
Short Description: Sutton School of Gymnastics offers high-quality gymnastics coaching for all ages and abilities of children with a full range of classes for beginners and experienced gymnasts. Highly trained British Gymnastics qualified coaches offer individual attention within a friendly environment for gymnasts to develop at their own pace, which helps every gymnast reach their own potential. Classes are structured for different ages and abilities with equipment designed for different stages of development and learning, so gymnasts can constantly progress and be challenged whilst having fun in a safe environment. Competition squads are available to gymnasts who develop their skills and want to add a competitive aspect to their training, but gymnasts who stay within recreational programme have the option to perform at fun club competitions and displays to show family and friends what they have learnt. All coaches are fully qualified with British Gymnastics and are trained in child protection and first aid. Prices for the classes vary and charged monthly. Sutton School of Gymnastics is located at Unit 14 Willow Lane Business Park, 1-11 Willow Lane. With classes on weekday evenings and Saturday mornings, please phone or email for more information.
Target Group: 3 to 18 Years
Contact Details: Email: info@suttonschoolofgymnastics.co.uk ; Phone: 07817 252106
Website: www.suttonschoolofgymnastics.co.uk

Sutton Sea Cadets

Service: Nautical Adventure Activities
Short Description: Sea Cadets is the UK's largest maritime youth charity. Sutton unit has been in the community for over 50 years helping to provide local young people with different kind of experience for cadets aged between 9 and 18. Cadets learn life skills like leadership and team working through nautical adventure activities and can earn extra qualifications which give youngsters a head start using the traditions and ethos of the Royal Navy. Classes on Tuesday and Thursday evenings at Sea Cadet HQ Hall, Church Path, Wallington all year around. Cost for the sessions is £13 per month for Juniors aged 9-11 & £23 per month for Seniors aged 12-18.
Target Group: 5+ Years
Contact Details: Email: Enquiries@suttonseacadets.co.uk ; Phone: 0208 669 8219
Website: <https://www.sea-cadets.org/sutton>

Sutton Storm Basketball Club

Service: Community Basketball Club
Short Description: Sutton Storm Basketball Club is a non-profit community basketball club run by volunteers attracting young people from Sutton, Carshalton, Wallington, and Croydon area of South London. There are 4 training sessions and 3 junior teams competing in the Surrey Central Venue League at U12's, U14's & U16's age groups. Coaches are Basketball England qualified to level 2, DBS checked and have undergone safeguarding training. Please contact via email for more information about training session dates and times and whether spaces available.
Target Group: 10 years onwards
Contact details: Email: suttonstormbasketball@gmail.com ;
Website: <http://suttonstorm.com>

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 programmes such as Chess, Karate, Yoga etc. The school runs Saturday mornings during the school term times. You are welcome to visit us during that time and find out how you can benefit from our school. Cost is £30 per term.
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: Prebirth onwards
Contact Details: Email: manager@stscsport.co.uk ; Phone: 0208 643 2940
Website: <https://www.stscsport.co.uk/>

Sutton Women's Centre

Service: Women's Services and Mother & Toddler Group
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.

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/>

Switch Sutton (Inspire)

Service: Under 18years Alcohol & Drug Outreach Service
Short Description: Switch Sutton is a young person's alcohol and drug service for anyone up to the age of 18 living in Sutton. You don't have to go to the service – They are able to meet clients at home, school, or college – wherever is most comfortable for the client. Also offers online and video chat appointments and meet clients out of hours if that is best for them. Services offered are one to one support with key worker, job and career support, links to sexual health support, clinical support appointments with a nurse, family and carer support, lifestyle advice and can be involved in other services as agreed.
Target Group: Anyone living with alcohol and drug problem up to the age of 18 years
Contact Details: Email: info@inspirepartnership.org.uk ; phone: 0208 7739393
Website: www.cranstoun.org/services/young-people/switch-sutton/

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 onwards
Contact Details: Email: info@taylors-martialarts.co.uk ; Phone: 07873 173 974
Website: <http://taylors-martialarts.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: 5 years onwards
Contact Details: Email: shuchi@thecreationstation.co.uk ; Phone: 07757 388 859
Website: <https://www.thecreationstation.co.uk/locations/carshalton>

TechyTots

Service: Digital Coding Classes
Short Description: TechyTots will teach children how to code through play. Coding is merely a set of instructions used by computers. This is an engaging session involving play and technology with robots that children will be able to program. They will learn how to make robots move, sing, and talk with a different theme every week to keep children engaged. After school clubs are attached to different schools but weekly Saturday morning classes and additional school holiday classes are available. Session prices vary depending on length and venue. More information on the website.
Target Group: 5 – 11 Years
Contact Details: Email: julie.barber@techyTots.co.uk ; Phone: 07951 267 677
Website: www.techytots.co.uk

The Beeches Youth Café

Service: Drop in Youth Café
Short Description: The Beeches Youth Café is a drop in youth cafe for those in secondary school. It's a space to hang out with friends, join in games, table tennis or craft activities or to catch up on homework. They also provide hot chocolate and snacks for children. It takes place during school term times on Thursdays 3:30-5:30pm at Carshalton Beeches Baptist Church, Banstead Road. No cost for entry but need to pay for the snacks in the café.
Target Group: 12 – 15 Years
Contact Details: Email: Youth@beechesbaptist.org ; Phone: 020 86429311
Website: <https://www.beechesbaptist.org/youth.htm>
And Beechesyouth are on Instagram

The Change Foundation - London Futures

Service: Young people with Disabilities in Employment, Education or Training
Short Description: The London Futures hub in Sutton will run at the Cricket Centre, Plough Lane, Wallington SM6 8JQ from every Tuesday from 5th October 2021 between 4:30pm – 6pm 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 16 – 30 who are job ready, are independent travellers and who need that extra support in kick-starting 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 is 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: 07824 589517
Website: www.thechangefoundation.org.uk

The Change Foundation - Girls Win

Service: Young Women with Disabilities in Employment Education or Training
Short Description: Girls Win is a free weekly club that offers inclusive sport, dance, and physical activity for young women with disabilities. There is help for young disabled women to stay active, make friends and develop their independent life skills. They learn to set goals for themselves and offers other free opportunities in school holidays such as trips, residential, support with applying for work, volunteering, or further education. Based at The Cricket Centre, Plough Lane, Wallington during term time on Mondays 5pm to 6pm.
Target Group: 16+ Years
Contact Details: Email: daniellevey@changefdn.org.uk ; Phone: 07824 589338
Website: <https://www.thechangefoundation.org.uk/>

The Nurture Circle

Service: Forest School Skills Sessions at Woodlands
Short Description: The Nature Circle offers Parent & Toddler Nature Play sessions at Oaks Park, Carshalton. Activities are playing & exploring, creating nature crafts, climbing & balancing, hunt for Minibeasts, scavenger hunts, campfire and stories relaxing in a hammock etc. It runs on Wednesday & Friday Mornings from 10-11.30am. These sessions are for children from when they start walking with confidence up to five years and their parents to enjoy their time in the woodlands. The costs for Parent & Toddler Nature Play £10 per session. 6-weeks block payment available for all sessions.
Target Group: Prebirth to 4 Years
Contact Details: Email: Office@thenurturecircle.co.uk ; Phone: 07882 498 794
Website: www.thenurturecircle.co.uk / Facebook- @thenurturecircle

The Nature Club

Service: Forest School Skills Sessions at Woodlands
Short Description: The Nature Club offers a Saturday Morning Club for 5–9-year-olds at Oaks Park, Carshalton offering playing & exploring, creating nature crafts, climbing & balancing, hunt for Minibeasts, scavenger hunts, campfire and stories relaxing in a hammock etc. it's on Saturday Mornings from 10am-12pm. These sessions are for five- to nine-year-olds to develop their forest school skills in the woodlands. The costs for Nature Club - £18 per session. 6-weeks block payment available for all sessions.
Target Group: 5 to 11 Years
Contact Details: Email: Office@thenurturecircle.co.uk ; Phone: 07882 498 794
Website: www.thenurturecircle.co.uk / Facebook- @thenurturecircle

Theatretrain Sutton

Service: Performing Arts Training
Short Description: Theatretrain Sutton is an inclusive and professional performing arts training offers dance, games, music, socialising, theatre for children and young people aged 4-18 on Saturdays from 10-1 during term time at Barrow Hedges Primary School. Cost is £22 per the three hours and £14 for 90 minutes for children aged 4-5 years.
Target Group: 5 – 15 Years.
Contact Details: Email: sutton@theatretrain.co.uk ; Phone: 07500 790254
Website: <https://www.theatretrain.co.uk/sutton/>

The Wendy House

Service: Parent and Toddler Group
Short Description: The Wendy House is a friendly, fun, and welcoming toddler group for parents and carers of under 5-year-olds. The group meets weekly at Clarence Road Guide Hall in Sutton on Wednesday mornings during school term times. The activities offered are craft, play, story time, song time and snack time as well as unlimited hot drinks for grownups. Cost of £3 for 1 adult and 1 child and additional 50p each for other children.
Target Group: Prebirth to 4 Years
Contact Details: Email: wendyhouse@suttonvineyard.org ; Phone: 02086411689
Website: <https://www.suttonvineyard.org/thewendyhouse>

Toddler Sense Sutton

Service: Multi-sensory adventures for children from 13 months to 4 years

Short Description: Toddler Sense is a new world of sensory stimulation, play, fun adventures and learning for children. It's not only a great place to play, and the equipments encourage a wide range of skills of social (making new friends), physical (climbing, rolling, bouncing), emotional, creative, intellectual (working out how to get over obstacles), and more. The service is for children with communication Difficulties, multi-sensory impairments, social, emotional, and mental health needs. Also, the grown-ups who attend with them benefits from a safe space to get support from others. The cost is £9.50 per session for prebooked classes and £11 for a pay as you go classes, during school term time held at The Studio - St Nicholas Centre, Sutton on Mondays, Wednesdays, and Fridays.

Target Group: 13 months to 4 years

Contact Details: Email: sutton@toddlersense.co.uk ; Phone: 07704 187 188

Website: <https://www.toddlersense.com/sutton/>

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. Our 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 Sutton Parent & Toddler Group

Services: Parent & Toddler Group

Short Description: Trinity Toddler group run on Tuesday mornings 9am to 11am for 0–5-year-olds during term time. Children will have lots of fun and there are plenty of toys to play with.

Target Group: Prebirth onwards

Contact Details: Email: todayviddickinson@gmail.com ; Phone: 020 8643 6884

Website: <https://www.trinitychurchsutton.org.uk/young-people>

Trinity Church Sutton – Junior Church

Services: Junior Church (Faith Based)
Short Description: Junior Church is faith-based learning and activity groups on Sunday mornings during regular church worship time. There is a Bunker youth group for secondary school age children run on Sunday evenings 6.30 to 8pm. More information and contact details are on the website.
Target Group: Prebirth onwards
Contact Details: Email: todaydickinson@gmail.com ; Phone: 020 8643 6884
Website: <https://www.trinitychurchsutton.org.uk/young-people>

Trinity Church Sutton – Scout and Guide Group

Services: Trinity Scouts and Guides Group
Short Description: At Trinity Church Sutton various Scouts and Guides Group meet at the hall at various weekday evenings during term time. More information and contact details are on the website.
Target Group: Prebirth onwards
Contact Details: Email: todaydickinson@gmail.com ; Phone: 020 8643 6884
Website: <https://www.trinitychurchsutton.org.uk/young-people>

Tumble Tots Epsom

Service: progressive play programme
Short Description: Tumble Tots Epsom is designed to develop children's physical skills. Using bespoke colourful equipment to focus on agility, balance, climbing and co-ordination to enhance brain development and builds confidence. Activities offered are Climbing or Bouldering and Gymnastics. There are different class times for different ages and different venues throughout week. £8 per session which are paid for in blocks and a membership is required for £25 per year. Also offers one off trials for £8. It is held at The River Church, Highfield Hall, Carshalton Road, Sutton on Wednesdays.
Target Group: 6months to 7 Years
Contact Details: Email: epsom@tumbletots.com ; Phone: 07539 468 002
Website: www.tumbletots.com/epsom

Twiglets Parent and Toddler Group

Service: Parent and Toddler Group
Short Description: Twiglets Parent and Toddler group are a very friendly and welcoming group for babies and children up to 4 years old and their mums, dads, grandparents, or carers. The group meets every Thursday during school term time 10-11.45am at Horizon Church Carshalton. There are crafts, snack and song and story time for children. The cost is £2 per family.
Target Group: Prebirth to 4 Years
Contact Details: Email: anne@horizonchurchsutton.org ; Phone: 07434867480
Website: <https://www.horizonchurchsutton.org/mother-and-toddler>

Ultimate Footballers

Service: Soccer School
Short Description: Ultimate Footballers offer coaching to junior football players of all abilities both girls and boys. Focus is on four key skill areas; technical, tactical, physical, and psychological to develop players and take them from grass roots to local football teams for competitive development. Classes are held at Carshalton Park every Saturday Morning 9.15 am - 10am all year around. It costs £8.00 Per Session and need to be prebooked.
Target Group: 5 – 8 Years
Contact Details: Email: philipnovell@gmail.com ; Phone: 07967 564 734
Website: <https://www.ultimatefootballers.com/>

Unity All Stars

Service: Cheerleading Club
Short Description: Unity Allstars is a cheerleading club providing recreational cheerleading classes and competitive cheerleading teams. Established in 2006 Unity has links with multiple schools across the local area and is home to almost 400 young people. Classes are at David Weir Leisure Centre, Middleton Road, Carshalton all year around on Mondays- Fridays 3.30-10pm, Friday mornings 9.30-11.30am, Saturdays and Sundays all day. Cost varies depending on the classes. More information is on the website.
Target Group: 5+ Years
Contact Details: Email: info@unityallstars.com ;
Website: www.unityallstars.com

Wallington Baptist Church

Service: Parent & Toddler Group + (Faith based) Sundays Morning Creche & children's groups
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: Pre-birth onwards
Contact Details: Email: wallingtonbaptistoffice@gmail.com ; Phone: 0208 669 8544
Website: <https://wallingtonbaptist.org/our-ministries/>

WeCU Therapy

Service: Speech and Language Therapy
Short Description: WeCU Therapy offers speech and language therapy provided through school or home visits by specialist speech and language therapists, assisting with speech disorders, language delays, autism, complex communication needs and more based at St. Helier ward. More information is on the website.
Target Group: Pre-birth to 15 years
Contact Details: Email: sandy@wecuthera.com ; Phone: 07379 006 918
Website: www.wecuthera.com

Fundamental Football Academy

Service: Football Sessions

Short Description: Fundamental Football Academy provide positive, fun, and enabling environment where children (boys and girls) from 3 years can take part and enjoy sports activities and develop physically, emotionally, socially and improve their sporting skills. Sessions are delivered with an emphasis on FUN and based on tailored games and exercise that will help children develop sports skills. Fundamental Football Academy sessions are held on Saturday mornings at Manor Park near Sutton High Street, Sutton, SM1 4BF. More information is on the website.

Target Group: 3 – 12 Years

Contact Details: Email: info@purefutsalacademy.co.uk ;

Website: <https://www.purefutsalacademy.co.uk/fundamental-football-academy>