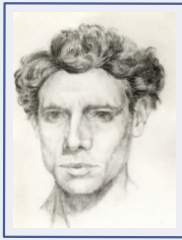


FOCUS ON...

LITTLE HOLLAND HOUSE

40 Beeches Avenue, Carshalton, SM5 3LW

Little Holland House is a hidden gem on Beeches Avenue, Carshalton. It's the former home of artist, designer and craftsman **Frank R. Dickinson**, who designed and self built the house in the English Arts and Crafts style between 1902-4.



Frank was a keen follower of John Ruskin and William Morris, and it was their teachings and philosophies that inspired him to build a 'dream home' with his fiancée Florence. The young couple moved in on the day they married, and spent their honeymoon finishing the interiors. As their family grew, they continued to follow the principles of the Arts and Crafts movement, filling their home with unique hand-made furniture, paintings, interior decoration, carvings and metalwork.

Today the property is a Grade II listed historic house museum, managed by the London Borough of Sutton and supported by a dedicated group of volunteers. Some say this is the ultimate D.I.Y. story, if you've not been before, put it on the list, it's well worth a visit! Full details, including a virtual tour, can be found on the London Borough of Sutton Cultural Services event pages - scan the QR code for links.

Open times: First Sunday of each month, 11 am-5pm (last entry 4.30pm.) Additional family friendly events take place throughout the year, private group tours also offered during the week (min. 5 / max. 20), check events page for current details.

Directions: located on the B278, 0.2 miles from Carshalton Beeches Railway Station, directly on the 154 bus route (alight Carshalton Beeches Station and walk up the hill away from the railway station.)



Local Groups & Activities Meet new people Be more active



Issue 6

VENUES

- Beddington Park**, Church Road, Wallington, SM6 7NN
- Carshalton Beeches Baptist Free Church**, Banstead Road, Carshalton, SM5 3NL
- Carshalton Community Allotment, Ecological**, Westmead Allotments, Colston Ave, Carshalton, SM5 2PW
- Church of the Good Shepherd**, Queen Mary's Avenue, Carshalton, SM5 4NP
- Carshalton Lavender, Stanley Road Allotments**, Oaks Way, Carshalton, SM5 4NQ
- Carshalton Lawn Tennis Club**, between 60/62 Beeches Avenue, Carshalton, SM5 3LW
- Lower Park Hall, Carshalton Methodist Church**, Ruskin Road, Carshalton, SM5 3DE
- The Diamond Riding Centre**, Woodmansterne Road, Carshalton SM5 4DT
- David Weir Leisure Centre (Sutton Arena)**, Middleton Road, Sutton, SM5 1SL
- Lavender Oaks Care Home**, 4 Metcalfe Avenue, Carshalton, SM5 4AQ
- The Oaks Golf Centre**, Woodmansterne Road, Carshalton SM5 4DT
- Oaks Way Centre, Oaks Way**, Carshalton, SM5 4WQ
- Sutton College, St Nicholas Way**, Sutton, SM1 1EA
- St. Margaret of Scotland Catholic Church**, Fir Tree Grove, Carshalton, SM5 3NG

THE BENEFITS

The **CARSHALTON BEECHES WELLBEING GROUP** aims to empower you with Five Ways to Wellbeing through developing and promoting community-led activities.

CONNECT: keep in touch with family, friends, colleagues and neighbours, it will support and enrich your life.

BE ACTIVE: Exercise makes you feel good. Choose a physical activity you enjoy and get out and do it.

TAKE NOTICE: Savour the moment. Make the most of every day and every experience, however small.

KEEP LEARNING: Try something new or re-discover an old interest. Set challenges. Learning brings confidence.

GIVE: Do something nice for others. Be generous with your time. Volunteer. Join a community group.

USEFUL NUMBERS

Age UK Sutton	020 8770 4089
Alcoholics Anonymous	020 7833 0022
Alzheimer's Society	020 8770 1875
Benefits Agency	0842 266 1765
Carshalton Safer Neighbourhood Team	020 8721 2490
Citizens Advice Bureau	0208 405 3552
Community Drug Service	020 8773 1881
Eldercare (telecare/alarms)	0345 603 4576
Everyman Project Anger Management	020 7263 8884
Healthwatch Sutton	020 8254 2616
London Borough of Sutton	0208 770 5000
Meals on Wheels	020 8770 4539
Mental Health Support Line	0800 028 8000
Narcotics Anonymous	0300 999 1212
QEF Mobility Services	020 8770 1151
Samaritans	020 8681 6666
Sexual Health Line	0300 123 7123
Sth African/Caribbean Cultural Org.	020 3302 9543
Sutton Befrienders	0208 661 5900
Sutton Carers Centre	020 8296 5611
Sutton Community Social Work Team	020 8770 6064
Sutton Food Shop	07513 100 963
Sutton Food Bank	07525 838 6400
Sutton Mencap	020 8647 8600
Sutton Stroke Association	07764 905 073
Sutton Talking Newspaper	020 3759 6679
Sutton Tamil Elders Group	07981 316 196
Sutton Uplift	020 3513 4044
Sutton Vision	020 8409 7166
Sutton Volunteer Bureau	020 8661 5900
Sutton Walking Tennis	0771 8316214
Sutton Women's Centre	020 8661 1991
Terence Higgins Trust	0845 122 1200
Virtual Friday Club (Zoom)	0208 078 0002

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