



Inside Beechwood Smile & Implant Centre
109 Banstead Road, Carshalton Beeches

Helping you be pain free so
you can enjoy life to the full.



For more information
and booking please visit
www.arcosteopathy.co.uk
or call 020 3764 2913

MONDAY

- Cycling** 10.00am-12noon
David Weir Leisure Centre 020 8404 1522
- Pilates (Beginners)** 10am-11am
6.15pm-7.15pm
Carshalton Beeches Baptist Free Church 020 8643 7943
- Shepherd Singers** 2.00pm-3.00pm
*First Monday of month from January 1
Church of the Good Shepherd 07508 005 428
- Carers Support Group** 3.00pm-4.30pm
*Last Monday of month
Lavender Oaks Care Home 0208 164 2522
- Weight Watchers** 6.30pm-7.30pm
Carshalton Beeches Baptist Free Church 020 8647 7740
- Dog Training** 7.30pm-9.30pm
Diamond Riding Centre 07851 491 352
- Gardening** 10.30am-12.30pm
Westmead Allotments SM5 2PW 020 8404 1522
- Tennis** Various groups for adults and children
Carshalton Lawn Tennis Club 07720 941 494
- Carshalton Pilates** 5.30pm, 6.30pm & 7.30pm
Church of the Good Shepherd 07943 679 419

TUESDAY

- Baby & Toddlers** 10.00am-11.00am
Carshalton Beeches Baptist Free Church 020 8642 9311
- Golf - Senior Group** 11.00am & 12.00pm
The Oaks Golf Centre 020 8643 8363
- FLexercise** 1.30pm-3.00pm
Church of the Good Shepherd 07905 263 368
- Pilates** 4.00pm-5.00pm
Carshalton Beeches Baptist Free Church 020 8643 7943
- Tennis** Various groups for adults and children
Carshalton Lawn Tennis Club 07720 941 494
- Carshalton Pilates** 6.00pm, 7.00pm & 8.00pm
Church of the Good Shepherd 07943 679 419
- Community Cafe** 10.30am-12.30pm
Westcroft Leisure Centre 3rd Tuesday each month



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Be with Belvoir!

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Email: sutton@belvoir.co.uk
Tel: 020 3859 3444
www.belvoir.co.uk/sutton



House of Flowers

56 Banstead Road, Carshalton Beeches, SM5 4NL

Tel: 0208 647 8221

Email: info@thehouse.florist

www.thehouse.florist



Oaks Way Centre

Oaks Way
Carshalton
Surrey SM5 4NQ



The Oaks Way Seniors Centre in Carshalton

Is a great place to have lunch, have an enjoyable day out and meet new friends.

Why not come along for a tea or coffee with a friend or family member, have a chat and see what we do?

Contact Sally Martin on

020 8647 8990

or check us out on

www.oakswaycentre.co.uk

WEDNESDAY

- Spill The Beans Café** 9.30am-2.00pm
Carshalton Beeches Baptist Free Church 020 8642 9311
- Tennis** Various groups for adults and children
Carshalton Lawn Tennis Club 07720 941 494
- Twiglets Toddler Group** 10:00am-11:30am
Term Time - book via website req. Church of the Good Shepherd
www.goodshepherdcarshalton.org
- Beeches Lunch Club** 12.45pm-2.00pm
Carshalton Beeches Baptist Free Church 020 8642 9311
- Game On!** 2.00pm-4.00pm
*3rd Wednesday of month Church of the Good Shepherd
- British Theatre Academy** 5.00pm-8.00pm
Carshalton Beeches Baptist Free Church 07718 988 295
- Weight Watchers** 6.30pm-7.30pm
Carshalton Athletic Football Club 020 8404 1522
- Wednesday Club** 8.00pm-10.00pm
*4th Wednesday of month
Church of the Good Shepherd 020 8669 0318
- BEES: Bereavement Support Group** 020 8643 0411
3.00pm Twice monthly Church of the Good Shepherd
- Wallington & Carshalton Women's Institute** 8.00pm
1st Wednesday of the month
Church of the Good Shepherd 07743 161 770
- Grove Park Walk** 10.30am
Meet at gate by Westcroft Leisure Centre. About 45 mins
- Tai Chi in Oaks Park** 10 am-10.45am
- Cycling** 10.00am-12noon
David Weir Leisure Centre 020 8404 1522

THURSDAY

- Cycling** 10.00am-12noon
David Weir Leisure Centre 020 8404 1522
- Tennis** Various groups for adults and children
Carshalton Lawn Tennis Club 07720 941 494
- Spill The Beans Café** 9.30am-2.00pm
Carshalton Beeches Baptist Free Church 020 8642 9311
- Pilates (Beginners)** 9.30am-10.30am
11.00am - 12.00 pm
Carshalton Beeches Baptist Free Church 020 8643 7943
- Beeches AA Group** 8.00pm-9.00pm
Carshalton Beeches Baptist Free Church 07570 813 040
- Youth Cafe** 3.30-5.30pm
Term time only for secondary school students
Carshalton Beeches Baptist Free Church 07483 111 987
- Walk & Talk with Lynne Fletcher** 7.00pm
Meet outside Beddington Church 07757 326 249
- Coffee & Craft** 10.15am - 11.30am
*2nd Thursday of the month Church of the Good Shepherd
- Hartbeeps - Classes for Babies & Toddlers**
Term time only 9.45am, 10.45am & 11.50 am
Church of the Good Shepherd
suttonandwallingtonhartbeeps.com
- Carshalton Pilates** 10 & 11am, 6pm, 7pm & 8pm
Church of the Good Shepherd 07943 679 419
- Forget Me Not** 10.30am-12.00pm
Coffee and Chat for bereaved people Alternate Thursdays
Carshalton Beeches Baptist Free Church
- Sing Out Sutton Wellbeing Choir** 5.30-7.30pm
Chiltern Church, 83 Chiltern Road, Sutton, SM2 5QY
www.singoutsutton.co.uk 07792 781 885

FRIDAY

- Pilates** 9.15am-10.15am
Carshalton Beeches Baptist Free Church 020 8643 7943
- Spill The Beans Café** 9.30am-2.00pm
Carshalton Beeches Baptist Free Church 020 8642 9311
- Tennis** Various groups for adults and children
Carshalton Lawn Tennis Club 07720 941 494
- Gardening** 10.30am-12.30pm
Carshalton Community Allotment 020 8404 1522
- Exercise Class** 11.00am-12.00pm
Carshalton Beeches Baptist Free Church 020 8288 1302
- Social Club** 10.30-am-12noon
Carshalton Beeches Baptist Free Church 020 8642 9311
- AA Carshalton on the Hill** 7pm weekly
Church of the Good Shepherd

SATURDAY

- Tennis** Various groups for adults and children
Carshalton Lawn Tennis Club 07720 941 494
- Lavender Drop In** 10.15am-12.30pm
Carshalton Lavender 07948 174 907
- Weight Watchers** 6.30pm-7.30pm
Carshalton Athletic Football Club 07780 330 693
- Cycling Groups** 2:00pm
Every 3rd Saturday of Month
Beddington Park 020 8395 8350
- Dramabuds** 10.45am-1.15pm
Carshalton Beeches Baptist Free Church 020 8669 2355
- Gardening** 9.30am-12.30pm
Westmead Allotments SM5 2PW 020 8404 1522

SUNDAY

- Football Club** 2.00pm-4.00pm
*Alternate Sundays
Oaks Park High School 01932 836 490

Saint Martins Restaurant & Soft Bar

THREE COURSE MEAL FROM A la carte MENU

1. Starter *
2. Main ** £ 12.95
3. Rice or Bread

Available Sunday Lunch 1pm to 9 pm
Monday 4pm to 10.30 pm

BYOB No Corkage
All bookings must be made via
www.saintmartinsrestaurant.com
020 8642 6242

The above is available as takeaway option collection only
(orders must be placed 0208 6426242.
Online ordering and delivery not available)

*King Prawn items not available
**Tandoori mixed grill and Biryani dishes are considered two course, King Prawn items not available



Tel: 020 8288 0365

52-54 Banstead Road
Carshalton Beeches SM5 3NW
contact@la-bianca.co.uk
www.la-bianca.co.uk

Carshalton Beeches Community Wellbeing Group does not endorse any services, activities or events listed within this leaflet. Please phone to check if event is taking place. The majority of activities are to be paid for. CBWG does not accept responsibility for any cancellations which might arise with various events.
<https://www.beecheswellbeing.org>