



**ARC**  
OSTEOPATHY

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](http://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
- 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 3<sup>rd</sup> Tuesday each month



**BELVOIR**  
Residential Sales & Lettings  
Property Management Services

A local and independent business who are passionate about property

High standards of service

Rent Guarantees for Landlords and exceptional service for tenants

**Our 3 Core Principles**

- Professionalism
- Customer Service
- Local Market Knowledge

Carshalton, Sutton, Wallington, Cheam, Croydon and surrounding areas

Be with Belvoir!

77 Banstead Road, Carshalton Beeches, Sutton SM5 3NP

Email: [sutton@belvoir.co.uk](mailto:sutton@belvoir.co.uk)  
Tel: 020 3859 3444  
[www.belvoir.co.uk/sutton](http://www.belvoir.co.uk/sutton)



**House of Flowers**

56 Banstead Road, Carshalton Beeches, SM5 4NL

Tel: 0208 647 8221  
Email: [info@thehouse.florist](mailto:info@thehouse.florist)  
[www.thehouse.florist](http://www.thehouse.florist)



**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](http://www.oakswaycentre.co.uk)

Oaks Way Centre

Oaks Way  
Carshalton  
Surrey SM5 4NQ



## 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 required.  
Church of the Good Shepherd  
[www.goodshepherdcarshalton.org](http://www.goodshepherdcarshalton.org)
- Beeches Lunch Club** 12.45pm-2.00pm  
Carshalton Beeches Baptist Free Church 020 8642 9311
- Game On!** 2.00pm-4.00pm  
\*3<sup>rd</sup> 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  
\*4<sup>th</sup> 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  
1<sup>st</sup> 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
- Pilates** 10-11am  
Carshalton Beeches Baptist Free Church 020 8643 7943

## THURSDAY

- 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  
\*2<sup>nd</sup> 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](http://suttonandwallingtonhartbeeps.com)
- Carshalton Pilates** 10 & 11am, 6pm, 7pm & 8pm  
Church of the Good Shepherd 07943 679 419
- Forget Me Nots** 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](http://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
- 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 Beeches Baptist Free Church 07780 330 693
- Cycling Groups** 2:00pm  
Every 3<sup>rd</sup> 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](http://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

**LA BANCA**

**Tel: 020 8288 0365**

52-54 Banstead Road  
Carshalton Beeches SM5 3NW  
[contact@la-bianca.co.uk](mailto:contact@la-bianca.co.uk)  
[www.la-bianca.co.uk](http://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>