



Local Groups & Activities

Meet new people
Be more active



Issue 7

VENUES

- Beddington Park, Church Road, Wallington, SM6 7NN
- Carshalton Beeches Baptist Free Church, Banstead Road, Carshalton, SM5 3NL
- Carshalton Community Allotment, Ecolocal, The Old School House, Mill Lane, Carshalton, SM5 2JY
- 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



Please visit our website
<https://becheswellbeing.org/>
for a wealth of information.

You can visit our Facebook page:
<https://www.facebook.com/>
for an interactive experience.



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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/alerts) | 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 |

Carshalton Beeches Community Wellbeing Group does not endorse any services, activities or events listed within this calendar. Please phone to check if the event is taking place. The majority of activities are paid for. CBWG does not accept responsibility for any cancellations which might arise with various events.

FOCUS on...



One of Carshalton Beeches secrets is tucked away behind the houses in Beeches Avenue. **Carshalton Lawn Tennis Club (CLTC)** has a long, well-documented history, from its official founding in 1912 to the present day. Its origins, facilities and milestones reflect both local heritage and the growth of tennis as a social sport in Carshalton. The club is widely regarded as one of the friendliest, most family-oriented tennis clubs in Surrey, and continues to thrive.

We welcome players of all ages and levels. If you are looking for a competitive league, team or tournament tennis, social tennis, or just want a hit with your friends or family, we can meet your needs. Membership of the Club includes access all year round to two all-weather floodlit hard courts, two all-weather artificial grass courts, and a mini tennis court and practice wall. New balls are provided free, weekly. If you want a smaller court we run a separate table tennis section.

To contact or join the Carshalton Lawn Tennis Club (CLTC), call 020 8773 0927, email cltcmembership@gmail.com, or visit their **ClubSpark** membership page. The club is located at 60-62 Beeches Avenue, Carshalton Beeches, SM5 3LW. Our full-time, professional Coaching team, **Chris Dent** and **Alexia King**, provides individual or group coaching sessions for adults and juniors all year, with a full Saturday morning schedule for juniors and other group activities, i.e. cardio tennis. For queries on coaching, please call Chris on 07720 941494 (text /WhatsApp also welcome).

Please visit our website, www.carshaltontennis.org for more information of Carshalton Lawn Tennis Club.

From this, in 1912, to this, in the present day.



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THE BENEFITS OF WELLBEING

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.

TAKENOTICE: 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.