



**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 & Wednesday & Thursday** 10.00am-12noon  
David Weir Leisure Centre 020 8404 1522

**Pilates** 6.15pm-7.15pm  
Carshalton Beeches Baptist Free Church 020 8643 7943

**Shepherd Singers** 2.00pm-3.00pm  
\*First Monday of month  
Church of the Good Shepherd  
[www.goodshepherdcarshalton.org](http://www.goodshepherdcarshalton.org) 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

**D.O.G.S. (Dog Training)** 7.30pm-9.30pm  
Diamond Riding Centre 07821 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

**FLEXercise** 1.30am - 3.30pm  
Church of the Good Shepherd 07905 263 368

**Tennis** Various groups for adults and Children  
Carshalton Lawn Tennis Club 07720 941 494

**Carshalton Pilates** 10am & 11am  
Church of the Good Shepherd 07943 679 419



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](http://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 reqd. 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!** Church of the Good Shepherd 2-4pm  
3rd Wed'day in month [www.goodshepherdcarshalton.org](http://www.goodshepherdcarshalton.org)

**British Theatre Academy** 5.00pm-8.00pm  
Carshalton Beeches Baptist Free Church 07718 988 295  
[www.goodshepherdcarshalton.org](http://www.goodshepherdcarshalton.org)

**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  
[www.goodshepherdcarshalton.org](http://www.goodshepherdcarshalton.org) 0208 669 0318

**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

**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: 9.30am-10.30am Beginners:** 11 - 12.00  
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 in month [www.goodshepherdcarshalton.org](http://www.goodshepherdcarshalton.org)

**Carshalton Pilates** 10 am 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](http://www.singoutsutton.co.uk) 07792 781 885

**Chatty Cafe** Carshalton Beeches Baptist Free Church 10-12pm

**Hartbeeps** maria.hart@hartbeeps.com  
Happy House : 9.45, Baby Beeps : 10.45, Baby Bells-12pm  
Carshalton Methodist Church, Ruskin Road SM5



## YOUR LOCAL RADIO STATION

ASK YOUR SMART SPEAKER  
TO PLAY "RADIO ST HELIER"  
OR VISIT OUR WEBSITE  
[RADIOHELIER.CO.UK](http://RADIOHELIER.CO.UK)



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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

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)

**Be with Belvoir!**  
77 Banstead Road, Carshalton Beeches, Sutton SM5 3NP

## 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

**BEEs: Bereavement Support Group** 020 8643 0411  
Twice monthly [www.goodshepherdcarshalton.org](http://www.goodshepherdcarshalton.org) 3.00pm

**Friday Club** Term time only: Inr School Children 5.15-6.30pm  
Carshalton Beeches Baptist Free Church

## 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** 10am-11am  
Carshalton Beeches Baptist Free Church 07780 330 693

**Cycling Groups** Every 3rd Saturday of Month 2:00pm  
Beddington Park 020 8395 8350

**Gardening** 9.30am-12.30pm  
Westmead Allotments SM5 2PW 020 8404 1522

## SUNDAY

**Football Club** \*Alternate Sundays 2-4pm  
Oaks Park High School 01932 836 490

**Satori Tai Chi** 9-10am  
QMP small field, Monkey Puzzle Way

## CLOCKHOUSE

**Chair Yoga Each Monday.** 2pm  
Hillcrest Halls, Clockhouse Kavita: 07958 183699

**Chat and Play Board Games** Every other Monday  
from April 13 at 7-9 pm and every other Wednesday from  
April 15 at 10-12 noon Hillcrest Halls, Clockhouse

**Chair Zumba Each Friday.** 2pm  
Hillcrest Halls, Clockhouse Kavita: 07958 183699

**The Crafty Knitwits** 2pm - 4.30pm  
Wednesdays. Any kind of crafts.  
Whitehorn Avenue Methodist Church, Coulsdon CR5 2PP

**Beeches & Clockhouse Tech-café Groups**  
Are you in need of some friendly technical support?  
(Mobile phones/Tablets/Laptops)

Visit or contact us:

**Beeches Tech-Café**  
Good Shepherd Church  
2<sup>nd</sup> & 4<sup>th</sup> Tuesday monthly  
10.30 - 12.30 am  
[CarshaltonTechCafe@gmail.com](mailto:CarshaltonTechCafe@gmail.com)

**Clockhouse Tech-Café**  
Hillcrest Halls  
2<sup>nd</sup> & 4<sup>th</sup> Wednesday monthly  
11.30 - 2.30 pm  
[ClockhouseTechCafe@gmail.com](mailto:ClockhouseTechCafe@gmail.com)

Helping and guiding you through your issues - and it costs nothing!

**LA BANCA**  
Tel: 020 8288 0365  
52-54 Banstead Road  
Carshalton Beeches SM5 3NW  
contact@la-banca.co.uk  
[www.la-banca.co.uk](http://www.la-banca.co.uk)



## WELCOME TO SAINT MARTINS

Saint Martins Indian restaurant offers traditional Indian, Bangladeshi  
and Pakistani cuisine using hand-picked spices, giving our food a  
unique flavour. Book a table online or by phone.

Our team looks forward to welcoming you.

Saint Martins Restaurant

97 Banstead Road, Carshalton Beeches, Surrey, SM5 3NP

T: 020 8642 6242

[www.saintmartinsrestaurant.com](http://www.saintmartinsrestaurant.com)

Dine in offer: Sunday - Thursday  
3 courses for £16.95 (excluding King Prawns and Fish)

We are open 6 days a week:

Sunday-Thursday

4pm-10.30pm

Friday-Saturday

4pm-11pm

(Closed on Tuesday)



Bring your own alcohol!

10% off when you dine in:

Sunday - Thursday

FREE Delivery service /

10% off takeaways

(collection only)

**House of Flowers**  
56 Banstead Road, Carshalton Beeches, SM5 4NL  
Tel: 0208 647 822 1  
Email: [info@thehouse.fbrist](mailto:info@thehouse.fbrist)  
[www.thehouse.fbrist](http://www.thehouse.fbrist)