

SAQUI RESTAURANT

Fully Licensed & Airconditioned

www.saquirestaurant.co.uk

Open: 12pm - 2.30pm & 6pm - 12am

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

Tel: 020 8642 6242 or

Tel: 020 8643 8018

@saquirestaurant.co.uk



Alan Rowe BSC Ost Med
Registered Osteopath
& Sports Therapist

Helping you be pain free, to enjoy life to the full.

To book call 0203 764 2913
or book online at www.arcosteopathy.co.uk

Active Rehabilitative Care For Everyone



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

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

Gardening 1:00pm-3:00pm
Carshalton Community Allotment 020 8404 1522

Shepherd Singers 2:00pm-3:00pm
*Third Monday of month
Church of the Good Shepherd 020 8773 2962

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
Carshalton Community Allotment 020 8404 1522

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

WEDNESDAY

Spill The Beans Café 10am-1.30pm
Carshalton Beeches Baptist Free Church 020 8642 9311

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

Tiny Tots 10:30am-11:30am
*Wednesdays Term Time Church of the Good Shepherd

Chair-based Exercises 11:00am-11:45am
Oaks Way Centre 020 8647 8990

Beeches Lunch Club 12:45pm-2:00pm
Carshalton Beeches Baptist Free Church 020 8642 9311

Game On! Board Games 2:00pm-4:00pm
*3rd Wednesday of month
Church of the Good Shepherd

British Theatre Academy 5.00pm-800pm
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

FRIDAY

Pilates 9:15am-10:15am
Carshalton Beeches Baptist Free Church 020 8643 7943

Spill The Beans Café 10.00am-1.30pm
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 10:30am-11:30am
Carshalton Beeches Baptist Free Church 020 8288 1302

Social Club 10.30-am-12noon
Carshalton Beeches Baptist Free Church 020 8642 9311

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

Coffee Morning 10.15am-11.15am
St. Margaret's Catholic Church 020 8647 7748

Gardening 10.30am-12:30pm
Carshalton Community Allotment 020 8404 1522

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

Ladies Stretch & Tone 1:30pm-3:00pm
Church of the Good Shepherd 020 8642 0892

Pilates 1:30pm & 7:00pm
Carshalton Beeches Baptist Free Church 020 8643 7943

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

THURSDAY

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

Spill The Beans Café 10.00am-1.30pm
Carshalton Beeches Baptist Free Church 020 8642 9311

Mojangles www.mojangles.co.uk 9.50am-10:50am
Carshalton Beeches Baptist Free Church 020 8642 9311

Mums and Toddlers 10:30am-11:30am
Church of the Good Shepherd 07977 585 020

Pilates 9.30am-10.30am
(Beginners) 11.00am - 12.00 noon
Carshalton Beeches Baptist Free Church 020 8643 7943

Hand Drumming for Therapy 1.30pm-2.30pm
*Term Time Only Oaks Way Centre 07770 533 000

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



Sing Out Sutton is a wellbeing choir who use singing to feel good, good, and to boost spirits in the local community.

What:

We welcome everyone, from complete beginners to karaoke superstars. You don't need to be able to read music to join, and there are no auditions or voice tests. Just turn up and have fun!

When: 5.30-7pm every Thursday (including holidays).

Where: Chiltern Church, 83 Chiltern Road, Sutton, SM2 5QY

How to join: contact Vicki Hodges, the choirleader on 07792 781 885 or email: findyourvoice@vickihodges.co.uk

More details: www.singoutsutton.co.uk

Kindly note:

The majority of activities are to be paid for. Carshalton Beeches Wellbeing Group does not accept responsibility for any cancellations which might arise with various events.



Tel 020 8288 0365
52-54 Banstead Road,
Carshalton Beeches SM5 3NW
e: contact@la-banca.co.uk
www.la-banca.co.uk

SUNDAY

Football Club 2:00pm-4:00pm
*Alternate Sundays Oaks Park High School 01932 836 490



Being a member of Neighbourhood Watch means being a good neighbour and caring about your local area.

All it costs is a little common sense and being aware. It doesn't mean interfering in other people's business; just your neighbours looking out for you, your family, your home and your street or estate, and you doing the same for them."

For free membership, go to www.suttonneighbourhoodwatch.co.uk/register