



Local groups & activities
meet new people:
be more active



ino@beecheswellbeing.org
020 8642 6388

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

Maxime Wools, 68 Banstead Road, Carshalton,
SM5 3NL

Nork Community Centre,
38 Nork Rise, Banstead, SM7 1JN

The Oaks Golf Centre,
Woodmansterne Road, Carshalton SM5 4DT

Oaks Way Senior Centre, Oaks Way, Carshalton,
SM5 4WQ

Sutton College, St Nicholas Way, Sutton, SM1 1EA

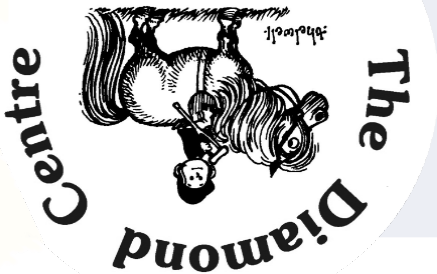
St. Margaret of Scotland Catholic Church,
Fir Tree Grove, Carshalton, SM5 3NG

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 Oaks Golf Centre
18 & 19 Hole Golf Courses
Lessons & Golf Ranges • Golf Shop • Restaurant
Woodmansterne Road, Carshalton, SM5 4AN
Tel: 020 8643 8363 Website: theoaksgolf.co.uk

Today, Diamond's 13 full and part-time staff are helped by over 200 volunteers, with stabling for 30 horses and ponies, three arenas and grazing land. Each week, horse riding, carriage driving, vaulting and hippotherapy is provided for more than 330 children and adults with a range of physical and learning disabilities.



focus on...

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/alarms)	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
Mobile Library	020 8770 4705
Narcotics Anonymous	0300 999 1212
QEF Mobility Services	020 8770 1151
Samaritans	020 8681 6666
SCILL Centre	020 8770 4065
Sexual Health Line	0300 123 7123
Sutton Carers Centre	020 8296 5611
Sutton Community Social Work Team	020 8770 6064
Sutton Mencap	020 8647 8600
Sutton Stroke Association	07764 905 073
Sutton Uplift	020 3513 4044
Sutton Vision	020 8409 7166
Sutton Volunteer Bureau	020 8661 5900
Sutton Women's Centre	020 8661 1991
Terence Higgins Trust	0845 122 1200

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links...

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TEACHING <https://chat.whatsapp.com/EnAZvhtnXU2tNtAWVhV0wX>
BAKING <https://chat.whatsapp.com/EU73XJafJkG4YTH1cmj9v3>
BANTER <https://chat.whatsapp.com/j4daxxTVa0GHNBRcQ4UvWd>
FACEBOOK <https://www.facebook.com/groups/1402421486440549/>

Through the determination of Keith and his wife June, six acres of land at Queen Mary's Hospital were leased. Four years later, in 1974, a purpose-built centre was opened.

Six riders were chosen to ride at the Diamond Farm Riding school in Oxted. Being such a considerable distance from the hospital, the riding was brought to Carshalton and in November 1969, the **Diamond Riding Group** was formed as one of the founding members of RDA.

Our roots go way back to 1959 when the founder, **Keith Webb**, a London Mounted Police Officer first encountered a wheelchair-dependant child enjoying, and benefiting from a pony ride.

In 1969, that memory spurred Keith on to undertake a pilot scheme at Queen Mary's Hospital for Children, which was set up to explore the benefits of riding for the patients.

This year we are celebrating the 50th anniversary of the **Diamond Centre for Disabled Riders**, one of the forerunners of riding for the disabled.

50th anniversary

Celebrating the

of a very special place for disabled riders.

the benefits

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.

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