Specialists in **NHS** and private **Nuclear Medicine Imaging** patients scanned Bone SPECT-CT for back pain, neck pain, nful joints, foot and ankle pain and wrist pain

interest. Set challenges. Learning brings confidence. GIVE: Do something nice for a friend, or acquaintance. Be generous with your time. Volunteer. Join a community group.

and every experience, however small. KEEP LEARNING: Try something new. Rediscover an old

TAKE NOTICE: Savour the moment. Make the most of every day

activity you enjoy and get out and do it.

BE ACTIVE: Exercise makes you feel good. Choose a physical

CONNECT: keep in touch with family, friends, colleagues & neighbours, it will support and enrich your life.

The CARSHALTON BEECHES WELLBEING GROUP aims to empower you with Five Ways to Wellbeing through developing and promoting community-led activities.

~the benefits ~



ΥΑΑΖΑΞΥΙΝΝΑ ΗτΟΖ This year, we are proud to celebrate the

of a very special place for disabled riders.

.γnoq ε pribin morì prithgned blihb trobnegeb Mounted Police Officer first saw a wheelchairback to 1959 when the founder, Keith Webb, a London the forerunners of riding for disabled. The roots go The Diamond Centre for Disabled Riders, one of This year we are celebrating the **50th Anniversary** of

explore the benefits of riding for the patients. scheme at Queen Mary's Hospital for Children, to it was not until 1968 when Keith undertook a pilot The image remained in his mind for a long time, but

formed as one of the founder members of RDA. Vovember 1969 The Diamond Riding Group was Aturday afternoons at Queen Mary's Hospital. In the hospital but the riding soon moved to Carshalton on Riding School in Oxted, a considerable distance from Six riders were chosen to ride at The Diamond Farm

4701 ni beneqo sew leased. It took four years, but a purpose-built centre sew lefiqsoH s'yreM neeu At Queen Mary's Hospital was Through the determination of Keith and his wife



Banstead Road, Carshalton, SM5 3NL

Church of the Good Shepherd,

Oaks Way, Carshalton, SM5 4NQ

Carshalton Lawn Tennis Club,

The Diamond Riding Centre,

ς ənss

Beddington Park, Church Road, Wallington, SM6 7NN

Carshalton Beeches Baptist Free Church,

The Old School House, Mill Lane, Carshalton, SM5 2JY

between 60/62 Beeches Avenue, Carshalton, SM5 3LW

Carshalton Community Allotment, Ecolocal,

Queen Mary's Avenue, Carshalton, SM5 4NP

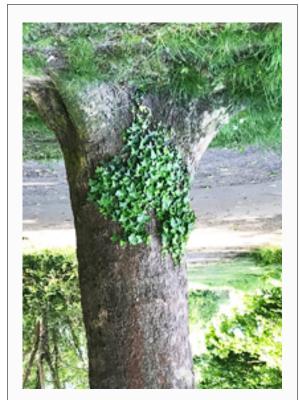
Carshalton Lavender, Stanley Road Allotments,

Lower Park Hall, Carshalton Methodist Church,





Be more active :9lqo9q w9n f99M Local Groups & Activities



020 8642 6388 ino@beecheswellbeing.org

> benefitted since Diamond started. are proud that more than 7,000 disabled riders have We look forward to celebrating our 50 years and we and learning difficulties. including cerebral palsy, Down's Syndrome, autism

children and adults with a range of disabilities of hippotherapy is provided for more than 330 Each week, horse riding, carriage driving, vaulting

along withstabling for 30 horses and ponies, three the centre, supported by 13 tull and part-time staft

Today, Diamond has over 200 volunteers to help run

~useful numbers ~

Everyman Project Anger Management 020 7263 8884

Age UK Sutton

Alcoholics Anonymous

Citizens Advice Bureau

Healthwatch Sutton

Meals on Wheels

Mobile Library

Samaritans

SCILL Centre

Community Drug Service

Eldercare (telecare/alarms)

London Borough of Sutton

Mental Health Support Line

Narcotics Anonymous

QEF Mobility Services

Carshalton Safer Neighbourhood Team

Alzheimer's Society

Benefits Agency

arenas and our own land for grazing.

020 8770 4089

020 7833 0022

020 8770 1875

0842 266 1765

020 8721 2490

0208 405 3552

020 8773 1881

0345 603 4576

020 8254 2616

0208 770 5000

020 8770 4539

0800 028 8000

020 8770 4705

0300 999 1212

020 8770 1151

020 8681 6666

020 8770 4065



. A young rider enjoying a guided ride.

Middleton Road, Sutton, SMI5 TSL

Ruskin Road, Carshalton, SM5 3DE

Lavender Oaks Care Home, 4 Metcalfe Avenue, Carshalton, SM5 4AQ

Woodmansterne Road, Carshalton SM5 4DT

David Weir Leisure Centre (Sutton Arena),

MaximeWools, 68 Banstead Road, Carshalton, SM53NL

Nork Community Centre, 38 Nork Rise, Banstead, SM71JN

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

Carshalton Beeches Community Wellbeing Group does not endorse any of the services, activities or events listed within this leaflet.

Please phone before attending an activity to check on cost and confirm event.

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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