



Local Groups & Activities
 Meet new people:
 Be more active



Issue 5

~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
- 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.

~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
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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This year we are celebrating the 50th Anniversary of a very special place for disabled riders.

50th ANNIVERSARY

This year, we are proud to celebrate the

The Diamond Centre

focus on

The Diamond Centre

Today, Diamond has over 200 volunteers to help run the centre, supported by 13 full and part-time staff along with stabling for 30 horses and ponies, three arenas and our own land for grazing.

Each week, horse riding, carriage driving, vaulting and hippotherapy is provided for more than 330 children and adults with a range of disabilities including cerebral palsy, Down's Syndrome, autism and learning difficulties.

We look forward to celebrating our 50 years and we are proud that more than 7,000 disabled riders have benefitted since Diamond started.

A young rider enjoying a guided ride.



This year we are celebrating the 50th Anniversary of the Diamond Centre for Disabled Riders, one of the forerunners of riding for disabled. The roots go back to 1959 when the founder, Keith Webb, a London Mounted Police Officer first saw a wheelchair-dependant child benefiting from riding a pony. The image remained in his mind for a long time, but it was not until 1968 when Keith undertook a pilot scheme at Queen Mary's Hospital for Children, to explore the benefits of riding for the patients. Six riders were chosen to ride at The Diamond Farm Riding School in Oxted, a considerable distance from the hospital but the riding soon moved to Carshalton on Saturday afternoons at Queen Mary's Hospital. In November 1969 The Diamond Riding Group was formed as one of the founder members of RDA. Through the determination of Keith and his wife leased. It took four years, but a purpose-built centre was opened in 1974.

~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 & 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.
- TAKE NOTICE:** Savour the moment. Make the most of every day and every experience, however small.
- KEEP LEARNING:** Try something new. Rediscover an old 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.

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