



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
or call 020 3764 2913

MONDAY

Inclusive Cycling David Weir Leisure Centre	10.00am-12noon 020 8404 1522
Pilates (Beginners) Carshalton Beeches Baptist Free Church	10am-11am 6.15pm-7.15pm 020 8643 7943
Shepherd Singers *Third Monday of month Church of the Good Shepherd	2.00pm-3.00pm 07508 005 428
Carers Support Group *Last Monday of month Lavender Oaks Care Home	3.00pm-4.30pm 0208 164 2522
Weight Watchers Carshalton Beeches Baptist Free Church	6.30pm-7.30pm 020 8647 7740
Dog Training Diamond Riding Centre	7.30pm-9.30pm 07851 491 352
Gardening Carshalton Community Allotment	10.30am-12.30pm 020 8404 1522
Tennis Various groups for adults and children Carshalton Lawn Tennis Club	07720 941 494
Carshalton Pilates Church of the Good Shepherd	5.30pm, 6.30pm & 7.30pm 07943 679 419

TUESDAY

Baby & Toddlers Carshalton Beeches Baptist Free Church	10.00am-11.00am 020 8642 9311
Golf - Senior Group The Oaks Golf Centre	11.00am & 12.00pm 020 8643 8363
FLexercise Church of the Good Shepherd	1.30pm-3.00pm 07905 263 368
Pilates Carshalton Beeches Baptist Free Church	4.00pm-5.00pm 020 8643 7943
Tennis Various groups for adults and children Carshalton Lawn Tennis Club	07720 941 494
Carshalton Pilates Church of the Good Shepherd	6.00pm, 7.00pm & 8.00pm 07943 679 419
Community Cafe Westcroft Leisure Centre	10.30am-12.30pm 3 rd Tuesday each month



BELVOIR
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www.belvoir.co.uk/sutton
77 Banstead Road, Carshalton Beeches, Sutton SM5 3NP



House of Flowers

56 Banstead Road, Carshalton Beeches, SM5 4NL
Tel: 0208 647 8221
Email: info@thehouse.florist
www.thehouse.florist



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

WEDNESDAY

Inclusive Cycling David Weir Leisure Centre	10.00am-12noon 020 8404 1522
Spill The Beans Café Carshalton Beeches Baptist Free Church	9.30am-2.00pm 020 8642 9311
Tennis Various groups for adults and children Carshalton Lawn Tennis Club	07720 941 494
Twiglets Toddler Group Term Time only - booking via website required www.goodshepherdcarshalton.org	10:00am-11:30am
Beeches Lunch Club Carshalton Beeches Baptist Free Church	12.45pm-2.00pm 020 8642 9311
Game On! *3 rd Wednesday of month Church of the Good Shepherd	2.00pm-4.00pm
British Theatre Academy Carshalton Beeches Baptist Free Church	5.00pm-8.00pm 07718 988 295
Weight Watchers Carshalton Athletic Football Club	6.30pm-7.30pm 020 8404 1522
Wednesday Club *4 th Wednesday of month Church of the Good Shepherd	8.00pm-10.00pm 020 8669 0318
BEEES: Bereavement Support Group 3.00pm Twice monthly Church of the Good Shepherd	020 8643 0411
Wallington & Carshalton Women's Institute 1 st Wednesday of the month Church of the Good Shepherd	8.00pm 07743 161 770
Grove Park Walk Meet at gate by Westcroft Leisure Centre. About 45 mins	10.30am
Tai Chi in Oaks Park	10 am-10.45am

THURSDAY

Inclusive Cycling David Weir Leisure Centre	10.00am-12noon 020 8404 1522
Tennis Various groups for adults and children Carshalton Lawn Tennis Club	07720 941 494
Spill The Beans Café Carshalton Beeches Baptist Free Church	9.30am-2.00pm 020 8642 9311
Pilates (Beginners) Carshalton Beeches Baptist Free Church	9.30am-10.30am 11.00am - 12.00 pm 020 8643 7943
Beeches AA Group Carshalton Beeches Baptist Free Church	8.00pm-9.00pm 07570 813 040
Youth Cafe Term time only for secondary school students Carshalton Beeches Baptist Free Church	3.30-5.30pm 07483 111 987
Walk & Talk with Lynne Fletcher Meet outside Beddington Church	7.00pm 07757 326 249
Coffee & Craft *2 nd Thursday of the month Church of the Good Shepherd	10.15am - 11.30am
Hartbeeps - Classes for Babies & Toddlers Term time only Church of the Good Shepherd suttonandwallingtonhartbeeps.com	9.45am, 10.45am & 11.50 am
Carshalton Pilates Church of the Good Shepherd	10 & 11am, 6pm, 7pm & 8pm 07943 679 419
Forget Me Not Coffee and Chat for bereaved people Carshalton Beeches Baptist Free Church	10.30am-12.00pm Alternate Thursdays
Sing Out Sutton Wellbeing Choir Chiltern Church, 83 Chiltern Road, Sutton, SM2 5QY www.singoutsutton.co.uk	5.30-7.30pm 07792 781 885

Kindly note: The majority of activities are to be paid for.
Carshalton Beeches Wellbeing Group
Is not responsible for any unforeseen cancellations.

FRIDAY

Pilates Carshalton Beeches Baptist Free Church	9.15am-10.15am 020 8643 7943
Spill The Beans Café Carshalton Beeches Baptist Free Church	9.30am-2.00pm 020 8642 9311
Tennis Various groups for adults and children Carshalton Lawn Tennis Club	07720 941 494
Gardening Carshalton Community Allotment	10.30am-12.30pm 020 8404 1522
Exercise Class Carshalton Beeches Baptist Free Church	11.00am-12.00pm 020 8288 1302
Social Club Carshalton Beeches Baptist Free Church	10.30am-12noon 020 8642 9311
AA Carshalton on the Hill Church of the Good Shepherd	7pm weekly

SATURDAY

Tennis Carshalton Lawn Tennis Club	Various groups for adults and children 07720 941 494
Lavender Drop In Carshalton Lavender	10.15am-12.30pm 07948 174 907
Weight Watchers Carshalton Athletic Football Club	6.30pm-7.30pm 07780 330 693
Cycling Groups Every 3 rd Saturday of Month Beddington Park	2:00pm 020 8395 8350
Dramabuds Carshalton Beeches Baptist Free Church	10.45am-1.15pm 020 8669 2355
Gardening Carshalton Community Allotment	9.30am-11.30pm 020 8404 1522

SUNDAY

Football Club *Alternate Sundays Oaks Park High School	2.00pm-4.00pm 01932 836 490
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Saint Martins
Restaurant & Soft Bar

THREE COURSE MEAL FROM A la carte MENU

1. Starter *

2. Main ** £ 12.95

3. Rice or Bread

Available

BYOB No Corkage
All bookings must be made via

Sunday Lunch 1pm to 9 pm
Monday 4pm to 10.30 pm

www.saintmartinsrestaurant.com
020 8642 6242

The above is available as takeaway option collection only
(orders must be placed 0208 6426242.
Online ordering and delivery not available)

*King Prawn items not available
**Tandoori mixed grill and Biryani dishes are considered two course, King Prawn items not available

Tel: 020 8288 0365

52-54 Banstead Road
Carshalton Beeches SM5 3NW
contact@la-bianca.co.uk
www.la-bianca.co.uk

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. For more information please contact us by the form on the website <https://www.beecheswellbeing.org>