



ACTIV8



Summer 2017

Activities

Walking Group

- Tuesday 20th June - Lavender Fields/Oaks Park – Meet at SMHF at 11am to get the S1 bus to Banstead and 166 to Lavender Fields.
- Tuesday 18th July - Morden Hall Park/ Abbey Mills – Meet at the Sutton Post Office Bus Station at 11am to get the 280 bus.
 - Tuesday 15th August - Banstead Common – Meet at SMHF at 11am.

Please ensure you wear appropriate clothing and shoes for walking and bring a packed lunch.

Activ8 Host – Jola Bartnik

Community Dining Club

- Thursday 29th June at 2pm – Toby Carvery, 54 Commonside West, Mitcham
- Friday 28th July at 7pm – Heens Chinese Restaurant, 15-16 Mulgrave Road, Sutton
 - Tuesday 29th August at 7pm – Zizzi, 13-15 High Street, Sutton
 - Friday 29th September at 7pm – Hawelli, 22 Station Road, Belmont

Please bring enough money to cover your meal, drinks and transport.

Activ8 Host – Gary Appleby

Mad Studies

Mad Studies is an area of education about the experiences, history, culture and narratives.

Throughout the summer and autumn, we will be meeting on a monthly basis.

Themes to be explored: Imaginary Friends & Voices. Austerity, Distress & Madness. Peer-led Alternatives. Mental Health & the Family. Compulsion, Control & Psychiatry

Dates of meetings:

Thursday 8th June between 1pm & 2pm

Thursday 13th July between 1pm & 2pm

Thursday 10th August between 1pm & 2pm

Thursday 14th September between 1pm & 2pm

Thursday 12th October between 1pm & 2pm

Held at Sutton Connect, 63 Downs Road, Belmont, SM2 5NR

Activ8 Host – Danielle Gardner

Natures Corner

Nature's connection for healthy body, mind and emotions - workshops, talks, discussion.

- Tuesday 27th June between 1:30pm and 3pm
 - Tuesday 25th July between 1:30pm and 3pm
 - Tuesday 22nd August between 1:30pm and 3pm
 - Tuesday 26th September between 1:30pm and 3pm
- Held at Sutton Connect, 63 Downs Road, Belmont, SM2 5NR
Activ8 Host – Jola Bartnik

Relaxation and Meditation

Every Monday between 2pm and 3pm
Held at Sutton Connect, 63 Downs Road, Belmont, SM2 5NR

Moon on Mondays

Support Group every Monday between 7:15pm and 9:30pm
Moon on the Hill, Wetherspoon Pub, 59 Hill Road, Sutton, SM1 1DZ
Anyone welcome
Activ8 Host– Gary Appleby

Music Appreciation

Every Tuesday between 2pm and 3pm
Held at Sutton Connect, 63 Downs Road, Belmont, SM2 5NR
Have your chance to listen to your favorite songs & bring your own selections to be played

Circle of Support

Support Group every Wednesday between 2pm and 4pm
Tazza Coffee Shop, 188 High Street, Sutton, SM1 1NR
Anyone welcome
Activ8 Host – Gary Appleby

Yoga run by Sutton Mental Health Foundation

Every Thursday between 2pm and 3pm
Held at Sutton Connect, 63 Downs Road, Belmont, SM2 5NR
Please call 0208 770 0172 to confirm

Creative Writing Group run by Sutton Mental Health Foundation

Every Friday between 11am and 12pm
Held at Sutton Connect, 63 Downs Road, Belmont, SM2 5NR
Group Lead – Paul Lawson

Drama Workshop

Every Friday between 1pm and 2pm
Held at Sutton Connect, 63 Downs Road, Belmont, SM2 5NR
Group Lead – Paul Lawson

Saturday Link

Support Group every Saturday between 2pm and 4pm
Esquires Café, St Nicholas Shopping Centre, Sutton, SM1 1AY

Anyone welcome

Activ8 Host– Gary Appleby

Empire Cinema Sutton – Senior Showings

Tickets - £3.50

Check Cinema for film showings and dates.

Jazz at the Woolpack

First Tuesday of the month – 2:30pm-5:30pm

The Woolpack Pub, 186 High Street, Banstead, SM7 2NZ

Admission Free

Bananas Art

Art for fun!

Join us to draw, paint and chat over a cup of tea.

We are a group of adults who meet to use visual art to build confidence and self-esteem.

Core members have experience of mental health problems.

We meet on Monday afternoons in Wallington.

Contact us by email: artaloud@hotmail.co.uk

Tennis Recovery Group

‘Wellbeing through Tennis’

Wallington Tennis Club, Hillside Gardens, Wallington, SM6 9NX

Come any time between 1:30pm and 3:30pm on Tuesday afternoons.

Rackets and balls available.

To join this friendly group, please contact Penny Meakin (Lead Volunteer)

By mobile 07507865753 (preferably TEXT) or email Penny_Meakin@btconnect.com

Chair Based Exercises

Every Wednesday, 11am – 11:45am

Carshalton Beeches Baptist Church, Banstead Road, Carshalton, SM5 3NL

Light and gentle exercise class which is done from the comfort and safety of a chair.

To book, please call 0208 770 6959 or email activities@ageuksutton.org.uk

Signpost Sutton Session

‘Becoming Completely Smoke Free’

Tuesday 13th June between 1:30pm and 2:30pm

Held at Sutton Connect, 63 Downs Road, Belmont, SM2 5NR