



# ACTIV8



## Winter 2017- 18 Activities

Some of these activities are run by Activ8 and are peer-led; others are run by independent organisations or Sutton Mental Health Foundation. All are open to everyone.

### Walking Group \*Peer-led

The group are doing the Wandle Trail in different sections, the last of which will be Abbey Mills, Colliers Wood, to the Thames, on 29th Jan. There will then be a planning meeting on 26<sup>th</sup> Feb.

*New host to be confirmed*

*Acting Activ8 host – Alan Leader*

### Community Dining Club \*Peer-led

- Friday 29<sup>th</sup> December – Casa Nostra, 8 Mulgrave Road, Sutton, 2pm
    - Friday 26<sup>th</sup> January – Emperor, 71-75 Stonecot Hill, Sutton, 7pm
  - Friday 23<sup>rd</sup> February – Toby Carvery, 54 Commonsides West, Mitcham, 7pm
- 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 experiences, history, culture and narratives. Throughout the autumn, we will be meeting on a monthly basis.

Themes to be explored:

The History of Mental Health (Dec).

Themes for other months to be confirmed.

Dates of meetings:

Thursday 14<sup>th</sup> December

Thursday 11<sup>th</sup> January

Thursday 8<sup>th</sup> February

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

*Host – Danielle Gardner*

**Moon on Mondays** \*Peer-led

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

**Circle of Support** \*Peer-led

Support Group every Wednesday between 2pm and 4pm  
This will be held at the Salvation Army, Sutton, until further notice as Tazza is being refurbished.

Anyone welcome

Activ8 Host – Gary Appleby

**Saturday Link** \*Peer-led

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

Anyone welcome

Activ8 Host– Gary Appleby

**Signpost Sutton Session**

‘Maintaining your tenancy’

To be rearranged

Proposed session: ‘Open Dialogue: who we are and what we do’

## **Jazz at the Woolpack**

First Tuesday of the month – 2:30pm - 5:30pm  
The Woolpack Pub, 186 High Street, Banstead, SM7 2NZ  
Admission Free

## **Empire Cinema Sutton – Senior Showings**

Empire Cinema is currently closed for refurbishment and is due to re-open at the end of January

## **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 from 2-4pm in Wallington.

Contact us by email: [artaloud@hotmail.co.uk](mailto: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](mailto: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 7706959 or email [activities@ageuksutton.org.uk](mailto:activities@ageuksutton.org.uk)

## **Scrabble group**

Every Saturday between 2.00pm and 4.00pm at Sutton College. To book a partner to play with call 020 87706259. Everyone is welcome – it doesn't matter how good you are. The

Scrabble group will be back at Sutton Library on 14<sup>th</sup> February.

## **Walking football**

Every Wednesday

From a qualified level 3 FA Cup trainer, for games and a chat over tea or coffee afterwards. Sessions will be held on grass if dry and inside if wet. At the Cricket Centre, Plough Lane, Wallington, SM6 8JQ, 10.15-11.30. Cost £2 per session. Contact Oli Johnson on 020 86692177.

**Relaxation and Meditation run by Sutton Mental Health Foundation**

Every Monday between 2pm and 3pm  
Held at Belmont Connect, 63 Downs Road, Belmont, SM2 5NR  
Host: Sheila Webster

**Mindfulness run by Sutton Mental Health Foundation**

Every Thursday between 1.45 and 2.45pm  
Held at Belmont Connect, 63 Downs Road, Belmont, SM2 5NR  
Host: Sheila Webster

**Music Group run by Sutton Mental Health Foundation \*Peer-led**

Every Tuesday between 11am and 12pm  
Held at Sutton Connect, 63 Downs Road, Belmont, SM2 5NR  
Have your chance to play instruments in time to your favourite music!  
Host: Geoff K

**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  
Acting Host: Michael Kelly  
\*Peer-led

**Drama Workshop run by Sutton Mental Health Foundation \*Peer-led**

Every Friday between 1pm and 2pm  
Held at Sutton Connect, 63 Downs Road, Belmont, SM2 5N  
Acting Host: Michael Kelly