

# Summer in Sutton

Sutton Council, Volunteer Centre Sutton, Community Action Sutton and Home-Start Sutton are working in partnership to find out what is on offer for children, young people and families across the Borough. This summer wellbeing information pack provides an overview of some of the free and paid activities suitable for families throughout July and August 2021. For childcare requirements or any other family queries or concerns please contact the Family Information Service team - 020 8770 6000



The '**5 Ways to Wellbeing**' offers five simple areas that help improve our mental health and wellbeing. To help support the overall wellbeing for children, young people and families in Sutton, the activities and opportunities listed here have been categorised accordingly.



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Sutton Council has secured funding from the Department for Education to provide a Holiday Activities and Food (HAF) Programme for 6 weeks during the school holidays. For summer we will provide 16 hours per week of enrichment activities and a daily nutritional meal for 4 weeks during the summer to eligible children. The HAF programme is funded by the Department for Education to provide additional support to eligible families to access holiday activities. **To see the full list of activities, please click [here](#) / [HAF providers location](#).**

## Fit for Sports: Summer Camp

**Activity:** Children take part in a range of activities which encourage healthy eating, mindfulness, and regular physical activity. Their participation also helps them become creative thinkers, and develop resilience and confidence.

**Age:** 5-12

**Date:** 26 July - 27 Aug 21 (Mon-Fri)

**Time:** 8.30am - 5.30pm

**Location:** Westcroft Leisure Centre or David Weir Leisure Centre

**Booking Info:** [Click here](#)

## MKB Academy

**Activity:** MKB academy ethos is to make dance accessible and all-inclusive promoting and creating community cohesion. They provide a range of dance and fitness classes for all ages and abilities across the London Borough of Sutton and beyond.

**Age:** 5-11

**Date:** 26 Jul - 19 Aug 21 (Mon-Fri)

**Time:** 9.30am - 1.30pm

**Location:** Foresters Primary School, Redford Ave, Wallington SM6 9DP

**Booking Info:** [Click here](#)

## Progressive Martial Arts: Summer Holiday Programme

**Activity:** Multi activity days including martial arts, archery, fencing, dodgeball, arts and crafts, fun Fridays with bouncy castles, pizza lunch and movie and popcorn afternoon.

**Age:** 5-11

**Date:** 27 Jul - 27 Aug 21 (Mon-Fri)

**Time:** 9am - 3pm

**Location:** Carshalton Athletic FC, War Memorial Sports Ground, Colston Ave, Sutton, Carshalton SM5 2PW

**Booking Info:** [Click here](#)

## Pure Futsal Academy

**Activity:** Positive, fun and enabling environment where children can take part and enjoy sports activities and develop physically, emotionally, socially and improve their sporting skills. Sessions are delivered with an emphasis on fun and based on tailored games and exercise that will help children develop sports skills.

**Age:** 5-15

**Date:** 26 Jul - 19 Aug 21

**Time:** 10.15am Under 5's / 11am Under 8's / 12pm Under 10's and Under 12's

**Location:** Manor Park, Sutton, SM1 4BF

**Booking Info:** [Click here](#)





## **Mensah EduSport**

**Activity:** Football, basketball, multisports, healthy cooking/ eating classes, martial arts, days trips out to museums and the local community farm.

**Age:** 6-13

**Date:** 26 July - 19 Aug 21

**Time:** 10am - 2pm

**Location:** Winward Court, 34 Eaton Rd, Sutton SM2 5EE

**Booking Info:** [Click here](#)

## **Tollo Academy: Summer Multi-Sports 2021**

**Activity:** Various sports activities

**Age:** 5-12

**Date:** 26 Jul - 19 Aug 21 (Mon-Thur)

**Time:** 10am - 2pm

**Location:** Green Wrythe Primary School, Green Wrythe Ln, Carshalton, SM5 1JP

**Booking Info:** [Click here](#)

## **Come and Play: Holiday Camp**

**Activity:** Wide range of activities such as arts and crafts, quiet corner, board games, team games both in and outdoors, children will also have the opportunity to try new things, promoting children's learning through planned activities that are challenging but achievable to every child and that interest them.

**Age:** 4-11

**Date:** 26 July - 20 Aug 21

**Time:** 08.30am - 6pm

**Location:** Rushy Meadow Primary School, Rushy Meadow Lane, Carshalton, SM5 2SG

**Booking Info:** [Click here](#)

## **Benhilton Kids Zone Holiday Club:**

**Activity:** Planned programme of enriching activities and experiences including structured and free play choices within our 'activity zones'. These include, arts and crafts, cooking, gardening, IT, music, games, sports, outdoor play and visits to parks.

**Age:** 3-12

**Date:** 26 Jul - 30 Aug 21

**Time:** 07.30am - 6pm

**Location:** KidsZone Benhilton, 83 Stayton Road, Sutton SM1 2PS

**Booking Info:** [Click here](#)

## **Supreme Education: Summer Holiday Camp**

**Activity:** Offer classes and lessons drama, monologue, script-writing, film making, arts & crafts, Maths and English booster, healthy eating lesson, football, athletics, cricket, rounders, tag rugby.

**Age:** 9-14

**Date:** 26 July - 19 Aug 21 (Mon-Fri)

**Time:** 10am - 2pm

**Location:** Various locations

**Booking Info:** [Click here](#)

## **Leo Academy Trust**

**Activity:** Baking, hama beads, flower pot decorating, mini olympics, nature hunts, board games, arts and crafts sports and much more.

**Age:** 5-11

**Date:** 26 Jul - 20 Aug 21 (Mon-Fri)

**Time:** 7.30am - 6pm

**Location:** Various locations

**Booking Info:** [Click here](#)



## Grange Holiday Playscheme

**Activity:** Arts and crafts, adventurous risky play opportunities, sensory room, themed weeks, adult & child led activities.

**Age:** 4-12

**Date:** 26 July - 19 Aug 21 (Mon-Fri)

**Time:** 9am - 4.30pm

**Location:** Beddington Park, London Road, Wallington, Surrey, SM6 7BT

**Booking Info:** [Click here](#)

## Riverside Community Association

Participants will be active through a combination of sorts, arts and crafts, and coding, learning new skills, developing others and being with other members of their community.

**Age:**

**Date:** 26 Jul - 19 Aug 21

**Time:** Dependent on location

**Location:** Across three locations - Riverside Community Association Limited, Harris Academy Sutton and Vanguard Community Centre

**Booking Info:** [Click here](#)

## Dramabuds: Peter Pan Camp and Wizards Camp

**Activity:**

26 - 29 Jul 21 (Mon-Thur)

Join us for 4 days in Neverland as we bring our Peter Pan drama to life. Full of drama, imagination, creativity, song and performance.

09 - 13 Aug 21 (Mon-Fri)

Our doors of Hocus Pocus Hall will be open to all inspiring wizarding students. We will take lessons in wandwork, visit the Ecology Centre to collect ingredients, play quidditch, learn a broomstick flying dance and design and make our own wizard cloaks.

**Age:** 5-10

**Time:** 10am - 2pm / 1.30pm - 4.30pm

**Location:** Grove Hall, Grove Park, Carshalton, SM5 3BB

**Booking Info:** [Click here](#)

## 1st Verse Education

**Activity:** Sports activities, creative designs, T-shirt printing, Games, excursions.

**Age:** 11-16

**Date:** 02 - 05 Aug 21 (Mon-Thur)

**Time:** Various

**Location:** Carshalton Athletic FC, War Memorial Sports Ground, Colston Ave, Sutton, Carshalton SM5 2PW

**Booking Info:** [Click here](#)

## Sportsworks

**Activity:** Various sports activities

**Age:** 4-18

**Date:** 02 - 25 Aug 21 (Mon-Wed)

**Time:** 10am - 3pm

**Location:** Various locations

**Booking Info:** [Click here](#)

## Crafty Critters Club

**Activity:** Themed arts and crafts, sports and science experiments.

**Age:** 5-12

**Date/Time:** July - Aug 21

**Location:** Nork House, 33 Nork Way, Banstead, SM7 1PB

**Booking Info:** [Click here](#)

## Jancett Childcare

**Activity:** Themed arts and crafts, sports and science experiments.

**Age:** 5-12

**Date:** 02 - 27 Aug 21

**Time:** 07.30am - 6pm

**Location:** Across three locations (Beano's club at Barrow Hedges Primary School, Stanley's at Stanley Park infant and Startel childcare at Holmwood Gardens Wallington)

**Booking Info:** [Click here](#)



## Orchard Childcare: Holiday Club

**Activity:** Dinosaur crafts, making musical instruments and cooking.

**Age:** 4-11

**Date:** 26 Jul - 19 Aug 21

**Time:** Either 2 full days (from 8 - 4pm), or four half days (from 8 - 12pm or 12 - 4pm)

**Location:** Carshalton Athletic FC, War Memorial Sports Ground, Colston Ave, Sutton, Carshalton SM5 2PW

**Booking Info:** [Click here](#)



Sutton has many open spaces and outdoor recreation and sports facilities where you can get out and get active with friends or family. All of the open spaces and outdoor sports facilities listed below are free to use and do not require booking in advance. Go for a 5km run or turn up with a tennis or table tennis racket, basketball ball or skateboard and enjoy being active outdoors.

## Open Spaces and Outdoor Sports Facilities

### Free Activities

<b>Beddington Park</b> <b>Activities:</b> Playground, outdoor gym, tennis and ball courts <b>Ages:</b> Open to all <b>Dates/Time:</b> Everyday / 8am - Dusk <b>Location:</b> Church Road, Beddington, SM6 7NN	<b>Belmont Park</b> <b>Activities:</b> Playground, ball court and table tennis <b>Ages:</b> Open to all <b>Dates/Time:</b> Everyday / 8am - Dusk <b>Location:</b> Brighton Road, Belmont, SM2 5QN
<b>Benhill Recreation Ground</b> <b>Activities:</b> Playground <b>Ages:</b> Open to all <b>Dates/Time:</b> Everyday / 8am - Dusk <b>Location:</b> 59 Harold Rd, SM1 4HZ	<b>Carshalton Park</b> <b>Activities:</b> Playground and outdoor gym <b>Ages:</b> Open to all <b>Dates/Time:</b> Everyday / 8am - Dusk <b>Location:</b> Ruskin Road, Carshalton, SM5 3BQ
<b>Cheam Park and Recreation Ground</b> <b>Activities:</b> Playground, outdoor gym, tennis courts and table tennis <b>Ages:</b> Open to all <b>Dates/Time:</b> Everyday / 8am - Dusk <b>Location:</b> Tudor Close, Cheam, SM3 8QS	<b>Collingwood Recreation Ground</b> <b>Activities:</b> Playground, outdoor gym, table tennis, ball court and skate park <b>Ages:</b> Open to all <b>Dates/Time:</b> Everyday / 8am - Dusk <b>Location:</b> Collingwood Road, Sutton, SM1 2RZ
<b>Corrigan Avenue Recreation Ground</b> <b>Activities:</b> Playground, outdoor gym, tennis and ball court <b>Ages:</b> Open to all <b>Dates/Time:</b> Everyday / 8am - Dusk <b>Location:</b> Corrigan Avenue, Clockhouse, CR5 2QP	<b>Cuddington Recreation Ground</b> <b>Activities:</b> Playground, outdoor gym, tennis and ball court <b>Ages:</b> Open to all <b>Dates/Time:</b> Everyday / 8am - Dusk <b>Location:</b> St Clair Drive, Worcester Park, KT4 8UK
	<b>Dorchester Road Recreation Ground</b> <b>Activities:</b> Playground <b>Ages:</b> Open to all <b>Dates/Time:</b> Everyday / 8am - Dusk <b>Location:</b> Dorchester Road, Worcester Park, KT4 8NW
	<b>Hamilton Avenue Recreation Ground</b> <b>Activities:</b> Playground <b>Ages:</b> Open to all <b>Dates/Time:</b> Everyday / 8am - Dusk <b>Location:</b> Hamilton Avenue, North Cheam, SM3 9RL
	<b>Grove Park</b> <b>Activities:</b> Playground, outdoor gym and ball court <b>Ages:</b> Open to all <b>Dates/Time:</b> Everyday / 8am - Dusk <b>Location:</b> 121 Mill Lane, Carshalton SM5 2AN



**Manor Park****Activities:** Playground and outdoor gym**Ages:** Open to all**Dates/Time:** Everyday / 8am - Dusk**Location:** Throwley Way, Sutton, SM1 4AF**Mellows Park****Activities:** Playground, outdoor gym, ball court and skate park**Ages:** Open to all**Dates/Time:** Everyday / 8am - Dusk**Location:** Stafford Road, Wallington, SM6 9BU**Nonsuch Park****Activities:** Park**Ages:** Open to all**Dates/Time:** Everyday / 8am - Dusk**Location:** Ewell Rd, Sutton, SM3 8AB**Oaks Park****Activities:** Park**Ages:** Open to all**Dates/Time:** Everyday / 8am - Dusk**Location:** Croydon Lane, Carshalton, SM7 3BA**Rosehill Park East/West****Activities:** Playground, outdoor gym, tennis and ball court**Ages:** Open to all**Dates/Time:** Everyday / 8am - Dusk**Location:** Rosehill Park East, Rose Hill, Sutton, SM1 3LD**St Helier Open Space****Activities:** Playground, outdoor gym, ball courts and skate park**Ages:** Open to all**Dates/Time:** Everyday / 8am - Dusk**Location:** Wrythe Lane, St Helier, SM1 1SU**Overton Park****Activities:** Playground and table tennis**Ages:** Open to all**Dates/Time:** Everyday / 8am - Dusk**Location:** Overton Road, Sutton, SM6 6HW**Roundshaw Park****Activities:** Playground, outdoor gym, tennis and ball courts and skate park**Ages:** Open to all**Dates/Time:** Everyday / 8am - Dusk**Location:** Foresters Drive Wallington, SM6 9DE**Sutton Common Recreation Ground****Activities:** Playground, outdoor gym, tennis and ball courts and BMX cycling**Ages:** Open to all**Dates/Time:** Everyday / 8am - Dusk**Location:** Sutton Common Road, Woodstock Avenue Sutton, SM3 9JB**Wrythe Recreation Ground****Activities:** Playground and ball courts**Ages:** Open to all**Dates/Time:** Everyday / 8am - Dusk**Location:** Wrythe Lane, Carshalton, SM5 2RB

## Leisure Centres

### Paid Ticketed Activities

Leisure Centres across Sutton offer a wide range of junior gym and fitness classes and family activities. Depending on your interest, you can attend swimming and trampolining lessons or hire a court and play friendly or competitive games of badminton, tennis or squash.

#### Cheam Leisure Centre

**Activities:** 11-15 years supervised gym sessions, family, junior and disabled swimming lessons, squash and table tennis courts.

**Age:** Activity dependent

**Date/Time:** Activity dependent

**Location:** Malden Road, Sutton, Surrey, SM3 8EP

**Contact:** 0208 644 2891

**Booking Info:** [Click here](#)



#### Westcroft Leisure Centre

**Activities:** 11-15 years supervised gym sessions, adult & child, junior and disabled swimming and lessons, badminton, table tennis and tennis courts and a creche.

**Age:** Activity dependent

**Date/Time:** Activity dependent

**Location:** Westcroft Road, Carshalton, Surrey, SM5 2TG

**Contact:** 0208 669 8666

**Booking Info:** [Click here](#)

#### The Phoenix Centre

**Activities:** 11-15 years supervised gym sessions, badminton and table tennis courts, trampolining lessons and soft play.

**Age:** Activity dependent

**Date/Time:** Activity dependent

**Location:** Mollison Drive, Wallington, Surrey, SM6 9NZ

**Contact:** 0208 773 6060

**Booking Info:** [Click here](#)

#### Sutton Sports Village

**Activities:** Trampoline and/or SEN session, soft play, tennis court

**Age:** Activity dependent (U8's for

**Date/Time:** Activity dependent

**Location:** Rose Hill Park, Rose Hill, Sutton, Surrey, SM1 3HH

**Contact:** 020 8641 6611

**Booking Info:** [Click here](#)

#### David Weir Leisure Centre

**Activities:** 11-15 years supervised gym sessions, junior gymnastics, athletics, trampolining lessons and soft play.

**Age:** Activity dependent

**Date/Time:** Activity dependent

**Location:** Middleton Rd, Carshalton, SM5 1SL

**Contact:** 0208 641 9480

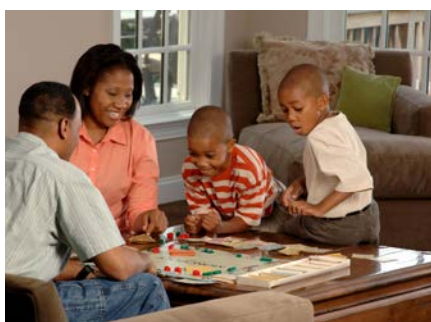
**Booking Info:** [Click here](#)

## Childrens' Centres

### Free Activities



Children's Centres offer support and activities to families with children aged 0-5 years. The Children's Centres offer parents/carers a place to come and meet other new parents/carers, explore different activities, get advice and support, learn more about child development and have fun. Keep an eye on their Facebook page for activities taking place over the summer



#### Amy Johnson Children's Centre

Brabazon Avenue, Wallington, SM6 9ET

020 8770 5910

Further Information: [Click here](#)

#### Green Oak Children's Centre

671 London Road, Cheam, SM3 9DL

020 8770 5787

Further Information: [Click here](#)

#### Tweeddale Children's Centre

Tweeddale Road, Carshalton, SM5 1SQ

020 8770 5801

Further Information: [Click here](#)

#### Thomas Wall Children's Centre

69 Western Road, Sutton, SM1 2TF

020 8770 5875

Further Information: [Click here](#)



## Clubs, Workshops and Events

Paid Ticketed

If your child is looking to learn new or enhance existing skills, be active and meet new friends, there are various holiday clubs and courses available. Take a look at some of the workshops and clubs on offer.

### **Cheam Gymnastics Club: Trampolining courses**

**Activity:** Our qualified coaches will teach you in a fun, friendly and safe environment. This course is for those wishing to learn or improve their trampoline skills.

**Age:** 5-8 / 8-14+

**Date:** 09 – 11 Aug 21 (Mon - Fri)

**Time:** 10am - 11am / 11.15am – 12.15pm

**Location:** Cheam High School, Chatsworth Road, Cheam, SM3 8PW

**Booking Info:** [Click here](#)



### **Cheam Gymnastics Club: Gymnastics course**

**Activity:** Our qualified coaches will teach you on the floor, beams, bars, vault, mini-trampette and trampoline in a fun, friendly and safe environment. This course is for those wishing to learn or improve their gymnastics skills.

**Age:** 8-14+ / 4-8

**Date:** 09 – 11 Aug 21 (Mon - Fri)

**Time:** 10am - 11am / 11.15am – 12.15pm

**Location:** Cheam High School, Chatsworth Road, Cheam, SM3 8PW

**Booking Info:** [Click here](#)



### **JD's Football School: Holiday Course**

**Activity:** Technical coaching, based on our principles of; technical, tactical, social, physical and psychological development.

**Age:** 4-13

**Date:** 02 Aug - 03 Sep 21 (Goals Sutton) (Mon- Fri)

26 Jul - 27 Aug 21 (Carshalton Boys Sports College)

**Time:** 9am - 3pm

**Location:** Goals Sutton, 658 London Road, Sutton, SM3 9BY or Carshalton Boys Sports College Muschamp Road, Carshalton, SM5 2SE

**Booking Info:** [Click here](#)



### **Ultimate Footballers**

**Activity:** Technical coaching, based on our principles of; technical, tactical, social, physical and psychological development.

**Age:** 5-8

**Date:** Every Sat (Jul - Aug 21)

**Time:** 9:15am - 10am

**Location:** Carshalton Park, Carshalton, Surrey, SM5 4NS

**Booking Info:** [Click here](#)



## Clubs, Workshops and Events

Paid Ticketed

### **Sutton Community Dance: Summer Camp**

**Activity:** A fun-filled, week-long opportunity to dance to the songs from the hit musical, GREASE!

**Age:** 4-18 (Divided into age groups)

**Date:** 02 – 06 Aug 21 (Mon - Fri)

**Time:** 10am - 4pm

**Location:** Sutton Community Dance, Saint Nicholas Way, Sutton, SM1 1AX

**Booking Info:** [Click here](#)



### **Stagecoach Sutton: Summer Workshop**

**Activity:** Join us for an exciting week working towards a full-scale show with full production, lights, sound and costumes! The week is fast paced and fun. Our holiday workshops are a great way to meet new friends and experience working with our professional team.

**Age:** 4-16 (Divided into age groups)

**Date:** 02 - 06 Aug 21 (Mon - Fri)

**Time:** 9:30am - 12:30pm / 10am - 4:30pm

**Location:** St Andrews Church, Northey Avenue, Cheam, SM2 7HF

**Booking Info:** [Click here](#)



### **Presto Performing Arts: Summer School**

**Activity:** A fun-filled, week-long opportunity to dance to the songs from the hit musical, GREASE!

**Age:** 4-18 (Divided into age groups)

**Date:** 09 – 13 Aug 21 (Mon - Fri)

**Time:** 10am - 4pm or 9.30-12.30pm

**Location:** St Andrews Church, Northey Avenue, Cheam, SM2 7HF

**Booking Info:** [Click here](#)



### **Future Gymnastics: Summer Camps**

**Activity:** Anyone can join us for holiday camps. You do not need to be a member of Future Gym, or have previous gymnastics experience in order to have fun over the school holidays.

**Age:** 5+

**Date:** 02 – 27 Aug 21 (Mon-Fri)

**Time:** 8.30am - 4.30pm

**Location:** Bandon Hill Wood Field & Oak Field Primary School, Stanley Park Rd, Carshalton, SM5 3HW

**Booking Info:** [Click here](#)

## Clubs, Workshops and Events

Paid Ticketed



### **Sutton Tennis & Squash Club**

**Activity:** The sessions consist of warm ups, agility, balance and co-ordination skills, coaching of all the shots, drills, fun games, competition & matchplay (where appropriate).

**Age:** 3-16 Divided into age groups)

**Date:** 26 Jul - 13 Aug + 23 - 27 Aug 21 (Mon - Fri)

**Time:** Depends on age group

**Location:** 19 Devonshire Rd, Sutton, SM2 5HH

**Booking Info:** [Click here](#)



### **Cheam Lawn Tennis Club: Summer Holiday Course**

**Activity:** Children can enjoy making slime, melting chocolate to make lollipops, painting ceramics and giving your child a full day of fun activities.

**Age:** 4-16 (Divided into age groups)

**Date:** 26 Jul - 27 Aug 21

**Time:** 9am - 12pm or 1.30pm - 3.30pm

**Location:** Cheam Lawn Tennis Club, Cheam, SM2 7BJ

**Booking Info:** [Click here](#)

### **Village Ceramics: Summer Creative Day Camp**

**Activity:** Children can enjoy making slime, melting chocolate to make lollipops, painting ceramics and giving your child a full day of fun activities.

**Age:** 5+

**Date:** 20 Jul - 20 Aug 21 (Tue-Fri)

**Time:** 9am - 5pm

**Location:** Village Ceramics, 31 Station Way, Cheam Village, Sutton, Surrey, SM3 8SD

**Booking Info:** [Click here](#)



### **art-K: Holiday Workshops**

**Activity:** Explore projects working with paper sculpture, clay, design, mixed media, watercolour and acrylics. You can pick from half day, full day or week long course.

**Age:** 6 - 16

**Date:** 14 Jul - 27 Aug 21

**Time:** 10am - 3pm

**Location:** 144 Stanley Park Road, Carshalton, SM5 3JG

**Booking Info:** [Click here](#)





## Clubs, Workshops and Events

Paid Ticketed

### Ecological: Family Cycling Sessions

**Activity:** Opportunity to cycle with family members in a safe and supportive off road place.

**Age:** 7+

**Date:** 29 Jul, 05, 12, 19, 26 Aug 21

**Time:** 12pm - 1pm

**Location:** David Weir Leisure Centre, Middleton Road, Carshalton, Surrey SM5 1SL.

**Booking Info:** [Click here](#)



Free Ticketed



### Time Out Youth Project: Skoot Skateboarding Session

**Activity:** Skateboarding Lesson

**Ages:** 5-14 (Mixed abilities)

**Dates:** 02, 09,

**Time:** 10:30am - 11:30am

**Location:** Beddington Park (near the Skate Ramps)

**Booking Information:** [Click here](#)



### Nonsuch Junior Parkrun

**Activity:** Weekly 2k timed run for juniors

**Age:** 4-10

**Date:** Every Sun throughout the year

**Time:** 9am

**Location:** Nonsuch Park, 23 Ewell Rd, Sutton SM3 8AB

**Booking Info:** [Click here](#)

## Clubs, Workshops and Events



### **Rounders Day Event** - Free Ticketed

**Activity:** Off The Record is excited to host a rounders event for young people to get involved in sport and to connect with others.

**Ages:** 11-25

**Dates:** 03 Aug 21

**Time:** 11am – 4pm

**Location:** Overton Grange School, 36 Stanley Road, SM2 6TQ

**Booking Info:** [Click here](#)



### **Mindfulness Walk** - Free Ticketed

**Activity:** Off The Record are teaming up with Sutton Uplift and their wellbeing team to invite young people aged 11-25 from the Boroughs of Sutton, Merton and Croydon to join us for a mindfulness walk. The event will be a friendly walk around the park, stopping at points to discuss the practice of mindfulness, grounding and end with a loving-kindness meditation.

**Ages:** 11-25

**Dates:** 24 Aug 21

**Time:** 3pm – 5pm

**Location:** Beddington Park, Church Road, Wallington SM6 7NN

**Booking Info:** [Click here](#)

For further information about the Off The Record events taking place in Croydon, please take a look at their website.

**Booking Information:** [Click here](#)

### **Theory Booster Classes - Beginner**

Paid Ticketed

**Activity: Beginner class:** This class is ideal for anyone who has recently started playing a musical instrument, who wants to learn more about music theory, or who wants to take their grade 1 theory exam in the Autumn term.

**Intermediate class:** This class is suitable for students who have taken grade 1 or 2 theory exams and are ready for grade 3. This is also for students at secondary school who are considering doing GCSE music.

**Dates:** 23-27 Aug 21

**Time:** 9:30am – 10:30am (Beginner Theory)  
10:45-11:45 (Intermediate Theory)

**Location:** Creative Room, Cognus offices, 24 Denmark Road, Carshalton, SM5 2JG.

**Booking Info:** [Click here](#)

### **Sutton Music Service: Junior Jazz Workshop**

Paid Ticketed

**Activity:** Following on from the popularity of our online course Jazz It Up over the Easter holidays, SMS are delighted to announce we are running a pair of 3-day jazz workshop.

**Dates:** 02 – 04 Aug 21

**Time:**

1:30pm – 4pm – Senior Jazz Workshop (grades 5+)

10am – 12:30pm – Junior Jazz Workshop (grades 2-4)

**Location:** Creative Room, Cognus offices, 24 Denmark Road, Carshalton, SM5 2JG.

**Booking Info:** [Click here](#)



## Libraries

### Free Activities



Sutton Central Library

#### **Sutton Central Library**

St Nicholas Way, Sutton SM1 1EA  
Telephone: 020 8770 4740  
Email: [sutton.library@sutton.gov.uk](mailto:sutton.library@sutton.gov.uk)



Wallington Library

#### **Wallington Library**

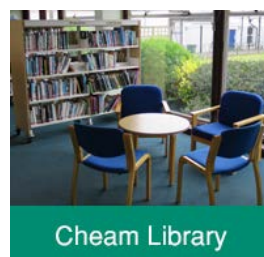
Shotfield, Wallington SM6 0HY  
Telephone: 020 8770 4900  
Email: [wallington.library@sutton.gov.uk](mailto:wallington.library@sutton.gov.uk)



Westcroft Library

#### **Westcroft Library**

Church Road, Cheam, SM3 8QH  
Telephone: 020 8644 9377  
Email: [cheam.library@sutton.gov.uk](mailto:cheam.library@sutton.gov.uk)



Cheam Library

#### **Cheam Library**

Shotfield, Wallington, SM6 0HY  
Telephone: 020 8770 4900  
Email: [wallington.library@sutton.gov.uk](mailto:wallington.library@sutton.gov.uk)



Circle Library

#### **Circle Library**

Green Wrythe Lane, Carshalton  
SM5 1JJ  
Telephone: 020 8648 6608  
Email: [circle.library@sutton.gov.uk](mailto:circle.library@sutton.gov.uk)



Library @  
The Life Centre

#### **Sutton Life Centre**

Alcorn Close, Sutton, SM3 9PX  
Telephone: 020 8644 9696  
Email: [lifecentre.library@sutton.gov.uk](mailto:lifecentre.library@sutton.gov.uk)



Library @  
The Phoenix Centre

#### **The Phoenix Centre**

Mollison Drive, Roundshaw, Wallington SM6 9NZ  
Telephone: 020 8770 4901  
Email: [phoenix.library@sutton.gov.uk](mailto:phoenix.library@sutton.gov.uk)



Worcester Park Library

#### **Worcester Park Library**

Stone Place, Windsor Road, Worcester  
Park KT4 8ES  
Telephone: 020 8337 1609  
Email: [worcester.library@sutton.gov.uk](mailto:worcester.library@sutton.gov.uk)

## Summer Workshops and Events

Free and Paid Ticketed

### Sutton Ecology Centre - Incredible Insects

Paid Ticketed

**Activity:** Meet incredible stick insects! Discover beetles, bugs, butterflies and more at our beautiful nature reserve. Includes minibeast hunt and craft to take home!

**Age:** 5-11 (Children must be accompanied by an adult)

**Date:** 02, 03, 09 Aug 21

**Time:** 10.30am-12noon & 1:30pm - 3pm

**Location:** Sutton Ecology Centre, Festival Walk, SM5 3NY

**Booking Info:** [Click here](#)

### Wildlings Forest School

Paid Ticketed

**Activity:** Learn how to put up a rope ladder, create dens and shelters or use tools to create your own woodland craft. There will also be plenty of opportunity for free play, chilling in the hammock or having a go on the rope swing.

**Age:** 8-12

**Date:** 09, 10 Aug 21

**Time:** 10:30am - 12:30pm / 1:30pm - 3pm

**Location:** Sutton Ecology Centre, Festival Walk, SM5 3NY

**Booking Info:** [Click here](#)



### Woodland Skills

Paid Ticketed

**Activity:** Learn skills such as making your own musical instrument from wood, tie knots and shelter building.

**Age:** 7+ (Children must be accompanied by an adult)

**Date:** 02, 23 Aug 21

**Time:** 10am-12pm / 1.30pm-3.30pm

**Location:** Sutton Ecology Centre, Festival Walk, SM5 3NY

**Booking Info:** [Click here](#)

### Stay and Play

Paid Ticketed

**Activity:** Come and enjoy lots of free play in the woods. There will be plenty of climbing, swinging, woodland inspired crafts and activities and more.

**Age:** Under 7's (Children must be accompanied by an adult)

**Date:** 01, 22, 29 Aug 21

**Time:** 10am -11.30am / 1pm - 2.30pm

**Location:** Sutton Ecology Centre, Festival Walk, SM5 3NY

**Booking Info:** [Click here](#)







## Summer Workshops and Events

Free and Paid Ticketed

Learning does not have to end at the end of the school year! Attend one of the many events on this summer and your child can discover surprising facts about animals, trace their carbon footprint or enjoy a reading from authors and storytellers.

### Sutton Cultural Services



#### Sutton Council's Cultural Services Presents

The Summer Programme

This summer, Sutton Council's Cultural Services are bringing it's community a jam-packed programme of events. We have an enormous range of free and paid ticketed events and activities; from crafts and storytelling sessions that young children will love, to art galleries and workshop classes that teens will enjoy.

#### Summer Reading Challenge

Free Ticketed

**Activity:** The Summer Reading Challenge is back. We're encouraging all children to read six library books over the summer months, and get in with the chance to win amazing prizes. There's also a brand new digital game that'll take you all across Sutton, and everyone can get in on the love of reading by joining in with the TLC Book Club.

**Age:** 4-11

**Date/Time:** July - 31 Aug 21

**Booking Info:** [Click here](#)



#### Birds of Britain

Free Ticketed

**Activity:** Fly along to Honeywood for fun making and discovering facts about our feathered friends. Make an owl headband and binoculars, colouring sheets, reading corner. British garden birds fact finding fun.

**Age:** 4-11 (Children must be accompanied by an adult)

**Date:** 24 Jul - 28 Aug 21

**Time:** During opening times

**Location:** Honeywood Museum, Honeywood Walk, Carshalton, SM5 3NX

**Booking Info:** [Click here](#)

#### Follow The Footprints' Trail

Free Ticketed

**Activity:** Follow the animals' footprints around the museum and discover fun hints and tips for how to reduce your Carbon Footprint and help our environment.

**Age:** All ages (Children must be accompanied by an adult)

**Date:** 24 Jul - 28 Aug 21

**Time:** During opening times

**Location:** Whitehall Historic House, 1 Malden Rd, Cheam, SM3 8QD

**Booking Info:** [Click here](#)

#### Mini Farmers Workshop

Paid Ticketed

**Activity:** Be a Mini Farmer with Sutton Community Farm in this fun, interactive workshop which explores how children can grow their own vegetables at home, whether you have a garden or not! In this hands-on workshop children will sow their own seeds and learn how to care for them before taking them home to watch them grow.

**Age:** 6-12 (All ages welcome)

**Date:** 29 Jul 21

**Time:** 10:30am - 11:15am

**Location:** Whitehall Historic House (Garden), 1 Malden Rd, Cheam, SM3 8QD

**Booking Info:** [Click here](#)





## Summer Workshops and Events

Free and Paid Ticketed

**Sutton Cultural  
Services**



### Sutton Council's Cultural Services Presents

The Summer Programme

#### Seeking the Origins of Honeywood

Free Ticketed

**Activity:** An event celebrating the centenary of the Carshalton and District History and Archaeology Society. A chance to see and handle some of the finds from the culvert under Honeywood and discover what they tell us about the early history of the house.

**Age:** All ages (Children must be accompanied by an adult)

**Date:** 29 Jul 21

**Time:** 11am - 1pm / 2pm - 6pm

**Location:** Honeywood Museum, Honeywood Walk, Carshalton, SM5 3NX

**Booking Info:** [Click here](#)



#### Whitehall Goes Green

Free Ticketed

**Activity:** Over August, decorate your own Footprint, paint your own Pebble Art Minibeast or make your own recycled Sock Octopus and enjoy an hour of reading of 'Greta and the Giants' by Zoe Tucker, 'A Song of Gladness' by Michael Morpurgo and the 'Somebody Swallowed Stanley' by Sarah Roberts.

**Age:** All ages (Children must be accompanied by adult)

**Date:** 29 Jul, 05, 12 Aug 21

**Time:** 12pm - 3:30pm

**Location:** Whitehall Historic House (Garden), 1 Malden Rd, Cheam, SM3 8QD

**Booking Info:** [Click here](#)



#### The Phoenix of Persia (and other stories)

Free Ticketed

**Activity:** Author and storyteller Sally Pomme Clayton is telling stories in the open air. Come along for an imaginative time.

**Age:** 0-5 (Children must be accompanied by an adult)

**Date:** 31 Jul 21

**Time:** 2:30pm - 3:15pm

**Location:** Cheam Park, Tudor Close, Cheam, Sutton, SM3 8QS

**Booking Info:** [Click here](#)







## Summer Workshops and Events

Free and Paid Ticketed



### Sutton Council's Cultural Services Presents

The Summer Programme

#### **Sutton Past, Present and Future** - Free Ticketed

**Activity:** An afternoon of discovery looking at how our borough has developed in the past and is still evolving. Look at some maps to find out what was there before your road was built. Do you know when your house was built? There are visual clues to help.

**Age:** All ages (Children must be accompanied by adult)

**Date:** 05 Aug 21

**Time:** 2pm - 4pm

**Location:** Honeywood Museum, Honeywood Walk, Carshalton, SM5 3NX

**Booking Info:** [Click here](#)



#### **Stories in Gardens** - Paid Ticketed

**Activity:** Join storyteller, musician and artist Jenny Lockyer for this enchanting storytelling and music workshop in Whitehall's beautiful garden. Let your imagination come to life and share your ideas to help Jenny to create a new magical story in this interactive show which uses storytelling, original music and puppets to inspire a love of stories.

**Age:** 4-12

**Date:** 05 Aug 21

**Time:** 10:30am - 11:30am

**Location:** Whitehall Historic House (Garden), 1 Malden Rd, Cheam, SM3 8QD

**Booking Info:** [Click here](#)

#### **"Sew Easy!"** - Paid Ticketed

**Activity:** Join the team from Stitches Academy and find out how to turn an old pair of jeans into a smart, new zipped pouch. Learn hand-sewing techniques that you can use to save your favourite clothes and do your bit to save your favourite clothes from land-fill for years to come.

**Age:** 7-14 (Children must be accompanied by an adult)

**Date:** 12 Aug 21

**Time:** 10:30am - 12pm

**Location:** Whitehall Historic House (Garden), 1 Malden Rd, Cheam, SM3 8QD

**Booking Info:** [Click here](#)

#### **Innovative History - Gladys West** - Paid Ticketed

**Activity:** Leave the old way of learning about history in the past! This digital STEAM session introduces Gladys West- whose work pioneered GPS technology. Learn about hidden heroes and innovators in history; families will design, create and write their very first computer program featuring algorithms and sequences.

**Age:** All ages (Children must be accompanied by adult)

**Date:** 14 Aug 21

**Time:** 11am - 12.30pm

**Location:** Whitehall Historic House (Garden), 1 Malden Rd, Cheam, SM3 8QD

**Booking Info:** [Click here](#)



## Summer Workshops and Events

Free and Paid Ticketed

**Sutton Cultural  
Services**



### Sutton Council's Cultural Services Presents

The Summer Programme

#### Errol's Garden Gardening Workshop

Paid Ticketed

**Activity:** Inspire a passion for plants by joining Golden Toad Theatre Company for a fun-filled gardening workshop featuring the book 'Errol's Garden'. Listen to the story and the songs from the Golden Toad Theatre 'Errol's Garden' show. Those taking part will decorate a plant pot, sow some seeds and learn how to take care of their plant once they have taken it home.

**Age:** 4-10 (Children must be accompanied by adult)

**Date:** 19 Aug 21

**Time:** 10:30am - 11:10am, 1pm - 1:40pm, 2:30pm - 3:10pm

**Location:** Whitehall Historic House (Garden), 1 Malden Rd, Cheam, SM3 8QD

**Booking Info:** [Click here](#)

#### Naturetown: Animal Handling in Grove Park

Free Ticketed

**Activity:** Meet a snake, a spider and more animals, and learn some surprising facts.

**Age:** All ages

(Children must be accompanied by an adult)

**Date:** 24 Aug 21

**Time:** 11:05am - 12pm, 1:30pm - 2:25pm

**Location:** Grove Park, 121 Mill Lane, Carshalton, SM5 2AN

**Booking Info:** [Click here](#)







## Summer Workshops and Events

Free and Paid Ticketed



### Sutton New Town Community Festival and Manor Park Friends' Group Presents

Summer in the Garden

Sutton New Town Community Festival and Manor Park Friends Group are staging a series of activities in Manor Park under the theme of 'Play, Learn and Create' in Sutton's Garden. The activities have been crowdfunded after a fantastic campaign run on Spacehive that saw a major contribution from the Mayor of London.

#### Kindy rock with Lindsey

Free Ticketed

**Activity:** Throw it up and catch, your beanbag! Kindy Rock movement and a music session, rhythm sticks and beanbags for some music exercise and energy.

**Age:** 3-5 (Children must be accompanied by an adult)

**Date:** 24, 31 Jul & 07, 14, 21, 28 Aug 21

**Time:** 10am - 10:30am

**Location:** Manor Park, Throwley Way, Sutton, SM1 4RD

**Booking Info:** [Click here](#)



#### Chalking Stories with Andy Copps

Free Ticketed

**Activity:** Traditional storytelling for children and families using the spoken word to shadow puppetry, dance or music. .

**Age:** All ages (Children must be accompanied by an adult)

**Date:** 01, 08, 15, 22 Aug 21

**Time:** 2pm - 3pm

**Location:** Manor Park, Throwley Way, Sutton, SM1 4RD

**Booking Info:** [Click here](#)



#### Manor Park Dog Show

Free Ticketed

**Activity:** The famous Manor Park Dog Show is a fun event for all the family. In aid of Paws2Rescue.

**Age:** All ages (Children must be accompanied by adult)

**Date:** 08 Aug 21

**Time:** 2pm - 5pm

**Location:** Manor Park, Throwley Way, Sutton SM1 4BF

**Booking Info:** [Click here](#)



## Summer Highlights for Children and Young People with Additional Needs and Disabilities

Free and Paid Ticketed

### Beachcombers and Mudlarking

Paid Ticketed

**Activity:** Join Head2Head Sensory Theatre, an inclusive and accessible theatre company, for this immersive and multi-sensory performance. Have fun with the team as they explore the world of the Seaside with messy multi-sensory and interactive fun! Aimed at children with SEND and their families.

**Age:** All ages (Children must be accompanied by an adult)

**Date:** 26 Aug 21

**Time:** 11am - 11:45am, 1pm - 1:45pm, 2:30pm - 3:15pm

**Location:** Whitehall Historic House (Garden), 1 Malden Rd, Cheam, SM3 8QD

**Booking Info:** [Click here](#)



### Play and Stay

Paid Ticketed

**Activity:** These sessions are for children with additional needs and/or disabilities and their parents/carers and siblings.

**Age:** 0-10 (Children must be accompanied by an adult)

**Date:** Every Tue + Thur (Jul - Aug 21)

**Time:** 10am - 12pm / 1.30pm - 3.30pm

**Location:** Tweeddale Children's Centre, Tweeddale Rd, Carshalton SM5 1SW

**Booking Info:** [Click here](#)



### Ecological: Inclusive Cycling Sessions

Paid Ticketed

**Activity:** Opportunity to cycle in a safe and supportive off road place.

**Age:** 14+

**Date:** Every Mon, Wed, Thur (Jul-Aug 21)

**Time:** 10am - 12pm

**Location:** David Weir Leisure Centre, Middleton Road, Carshalton, Surrey SM5 1SL.

**Booking Info:** [Click here](#)



## Summer Highlights for Children and Young People with Additional Needs and Disabilities

Free and Paid Ticketed

### Community Cricket: Cage Cricket

Free Ticketed

**Activity:** At Community Cricket we offer accessible and inclusive activities which allow people of any age, experience, ability or disability to enjoy the benefits of being more active in a safe and social environment. This adapted format has worked spectacularly well with many charities.

**Age:** 12-25

**Date:** 28 Jul, 11, 18, 25 Aug 21

**Time:** 10am - 11am / 11.30am - 12.30pm / 1.15pm - 2.15pm / 2.45pm - 3.45pm

**Location:** Harris Academy Sutton, 2 Chiltern Rd, Sutton SM2 5RD.

**Booking Info:** [Click here](#)

### Community Cricket: Football

Free Ticketed

**Activity:** If you would like to stay for a supported football skills session with Liam Roberts, this will be running for 45 minutes after our cricket sessions on two dates.

**Age:** 12-25

**Date:** 28 Jul and 11 Aug 21

**Time:** 11am - 11.45am / 12.30pm - 1.15pm  
2.15pm - 3pm / 3.45pm - 4.30pm

**Location:** Harris Academy Sutton, 2 Chiltern Rd, Sutton SM2 5RD.

**Booking Info:** [Click here](#)



### Quiet Day at Whitehall

Free Ticketed

**Activity:** For visitors with Special Education Needs and Disabilities and their families, Whitehall will now be open outside of regular hours on special 'quiet days'. Enjoy the museum at your own pace, free from the general public. Sensory sacks and a sensory craft activity available.

**Age:** All ages (Children must be accompanied by an adult)

**Date:** 02 Aug 21

**Time:** 10am - 4pm

**Location:** Whitehall Historic House, 1 Malden Rd, Cheam, SM3 8QD

**Booking Info:** [Click here](#)



Volunteers offer vital help to people in need providing help to worthwhile causes and the community. Volunteering can enhance your skills and experience, give you the chance to develop your own interests and passions and allow you to connect and develop relationships with others.

## Volunteering Opportunities

(Families and under 18's)

### What is volunteering?

Volunteering is described as an unpaid activity where someone gives their time to help a not-for-profit, charitable or public sector organisation or group, or to help an individual who they are not related to.

### Where can I volunteer?

Depending on the volunteer role, you might be able to offer support from the comfort of your own home or at specific location in Sutton. This might include travelling to a school, hospital, library, museums, office or spending time outdoors in your local park.

### What will I be doing?

From planting flowers, supporting youth groups, to sorting food donations, volunteers are an integral part of Sutton's community. Whatever your interest, and whether you have just a couple of hours to spare or you want to make a regular commitment, we can help you find your perfect volunteer role.



## Volunteer in Sutton



### How do I search for opportunities?

At Volunteer Centre Sutton, we are the first port of call for anyone under 18 looking to volunteer in Sutton. With over fifty years' experience in matching people to volunteering opportunities, we can help you find your perfect role based on your skills and interests, as well as your commitment and availability. Click [here](#) to take a look at Volunteer Centre Sutton website.



Volunteer Centre  
Sutton

Browse for volunteering roles and opportunities in your age bracker on our Volunteer Connect database







We all need a bit of help sometimes., but it can be difficult to know how - or who - to ask. In this section, we have included a variety of local and national organisations that offer information and advice for young people on a range of issues.

## Information, Advice and Support - Children and Young People



Our Online Counselling service is open to young people aged 11-25 from Croydon, Sutton and Merton. If you are a young person signing up for online support, register here. The online support services gives young people the opportunity to get things off their chest in their own time and on their own terms.

### Online Workshops

We share practical tips and info about issues you might be struggling with and there is also the opportunity to meet other young people and share ideas in a safe, secure and confidential chat room

#### **Keeping Connected** - Free Ticketed

A weekly space to connect with other young people, check in and share your thoughts/ feelings on different topics that matter to you each week - supported by our online wellbeing practitioners.

**Date:** 27 Jul, 03, 17 Aug 21

**Time:** 5pm

**Booking Info:** [Click here](#)

#### **Managing Low Mood** - Free Ticketed

Some times in life we can feel low and it can be really difficult to know what to do. Join us to explore ways we can manage our low moods.

**Date:** 29 Jul

**Time:** 5pm

Free

**Booking Info:** [Click here](#)

#### **Managing Anxiety** - Free Ticketed

Anxiety levels are high at the moment. You might be worried about the virus, stressed about the future, both or more!

**Date:** Join this calm down session and learn a relaxation technique (or two)

**Date:** 05 Aug 21

**Time:** 5pm

Free

**Booking Info:** [Click here](#)

#### **Keeping Connected & A-Level Support**

Telephone support line - 020 8175 6776.

**Date:** 10 Aug 21

**Time:** 9am - 1pm

\*The Keeping Connected session will take place online at 5pm

**More Info:** [Click here](#)

#### **GCSE Results Day Support** - Free

Telephone support line - 020 8175 6776.

**Date:** 12 Aug 21

**Time:** 9am - 1pm

### **Text-based Counselling**

Free online counselling, giving you one-to-one support to help you through tough times.

**Booking Info:** [Click here](#)

### **Saturday Support**

10am - 1pm

020 8175 6776



## Information, Advice and Support - Children and Young People

### **Youth Cafe** - Free Ticketed

Supporting children and young people who have experience domestic abuse. Covering topics such as Domestic Violence, inequalities, grooming, body image and cyber bullying.

**Date:** 22 & 29 Jul / 05, 12, 19 Aug 21

**Referral:** Professional and parental referral

**Age:** 9+

**Time:** 6.30pm - 8.30pm

**Location:** Riverside Centre, 113 Culvers Ave, Carshalton SM5 2FJ

**Booking Info:** [Click here](#)



**Youth Support Hub** - Free / Drop in session  
Meet new people and make new friends, learn new skills, have your voice heard, help shape activities for young people and share your experience of lockdown.

**Date:** 22 Jul - 26 Aug 21

**Referral:** Professional and parental referral

**Age:** 8-16

**Time:** 4.30pm - 6pm

**Location:** Riverside Centre, 113 Culvers Ave, Carshalton SM5 2FJ

**More info:** [Click here](#)



### **School Nursing Service** - Free

During the summer holidays the school nursing service is offering a Sutton School Nurse drop in service for young people.

**Date:** 06, 13, 17, 20, 24, 27 Aug 21

**Age:** 13+

**Time:** 11am - 2pm

**Location:** The Quad, Green Wrythe Lane, Carshalton SW5 1JW

**Booking Info:** [Click here](#)

**Sutton & Care**  
Health & Care  
Together with you, in your local community



## Information, Advice and Support - Children and Young People

**The Mix** - Webchat and Helpline service for free and confidential information and help on a wide range of issues for 13 to 25 year olds.  
0800 808 4994

**Shout**  
a 24/7 text service, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.

**ChildLine**  
Free confidential service to help young people under 19 with any issue they are going through.  
0800 1111

**Kooth**  
You can chat to counsellors, read articles written by young people, Get support from the Kooth community, write a daily journal.

### **Bereavement**

**Cruse Bereavement Care**  
Provides support, advice and information to children, young people and adults when someone dies.  
0808 808 1677

### **Young Carers**

**Babble – Carers Trust**  
Young carers community. Offers information and support. Includes advice for coping with feelings and links to organisations that may be helpful.

### **Crime & Youth Justice**

**Victim Support**  
Free and confidential support and information to help people cope with the effects of crime.

### **Disability**

**Scope**  
Support for disabled people, their families/carers and professionals.  
0808 800 3333

### **Domestic Violence & Abuse**

**24-hour National Domestic Violence**  
Service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.  
0808 2000 247

### **Refuge - Help for Teenage Girls**

Information and advice on violence against teenage girls and young women.  
0808 2000 247

### **Women and Girls Network (WGN)**

Counselling and therapy service that offers free support to any woman who has experienced violence or abuse.  
0808 801 0660

**Men's advice line** - Free advice and support for men experiencing domestic violence and abuse .  
0808 801 0327



## Information, Advice and Support - Children and Young People

### Drugs

#### Talk to Frank

Information and advice about drugs and substance misuse.

0300 123 6600

### Gambling

Big Deal - Information, advice and support for young people experiencing or at risk of problem gambling.

808 8020 133

### Housing and Homelessness

#### Shelter

Information and advice for young people on any housing related problems.

0808 800 4444

### LGBTQ+

Stone Wall - Online information service providing details on lesbian, gay, bi and trans rights and issues affecting LGBT people.

0300 330 0630

### Looked After Children and Young People

#### Coram Voice

Advocacy, information and support for looked after children and young people.

08088005792

### Mental Health & Well Being

Young Minds - Information for children and young people about mental health and emotional wellbeing.

0808 802 5544

#### The CYP Havens

Space for people aged 10 to 18 to talk about worries and mental health in a confidential, friendly and supportive environment. There is one based in Epsom where you can turn up without an appointment and talk to someone.

#### Samaritans

Crisis support for anyone in emotional distress or thinking about suicide.

8457 90 90 90

Runaway Helpline - Provides information, help, and support and options for young people thinking of running away or already away.

116 000

### Self-harm

#### Self-Injury Support

A national organisation that supports girls and women affected by self-injury or self-harm.

CASS Women's Self Injury

Text: 0780 047 2908

#### Beat

Support and information for anyone affected by eating disorders.

0345 634 7650

### Sexual Health

#### Brook

Information and support for young people under 25 on all aspects of sexual health and relationships. With a search tool to find a local Brook service to see a nurse, counsellor or youth worker.





## Information, Advice and Support - Parents/Guardians

### Family Information Service

Sutton Family Information Service (FIS) provides information and advice about services for children and young people aged 0-19 and their families.  
020 8770 6000

### Sutton 's Children's Centres

Children's Centres offer support and activities to families with children aged 0-5 years. The Children's Centres offer parents/carers a place to come and meet other new parents/carers, explore different activities, get advice and support, learn more about child development and have fun.

- Amy Johnson Children's Centre - 020 8770 5910
- Green Oak Children's Centre - 020 8770 5787
- Thomas Wall Children's Centre - 020 8770 5875
- Tweeddale Children's Centre - 020 8770 5801

### SIASS

Support to parents/carers, children and young people with special education needs and disability (SEND)  
020 8323 0462

**Young Minds** - Call our Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.  
0808 802 5544

**Family Lives** - Offers information, advice, guidance and support on any aspect of parenting and family life, including bullying.  
0808 800 2222 / Live online chat



### Parent Talk

Browse our articles on advice for mental health and wellbeing, education, activities and additional needs and disabilities. Or talk one-to-one with a qualified parenting coach about anything that's worrying you.

### New Family Social

Promotes the care and upbringing of children by LGBT adopters and foster carers by allowing these families to socialise and share support in a safe environment.

### Being a Step Parent

BeingAStepParent contains over 90 articles written by experts who continually update and add new content.

### Families Need Fathers

Helping children and families to retain positive relationships after separation or divorce.  
0300 0300 363

### Channel Mum

Channel Mum is a friendly and honest community for mums everywhere. You can also chat to other mums and professionals in the Channel Mum Support Group.

### Mumsnet

Shares knowledge, advice and support on everything from conception to childbirth, from babies to teenagers.

### Netmums

A unique local network for parents, offering a wealth of information on both a national and local level.

### Grandparents Plus

Supports supporting kinship carers - grandparents and other relatives raising children who aren't able to live with their parents.  
0300 123 7015

### Gingerbread

Provides single parents with advice and practical support  
0808 802 0925

## Information, Advice and Support - Parents/Guardians

### Foodbanks

#### **Sutton Salvation Army**

44 Benhill Avenue, Sutton, SM1 4DD

07525838640

**Opening Times:** Mon - 12pm - 2pm / Fri - 12pm - 2pm

**More Information:** [Click here](#)

#### **Bishop Andrewes Church**

Bishop Andrewes Church, 59 Wigmore Road,  
Carshalton, SM5 1RG

**Opening Times:** Wed - 6:30pm - 8pm

**More Information:** [Click here](#)

#### **St Michaels & All Angels Church**

Milton Road, Wallington, SM6 9RP

07525838640

**Opening Times:** Thur - 12pm - 2pm

**More Information:** [Click here](#)



#### **Helping your child prepare for secondary school**

Online workshop for parents to help your child prepare for a new school.

**Time:** 2pm

**Register:** [Click here](#)



#### **School Nursing**

Parents with any concerns can contact the school nursing service via phone 0208 770 5409 (Mon-Fri) [schoolnursing@sutton.gov.uk](mailto:schoolnursing@sutton.gov.uk)

**More Information:** [Click here](#)



#### **Sutton Parents Forum**

For parents and carers of children, young people and adults with all disabilities in the London Borough of Sutton.

**More Information:** [Click here](#)



#### **Sutton Health Visiting**

The Health Visiting Team work with parents and carers who have children under five, providing advice and support on various areas. The Facebook page has the latest news and information.

**More Information:** [Click here](#)



#### **Free parenting programme courses for parents in Sutton**

We now have free online parenting programmes for anyone in Sutton to access. The Solihull Approach offers a series of parenting programmes for all parents-to-be, parents, grandparents or carers of any child from the antenatal period to age 18 years, with the aim of providing a safe space for parents and carers to feel more confident in their approach to parenting.

The courses cover different periods throughout a child's life and are suitable for all parents and carers, including those whose children have additional needs, i.e. ADHD or ASD. The courses are available to complete online, are available in 108 languages and are free for all Sutton residents.

**Register at [www.inourplace.co.uk](http://www.inourplace.co.uk) and apply the access code: TREE**





Sometimes the simplest things in life can improve our well-being. Pause for a moment to look at what makes your family and friends smile. Spending time together, sharing each other's interests and learning new skills can be great fun.

## Create Your Own Family Activity

Here's list of 20 ideas to get you started:

- Have a blind-tasting competition with sweets or chocolate
- Create a family TikTok dance
- Have a water fight
- Learn a new card game together
- Paint some rocks and leave them in the park for other to find
- Make a photo memory book
- Create a treasure hunt for your parents
- Interview your grandparents about life when they were little
- Plan and host a themed family dinner
- Have a traditional board games day



- Make a garden fort using blankets and cushions
- Use YouTube tutorials to learn a new skill or craft together
- Put bubble bath in the paddling pool
- Stay up late and watch the sun go down
- Research your family tree
- After dark, count the stars. Which constellations can you see?
- Get creative with face paints – on your parents' faces!
- Borrow a doggy and let him take you for a walk
- Try a free online family yoga class
- Identify the plants that grow in your garden or park – even weeds can be beautiful.