



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 Holiday Activities and Food (HAF) Programme



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](#)



Sutton Council Holiday Activities and Food (HAF) Programme

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

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

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**Overton Park****Activities:** Playground and table tennis**Ages:** Open to all**Dates/Time:** Everyday / 8am - Dusk**Location:** Overton Road, Sutton, SM6 6HW**Oaks Park****Activities:** Park**Ages:** Open to all**Dates/Time:** Everyday / 8am - Dusk**Location:** Croydon Lane, Carshalton, SM7 3BA**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**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**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**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**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 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.

Leisure Centres

Paid Ticketed Activities

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



Wallington Library

Wallington Library

Shotfield, Wallington SM6 0HY
Telephone: 020 8770 4900
Email: wallington.library@sutton.gov.uk



Westcroft Library

Westcroft Library

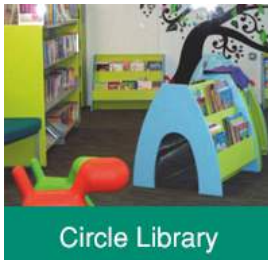
Church Road, Cheam, SM3 8QH
Telephone: 020 8644 9377
Email: cheam.library@sutton.gov.uk



Cheam Library

Cheam Library

Shotfield, Wallington, SM6 0HY
Telephone: 020 8770 4900
Email: 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



Library @
The Life Centre

Sutton Life Centre

Alcorn Close, Sutton, SM3 9PX
Telephone: 020 8644 9696
Email: 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



Worcester Park Library

Worcester Park Library

Stone Place, Windsor Road, Worcester
Park KT4 8ES
Telephone: 020 8337 1609
Email: 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.

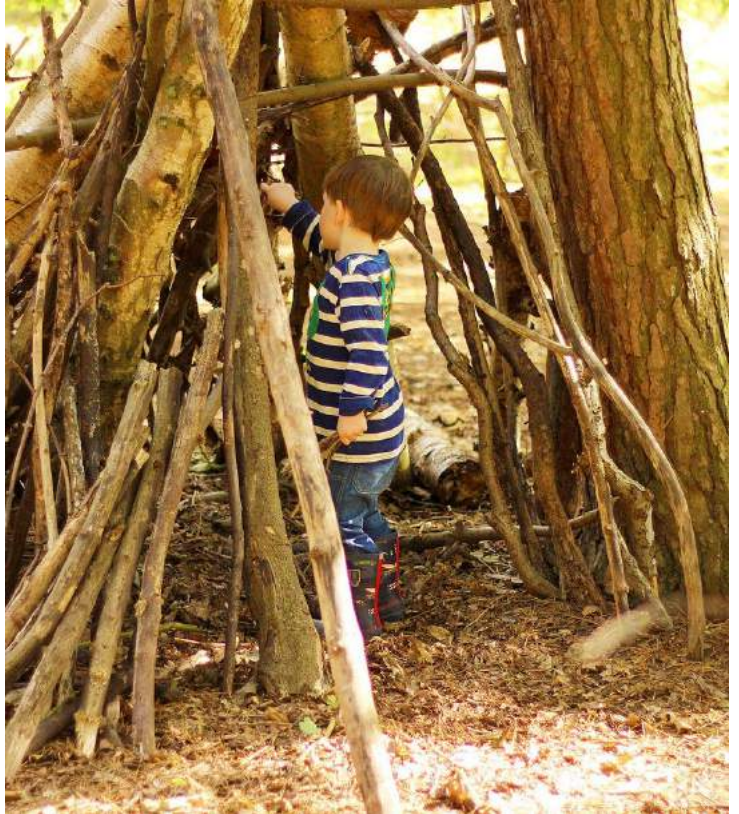
Age: 8-12

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-120pm / 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 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 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 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 Coppis

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.



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



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](#)

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](#)

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

Booking Info: [Click here](#)

GCSE Results Day Support - Free

Telephone support line - 020 8175 6776.

Date: 12 Aug 21

Time: 9am - 1pm

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

Booking Info: [Click here](#)



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](#)



Information, Advice and Support - Children and Young People

Arts Workshops - Free Ticketed
Fully booked - Waiting list available

Join us for three days of sculpture, assembly and creation as we develop our artistic skills. Hosted by Create Arts.

Age: 8-14

Date: 10-12 Aug 21

Time: 10.30am - 3.30pm

Location: Sutton Carers Centre, Benhill house, 12-14 Benhill Ave, Sutton SM1 4DA

Booking Info: To be added to the waiting list, please email anna@suttoncarerscentre.org.

CREATE
CHARITY OF THE YEAR 202



Music Workshop - Free Ticketed
Fully booked - Waiting list available

No instruments needed! Our theme for the week will be 'environment'. Together, weaving rhythms and melodies, we will create a soundscape that everyone can take home with them. Hosted by Create Arts.

Age: 8-14

Date: 17-19 Aug 21

Time: 10.30am - 3.30pm

Location: Sutton Carers Centre, Benhill house, 12-14 Benhill Ave, Sutton SM1 4DA

Booking Info: To be added to the waiting list, please email anna@suttoncarerscentre.org.

CREATE
CHARITY OF THE YEAR 202



MINDFUL
PEAK PERFORMANCE

Fit Body, Fit Mind - Free

Run by Mindful Peak Performance

We use an innovative fusion of physical training and mindfulness to improve the physical and mental wellbeing of young carers and help them reach their potential. Trainers will guide you through exercise routines, boxing techniques and mindfulness practices.

Booking Info: [Click here](#)



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

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

Young Carers
Sutton Carers Centre
Free information, advice, practical and emotional support for Young and Adult Carers.
020 826 5611

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

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

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

Refuge - Help for Teenage Girls
Information and advice on violence against teenage girls and young women.
0808 2000 247





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

FREE2B

Our groups & 1:1 support provide a safe, social space for LGBTQ+ youth including trans young people.

07529 221 239

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.

01483519436

Samaritans

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

8457 90 90 90

stem4.

Promotes positive mental health in teenagers and those who support

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.

Suicide

PAPYRUS Prevention of Young Suicide

Confidential support and advice to young people struggling with thoughts of suicide.

0800 068 4141,

Text 07786 209697





Information, Advice and Support - Parents/Guardians

Foodbanks

Sutton Salvation Army

44 Benhill Avenue, Sutton, SM1 4DD

Opening Times:

Mon - 12pm - 2pm / Fri - 12pm - 2pm

More Information: [Click here](#)

[07525838640](tel:07525838640)

St Michaels & All Angels Church

Milton Road, Wallington, SM6 9RP

Opening Times:

Thur - 12pm - 2pm

More Information: [Click here](#)

[07525838640](tel:07525838640)

Bishop Andrewes Church

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

Opening Times:

Wed - 6:30pm - 8pm

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

More Info: [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

More Info: [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 Info: [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 Info: [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 and apply the access code: TREE

Information, Advice and Support - Parents/Guardians

To register for any of the services or support groups listed below please call the team on **020 826 5611**, or email us on **enquiries@suttoncarerscentre.org**.

'Carers Connect'

A new on-line Zoom "Coffee Morning" is running where you can chat with others caring for family members or friends with longer-term illnesses and disabilities.

Date: 05, 19 Aug 21

Age: 18+

Time: 11am – 12pm

Location: Online



Carers Relaxation Group

If you look after someone, it's important to look after yourself too. Start your week well by joining our Monday morning on-line Meditation Group which uses guided CDs to help you relax.

Date: 09, 16, 23, 30 Aug 21

Age: 18+

Time: 10:30am – 12:30pm

Location: Online



Benefit Checks and form-filling

Book a confidential benefit check to ensure that your family is getting everything you are entitled to. Benefit checks are provided by Citizens Advice Sutton and are currently available by phone. We can also help (by phone, Zoom or in-person) with filling in forms, for example for DLA or PIP.

Mental Health Carers Support Group

Our Support Team provides specialist support for Carers of people with mental health issues or substance misuse problems. Experienced staff provide both practical and emotional advice and support, including a regular support group.

Date: 18th Aug 21

Time: 2pm – 4pm

Age: 18+

Well-being support

We are part of **Sutton Uplift**, offering specialist one-to-one telephone support and on-line groups/workshops covering topics such as coping with stress, sleep and mindfulness. In-person support also is re-starting.

Male Carers Group

A group specifically for men caring for a relative, partner or friend, providing the opportunity to meet other Male Carers, share experiences and have a break.

Date: 17 Aug 21

Time: 6:30pm – 8pm:

Age: 18+

Location: Online

Counselling

Our trained volunteer Counsellors are experienced in supporting parents/Carers. Contact us to find out more or to put your name on the waiting list.



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.
t0808 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

Sutton Carers Centre

Free information, advice, practical and emotional support for Young and Adult Carers.
020 826 5611

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



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.