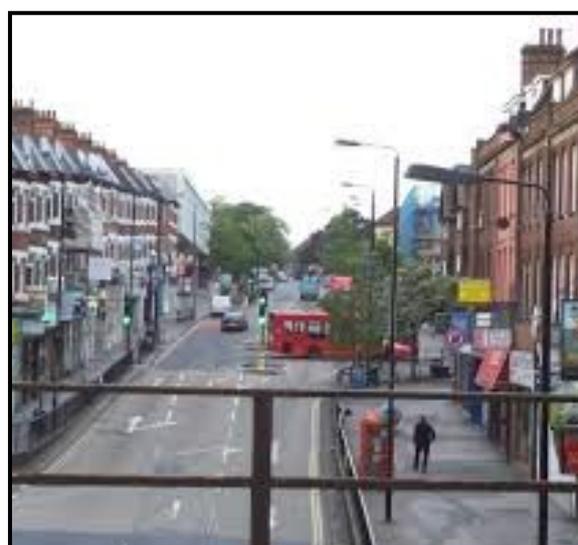


Easy read guide to Sutton Borough

Sutton town centre



Wallington High Street

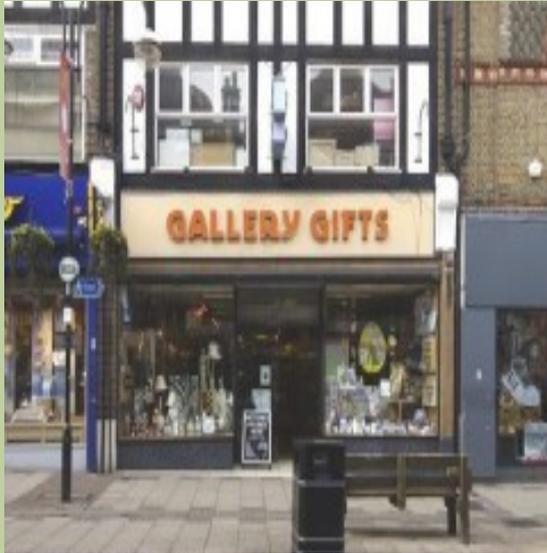


Cheam Village



Speaking up for people
with learning difficulties
in the Sutton borough

shopping and eating



Gallery Gifts

- very helpful staff
- good picture frames and gifts
- model kits for group work
- disabled access

157-159 High St, Sutton SM1 1JH

020 8642 0990

www.gallerygiftsonline.co.uk



Sainsbury's Sutton

- good access, quite big
- helpful, friendly staff
- disabled toilets

287a High St, Sutton SM1 1LD

020 3126 6827

<https://stores.sainsburys.co.uk>



Poundland,

- lots of different things
- very cheap
- not good for wheelchairs
- staff not that helpful

**178-180 High Street Sutton
SM1 1NL**

Harvester pub: The Plough, Sutton

- nice place and food
 - disabled access
 - friendly staff, good prices
- 224 Sutton Common Rd,
SM3 9PW**

020 8644 7577

<https://www.harvester.co.uk>



Moon on the Hill pub Sutton

- good value
- accessible
- friendly & helpful staff
- easy to find

5-9 Hill Rd, Sutton SM1 1DZ

020 8863 3670

<https://www.jdwetherspoon.com>



California pub Belmont

- good food
- easy access
- friendly staff
- Close to bus stops and station

267 Brighton Rd, Belmont, SM2 5SU

020 8642 9799





Farm food Sutton

- very **helpful staff**
- easy access
- **very cheap**
- good quality

**150/152 Unit, 4 Lodge Pl, High St,
Sutton SM1 4AU**

0121 700 7160

<https://www.farmfoods.co.uk>



WH Smith Sutton

- **staff always help out**
- they **help people with wheelchairs**
- staff take you around the shop

118 High St, Sutton SM1 1LZ

Tel 020 8643 4512

<https://www.whsmith.co.uk/stores/>



Wallington Library

- **information, books, computers**
- find out about **activities**
- quite **easy to move around**
- ground floor has good access
- **Nice café**, some steps

Shotfield, Wallington SM6 0HY

020 8770 4900



The Afters, Sutton

- **accessible**
- **a bit expensive**
- **nice dessert**

27 High St, Sutton SM1 1DJ

020 3489 4340

[http://www.aftersoriginal.co.uk/
stores.html](http://www.aftersoriginal.co.uk/stores.html)



Pizza Express, Wallington

- **nice food**
- **a bit expensive**
- **good staff**

40 Stafford Road Wallington

SM6 9AA

020 8669 7285

<https://www.pizzaexpress.com/>



Sutton Salvation Army church

- **good café.**
- **nice staff**
- **accessible toilets**

45 Benhill Avenue, Sutton

SM1 4DD

020 8642 9862

<http://www.suttonsa.org/suttonsa/>



Boots Cheam

- **accessible**
- **good value**
- **helpful staff**
- **can get busy**

2 Station Way Cheam SM3 8SW

020 8642 2360



Little Waitrose Cheam

- **good access**
- **nice staff**
- **bit expensive**

28 The Broadway, Cheam SM3 8BD

020 8643 8438

https://www.waitrose.com/bf_home/bf/559.html



Prezzo Italian restaurant Cheam

- **nice food**
- **bit expensive**
- **helpful staff**
- **accessible**

26 Station Way, Cheam

SM3 8SQ

020 8643 7490

[www.prezzorestaurants.co.uk/
restaurant/cheam](http://www.prezzorestaurants.co.uk/restaurant/cheam)



Coffee zone Cheam

- **helpful staff**
- **good value**
- **can get busy**
- **not** very accessible

10 Station Way Cheam SM3 8SW

020 8642 1000

[www.zomato.com/london/coffee-zone-
cheam](http://www.zomato.com/london/coffee-zone-cheam)



things to do



Orchard hill college

- they make **learning interesting**
- **friendly** teachers
- **lots of courses**

**Mavis Peart Building,
Carshalton College, Nightingale Rd
Carshalton SM5 2EJ**

0345 402 0453 orchardhill.ac.uk



Sutton Mencap

- **lots of activities** for all ages
- good place for **information**
- **very nice staff**

**8 Stanley Park Rd, Wallington
SM6 0EU**

020 8647 8600

<https://www.suttonmencap.org.uk/>



- **lots of activities** during the week
- boccia, disco, bingo, drop in
- **each session costs £4**
- **for more info call 07785592966**



Speaking up groups

for adults and young people with learning difficulties and autism.

- be more **confident**
- make **friends**
- **speak up** about your life

01322 619707

www.advocacyforall.org.uk/self-advocacy-groups/sutton-groups/

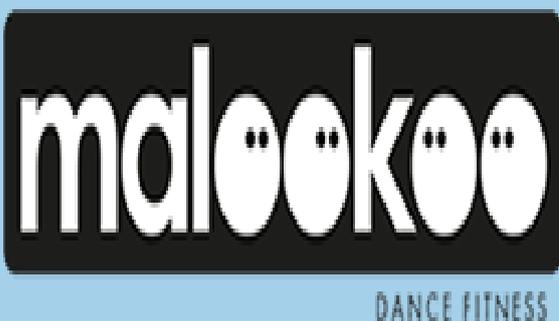


Beddington park

- **big park**
- **cafe**
- have a **picnic**
- take **walks**

Church Rd, Wallington SM6 7NN

www.facebook.com/Beddingtonparkpavilioncafe/



Malookoo dance fitness

Classes at Westcroft and David Weir Leisure Centres

020 3633 0773

www.malookoo.co.uk/contact-us/



things to do

Eco Local cycling project

- **accessible for everyone**
- **fun exercise**
- **for adults and young people age 14+**

David Weir Leisure Centre.

Middleton Road, Carshalton SM5 1SL

020 8404 1522

<http://www.ecolocal.org.uk/project-detail.php?id=51>



Empire Cinemas Sutton

- **easy to find**
- **accessible**
- **close to bus stops**
- **food is a bit expensive**

St Nicholas Way, Sutton
SM1 1AZ

www.empirecinemas.co.uk/about_us





Girls Win

- free inclusive sports and games
- for young women age 16-25
- Monday evenings

Contact Maddy Ford:

maddyford@changefdn.org.uk

[www.thechangefoundation.org.uk/
programmes/](http://www.thechangefoundation.org.uk/programmes/)



- help you get **skills for jobs**
- use **sport**
- for young people age 18-25

Contact Ryan Jones

ryanjones@changefdn.org.uk

The Cricket Centre, Plough Lane
Wallington SM6 8JQ

Choice Support

Supported Employment

- help you **write a CV**
- help you do **interviews**
- help you **get working**

0203 947 8908

[www.choicesupport.org.uk/find-support/find-
support-near-you/sutton-supported-employment](http://www.choicesupport.org.uk/find-support/find-support-near-you/sutton-supported-employment)



Other places nearby



Tenpin Croydon

- a bit **crowded** sometimes
- a bit **pricey** for bowling
- **nice place for games**
- staff are **helpful**

**Valley Park Leisure Centre,
Hesterman Way, Croydon CR0
4YA**

Tel; 0871 222 3675

<https://www.tenpin.co.uk/our-locations/croydon/>



Ludoquist Croydon

- play **board games**
- nice food but a **bit pricey**
- you need to **book a table**

63-67 High St, Croydon CR0 1QE

020 3011 2295

<https://www.theludoquist.com/>



Club Soda Croydon

- DJ Workshops
- music workshops
- night club events
- gig buddies
- fun!
- 07309 750 283.
- www.clubsoda.org.uk



Deen City Farm Mitcham

- Feed the animals
 - Learn about them
- 39 Windsor Ave, Mitcham**
SW19 2RR

020 8543 5300

<https://www.deencityfarm.co.uk/>



Nescot college farm

Learn about the animals

Reigate Rd, Epsom KT17 3DH

where to go for help



Police

- help you **keep safe**
- if you see a crime, **don't get involved**
- you can **go in to the police station** to report a crime

Carshalton Rd, Sutton SM1 4RF

Emergency: call 999

Non emergency: call 101

Support services for adults with learning disabilities

https://www.sutton.gov.uk/info/200333/adult_social_care/1640/learning_disabilities_-_support_for_adults

Social services: 020 8770 5000

Civic offices, St Nicholas Way,
Sutton SM1 1EA

- **housing and benefits advice**
- **employment advice**

Civic Offices, St Nicholas Way,
Sutton SM1 1EA

020 8405 3552

www.citizensadvice.sutton.org.uk/

**citizens
advice** Sutton



- for help to speak up
- 1-1 advocacy
- self advocacy groups

**St Helier Community Centre,
Hill House, Bishopsford Rd,
Morden SM4 6BL**

0345 310 1812

www.advocacyforall.org.uk



- **safe place** to meet
- **get advice** for where to go and what to do if you just moved here
- **food bank**
- **kind staff**
- **church**

45 Benhill Ave, Sutton SM1 4DD

020 8642 9862

www.suttonsa.org/suttonsa/



Sutton Mencap

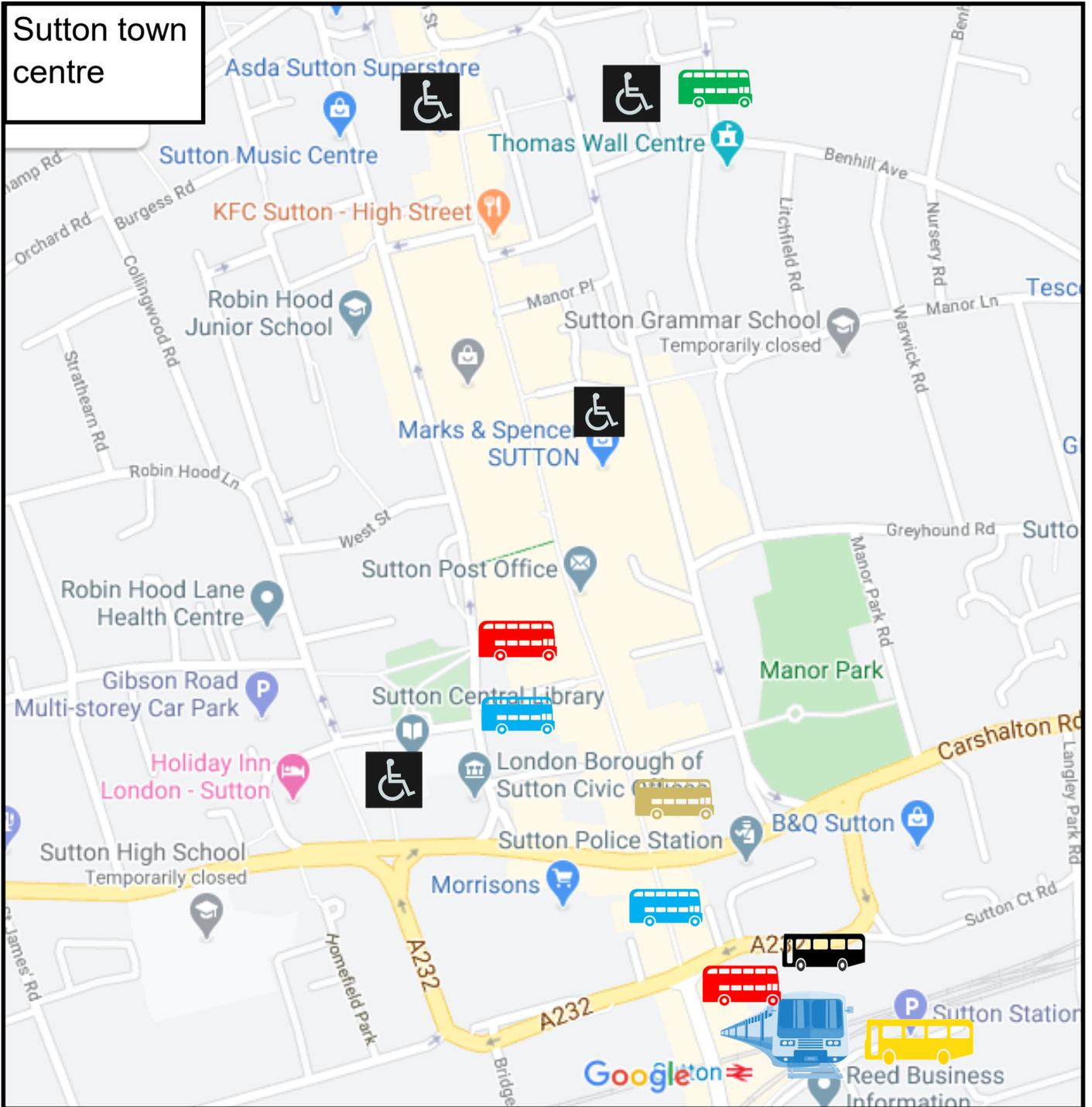
- **activities**
- **information**

**8 Stanley Park Rd, Wallington
SM6 0EU**

020 8647 8600

www.suttonmencap.org.uk

Sutton town centre





80 to Belmont or Hackbridge



151 to Wallington or Worcester park



154 towards Morden or West Croydon



470 towards Colliers wood and Epsom



S1 towards Banstead and Lavender Fields



X26 to Croydon, Cheam
or Heathrow Airport

Go Sutton bus



Download the app, create an account,
Book a ride anywhere in the borough



Trains to Wallington, London, Epsom
from Sutton station



Accessible **toilets** at:

ASDA, Civic offices, M&S, Sainsburys,
Salvation Army



For more information please contact:



Funmi Ogunjinmi

01322 619707

07715 068941



funmi.ogunjinmi@advocacyforall.org.uk



Gracie Mirembe

01322 619707

07395 789110



gracie.mirembe@advocacyforall.org.uk



St Helier Community Centre, Hill House
Bishopsford Road, Morden
SM4 6BL



www.advocacyforall.org.uk