



# What's On Locally

Click on the links on the map to find out more about events near you. We feature community cafes, warm welcome hubs, activities for all ages and one off events from March to May.

[North Cheam,  
Stonecot &  
Worcester Park](#)

[Hackbridge,  
St Helier &  
The Wrythe](#)

[Sutton  
Local](#)

[Beddington &  
Wallington](#)

[Sutton South,  
Cheam &  
Belmont](#)

[Carshalton &  
Clockhouse](#)



# Advice and Information

The Borough's food map of community cupboards and food banks has recently been updated. Please see the list [here](#)

**Wallington SDA Hub** in Roundshaw offer a Food Hub on Wednesdays from 12:30pm. An evening food box for collection has also been started. Please contact [Wallington SDA Hub](#) to register.



**Man and Boy** is a charity offering support and events for boys in school years 5,6,7 and 8 who are struggling with life, behaviour and making friends. They are particularly keen to receive referrals from families who are disadvantaged in some way.



Have you seen someone being harassed on the street or public transport but not been sure how to help? The Suzy Lamplugh Trust offer a free 1 hour tutorial on how to assist without endangering yourself. [Stand Up Against Street Harassment -Active Bystander Training](#)

There is a [Parents & Carers Wellbeing Information](#) event on **4th March**.

Trading Standards have information on scam prevention and avoiding fraud. [Their Friends Against Scams](#) training is free and their guide to avoiding scams is available in ten languages!



**Personal Safety Update:** If there are areas in the Borough you don't feel safe the police are encouraging people to record it (anonymously) on the [StreetSafe](#) website. This can help pinpoint 'problem' areas such as poorly lit alleyways.

# Community Funding News

Our Local Funding Grant will be open for applications from **Tuesday 2nd April until Friday 10th May**. Up to £1,000 is available for community groups who want to run an event or project that will benefit their local community .

More details, including how to apply and what funding is available for events, fees and charges and public realm ideas can be found [here](#).

Are you a Sutton borough based community group or charity with a project you would like to pitch for funding? Then channel your inner entrepreneur and consider signing up to the next **Sutton Soup** on 18th April. Winning pitchers in the past have received over £1,000.



**Riverside Centre** in Carshalton hosts a range of activities from Coding for Kids, Martial Arts, Stay & Play sessions, a Walking group, Freecycle events, and Community gardening, Keep up to date via [Riverside Centre](#)

**RAISE THE PROFILE OF YOUR LOCAL COMMUNITY GROUP**

PAY *your community group*  
£ *lots of money*

SUTTON SOUP Sutton Soup

**APPLY TO PITCH AT SUTTON SOUP**

PITCHING AT SUTTON SOUP NOT ONLY GIVES YOUR LOCAL COMMUNITY GROUP A CHANCE TO WIN A SUBSTANTIAL AMOUNT OF MONEY, IT ALSO RAISES PEOPLE'S AWARENESS OF THE GREAT WORK YOU DO.

**IT'S A WIN - WIN SITUATION!**

TAKING PART IS EASY, VISIT OUR WEBSITE & FILL IN THE ONLINE FORM TO APPLY

[www.suttonsoup.org.uk](http://www.suttonsoup.org.uk)

Your group must be a 'not for profit' community project or charity that benefits people in the London Borough of Sutton

# Health and Wellbeing

There are lots of groups in the Borough offering sport, relaxation and hobbies to try. For further information, please click on the images below.



Sutton Uplift are now known as [Sutton Talking Therapies](#). They offer **free** wellbeing webinars including stress management & sleep hygiene throughout the year. Please book via [Eventbrite](#)

The Royal Society of Medicine are hosting a Black Health Inequalities Summit on 25th March. [Register here](#)

## [Sutton Women's Centre](#)

Free Wednesday Wellbeing Workshops 12:30pm-2:30pm. Please book by calling 0208-661 1991

Have your say on physical activity in the Borough! Our [survey](#) on leisure centres and what exercise opportunities you'd like to see is open until the 15th March



# Community Spotlight

The 8th March is International Women's Day and we are featuring local artist Anna Virabyan from **Intuit Art**, Anna is a wellness art trainer working Borough wide. Click here to find out more on [Instagram](#) [Facebook](#)

## How did you get involved with community groups?

'When I moved to England, I faced challenges in which art has allowed me to grow from them. Over that difficult time, I fell in love with art again. I became interested in how art can improve emotional and mental wellbeing. In 2018 I completed a Foundation Course in Art Therapy.'

'I wanted to share with other people, who were going through hard times, that there are ways of emotional expression, healing through creativity. I started to provide a variety of workshops for Domestic Violence Survivors at the **Sutton Women's Centre** and later expanded my practice with other organisations. By continuously introducing people to art as a form of therapy I saw incredible positive change in people's mental and emotional states.'

'People connected with others within the group, finding enjoyment and reducing the feeling of isolation. Using different art mediums participants explored free-flowing art techniques and visual sensations. This aided recovery through realisation, empowerment, and awareness. Healing happens when people feel safe in those spaces, which **Sutton Women's Centre** and **Sutton Mental Health Foundation** provide brilliantly'



## Have you any new projects lined up this year?

'I am planning to display the art works I have worked on with Jigsaw4U, Sutton Women's centre and Sutton Community Dance in dedication to Mother's Day and Women's International Day.'

## What can communities do to make art more inclusive?

'Introduce art as a form of therapy to a wider audience, such as inventing art programs in workplaces. This will help those who work in offices to improve their mental and emotional wellbeing. My experience shows that art helps to express unspoken words which we can find difficult to articulate. To those who feel nervous in trying something new, I suggest to take a moment, allow yourself simply to be present without judgement or high expectations.'

## What does Sutton do well artistically?

'Sutton provides a multitude of welcoming opportunities for artists. I have always been surrounded by diverse people in my groups. Recently I have been collaborating with Refugee and Migrant Network Sutton, providing an Art for Wellbeing course, where I met wonderful and talented people from Hong Kong. Their unique style opened my horizons and I've been able to experience new culture within my tutor practice.'

# Community Corner

Looking for volunteers or trying to find a musician for your community group? Get in touch with us [here](#) and we will see if the community can help.

Calling musicians and performers from around the world would you like to be involved with [Creative Heritage's](#) World Festival on 27th May? Register via [Creative Heritage](#)

The newly formed **Friends of Devonshire Avenue Nature Area** need volunteers to have a say and promote the site for nature and local recreation. Interested? Contact [dawn.fielding@sutton.gov.uk](mailto:dawn.fielding@sutton.gov.uk)



The **Royal British Legion Social Club in Worcester Park** are looking for kitchen helpers at their popular Monday Club. Please contact Sandra on 07792289719.

[SACCO](#) need volunteers to help on their allotment in Carshalton. Please contact [sophie@sacco.org.uk](mailto:sophie@sacco.org.uk)

Dig out your paint brushes [Team Imagineers](#) need volunteers to help with a community mural near Robin Hood Lane. Submit drawings to [teamimagineers@gmail.com](mailto:teamimagineers@gmail.com) Contact Jeff on 07725 704573. Or register via [Google Form](#)

[Sutton Community Champions](#) need volunteers to replenish their community food cupboards. Please contact 07958109706

Congratulations to the Tea, Toast & Kindness Group at St Alban's Church who recently celebrated their 20th birthday !

