

# LET'S MEET

Age-friendly meeting groups  
across the borough of Sutton



## What's On Guide

Age UK Sutton is working with partner organisations to showcase a variety of Age-friendly activities across Sutton.

letsconnect@ageuksutton.org.uk  
www.ageuk.org.uk/sutton  
0208 078 0002



### Vineyard Church's Warm welcome at the Dolphin



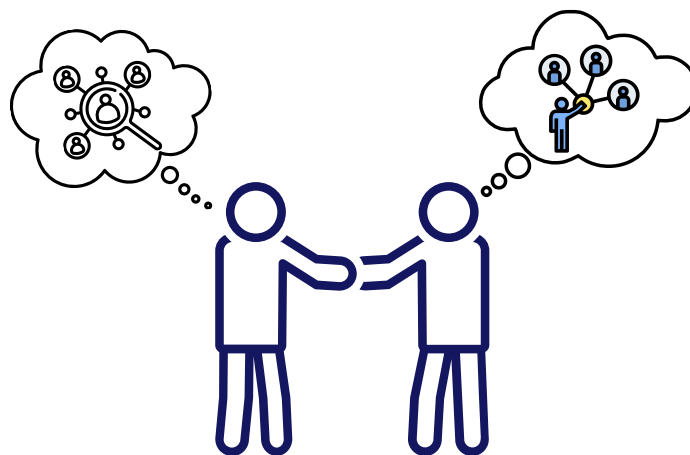
Mondays,  
11:00am-1:00pm.



Main entrance is accessible for most mobility aids. Bus stop within very close proximity.



A safe space to have a coffee, chat and socialise with others. Free Wi-Fi, hot drinks and snacks waiting for you and friendly team would love to meet with you with a warm welcome. **FREE** to visit, please contact 0208 644 0403 / admin@suttonvineyard.org



#### Did you know...

According to an article by Age NI, "having close ties to friends and family, and participating in meaningful social activities, may help people maintain their thinking skills better in later life and slow down cognitive decline".

# LET'S MEET

**MORE Age-friendly meeting groups**  
across the borough of Sutton

Here is a sample of social activities across the borough.

**PLEASE NOTE:** Activities listed on this side are for information only. Please book direct with the organisations.



ACTIVITY	GROUP	AREA	CONTACT FOR MORE INFORMATION
Seniors social group	Belmont Seniors Group	Belmont	0208 642 3111
Benhill Social Groups	Benhill Social Group	Sutton	0771 400 3490 gwen42john@hotmail.co.uk
Friendship Group	Holy Trinity Church	Wallington	0208 647 7605 info@htchurch.uk
Plus Point Conversation	Cheam Baptist Church	Cheam	0208 642 5070 hello@cheambaptist.net
Group day trips	Darby and Joan	Carshalton	0748 314 5963 darbyandjoan48@gmail.com
Social group	The Hello Club	Sutton	0779 003 1764 heather.honour@sky.com

Can't see what you're looking for? Check out the full listings online: [ageuk.org.uk/sutton](http://ageuk.org.uk/sutton) or contact us: 0208 078 0002 / [letsconnect@ageuksutton.org.uk](mailto:letsconnect@ageuksutton.org.uk)

