

LET'S CREATE

Age-friendly creative 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




Craft my Day- Craft and Laugh club

 Wednesdays,
10:00am- 12:00pm



Building is accessible for most mobility aids. Shop front directly off high street. You can let them know about special access needs as there is a room downstairs which is accessible via a road at the back.

 Craft and Laugh has been created to give people somewhere to go once a week, to set time aside for their craft, or participate in charity recycled bag making sessions and have some company, with other people similarly crafting. **£3 per session**, contact to **book your place**: 0756 622 5843 / rach@craftmyday.com



Did you know...

Creative people live longer. Due to their openness, creative minds tend to live longer, and may even get more creative with age. One of the key contributors to longevity was how creative people react to stress, often seeing obstacles as something to be overcome rather than a barrier which can't be breached.

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MORE Age-friendly create activities
across the borough of Sutton

Here is a sample of creative 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
Community cinema	All Saints Church	Hackbridge	0208 646 1937 allsaintshackbridge1@gmail.com
Women's writing group	Sutton Women's Centre	Sutton	0208 661 1991 info@suttonwomen.co.uk
Grow your own	Carshalton Community Allotments	Carshalton	0208 404 1522 food@ecolocal.org.uk
Bridge club	Worcester Park Library	Worcester Park	0208 337 1609
Repair cafe	Yourspace	Sutton	0777 606 3050 info@suttonrepaircafe.co.uk
Camera club	Mitcham Camera Club	Hackbridge	0784 691 8740 info@mitchamcameraclub.co.uk

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



COMMUNITY FUND



Let's Connect