

The Westway

Chaldon Road, Caterham CR3 5PG

01883 347230

info@thewestway.org

Summer 2021



Hello from The Westway

The Westway is ready to re-open with our summer programme.

To meet the current Covid guidelines we have adapted our activities and added a couple of new ones!

Throughout the summer The Westway will continue to support the NHS with the local Vaccine roll out – ‘popping up’ the Vaccine Hub clinic at weekends.


We look forward to welcoming you back

Food

Whilst we switch between Westway activities and the vaccine hub we wont be able to offer ‘sit-down’ dining we will however be offering a light lunchtime snack of jacket potatoes with a range of fillings that can be eaten on site or taken away for later - £4.

Tea, coffee, fruit and cakes will be available from the coffee bar.

Meals on Wheels are available for home delivery on Monday, Tuesday and Friday.










 Meals on Wheels home delivery available from 12 noon	Monday, Tuesday & Friday			£5
	Week 1	Week 2	Week 3	
Monday	Sweet & Sour Chicken	Liver & Bacon	Roast Chicken	
	Eve's Pudding & Custard	Lattice Fruit Tart	Red Berry Mousse	
Tuesday	Shepherd's Pie	Chicken & Vegetable Pie	Steak & Mush. Suet Pudding	
	Trifle	Eton Mess	Fruit Cheesecake	
Friday	Smoked Haddock or Cauliflower Cheese	Cod Provencal or Chicken Casserole	Fishcakes or Bubble & Squeak Cakes	
	Peach Crumble & Cream	Vanilla Sponge & Custard	Bakewell Tart	

Vegetarian and allergy free alternatives are available – please ask for more details

Covid-Secure

Activities will run using Government Covid-Secure guidelines. We have masks and hand gel available if required. If you have any worries please talk to the Westway Team.

Regular Activities


	<p>Hairdressers Monday – Lynda Tuesday – Janet Friday - Teresa</p>	<p>Subsidised Hair Care Wash and Cut only £15 All ages welcome</p>	<p>01883 347230 (those with additional support needs very welcome)</p>
	<p>Podiatry</p>	<p>Subsidised Foot Care Open to all</p>	<p>Call Smart Feet Podiatry to book an appointment: 07526 182586</p>
	<p>Men in Sheds Monday to Friday - mornings</p>	<p>New Afternoon and kids sessions being planned – watch this space</p>	<p>01883 347230</p>
	<p>Children & Family Services</p>	<p>NHS health & wellbeing services for families</p>	<p>www.firstcommunityhealthcare.co.uk 01883 340922</p>
	<p>Meals on Wheels</p>	<p>Monday, Tuesday and Friday – hot meals delivered to your door</p>	<p>01883 347230</p>
	<p>Westway Outreach Support & Welfare Fund</p>	<p>Support for individuals and families – with medication, shopping, financial and other issues</p>	<p>01883 347230 (option 2) Email: info@thewestway.org</p>
	<p>New Salvation Army Sunday Morning Service 10.30am to 12noon</p>	<p>Everyone welcome</p>	<p>01883 330718 caterham@salvationarmy.org.uk</p>
	<p>Rachael Reynolds School of Dance Dance Classes Monday and Thursdays</p>	<p>Starting in September Dance classes for young people taught by Rachael</p>	<p>www.rachaelreynoldsdance.com</p>
	<p>Sing & Sign Fridays Starts September</p>	<p>Communicate with your baby, learn fun songs and meet mums in your area</p>	<p>www.singandsign.co.uk 07812734448 Annarichardson @singandsign.co.uk</p>

Volunteers

Do you have time to spare? Would you like to join the Westway Volunteer team? We are looking for all sorts of support. If you'd like to welcome people to The Westway, help in the kitchen, run or support activities, help with admin or even consider becoming a Trustee, please get in touch.

Activities – no membership, everyone welcome (a small charge may apply)



Monday



	<p>Starting September Live Entertainment @ The Westway (£2.50)</p>	<p>Afternoons 1.15pm to 2.45pm</p>
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Tuesday

	<p>Seated Exercise with Rosie (£2.50)</p>	<p>Every Tuesday 10.45am to 11.45am</p>	
	<p>Flower Arranging with Alison (£5)</p>	<p>Every Other Tuesday 1.15pm to 3pm</p>	<p>13 July 27 July 10 Aug</p>
	<p>Tea, Chat & Reflect with Ailsa (£2.50)</p>	<p>Every Other Tuesday 1.15pm to 2.30pm</p>	<p>6 July 20 July 3 Aug</p>
	<p>Wobble with Jill (£3)</p>	<p>Coming soon Times to be announced An inclusive seated (or relaxed standing) version of the very popular Paracise class. Suitable for all ages and fitness levels</p>	
	<p>Jane's Caterham Chat</p>	<p>Every Tuesday – 3.30pm to 5pm English not your first language? Come along to this friendly social group and practice your skills. Are you an English speaker and love socialising – come and join the conversation – families very welcome</p>	
	<p>Community Walks with Helen <i>Individuals, families and well behaved dogs very welcome</i> (£2.50)</p>	<p>New We are planning our first 'taster walk' – suitable for all – 5pm to 6.30pm – meet at The Westway (2.5 miles, or option to stop in Queens Park for those wanting a short stroll !)</p>	<p>13 July Next walk - TBA</p>

Wednesday

	<p>Music for The Mind with Rob (£2.50)</p>	<p>Wednesday 10.30am to 11.30am A social musical group led by acoustic guitarist Rob</p>
	<p>Boccia (£2.50)</p>	<p>Wednesday 1.15pm to 3pm Seated bowls played as a team – competitive, skilful and fun</p>

	<p>21st July – Open Garden Idea Session – 1pm to 6pm Pop in to the Westway for an hour or so and help us plan the future of our garden (refreshments available) Whether you enjoy sitting in, planning or digging in the garden we want your ideas!</p>	
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Coming in September

Evening Events Programme – talks, courses, dances and music

Thursday

	<p>Felicity's Quilters (£2.50)</p>	<p>Thursday 10am to noon For more information contact 01883 347230</p>	
	<p>New Bereavement Support Social Group</p>	<p>Every other Thursday 12.30pm to 2.30pm Relaxed, informal, friendly – come along for a chat and refreshments and meet Lesley and the team</p>	<p>15 July 29 July 12 Aug</p>
	<p>New Art, Craft and the Garden (£2.50)</p>	<p>Every other Thursday 1.15pm to 2.45pm Indoor / Outdoor get involved with woodwork, gardening, or arts and crafts – the choice is yours</p>	<p>22 July 5 Aug 19 Aug</p>
	<p>New Queens Park / Westway Beginners Bowls</p>	<p>Thursday 10am to 12noon Come and learn to bowl at Queens Park (experienced bowlers also very welcome) Transport available</p>	

Friday

	<p>Starting September Quiz & Coffee Club (£2.50)</p>	<p>Friday Afternoons 1.15pm to 2.45pm</p>	
	<p>New Westway Chimes Come and make music with Kit Packham (£2.50)</p>	<p>Friday 1.15pm to 2.15pm Kit will be on hand to help us enjoy playing 'chimes' (similar to hand bells) – light weight, easy and enjoyable to play – suitable for everyone, and no need to read music!</p>	