

the
westway

What's on

June, July & August 2023



Welcome

Hello from all The Westway team.

Welcome to our Summer Programme for June, July & August!

A Message from June Hopkins out-going chair of Trustees

In April 2022 I agreed to stand as Chair for a year – and what a year it has been!

We have achieved so much in a year, and I would like to thank everyone for their support and enthusiasm. We wouldn't be here today without the Westway community.

Ralph Linsell has agreed to become the Chair for the next year, a year in which we hope to gain more secure long-term funding for our charity.

Being a Trustee of the Westway is so rewarding and I would encourage anyone to think about joining us.

Best wishes

June

A Message from the Team

The last two months have flown by which of course included the celebration of the Coronation of King Charles III. We are now into our summer programme of activities which includes our regular activities plus some new ones. We will be open on Saturday 10th June to coincide with the Caterham Carnival reaching the Westway common, please come and join us for a cup of tea.

The centre will be closed for our summer holiday from Monday 24th to Friday 28th July.

As always, the team at the Westway are on hand to help you enjoy your time at the centre and welcome your ideas and feedback on how we can improve the services we offer.

the Westway Team

The Programme may sometimes need to change, or sessions may get cancelled at short notice – please call for more details or keep an eye on our Facebook page.



Contact Details – on-site services

	<p>Hairdressers Monday – Lynda Thursday – Janet Subsidised for members</p>	<p>Subsidised Hair Care Wash and Cut from only £17 All ages welcome</p>	<p>01883 347230 (people with additional needs very welcome)</p>
	<p>Podiatry Monday – Sonya Wednesday - Sheena</p>	<p>Subsidised Foot Care Open to all</p>	<p>Call Smart Feet Podiatry to book an appointment: 07526 182586 07713399802</p>
	<p>Children and Family Health Surrey</p>	<p>NHS health & wellbeing services for families</p>	<p>www.firstcommunityhealthcare.co.uk 01883 340922</p>
	<p>Salvation Army Sunday Service 10.30am to noon</p>	<p>Everyone welcome</p>	<p>01883 330718 caterham@salvationarmy.org.uk</p>
	<p>Rachael Reynolds School of Dance Dance Classes Monday and Thursday evening</p>	<p>Dance classes for young people and adults</p>	<p>rachaelreynoldsdance.com 07878161246</p>
	<p>Sing & Sign Friday mornings</p>	<p>Communicate with your baby, learn fun songs and meet mums in our area</p>	<p>singandsign.co.uk 07812734448 Annarichardson@singandsign.co.uk</p>



Westway Regular Activities

Regular activities are free to Westway Members (unless a cost is noted)

Move IT with Tara

Monday 9am, 10am and 11am
Low Impact – Great Music
£5 for non-members



Three classes to suit how fast and furious you like your exercise!

Monday Entertainment

Monday Afternoon
1.15pm to 2.30pm



Quizzes, Bingo, Games and Live Music – something different every week

Seated Exercise with Rosie

Tuesday Mornings – 2 sessions
9.30am & 10.45am



A relaxed exercise session to music – suitable for all

Rob's Musical Morning

Wednesday Mornings
10.30am to 11.45am



With Rob on guitar a chance to relax and sing along

Flower Arranging with Alison & Claire (please book) Tuesday's
1.15pm to 3pm



Flowers and instruction provided – beginners very welcome - **£7.50**

Boccia (please book)

Tuesday Afternoon
1.15pm to 3pm



A competitive Paralympic sport – played seated

Salvation Army - Connect

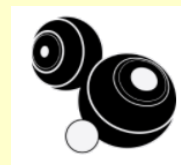
Every other Tuesday afternoon
1.15pm to 3pm



Reflect on the week – explore faith and fellowship - everyone welcome whether you have a faith or not

Short Mat Bowls (please book)

Wednesday Afternoon
1.15pm to 3pm



Full length indoor bowls – beginners welcome



Westway Regular Activities

Jane's Tea & Talk

Thursday afternoons 1pm to 3pm

English not your first language? Come along to a friendly social group and practice your skills



Centre Shedders (please book)

Thursday morning, from 9.30am



Help look after the centre or work on your own woodwork project

Bereavement Social Group

Every other Thursday afternoon 1pm to 3pm



A supportive group led by Lesley, a chance to share, listen & laugh

Quilters Plus with Felicity

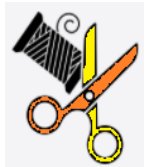
Thursday morning 10am to noon



Work on your own project or need help to start something new – just ask

Crafty Coffee Beans

Tuesday mornings – every other week 10am to 11.45am



Bring your knitting, craft or artwork, have a cuppa and relax with friends new and old

Alison's Wellbeing Social

Wednesday alternate weeks (please book)

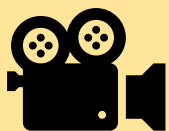


10.30am – noon

For women experiencing anxiety or depression. Offering support to each other ... we won't mind if you aren't feeling your best!

Friday Afternoon Activities

1.15pm to 2.15pm
Check programme



Everybody Sing

Wednesday early evening 5pm to 6.30pm



Come and make music! In tune, out of tune ... all ages welcome



Friday Technology with Annette 10am to 1pm (please book).
Book a 1-2-1 slot and learn how to use your phone or computer or get help with email or internet shopping.



Membership



Do you regularly come to The Westway?
Our fee for most activities is now £3 which you are welcome to pay on a 'Pay-as-you-Go' basis.

If cost is a barrier let us know – we'll help

If you'd like to support the work of the Westway through annual membership of £50 (6-month membership available) we'd be very grateful - and we'd love you to join activities as often as you can.

*If you are a UK Taxpayer we may be able to claim gift aid on your donation **Please ask for a form!***

giftaid it

Please show your Membership Card on entry



Sally Ann's Film Night

Monthly on a Wednesday evening 7-30pm - 10pm.
Check Programme for dates and film showing.



Hear Here



A FREE service for people with NHS hearing aids

Basic maintenance / Battery supply / Cleaning & re-tubing Advice. Bring your brown NHS Battery Book and your hearing aid.

All our volunteers have been trained by hospital audiology departments.

First Thursday of the month





Want the chance of winning £25,000 whilst supporting The Westway? Tandridge Together Lottery is a weekly online lottery – we receive 50p from every ticket you buy. Lottery tickets cost £1 and are available via

www.tandridgelottery.co.uk/support/the-westway-caterham

Thanks to Active Surrey's Together Fund, Growing Health Together and the Creating Healthy Communities we have been able to add extra sessions of Tai Chi, Tara's Move IT sessions and Let's Create events!



Growing
Health
Together



2nd & 4th Thursday

10am – 2.30pm

Phone: 0303 040 1234

Across Surrey Action for Carers have 'Hubs' for carers to drop-in to meet staff and get advice and support on all aspects of caring. Please come and visit!

www.actionforcarers.org.uk



Monday, Tuesday & Friday

Call 01883 347230

Westway Meals on Wheels

Meals served with seasonal vegetables.

To book or cancel call before 9.30am on delivery day.



June Programme



Thursday 1 st	Centre Shedders	9.30am – 11.30am
	Quilters Plus with Felicity	10am – noon
	Hear Here Drop In	10am – noon
	Jane's Tea & Talk	1pm – 3pm
	Bereavement Social	1pm – 3pm
Friday 2 nd	Help with computers & phones!	10am – 1pm
	Tai Chi	4.30pm – 5.30pm
Saturday 3 rd	Closed	
Sunday 4 th	Salvation Army Sunday Service	10.30am – 12.30pm
	Environment & Trinity Worship	
	Tai Chi (families welcome!)	12.30pm – 1.30pm
Monday 5 th	Move IT with Tara 3 sessions	
	• Wake up to Monday 1	9am – 9.45am
	• Wake up to Monday 2	10am – 10.45am
	• A gentle start to the week!	11am – 11.45am
	Live Music with Kelly Fitzgerald	1pm – 2.30pm
Tuesday 6 th	Seated Exercise with Rosie	
	• Session 1	9.30am – 10.30am
	• Session 2	10.45am – 11.45am
	Connect with Ailsa	1.15pm – 2.30pm
	Boccia	1.15pm – 3pm
Flowers with Claire	1.15pm – 3pm	
Wednesday 7 th	Music with Ralph & John	10.30am – 11.45am
	Alison's Wellbeing Social	10.30am - noon
	Short Mat Bowls	1.15pm – 3pm
Thursday 8 th	Centre Shedders	9.30am – 11.30am
	Quilters Plus with Felicity	10am – noon
	Action for Carers	10am – 2.30pm
	Jane's Tea & Talk	1pm – 3pm



Friday 9 th	Help with computers & phones!	10am – 1pm
	Free Legal Advice – please book	10am – 11.30am
	‘Members Only’	
	Board Games	1pm – 3pm
	Tai Chi	4.30pm – 5.30pm
Saturday 10 th	Repair Café	10.30am – 12.30pm
	Open Afternoon – Carnival Day	
		
Sunday 11 th	Salvation Army Sunday Service	10.30am – 12.30pm
	Tai Chi (families welcome!)	12.30pm – 1.30pm
Monday 12 th	Move IT with Tara 3 sessions	
	• Wake up to Monday 1	9am – 9.45am
	• Wake up to Monday 2	10am – 10.45am
	• A gentle start to the week!	11am – 11.45am
	Bingo	1pm – 2.30pm
Tuesday 13 th	Seated Exercise with Rosie	
	• Session 1	9.30am – 10.30am
	• Session 2	10.45am – 11.45am
	Crafty Coffee Beans	10am – 11.30am
	Boccia	1.15pm – 3.00pm
	Flowers with Claire	1.15pm – 3pm
Wednesday 14 th	Music in Mind with Rob	10.30am – 11.45am
	Short Mat Bowls	1.15pm – 3pm
	Everybody Sing	5pm – 6.30pm
Thursday 15 th	Centre Shedders	9.30am – 11.30am
	Quilters Plus with Felicity	10am – noon
	Jane’s Tea & Talk	1pm – 3pm
	Bereavement Social	1pm – 3pm
Friday 16 th	Help with computers & phones!	10am – 1pm
	Tai Chi	4.30pm – 5.30pm



Saturday 17 th	Let's Create - Chicago	2.30pm – 5.30pm
Sunday 18 th	Salvation Army Sunday Service Father's Day Worship	10.30am – 12.30pm
Monday 19 th	Move IT with Tara 3 sessions <ul style="list-style-type: none"> • Wake up to Monday 1 • Wake up to Monday 2 • A gentle start to the week! Darts	9am – 9.45am 10am – 10.45am 11am – 11.45am 1pm – 2.30pm
Tuesday 20 th	Seated Exercise with Rosie <ul style="list-style-type: none"> • Session 1 • Session 2 Connect with Ailsa Boccia Flowers with Alison	9.30am – 10.30am 10.45am – 11.45am 1.15pm – 2.30pm 1.15pm – 3pm 1.15pm – 3pm
Wednesday 21 st	Music in Mind with Rob Alison's Wellbeing Social Short Mat Bowls Everybody Sing Sally Ann's Film Night 'Gifted'	10.30am – 11.45am 10.30am - noon 1.15pm – 3pm 5pm – 6.30pm 7.30pm -10pm
Thursday 22 nd	Centre Shedders Quilters Plus with Felicity Action for Carers Jane's Tea & Talk	9.30am – 11.30am 10am – noon 10am – 2.30pm 1pm – 3pm
Friday 23 rd	Help with computers & phones! Fish & Chips Lunch - £6 Film Tai Chi	10am – 1pm 12pm 1pm 4.30pm – 5.30pm
Saturday 24 th	Closed	
Sunday 25 th	Salvation Army Sunday Service Tai Chi (families welcome!)	10.30am – 12.30pm 12.30pm – 1.30pm



Monday 26 th	Move IT with Tara 3 sessions <ul style="list-style-type: none"> • Wake up to Monday 1 • Wake up to Monday 2 • A gentle start to the week! 	9am – 9.45am 10am – 10.45am 11am – 11.45am
	Live Music with Kit Packham	1pm – 2.30pm
Tuesday 27 th	Seated Exercise with Rosie <ul style="list-style-type: none"> • Session 1 • Session 2 	9.30am – 10.30am 10.45am – 11.45am
	Crafty Coffee Beans	10am – 11.30am
	Boccia	1.15pm – 3pm
	Music in Mind with Rob	10.30am – 11.45am
Wednesday 28 th	Short Mat Bowls	1.15pm – 3pm
	Everybody Sing	5pm – 6.30pm
Thursday 29 th	Centre Shedders	9.30am – 11.30am
	Quilters Plus with Felicity	10am – noon
	Jane's Tea & Talk	1pm – 3pm
	Bereavement Social	1pm – 3pm
Friday 30 th	Help with computers & phones!	10am – 1pm
	Board Games	1pm
	Tai Chi	4.30pm – 5.30pm



July Programme



Saturday 1 st	Closed	
Sunday 2 nd	Salvation Army Sunday Service	10.30am – 12.30pm
	Tai Chi (families welcome!)	12.30pm – 1.30pm
Monday 3 rd	Move IT with Tara 3 sessions	
	• Wake up to Monday 1	9am – 9.45am
	• Wake up to Monday 2	10am – 10.45am
	• A gentle start to the week!	11am – 11.45am
	Darts	1pm – 2.30pm
Tuesday 4 th	Seated Exercise with Rosie	
	• Session 1	9.30am – 10.30am
	• Session 2	10.45am – 11.45am
	Connect with Ailsa	1.15pm – 2.30pm
	Boccia	1.15pm – 3pm
	Flowers with Claire	1.15pm – 3pm
Wednesday 5 th	Music in Mind with Rob	10.30am – 11.45am
	Alison's Wellbeing Social	10.30am - noon
	Short Mat Bowls	1.15pm – 3pm
	Everybody Sing	5pm – 6.30pm
Thursday 6 th	Centre Shedders	9.30am – 11.30am
	Quilters Plus with Felicity	10am – noon
	Hear Here Drop In	10am - noon
	Jane's Tea & Talk	1pm – 3pm
Friday 7 th	Help with computers & phones!	10am – 1pm
	Board Games	1pm – 3pm
	Tai Chi	4.30pm – 5.30pm
Saturday 8 th	Repair Café	10.30am – 1pm
	Let's Create – The Wizard of Oz	2.30pm – 5.30pm
Sunday 9 th	Salvation Army Sunday Service	10.30am – 12.30pm



Monday 10 th	Move IT with Tara 3 sessions <ul style="list-style-type: none"> • Wake up to Monday 1 • Wake up to Monday 2 • A gentle start to the week! 	9am – 9.45am 10am – 10.45am 11am – 11.45am
	Bingo	1pm – 2.30pm
Tuesday 11 th	Seated Exercise with Rosie <ul style="list-style-type: none"> • Session 1 • Session 2 	9.30am – 10.30am 10.45am – 11.45am
	Crafty Coffee Beans	10am – 11.30am
	Boccia	1.15pm – 3.00pm
Wednesday 12 th	Music in Mind with Rob	10.30am – 11.45am
	Short Mat Bowls	1.15pm – 3pm
	Everybody Sing	5pm – 6.30pm
Thursday 13 th	Centre Shedders	9.30am – 11.30am
	Quilters Plus with Felicity	10am – noon
	Action for Carers	10am – 2.30pm
	Jane's Tea & Talk	1pm – 3pm
	Bereavement Social	1pm – 3pm
Friday 14 th	Help with computers & phones!	10am – 1pm
	Fish & Chips Lunch - £6	12pm
	Film	1pm
	Tai Chi	4.30pm – 5.30pm
Saturday 15 th	Closed	
Sunday 16 th	Tai Chi (families welcome!)	12.30pm – 1.30pm
Monday 17 th	Move IT with Tara 3 sessions <ul style="list-style-type: none"> • Wake up to Monday 1 • Wake up to Monday 2 • A gentle start to the week! 	9am – 9.45am 10am – 10.45am 11am – 11.45am
	Live Music with Barry Stevens	1pm – 2.30pm



Tuesday 18 th	Seated Exercise with Rosie <ul style="list-style-type: none"> • Session 1 • Session 2 Connect with Ailsa Boccia Flowers with Alison	9.30am - 10.30am 10.45am – 11.45am 1.15pm – 2.30pm 1.15pm – 3pm 1.15pm – 3pm
Wednesday 19 th	Music in Mind with Rob Alison’s Wellbeing Social Short Mat Bowls Everybody Sing Sally Ann’s Film Night ‘Finding Your Feet’	10.30am – 11.45am 10.30am - noon 1.15pm – 3pm 5pm – 6.30pm 7.30pm -10pm
Thursday 20 th	Centre Shedders Quilters Plus with Felicity Jane’s Tea & Talk	9.30am – 11.30am 10am – noon 1pm – 3pm
Friday 21 st	Help with computers & phones! Tai Chi	10am – 1pm 4.30pm – 5.30pm
Saturday 22 nd	Closed	
Sunday 23 rd	Salvation Army Sunday Service Tai Chi (families welcome!)	10.30am – 12.30pm 12.30pm – 1.30pm
Monday 24 th	Centre Closed	
Tuesday 25 th	Centre Closed	
Wednesday 26 th	Centre Closed	
Thursday 27 th	Centre Closed	
Friday 28 th	Centre Closed	
Saturday 29 th	Closed	
Sunday 30 th	Salvation Army Sunday Service	10.30am – 12.30pm



Monday 31 st	Move IT with Tara 3 sessions	
	• Wake up to Monday 1	9am – 9.45am
	• Wake up to Monday 2	10am – 10.45am
	• A gentle start to the week!	11am – 11.45am
	Darts	1pm – 2.30pm

Repair Café

Don't throw it away, fix it!

Bring your items to the Westway and the Repair Café volunteers will help!

See Programme for dates



NEW - Women in Sheds



Have you ever wanted to learn some D.I.Y skills, change plugs, use equipment, build/create your own work projects?

Sessions on Thursday from 9.30am -11.30am at the Westway.

If this sounds like something you would like to try it out, contact The Westway on 01883 347230.



August Programme



Tuesday 1 st	Seated Exercise with Rosie	
	• Session 1	9.30am - 10.30am
	• Session 2	10.45am – 11.45am
	Connect with Ailsa	1.15pm – 2.30pm
	Boccia	1.15pm – 3pm
	Flowers with Claire	1.15pm – 3pm
Wednesday 2 nd	Music in Mind with Rob	10.30am – 11.45am
	Alison’s Wellbeing Social	10.30am - noon
	Short Mat Bowls	1.15pm – 3pm
	Everybody Sing	5pm – 6.30pm
Thursday 3 rd	Centre Shedders	9.30am – 11.30am
	Quilters Plus with Felicity	10am – noon
	Hear Here Drop In	10am – noon
	Jane’s Tea & Talk	1pm – 3pm
Friday 4 th	Help with computers & phones!	10am – 1pm
	Board Games	1pm – 3pm
	Tai Chi	4.30pm – 5.30pm
Saturday 5 th	Closed	
Sunday 6 th	Salvation Army Sunday Service	10.30am – 12.30pm
	Tai Chi (families welcome!)	12.30pm – 1.30pm
Monday 7 th	Move IT with Tara 3 sessions	
	• Wake up to Monday 1	9am – 9.45am
	• Wake up to Monday 2	10am – 10.45am
	• A gentle start to the week!	11am – 11.45am
	Live Music with Kelly Fitzgerald	1pm – 2.30pm



Tuesday 8 th	Seated Exercise with Rosie <ul style="list-style-type: none"> • Session 1 • Session 2 Crafty Coffee Beans Boccia	9.30am – 10.30am 10.45am – 11.45am 10am – 11.30am 1.15pm – 3.00pm
Wednesday 9 th	Music in Mind with Rob Short Mat Bowls Everybody Sing	10.30am – 11.45am 1.15pm – 3pm 5pm – 6.30pm
Thursday 10 th	Centre Shedders Quilters Plus with Felicity Action for Carers Jane's Tea & Talk Bereavement Social	9.30am – 11.30am 10am – noon 10am – 2.30pm 1pm – 3pm 1pm – 3pm
Friday 11 th	Help with computers & phones! Cream Tea & Concert Tai Chi	10am – 1pm 1pm – 2.30pm 4.30pm – 5.30pm
Saturday 12 th	Repair Café	10.30am – 1pm
Sunday 13 th	Salvation Army Sunday Service Tai Chi (families welcome!)	10.30am – 12.30pm 12.30pm – 1.30pm
Monday 14 th	Move IT with Tara 3 sessions <ul style="list-style-type: none"> • Wake up to Monday 1 • Wake up to Monday 2 • A gentle start to the week! Bingo	9am – 9.45am 10am – 10.45am 11am – 11.45am 1pm – 2.30pm
Tuesday 15 th	Seated Exercise with Rosie <ul style="list-style-type: none"> • Session 1 • Session 2 Connect with Ailsa Boccia Flowers with Alison	9.30am – 10.30am 10.45am – 11.45am 1.15pm – 2.30pm 1.15pm – 3pm 1.15pm – 3pm

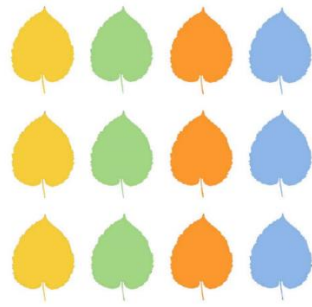


Wednesday 16 th	Music in Mind with Rob Alison's Wellbeing Social Short Mat Bowls Everybody Sing	10.30am – 11.45am 10.30am – noon 1.15pm – 3pm 5pm – 6.30pm
Thursday 17 th	Centre Shedders Quilters Plus with Felicity Jane's Tea & Talk	9.30am – 11.30am 10am – noon 1pm – 3pm
Friday 18 th	Tai Chi	4.30pm – 5.30pm
Saturday 19 th	Closed	
Sunday 20 th	Salvation Army Sunday Service Tai Chi (families welcome!)	10.30am – 12.30pm 12.30pm – 1.30pm
Monday 21 st	Move IT with Tara 3 sessions <ul style="list-style-type: none"> • Wake up to Monday 1 • Wake up to Monday 2 • A gentle start to the week! Darts	9am – 9.45am 10am – 10.45am 11am – 11.45am 1pm – 2.30pm
Tuesday 22 nd	Seated Exercise with Rosie <ul style="list-style-type: none"> • Session 1 • Session 2 Crafty Coffee Beans Boccia Flowers with Alison	9.30am – 10.30am 10.45am – 11.45am 10am – 11.30am 1.15pm – 3pm 1.15pm – 3pm
Wednesday 23 rd	Music in Mind with Rob Short Mat Bowls Everybody Sing	10.30am – 11.45am 1.15pm – 3pm 5pm – 6.30pm
Thursday 24 th	Centre Shedders Quilters Plus with Felicity Action for Carers Jane's Tea & Talk Bereavement Social	9.30am – 11.30am 10am – noon 10am – 2.30pm 1pm – 3pm 1pm – 3pm



Friday 25 th	Help with computers & phones! Fish & Chips Lunch - £6 Film Tai Chi	10am – 1pm 12pm 1pm 4.30pm – 5.30pm
Saturday 26 th	Closed	
Sunday 27 th	Salvation Army Sunday Service Tai Chi (families welcome!)	10.30am – 12.30pm 12.30pm – 1.30pm
Monday 28 th	Bank Holiday - Closed	
Tuesday 29 th	Seated Exercise with Rosie <ul style="list-style-type: none"> • Session 1 • Session 2 Boccia	9.30am – 10.30am 10.45am – 11.45am 1.15pm – 3pm
Wednesday 30 th	Music in Mind with Rob Alison's Wellbeing Social Short Mat Bowls Everybody Sing	10.30am – 11.45am 10.30am – noon 1.15pm – 3pm 5pm – 6.30pm
Thursday 31 st	Centre Shedders Quilters Plus with Felicity Jane's Tea & Talk	9.30am – 11.30am 10am – noon 1pm – 3pm





the
westway

Charity Number: 1188850

the **westway**

25 Chaldon Road, Caterham CR3 5PG



thewestwaycentre

www.thewestway.org - email info@thewestway.org

01883 347230

Opening times:

Monday - Friday 9.30am - 3.30pm

If you'd like to donate on-line to help us stay
open

.... Or cash or cheques gratefully accepted at
the Westway



gofundme™

Gofund.me/d4506f64

