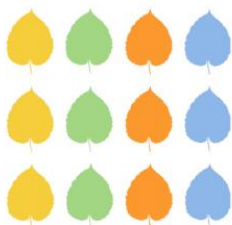


What's on



the
westway

**Activities for all
ages and abilities**

May & June 2024



The Westway 01883 347230 Charity No: 1188850

Welcome

Thank you for your continued support of The Westway, it is lovely to see more people joining us and enjoying what is on offer at The Westway.

We have a few new activities in the programme and will continue to add events both at The Westway and within the community and would love for more of you to come and join us at these events. Mary's door is always open if you have further suggestions of things you would like to happen at The Westway.

As the weather warms up we invite you to come and sit/socialise in our garden, which is currently being "upgraded" by our lovely gardening team.

Thank you to Waitrose and their contractors for giving their time. Watch out for the refresh at The Westway!

We would also like to thank local businesses for their support by choosing to advertise in our programme.

Finally a big thankyou to our volunteers who continue to support us, without you we would not be able to continue to offer the services we do.

From The Westway Team

Last week, Caroline Liggins was voted in as our new Chair. She succeeds Ralph Linsell, who has served in the role since April 2023. Ralph has agreed to remain as a Trustee of the Westway. Caroline is an experienced lawyer who has been working in the background at Westway since 2020 and has been a Trustee since 2021. Caroline said, "I want to thank Ralph for his service as Chair, and I am pleased he will continue to provide his guidance and insights as a Trustee. I am delighted to take up the role of Chair and am keen to keep on doing the wonderful things that have progressed the Westway in the past few years"

From The Westway Trustees



Please Note: 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

	Description	Contact details
Hairdressers 	Monday – Lynda Thursday – Janet All ages welcome.	Call 01883 347230 to book your appointment. (people with additional needs very welcome)
Podiatry 	Monday – Sonya Tuesday & Wednesday Sheena Foot Care	Call Smart Feet Podiatry 07526 182586 07713 399802
Ear Wax 	Thursday' only Ear wax clinic run by a qualified professional.	Call Linda: 07825160363 Email: info@smartearwax.co.uk
	NHS Health & Wellbeing Services for families	Visit www.firstcommunityhealthcare.co.uk
Salvation Army 	Everyone welcome	Call 01883330718 Email Caterham@salvationarmy.org.uk
Rachael Reynolds School of Dance 	Monday, Tuesday & Thursday evening Dance classes for young people and adults.	Visit www.rachaelreynolds.dance.com Call: 07878161246
Sing & Sign 	Friday mornings Communicate with your baby, learn fun songs and meet mums in our area	Visit singandsign.co.uk Call: 07812734448 Email: annarichardson@singandsign.co.uk



Regular Activities










For more information about our regular activities, please visit our website www.thewestway.org

<p>Move It with Tara </p> <p>Monday 9.00am, 10.00am & 11.00am</p> <p>£5 for non-members. Three classes to suit how fast and furious you like your exercise!</p>	<p>Monday Entertainment </p> <p>Monday 1.30pm-3.00pm</p> <p>Quizzes, Bingo, Games and Live Music – something different every week.</p>
<p>Seated Exercise with Rosie </p> <p>Tuesday 9.30am & 10.45am</p> <p>A relaxed exercise session to music – suitable for all.</p>	<p>Rob's Musical Morning </p> <p>Wednesday 10.30am—11.45am</p> <p>With Rob on guitar a chance to relax and sing along.</p>
<p>Flower Arranging (please book) </p> <p>Please see programme for dates 1.15pm - 3.00pm</p> <p>£7.50 members. £10 non-members Flowers and instruction provided. Beginners very welcome.</p>	<p>Boccia (please book) </p> <p>Tuesday 1.15pm—3.00pm</p> <p>A competitive Paralympic sport – played seated.</p>
<p>Salvation Army - Connect </p> <p>Alternate Tuesday's 1.15pm - 3.00pm</p> <p>Reflect on the week – explore faith and fellowship - everyone welcome whether you have a faith or not</p>	<p>Short Mat Bowls (please book) </p> <p>Wednesday 1.15pm-3.00pm</p> <p>Full length indoor bowls – beginners welcome</p>



Regular Activities

For more information about our regular activities, please visit our website www.thewestway.org

<p>Jane's Tea & Talk Thursday 1.00pm—3.00pm</p> <p>English not your first language? A social group to improve English conversational skills.</p> 	<p>Men's Coffee and chat (please book) Monday From 9.30am</p> <p>Men in Sheds Tuesday and Friday AM</p> <p>Learn woodwork skills at the same time as raising funds for the Westway.</p> 
<p>Bereavement Support Group</p> <p>Alternate Thursday 1.00pm - 3.00pm</p> <p>A supportive group led by Lesley, a chance to share, listen & laugh.</p> 	<p>Quilters Plus with Felicity</p> <p>Thursday morning 10.00am to 12.00pm</p> <p>Work on your own project or need help to start something new – just ask.</p> 
<p>Crafty Coffee Beans</p> <p>2nd & 4th Tuesday 10.00am—11.30am</p> <p>Bring your knitting, craft or artwork, have a cuppa and relax with friends new and old.</p> 	<p>Alison's Wellbeing Social (Please book)</p> <p>Alternate Wednesday's 10.30am – 12.00pm</p> <p>For women experiencing anxiety or depression. Offering support to each other we won't mind if you aren't feeling your best!</p> 
<p>Friday Afternoon Activities</p> <ul style="list-style-type: none"> - Jive Lessons 12.45pm - 1.45pm - £5 - Pilates -1.45pm – 2.45pm - £7 - Tai Chi 4.30pm-5.30pm 	<p>Everybody Sing</p> <p>Wednesday 5.00pm - 6.30pm</p> <p>Come and make music! In tune, out of tune... all ages welcome.</p> 
<p>Friday Technology with Annette (please book)</p> <p>Friday 10.00am-1.00pm</p> <p>Book a 1-2-1 slot and learn how to use your phone or computer or get help with email or internet shopping.</p> 	



May Programme

Wednesday 1st	Music in Mind with Rob	10.30am—11.45am
	Alison's wellbeing social	10.30am — 12.00pm
	Short Matt Bowls	1.15pm—3.00pm
	Gardening club	1.30pm—3.00pm
	Everybody Sing	5.00pm—6.30pm
Thursday 2nd	Quilters Plus with Felicity	10.00am—12.00pm
	Jane's ESL Tea & Talk	1.00pm — 3.00pm
	Flowers with Claire £10	1.00pm—3.00pm
	Bereavement Support Group	1.00pm—3.00pm
Friday 3rd	Sign & Sign	10.00am—12.00pm
	EFT Therapy Group £10	10.00am—12.00pm
	Help with Computers & phones	10.00am — 1.00pm
	Jive lessons £5	12.45pm—1.45pm
	Pilates £7	1.45pm — 2.45pm
	Tai Chi £5	4.30pm — 5.30pm
Saturday 4th		
Sunday 5th	Salvation Army Sunday Service	10.30am — 12.30pm
Monday 6th	CLOSED FOR BANK HOLIDAY	
Tuesday 7th	Seated Exercise with Rosie	
	• Session 1	9.45am-10.45am
	• Session 2	10.45am-11.45am
	Connect with Ailsa	1.15pm-2.30pm
	Boccia	1.15pm-3.00pm
	Art Class £7	12.00pm-1.15pm
	Art Class £7	1.30pm-3.00pm



May Programme

Wednesday 8th	Music in Mind with Rob	10.30am-11.45am
	Short Mat Bowls	1.15pm-3.00pm
	Gardening Club	1.30pm-3.00pm
	Everybody Sing	5.00pm-6.30pm
	Sally Ann's Film Night	7.00pm-9.00pm
Thursday 9th	Quilters Plus with Felicity	10.00am-12.00pm
	Action for Carers	10.30am-2.00pm
	Jane's ESL Tea and Talk	1.00pm-3.00pm
Friday 10th	Sing & Sign	10.00am-12.00pm
	Wellbeing with EFT	10.00am-12.00pm
	Jive Lessons £5	12.45pm-1.45pm
	Pilates £7	1.45pm-2.45pm
	Tai Chi £5	4.30pm-5.30pm
Saturday 11th	Repair Café	10.30am-1.00pm
Sunday 12th	Salvation Army Sunday Service	10.30am –12.30pm
Monday 13th	Move It with Tara 3 Sessions	
	• Wake up to Monday 1	9.00am-9.45am
	• Wake up to Monday 2	10.00am-10.45am
	• A gentle start to the day	11.00am-11.45am
	Men's Coffee & Chat	10.30am-11.30am
	Bingo	1.30pm-3.00pm
Tuesday 14th	Seated Exercise with Rosie	
	• Session 1	9.45am-10.45am
	• Session 2	10.45am-11.45am
	Crafty Coffee Beans	10.00am-11.30am
	Boccia	1.15pm-3.00pm
	Art Class £7	12.00pm-1.15pm
	Art Class £7	1.30pm-3.00pm



May Programme

Wednesday 15th	Music in Mind with Rob	10.30am — 11.45am
	Alison's Wellbeing social	10.30am— 12.00pm
	Short Matt Bowls	1.15pm— 3.00pm
	Gardening club	1.30pm— 3.00pm
	Everybody Sing	5.00pm— 6.30pm
Thursday 16th	Quilters Plus with Felicity	10.00am— 12.00pm
	Jane's ESL Tea & Talk	1.00pm— 3.00pm
	Volunteer Training	1.00pm— 3.00pm
	Bereavement Support Group	1.00pm— 3.00pm
Friday 17th	Sign & Sign	10.00am— 12.00pm
	EFT Therapy Group £10	10.00am-12.00pm
	Help with Computers & phones	10.00am-1.00pm
	Jive lessons £5	12.45pm— 1.45pm
	Pilates £7	1.45pm-2.45pm
	Tai Chi £5	4.30pm-5.30pm
Saturday 18th	Swimathon (De Stafford)	3.00pm
Sunday 19th	Salvation Army Sunday Service	10.30am –12.30pm
	Sunday Lunch	1.00pm-3.00pm
Monday 20th	Move It with Tara 3 Sessions	
	• Wake up to Monday 1	9.00am-9.45am
	• Wake up to Monday 2	10.00am-10.45am
	• A gentle start to the day	11.00am-11.45am
	Men's Coffee & Chat	10.30-11.30am
	Music with Steve	1.30pm-3.00pm



May Programme











Tuesday 21st	Seated Exercise with Rosie	
	<ul style="list-style-type: none"> • Session 1 • Session 2 	9.45am-10.45am 10.45am-11.45am
	Connect with Ailsa	1.15pm-2.30pm
	Boccia	1.15pm-3.00pm
	Art Class £7	12.00pm-1.15pm
	Art Class £7	1.30pm-3.00pm
Wednesday 22nd	Music in Mind with Rob	10.30am — 11.45pm
	Alison's Wellbeing social	10.30am— 12.00pm
	Short Matt Bowls	1.15pm— 3.00pm
	Gardening club	1.30pm— 3.00pm
	Everybody Sing	5.00pm— 6.30pm
	Sally Ann Movie	7.00pm-10.00pm
Thursday 23rd	Quilters Plus with Felicity	10.00am— 12.00pm
	Jane's ESL Tea & Talk	1.00pm 3.00pm
	Action 4 Carers	10.30am-2.00pm
Friday 24th	Sign & Sign	10.00am— 12.00pm
	EFT Therapy Group £10	10.00am-12.00pm
	Help with Computers & phones	10.00am-1.00pm
	Jive lessons £5	12.45pm— 1.45pm
	Pilates £7	1.45pm-2.45pm
	Tai Chi £5	4.30pm-5.30pm
Saturday 25th		
Sunday 26th	Salvation Army Sunday Service	10.30am —12.30pm
Monday 27th	CLOSED FOR BANK HOLIDAY	



Westway Menu Planner

To book or cancel eat in lunch or home delivery, please call before 9.30am on the day. Please speak to us about the ingredients in your meal before ordering.

£6 EAT IN
£7 DELIVERED

Monday 6th May	Tuesday 7th May	Friday 10th May
CLOSED	Chicken Pie or Veg Quiche 	Soup & Flavoured Bread 
Monday 13th May	Tuesday 14th May	Friday 17th May
Beef Lasagne 	Chicken Curry/Veg Curry Nann or Rice 	Brie Parcel 
Monday 20th May	Tuesday 21st May	Friday 24th May
Fish and Chips 	Beef Bourguignon 	Jacket Potatoes 
Monday 27th May	Tuesday 28th May	Friday 31st May
CLOSED	Shepherds Pie 	Cream Tea 

Desserts—Choice from Dessert Trolley



									
CELERY	EGGS	DAIRY	FISH	GLUTEN	MILK	MUSTARD	NUTS	SOYA	SULPHITES



Westway Menu Planner

To book or cancel eat in lunch or home delivery, please call before 9.30am on the day. Please speak to us about the ingredients in your meal before ordering.

£6 EAT IN
£7 DELIVERED

Monday 3rd June	Tuesday 4th June	Friday 7th June
Sausage and Mash 	Chicken Pie 	Quiche  
Monday 10th June	Tuesday 11th June	Friday 14th June
Beef Lasagne 	Chicken Curry/Veg Curry Nann or Rice 	Brie Parcel 
Monday 17th June	Tuesday 18th June	Friday 21st June
Mince and Dumplings 	Pork Casserole 	Salad  Ploughman's 
Monday 24th June	Tuesday 25th June	Friday 28th June
Mince and Dumplings  	Shepherds Pie 	Cream Tea  

Desserts—Choice from Dessert Trolley

									
CELERY	EGGS	DAIRY	FISH	GLUTEN	MILK	MUSTARD	NUTS	SOYA	SULPHITES



May Programme

Tuesday 28th	Seated Exercise with Rosie	
	• Session 1	9.45am-10.45am
	• Session 2	10.45am-11.45am
	Crafty Coffee Beans	10.00am-11.30am
	Boccia	1.15pm-3.00pm
	Art Class £7	12.00pm-1.15pm
	Art Class £7	1.30pm-3.00pm
Wednesday 29th	Music in Mind with Rob	10.30am — 11.45pm
	Alison's wellbeing social	10.30am— 12.00pm
	Short Matt Bowls	1.15pm— 3.00pm
	Gardening club	1.30pm— 3.00pm
	Everybody Sing	5.00pm— 6.30pm
Thursday 30th	Quilters Plus with Felicity	10.00am— 12.00pm
	Jane's ESL Tea & Talk	1.00pm 3.00pm
	Bereavement Support Group	1.00pm— 3.00pm
	Volunteer Training	1.00pm-3.00pm
Friday 31st	Sign & Sign	10.00am— 12.00pm
	EFT Therapy Group £10	10.00am-12.00pm
	Help with Computers & phones	10.00am-1.00pm
	Cream Tea	12.00pm-1.30pm
	Jive lessons £5	12.45pm— 1.45pm
	Pilates £7	1.45pm-2.45pm
	Sewing class	2.45pm-4.30pm
	Tai Chi £5	4.30pm-5.30pm
Group Acupuncture with Philippa £10	5.30pm-6.30pm	



June Programme

Saturday 1st

Sunday 2nd Salvation Army Sunday Service 10.30am –12.30pm

Monday 3rd

Move It with Tara 3 Sessions

- Wake up to Monday 1 9.00am-9.45am
- Wake up to Monday 2 10.00am-10.45am
- A gentle start to the day 11.00am-11.45am

Men's Coffee & Chat 10.30am-11.30am

Music with Karen 1.30pm-3.00pm

Tuesday 4th

Seated Exercise with Rosie

- Session 1 9.45am-10.45am
- Session 2 10.45am-11.45am

Connect with Ailsa 1.15pm-2.30pm

Boccia 1.15pm-3.00pm

Art Class **£7** 12.00pm-1.15pm

Art Class **£7** 1.30pm-3.00pm

Wednesday 5th

Music in Mind with Rob 10.30am — 11.45pm

Alison's Wellbeing social 10.30am— 12.00pm

Cooking class 1.00pm— 2.30pm

Short Matt Bowls 1.15pm— 3.00pm

Gardening club 1.30pm— 3.00pm

Everybody Sing 5.00pm— 6.30pm

Thursday 6th

Quilters Plus with Felicity 10.00am— 12.00pm

D-Day Display/Talk & Lunch 11.00am-12.45pm

Jane's ESL Tea & Talk 1.00pm 3.00pm

Flowers with Claire **£10** 1.00pm-3.00pm



June Programme

Friday 7th	Sign & Sign	10.00am—12.00pm
	EFT Therapy Group £10	10.00am-12.00pm
	Help with Computers & phones	10.00am-1.00pm
	Jive lessons £5	12.45pm—1.45pm
	Pilates £7	1.45pm-2.45pm
	Tai Chi £5	4.30pm-5.30pm
Saturday 8th	Repair Café	10.00am-1.30pm
	CATERHAM CARNIVAL	
Sunday 9th	Salvation Army Sunday Service	10.30am –12.30pm
Monday 10th	Move It with Tara 3 Sessions	
	• Wake up to Monday 1	9.00am-9.45am
	• Wake up to Monday 2	10.00am-10.45am
	• A gentle start to the day	11.00am-11.45am
	Men's Coffee & Chat	10.30-11.30am
	Music with Ralph and Roger	1.30pm-3.00pm
Tuesday 11th	Seated Exercise with Rosie	
	• Session 1	9.45am-10.45am
	• Session 2	10.45am-11.45am
	Crafty Coffee Beans	10.00am-11.30am
	Boccia	1.15-3.00pm
	Art Class £7	12.00pm-1.15pm
Art Class £7	1.30pm-3.00pm	
Wednesday 12th	Music in Mind with Rob	10.30am- 11.45pm
	Alison's Wellbeing social	10.30am—12.00pm
	Cooking class	1.00pm—2.30pm
	Short Matt Bowls	1.15pm—3.00pm
	Gardening club	1.30pm—3.00pm
	Everybody Sing	5.00pm—6.30pm



June Programme

Thursday 13th	Quilters Plus with Felicity	10.00am—12.00pm
	Action 4 Carers	12.00pm-1.00pm
	Jane’s ESL Tea & Talk	1.00pm 3.00pm
	Bereavement Support Group	1.00pm—3.00pm
Friday 14th	Sign & Sign	10.00am—12.00pm
	EFT Therapy Group £10	10.00am-12.00pm
	Help with Computers & phones	10.00am-1.00pm
	Jive lessons £5	12.45pm—1.45pm
	Pilates £7	1.45pm-2.45pm
	Tai Chi £5	4.30pm-5.30pm
Saturday 15th	Westway Gardening Event	11.00am-4.00pm
Sunday 16th	Salvation Army Sunday Service	10.30am –12.30pm
Monday 17th	Move It with Tara 3 Sessions –TBC	
	• Wake up to Monday 1—TBC	9.00am-9.45am
	• Wake up to Monday 2—TBC	10.00am-10.45am
	• A gentle start to the day –TBC	11.00am-11.45am
	Men’s Coffee & Chat	10.30-11.30am
	Music with Alan	1.30pm-3.00pm
Tuesday 18th	Seated Exercise with Rosie	
	• Session 1	9.45am-10.45am
	• Session 2	10.45am-11.45am
	Connect with Ailsa	1.15pm-2.30pm
	Boccia	1.15-3.00pm
	Art Class £7	12.00pm-1.15pm
	Art Class £7	1.30pm-3.00pm



June Programme

Wednesday 19th	Music in Mind with Rob	10.30am — 11.45am
	Alison's wellbeing social	10.30am— 12.00pm
	Cooking class	1.00pm—2.30pm
	Short Matt Bowls	1.15pm—3.00pm
	Gardening club	1.30pm—3.00pm
	Everybody Sing	5.00pm—6.30pm
	Sally Ann Movie Night	7.00pm—10.00pm
Thursday 20th	Quilters Plus with Felicity	10.00am—12.00pm
	Safeguarding Volunteer Training	1.00pm-3.00pm
	Jane's ESL Tea & Talk	1.00pm 3.00pm
Friday 21st	Sign & Sign	10.00am—12.00pm
	EFT Therapy Group £10	10.00am-12.00pm
	Help with Computers & phones	10.00am-1.00pm
	Jive lessons £5	12.45pm—1.45pm
	Pilates £7	1.45pm-2.45pm
	Tai Chi £5	4.30pm-5.30pm
Saturday 22nd	Prospero	2.00pm—5.00pm
Sunday 23rd	Salvation Army Sunday Service	10.30am –12.30pm
Monday 24th	Move It with Tara 3 Sessions	
	• Wake up to Monday 1	9.00am-9.45am
	• Wake up to Monday 2	10.00am-10.45am
	• A gentle start to the day	11.00am-11.45am
	Men's Coffee & Chat	10.30-11.30am
Music with Neil	1.30pm-3.00pm	



Tuesday 25th	Seated Exercise with Rosie	
	• Session 1	9.45am-10.45am
	• Session 2	10.45am-11.45am
	Crafty Coffee Beans	10.00am-11.30am
	Boccia	1.15-3.00pm
	Art Class £7	12.00pm-11.15pm
	Art Class £7	1.30pm-3.00pm
Wednesday 26th	Music in Mind with Rob	10.30am — 11.45pm
	Alison's wellbeing social	10.30am—12.00pm
	Cooking class	1.00pm—2.30pm
	Short Matt Bowls	1.15pm—3.00pm
	Gardening club	1.30pm—3.00pm
	Everybody Sing	5.00pm—6.30pm
Thursday 27th	Quilters Plus with Felicity	10.00am—12.00pm
	Jane's ESL Tea & Talk	1.00pm 3.00pm
	Action for Carers	
	Bereavement Support Group	1.00pm—3.00pm
Friday 28th	Sign & Sign	10.00am—12.00pm
	Cancer Circle Therapy Group	10.00am-12.00pm
	Help with Computers & phones	10.00am-1.00pm
	Jive lessons £5	12.45pm—1.45pm
	Cream tea £7	12.00pm-1.30pm
	Pilates £7	1.45pm-2.45pm
	Tai Chi £5	4.30pm-5.30pm
Group Acupuncture with Philippa	5.30-6.30pm	
Saturday 29th		
Sunday 30th	Salvation Army Sunday Service	10.30am —12.30pm
	The Westway Barbeque £10	1.00pm—3.30pm
	Westway Singing at St Lawrence Church	TBC



Information



If you'd like to support the Westway by becoming a member, we'd be very grateful.

Annual membership is £60 or £35 for 6 months

Various Payment Methods Accepted
There are additional charges for some activities, please see programme.

giftaid it

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

WISEOWLS
NURSERY



BASED AT
WARLINGHAM RUGBY
CLUB
OFSTED RATING GOOD

- Spaces available for September children aged 2-5 years old
- Operating for over 25 years
- Various funded sessions available.
- Please contact on
07947120026
- Email us on
contact@wiseowlsnursery.co.uk

PHILIPPA RHODES
FIVE ELEMENTS ACUPUNCTURE

Five Elements Acupuncture is very effective at treating a wide range of physical and emotional symptoms, tailoring treatment to you.

Treating the root cause of your symptom/s can help **both** the symptom/s itself whilst also building good health and resiliency.

Home Clinic | Friday & Saturdays | Caterham

Auricular Monthly sessions | The Westway Community Centre
Last Friday of the Month 31st May | 28th June 5.30pm - 6.30pm

How can Five Elements acupuncture benefit you?
Contact me for a free 15 minute consultation;

E: Philippa@getacupuncture.co.uk M: 07977400180 W: getacupuncture.co.uk
[#careinthecommunity](https://www.instagram.com/careinthecommunity)

Home Clinic initial treatment £50, thereafter £40 and Auricular £10



Information



Second Saturday of the month. 10:30 to 1300

Email: caterham.repair.cafe@gmail.com

Web: caterhamrepaircafe.org



Don't throw it away, fix it!

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

See Programme for dates!

MEALS ON WHEELS

FRESHLY COOKED MEALS DELIVERED TO YOUR DOOR



Available
Mondays,
Tuesday and
Friday

**DIETARY AND
ALLERGIES
CATERED FOR**

For more information and to order a meal, please call us on 01883 347230 or contact us via our website.





Contact Details

Address: 25 Chaldon Road, Caterham, CR3 5PG

Telephone: 01883 347230

Website: www.thewestway.org

Email: info@thewestway.org

Facebook: [thewestwaycentre](https://www.facebook.com/thewestwaycentre)

Instagram: [thewestwayhub](https://www.instagram.com/thewestwayhub)

Opening Times

Monday—Fridays 9.30am—3.30pm

Its easy to donate to The Westway

If you'd like to donate to help us continue our work,
scan the QR code.

Or cash or cheques gratefully
accepted at the Westway.

