

What's on



**Activities for all
ages and abilities**

July & August 2024



The Westway 01883 347230 Charity No: 1188850

Welcome

Welcome to our summer programme... Hopefully the weather improves and you can join us in our lovely garden that has been renovated by our gardening club and come and have a drink out in the garden at our new coffee shop/bar.

We would like to thank all of the people that generously sponsored our swimming team at the Swimathon event and our amazing swimmers and to all the volunteers who helped run our stall at The Caterham Carnival. These events raise money for The Westway and let people know about The Westway.

We have some exciting new things in this programme, we have some summer BBQ's in our garden, a new beauty service, a new exercise class and additional Boccia. I hope you continue to support us and if you are new, come and give us a try!

Please note we are closed 12th—17th August for our summer break.

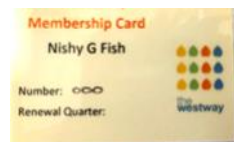
The Westway Team

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



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

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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 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
Bbonita Spa Services 	Monday 9.00am-5.00pm A variety of beauty treatments manicures, pedicures and massages	Sabrina info@bbonita.co.uk or call 07526565217 to book your appointment.



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-member 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>NEW Seated/Standing Exercise with Rosie</p> <p>Thursday 1.30pm-2.30pm £2</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 Thursday 1.00pm - 3.00pm</p> <p>£7.50 members. £10 non-members</p> <p>Flowers and instruction provided. Beginners very welcome.</p>	<p>Boccia (please book)</p>  <p>Tuesday & Thursday 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 10.00am-12.00pm</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 Learn woodwork skills at the same time as raising funds for the Westway.</p> 
<p>Bereavement Support Group Alternate Thursday 1.00pm - 3.00pm</p> <p>A supportive group led by Lesley, a chance to share, listen & laugh.</p> 	<p>Quilters, Needlework etc. with Felicity</p> <p>Thursday morning Alternate Weeks 1st & 3rd week 10.00am to 12.00pm</p> <p>Work on your own project or need help</p> 
<p>Crafty Coffee Beans 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>Once a month—see programme 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 - Pilates -1.45pm – 2.45pm - £7 - Tai Chi 4.30pm-5.30pm - Card Games 2.30pm-4.30pm 	<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—Drop in session 12.00pm-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> 	



July Programme

Monday 1st	NEW —Beauty Treatments Bbonita Spa Services	9.00am –5.00pm
	Move IT with Tara	
	• Wake up Monday 1 & 2	9.00am & 10.00am
	• A gentle start to the day	11.00am-11.45am
	Men’s Coffee & Chat	10.30pm-11.30pm
	Music with Karen	1.30pm-3.00pm
Tuesday 2nd	Seated Exercise with Rosie	
	Session 1	9.45am-10.45am
	Session 2	10.45am-11.45am
	Art Class £7	12.00pm-1.15pm
	Connect with Ailsa	1.15pm-2.30pm
	Boccia	1.15pm-3.00pm
	Art Class £7	1.30pm-3.00pm
Wednesday 3rd	NEW —Morning Prayers	8.30am—9.30am
	Music 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
Thursday 4th	Quilters, Needlework etc. with Felicity	10.00am-11.00am
	NEW-Exercise with Rosie £2	1.30pm-2.30pm
	Boccia	1.00pm-3.00pm
Friday 5th	Antenatal Group	9.00am-4.30pm
	Sing and Sign	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
	Card Games	2.30pm-4.30pm
	Tai Chi £7	4.30pm-5.30pm

July Programme

Saturday 6th

Sunday 7th Sunday Worship Anniversary of 7/7 10.00am-12.30pm

Monday 8th **NEW**—Beauty Treatments Bbonita Spa Services 9.00am –5.00pm

Move IT with Tara

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

Men’s Coffee & Chat 10.00am-11.30am

Music with Kelly 1.30pm-3.00pm

Tuesday 9th Seated Exercise with Rosie

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

Crafty Coffee Beans 10.00am-11.30am

Art class **£7** 12.00pm-1.15pm

Boccia 1.15pm-3.00pm

Art class **£7** 1.30pm-3.00pm

Wednesday 10th **NEW**- Morning Prayers 8.30am-9.30am

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 11th Action for Carers 10.30am-2.00pm

Jane’s Group 10.00am-12.00pm

Bereavement Group 1.00pm-3.00pm

NEW-Exercise with Rosie £2 1.30pm-2.30pm



July Programme

Friday 12th	Antenatal Group	9.00am-4.30pm
	Sing and Sign	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
	Card Games	2.30pm-4.30pm
	Tai Chi £7	4.30pm-5.30pm
Saturday 13th	Repair Cafe	10.30am-1.30pm
Sunday 14th	Sunday Worship	10.00am-12.30pm
Monday 15th	NEW —Beauty Treatments Bbonita Spa Services	9.00am –5.00pm
	Move It with Tara 3 Sessions –TBC	
	• Wake up Monday 1 & 2—TBC	9.00am & 10.00am
	A gentle start to the day –TBC	11.00am-11.45am
	Men’s Coffee & Chat	10.00-am-11.30am
	Music with Steve	1.30pm-3.00pm
	Tropic skincare clinic	1.30pm-3.00pm



L.S HEATING

DESIGN - INSTALL - MAINTAIN

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Local Gas Safety engineer undertaking:

- Full central heating systems
- All domestic plumbing and heating
- Boiler installations/services
- Boiler breakdowns

Fully insured

Call Luc on 07919586463





July Programme

Tuesday 16th	Seated Exercise with Rosie	
	Session 1	9.45am-10.45am
	Session 2	10.45am-11.45am
	Art Class £7	12.00pm-1.15pm
	Connect with Ailsa	1.15pm-2.30pm
	Boccia	1.15pm-3.00pm
	Art Class £7	1.30pm-3.00pm
Wednesday 17th	NEW —Morning Prayers	8.30am-9.30am
	Music in Mind with Rob	10.30am-11.45am
	Short Matt Bowls	1.15pm-3.00pm
	Gardening Club	1.30pm-3.00pm
	Everybody Sing	5.00pm-6.30pm
	Sally Ann's Film Night Fisherman's Fred	7.00pm-10.00pm
Thursday 18th	Quilters, Needlework etc. with Felicity	10.00am-11.00am
	Jane's Group	10.00am-12.00pm
	NEW-Exercise with Rosie £2	1.30pm-2.30pm
	Flowers with Claire £10	1.00pm-3.00pm
Friday 19th	Antenatal Group	9.00am-4.30pm
	Help with Computers & Phones	10.00am-1.00pm
	Jive Lessons £5	12.45pm—1.45pm
	Sewing Club	2.30pm-4.30pm
	Pilates £7	1.45pm-2.45pm
	Card Games	2.30pm-4.30pm
	Tai Chi £7	4.30pm-5.30pm
Saturday 20th	Prospero Theatre	2.30pm-5.30pm



Westway Menu Planner—July/August

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

Monday

Hot Meal **£6**

Tuesday

Hot Meal **£6**

Wednesday

Paninis **£3**

(Please call up before 9.30am to place your order)

Thursday

Hot Meal **£6**

Friday

Sandwiches **£3**

(Please call up before 9.30am to place your order)



MDS

MW DECORATING SERVICES

Offering a high end decorating service for all your painting and decorating needs.



Contact Martin
07919400954



Westway Menu Planner— July

To book or cancel eat in lunch, **please call before 9.30am on the day.** Please speak to us about your dietary requirements before ordering.


Monday 1st	Tuesday 2nd	Thursday 4th
Sausage & Mash 	Chicken Curry/ Veg Curry with Nann or Rice 	Pasta Bake & Garlic Bread 
Monday 8th	Tuesday 9th	Thursday 11th
Fish & Chips 	Salmon & Salad Pot 	Jacket Potato Allergens dependent on toppings 
Monday 15th	Tuesday 16th	Thursday 18th
Lasagne 	Chicken Tray Bake No allergens	Quiche 
Monday 22nd	Tuesday 23rd	Thursday 25th
Sausage Casserole 	Jacket Potato Allergens dependent on toppings 	Beef Burger or Veg Burger 
Monday 29th	Tuesday 30th	Thursday 1st
Sausage & Mash 	Chicken Curry/Veg Curry with Nann or Rice 	Pasta Bake & Garlic Bread 

									
CELERY	EGGS	DAIRY	FISH	GLUTEN	MILK	MUSTARD	NUTS	SOYA	SULPHITES



Westway Menu Planner— August

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

Monday 5th	Tuesday 6th	Thursday 8th
Fish & Chips 	Salmon & Salad Pot 	Jacket Potato Allergens dependent on toppings 
Monday 12th	Tuesday 13th	Thursday 15th
CLOSED FOR SUMMER HOLIDAY	CLOSED FOR SUMMER HOLIDAY	CLOSED FOR SUMMER HOLIDAY
Monday 19th	Tuesday 20th	Thursday 22nd
Lasagne 	Chicken Tray Bake No allergens	Quiche 
Monday 26th	Tuesday 27th	Thursday 29th
CLOSED FOR BANK HOLIDAY	Jacket Potato Allergens dependent on toppings 	Beef Burger or Veg Burger 



July Programme

Monday 22nd	NEW —Beauty treatments Bbonita Spa Services	9.00am –5.00pm
	Move It with Tara 3 Sessions –TBC	
	• Wake up Monday 1 & 2	9.00am & 10.00am
	• A gentle start to the day –TBC	11.00am-11.45am
	Men’s Coffee & Chat	10.00am-11.30am
	Music with Stephen	1.30pm-3.00pm
Tuesday 23rd	Seated Exercise with Rosie	
	Session 1	9.45am-10.45am
	Session 2	10.45am-11.45am
	Crafty Coffee Beans	10.00am-11.30am
	Art Class £7	12.00pm-1.15pm
	Boccia	1.15pm-3.00pm
	Art Class £7	1.30pm-3.00pm
Wednesday 24th	NEW —Morning Prayers	8.30am-9.30am
	Music in Mind with Rob	10.30am-11.45am
	Short Matt Bowls	1.15pm-3.00pm
	Gardening Club	1.30pm –3.00pm
	Everybody Sing	5.00pm-6.30pm
	Sally Ann’s Film Night	7.00pm-10.00pm
Thursday 25th	Action for Carers	10.30am-2.00pm
	Janes ESL Tea and Talk	10.00am-12.00pm
	Bereavement Group	1.00pm-3.00pm
	Boccia	1.15pm-3.00pm
	NEW —Exercise with Rosie £2	1.30pm-2.30pm



July Programme

Friday 26th	Antenatal Group DROP IN	9.00am-4.30pm
	Help with Computers & Phones DROP IN	10.00am-12.00pm
	Jive Lessons £5	12.45pm-1.45pm
	Pilates £7	1.45pm-2.45pm
	Card Games	2.30pm-4.30pm
	Tai Chi £7	4.30pm-5.30pm
	Acupuncture Group	5.30pm-6.30pm

Saturday 27th

Sunday 28th	Sunday Worship	10.00am-12.30pm
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Monday 29th	NEW —Beauty Treatments Bbonita Spa Services	9.00am –5.00pm
	Move IT with Tara	
	• Wake up to Monday 1	9.00am-9.45am
	• A gentle start to the day	11.00am-11.45am
	Men’s Coffee & Chat	10.00am-11.30am
	Music with Sally	1.30pm-3.00pm

Tuesday 30th	Seated Exercise with Rosie	
	• Session 1	9.45am-10.45am
	• Session 2	11.00am-11.45am
	Art Class £7	12.00pm-1.15pm
	Connect with Ailsa	1.15pm-2.30pm
	Boccia	1.15pm-3.00pm
	Art Class £7	1.30pm-3.00pm



July/August Programme

Wednesday 31st	Music in Mind	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
	Sally Ann's Movie Night	7.00pm-10.00pm
Thursday 1st	Quilters, Needlework etc. with Felicity	10.00am-12.00pm
	Jane's ESL Tea & Talk	10.00am-12.00pm
	Boccia	1.00pm-3.00pm
	NEW—Exercise with Rosie £2	1.30pm-2.30pm
Friday 2nd	Antenatal Group	9.00am-4.30pm
	Help with Computers & Phones	10.00am-1.00pm
	Jive Lessons £5	12.45pm—1.45pm
	Pilates £7	1.45pm-2.45pm
	Card Games	2.30pm-4.30pm
	Tai Chi £7	4.30pm-5.30pm
Saturday 3rd		
Sunday 4th	Sunday Worship	10.00am—12.30pm
Monday 5th	NEW—Beauty treatments Bbonita Spa Services	9.00am –5.00pm
	Move IT with Tara	
	• Wake up Monday 1 & 2	9.00am & 10.00am
	• A gentle start to the day	11.00am-11.45am
	Men's Coffee and Chat	10.00am-11.30am
	Music with Stephen	1.30pm-3.00pm



August Programme

Tuesday 6th	Seated Exercise with Rosie	
	• Session 1	9.45am-10.45am
	• Session 2	11.00am-11.45am
	Art Class £7	12.00pm-1.15pm
	Connect with Ailsa	1.15pm-2.30pm
	Boccia	1.15pm-3.00pm
	Art Class £7	1.30pm-3.00pm
Wednesday 7th	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
	Sally Ann's Movie Night	7.00pm-10.00pm
Thursday 8th	Action for Carers	10.30am-2.00pm
	Jane's ESL Tea & Talk	10.00am-12.00pm
	Bereavement Support Group	1.00pm-3.00pm
	Boccia	1.15pm-3.00pm
	NEW—Exercise with Rosie £2	1.30pm-2.30pm
Friday 9th	Antenatal Group	9.00am-4.30pm
	Lego Club	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
	Card Games	2.30pm-4.30pm
	Tai Chi £7	4.30-5.30pm



August Programme

Saturday 10th	Repair Cafe	10.30am-1.00pm
Sunday 11th	Westway BBQ	11.00am-3.00pm
Monday 12th— Saturday 17th	Monday 12th—Saturday 17th CLOSED FOR SUMMER HOLIDAYS	CLOSED FOR SUMMER HOLIDAYS
Sunday 18th	Worship at Park and Picnic call 07407500920 for more information	10.00am-12.30pm
Monday 19th	NEW —Beauty treatments Bbonita Spa Services Move IT with Tara	9.00am –5.00pm
	• Wake up Monday 1 & 2	9.00am & 10.00am
	• A gentle start to the day	11.00am-11.45am
	Men’s Coffee & Chat	10.00pm-11.30pm
	Music with Barry	1.30pm-3.00pm
Tuesday 20th	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
Wednesday 21st	NEW —Morning Prayers	8.30am—9.30am
	Music 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



August Programme

Thursday 22nd	Action for Carers	10.30am-2.00pm
	Bereavement Group	1.00pm-3.00pm
	Janes ESL Tea and Talk	10.00am-12.00pm
	Boccia	1.15pm-3.00pm
	NEW —Exercise with Rosie	1.30pm-2.30pm

Friday 23rd	Antenatal Group	9.00am-4.30pm
	Lego Club	10.00am-12.00pm
	Help with Computers & Phones -Drop in	10.00am-1.00pm
	Jive Lessons £5	12.45pm—1.45pm
	Pilates £7	1.45pm-2.45pm
	Card Games	2.30pm-4.30pm
	Sewing group	2.30pm-4.30pm
	Tai Chi £7	4.30pm-5.30pm

Saturday 24th

Sunday 25th	Sunday Worship	10.00am-12.30pm
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Monday 26th **CLOSED FOR BANK HOLIDAY**

Tuesday 27th	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

Wednesday 28th	NEW —Morning prayers	8.30am—9.30am
	Music 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



August Programme

Thursday 29th	Quilters, Needlework etc. with Felicity	10.00am-12.00pm
	Janes ESL Tea and Talk	10.00am-12.00pm
	Boccia	1.00pm-3.00pm
	NEW—Exercise with Rosie £2	1.30pm-2.30pm
Friday 30th	NEW—Beauty treatments Bbonita Spa Services	9.00am—5.00pm
	Antenatal Group	9.00am-4.30pm
	Lego Club	10.00am-12.00pm
	Additional help with computers—DROP IN	10.00am-1.00pm
	Jive Lessons £5	12.45pm—1.45pm
	Pilates £7	1.45pm-2.45pm
	Card Games	2.30pm-4.30pm
	Tai Chi £7	4.30pm-5.30pm



Our Help at Home service
is more than just a cleaning service,
we are here to check in, support you
and be your friend.



For more information including prices
please contact Janet Rumble or Jenny Merritt
01883 343095 or
caterham.office@ageuksurrey.org.uk
or pop into our office, next to Dial-a-Ride.

 **Surrey ageUK** Improving later life for people across Surrey
Registered Charity No: 1036450





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.

