

What's on...

January/February 2026



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www.thewestway.org

Charity Number: 1188850



Welcome to our January/February Programme

Happy New Year from The Westway Team.

As we step into 2026, we are filled with excitement for the year ahead. From art classes and fitness classes to special events and volunteer opportunities—**there's something here for everyone**. The Hub continues to be a place where the community connects, learns and grows together.

We would like to send a huge thanks to Tony Pearce, who has now stepped into his Councillor roles and will no longer be with us at the Westway. We wish him every success in his future role. He will be greatly missed.

Our **Quiz night** with Janet and Geraint is returning on **24th January at 7.00pm**. Everyone is welcome to join for a fun filled evening.

Plus, our **Lego Club** will be returning during the February Half term on **Friday 20th February at 10.00am**, perfect for builders of all ages.

Whether you are returning to an activity or joining us for the first time, we can't wait to welcome you. **Here's to a year full of growth and community.**

The Westway Team

Membership & Gift Aid

Membership information

Please do consider becoming a member. Not only will you be supporting The Westway - securing its future - but you will benefit from many free classes, that non-members have to pay for. Our application forms are available from our reception team or visit our website to download a copy.

Annual membership is £60 or £35 for 6 months. Various payment methods accepted

There may be additional charges for some activities - please refer to our programme for more information.

It's Easy to Donate to The Westway

Would you consider making a donation to The Westway? In doing so, you will help us to secure its future and enable us to continue to support people in our local community through our ongoing work and activities.

To do so, scan the QR code opposite or alternately contact The Westway to discuss a cash or cheque donation. All will be gratefully accepted.

And don't forget If you are a UK Taxpayer The Westway may be able to claim GIFT AID on your donation.



gofundme

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.

JANET & GERAINT'S

£10 PER PERSON

QUIZ NIGHT

Saturday 24th January 2026
7.00pm - 10.00pm

Join us for an entertaining quiz night filled with fun, laughter, and plenty of questions! All proceeds from ticket sales will support The Westway, and our exciting raffle will help raise funds for Geraint's Charity CHECK Kimilili.

Teams of 6-8 people (bring a team or come along on your own and we will find you one)!

Don't miss out on an evening of friendly competition!

Feel free to bring your own food, snacks, or nibbles. There will be a bar available to purchase drinks. Please ensure you do not bring your own beverages.

**Book now with our
reception team or call us
on 01883 347 230.**



Regular Activities—Exercise

Entertainment

Exercise

Wellbeing

Craft

Name	Description	Day	Time	Cost
Paracise with Tara	Paracise is a gentle exercise class (standing), designed to improve mobility, flexibility and balance. Participants are encouraged to work at their own pace along with the music. There are two classes one at 9.00am followed by another at 10.00am. Please Book	Monday	9.00am & 10.00am	M: Free NM: £5
Chair Exercise with Tara	If you have difficulty standing or walking, it doesn't have to mean exercise is out of the question. We offer chair-based exercises with music. Come along and give it a try! Please Book	Monday & Thursday	Monday 11.00am Thursday 12.00pm	M: Free NM: £5
Seated Exercise	Join us for another gentle seated workout to music concentrating on your core. There are two classes, one starting at 9.45am followed by another class at 10.45am.	Tuesday	9.45am & 10.45am	M: Free NM: £3
Boccia	Boccia is a Paralympic sport, very similar to indoor bowls, played indoors with soft leather balls. It is a lot of fun and no prior experience or skill needed. It can be played seated.	Tuesday	1.15pm	M: Free NM: £3
Short Mat Bowls	Short mat bowls is an indoor sport and is based on traditional bowls played outdoors, but the bowls are rolled over a lesser distance. This activity can be played while seated. This is a very popular Westway activity and great fun for all.	Wednesday	1.15pm	M: Free NM: £3
Line Dancing	Join our fun and lively workout with our new line dancing class and discover a new skill that will have you dancing with flair. No prior experience necessary just bring your smile and enthusiasm!	Thursday	10.30am	M: £5 NM: £7
Jive	Whether a beginner or a seasoned professional, you'll love our weekly jive class. You don't have to have a dance partner as there will be many others to dance with. But if you prefer, you can bring a partner or friend along. All abilities very welcome.	Friday	12.00pm	M: £5 NM: £7
Pilates	Pilates concentrates on strengthening the body with an emphasis on posture, balance, and flexibility. This helps to improve general fitness alongside your overall wellbeing.	Friday	1.45pm	M: £7 NM: £10
Tai Chi	Tai Chi is an ancient Chinese form of exercise - consisting of slow purposeful movements. It improves balance, strengthens muscles and flexibility and is also known to improve core strength and reduce back pain.	Friday	4.30pm	M: £5 NM: £7

Regular Activities—Wellbeing

Entertainment	Exercise	Wellbeing	Craft
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Name	Description	Day	Time	Cost
Alison's Wellbeing Social	A group once a month to provide support for women experiencing anxiety or depression. We offer support to each other in a small group, we won't mind if you are not at your best!	Wednesday Please check dates	10.30am	Free
Cooking Club	Join us for an exciting cooking experience where you'll learn how to prepare delicious meals that you can take home with you!	Wednesday	1.00pm	M: £3 NM: £5
Jane's English Additional Lan-guage (EAL) Tea & Talk	Tea & Talk is a group for anyone for whom English is an additional language.	Thursday	1.00pm	Free
Gardening Club	Join us at the Gardening Club and help transform The Westway Hub into a vibrant and beautiful space for the community to enjoy!	Wednesday	1.30pm	Free
Action for Carers	Action for Carers supports unpaid carers aged 5-95 who are looking after a relative or friend who couldn't manage without them.	Thursday Please check dates	10.00am	Free
Bereavement Group	A supportive group led by Lesley, a chance to share, listen and laugh.	Alternate Thursdays	1.00pm	M: Free NM: £2
Mindfulness	Join us for a mindfulness class. Relax, unwind and let your stresses melt away with calming breath work, mindful exercises and gentle meditation. All welcome - no experience necessary	Thursdays	1.30pm	M: £5 NM: £7
PC Pals with An-nette	If you need assistance with computers or mobile phones, feel free to schedule your session with Annette. Please book your slot at reception.	Friday	10.00am	Free
Dementia Art	For those experiencing memory loss or early dementia. Each week is a new creative adventure. No art experience needed.	Friday	11.00am	Free
NEW— Macular Society	The Macular Society will be at the Westway once a month, focusing on different topics such as Optelec and Sight for Surrey	Friday, please check dates.	2.00pm	Free

Regular Activities - Craft

Entertainment	Exercise	Wellbeing	Craft	
Name	Description	Day	Time	Cost
Crafty Coffee Beans with The Salvation Army	Bring your knitting, craft or artwork, have a cuppa and relax with friends new and old.	Tuesday	10.00am	M: Free NM: £3
Art for all	Art class for all levels. Immerse yourself in new techniques or just soak up the creative atmosphere.	Tuesday	1.00pm	M: £7 NM: £10
Sewing Group	An opportunity to sew together, friendly advice, chat and support your project. Feel free to bring your own material.	Friday Please check dates	2.00pm	£2 for all

Regular Activities - Entertainment

Name	Description	Day	Time	Cost
Bingo with Naomi	Join us for an exciting session of bingo! It's a fantastic opportunity to meet new people and engage in all the fun that bingo has to offer.	Monday— Please check dates	1.30pm	£1 for all
Music with	Join us for an afternoon performance featuring a live singer, complete with plenty of singing, a touch of dancing, and an abundance of fun. We would love for you to be a part of this memorable experience!	Monday	1.15pm	M: Free NM: £3
Music with Rob	Music with Rob on a guitar, a chance to relax and singalong.	Wednesday	10.30am	M: Free NM: £3
Everybody Sing	Join us for an evening musical experience filled with singing and laughter.	Wednesday	5.00pm	M: Free NM: £2



Lego Club

Voluntary contribution

Friday 20th February 2026
10.00am-12.00pm

Join us at our Lego Club and unleash
your imagination to
build amazing creations!

Parents/Carers must accompany children. Snacks available to purchase.

No need to book just turn up.

January Programme

Week Commencing 5th January

Entertainment	Exercise	Wellbeing	Craft
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Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th
Paracise with Tara 9.00am –9.45am M: Free NM: £5	Seated Exercise 9.45 - 10.45am M: Free NM: £3	Music in Mind 10.30am-11.45am M: Free NM: £3	Action for Carers 10.00am - 2.30pm Free	PC Pals with Annette 10.00am-1.00pm Free We also help with mobile phones
Paracise with Tara 10.00am-10.45am M: Free NM: £5	Crafty Coffee Beans with The Salvation Army 10.00am-11.30am M: Free NM: £3	Cooking Club 1pm-2.00pm M: £3 NM: £5	Line Dancing 10.30am-11.30am M: £5 NM: £7	Jive 12.00pm-1.45pm M: £5 NM: £7
Chair Exercise with Tara 11.00am-11.45am M: Free NM: £5	Seated Exercise 10.45am-11.45am M: Free NM: £3	Short Mat Bowls 1.15pm-3.00pm M: Free NM: £3	Chair Exercise 12.00pm-1.00pm M: Free NM: £5	Pilates 1.45pm-2.45pm M: £7 NM: £10
Music with Billy 1.30-3.00pm M: Free NM: £3	Art for All 1.00pm-2.30pm M: £7 NM: £10	Gardening Club 1.30pm-3.00pm Free	Bereavement Group 1.00pm-3.00pm M: Free NM: £2	Macular Society Optelec 2pm-4pm Free
	Boccia 1.15pm-3.00pm M: Free NM: £3	Everybody Sing 5.00pm-6.30pm M: Free NM: £2	Jane's EAL Group 1.00pm-3.00pm Free	Tai Chi 4.30pm-5.30pm M: £5 NM: £7
			Mindfulness 1.30pm-2.30pm M: £5 NM: £7	

Weekends at The Westway

Saturday 10th Children's Art Class - Please book directly 07940 598 761 10.30am-11.30am

Saturday 10th Repair Café - last orders at 12.30pm 10.30am-1.00pm

Sunday 11th Sunday Worship 10.00am-12.00pm

Jive Class



A class to learn to jive,
everyone welcome whether a
beginner or a seasoned
professional!

Bring a partner or not it's up to you.

Fridays 12.00pm-1.45pm

M: £5 NM: £7

To book your place, contact us on 01883 347230.



January Programme

Week Commencing 12th January

Entertainment	Exercise	Wellbeing	Craft
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Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th
Paracise with Jill 9.00am –9.45am M: Free NM: £5	Seated Exercise 9.45 - 10.45am M: Free NM: £3	Music in Mind 10.30am-11.45am M: Free NM: £3	Line Dancing 10.30am-11.30am M: £5 NM: £7	Sing & Sign 10.00am-12.00pm Contact 07812 734 448
Paracise with Jill 10.00am-10.45am M: Free NM: £5	Crafty Coffee Beans with The Salvation Army 10.00am-11.30am M: Free NM: £3	Cooking Club 1pm-2.00pm M: £3 NM: £5	Chair Exercise 12.00pm-1.00pm M: Free NM: £5	PC Pals with Annette 10.00am-1.00pm Free We also help with mobile phones
Chair Exercise with Jill 11.00am-11.45am M: Free NM: £5	Seated Exercise 10.45am-11.45am M: Free NM: £3	Short Mat Bowls 1.15pm-3.00pm M: Free NM: £3	Jane's EAL Group 1.00pm-3.00pm Free	Jive 12.00pm-1.30pm M: £5 NM: £7
Music with Barry 1.30-3.00pm M: Free NM: £3	Art for All 1.00pm-2.30pm M: £7 NM: £10	Gardening Club 1.30pm-3.00pm Free	Mindfulness 1.30pm-2.30pm M: £5 NM: £7	Pilates 1.45pm-2.45pm M: £7 NM: £10
	Boccia 1.15pm-3.00pm M: Free NM: £3	Children's Art Class 4.00pm-5.00pm Contact 07940 598 761		Sewing Group 2.00pm-4.00pm £2 for all
		Everybody Sing 5.00pm-6.30pm M: Free NM: £2		Children's Art Class 4.00pm-5.00pm Contact
		Film Night The Lady in a Van 7.30pm-9.30pm		Tai Chi 4.30pm-5.30pm M: £5 NM: £7

Weekends at The Westway

Saturday 17th	Children's Art Class - Please book directly 07940 598 761	10.30am-11.30am
Saturday 17th	Prospero - Come along to a create and make class, all welcome	2.30pm-5.00pm
Sunday 18th	Sunday Worship	10.00am-1.30pm

January Programme

Week Commencing 19th January

Entertainment	Exercise	Wellbeing	Craft
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Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd
Paracise with Tara 9.00am –9.45am M: Free NM: £5	Seated Exercise 9.45 - 10.45am M: Free NM: £3	Music in Mind 10.30am-11.45am M: Free NM: £3	Action for Carers 10.00am - 2.30pm Free	Sing & Sign 10.00am- 12.00pm Contact 07812 734 448
Paracise with Tara 10.00am-10.45am M: Free NM: £5	Crafty Coffee Beans with The Salvation Army 10.00am-11.30am M: Free NM: £3	Alison's Wellbeing Social 10.30am-12.00pm Free	Line Dancing 10.30am-11.30am M: £5 NM: £7	PC Pals with Annette 10.00am-1.00pm Free We also help with mobile phones
Chair Exercise with Tara 11.00am-11.45am M: Free NM: £5	Seated Exercise 10.45am-11.45am M: Free NM: £3	Cooking Club 1pm-2.00pm M: £3 NM: £5	Chair Exercise 12.00pm-1.00pm M: Free NM: £5	Dementia Art 11.00am- 12.00pm Free
Music with Tim 1.30-3.00pm M: Free NM: £3	Art for All 1.00pm-2.30pm M:£7 NM: £10	Short Mat Bowls 1.15pm-3.00pm M: Free NM: £3	Bereavement Group 1.00pm-3.00pm M: Free NM: £2	Jive 12.00pm-1.30pm M: £5 NM:£7
	Boccia 1.15pm-3.00pm M: Free NM: £3	Gardening Club 1.30pm-3.00pm Free	Jane's EAL Group 1.00pm-3.00pm Free	Pilates 1.45pm-2.45pm M: £7 NM: £10
		Children's Art Class 4.00pm-5.00pm Contact 07940 598 761	Mindfulness 1.30pm-2.30pm M; £5 NM: £7	Children's Art Class 4.00pm-5.00pm Contact 07940 598 761
		Everybody Sing 5.00pm-6.30pm M:Free NM: £2		Tai Chi 4.30pm-5.30pm M: £5 NM: £7

Weekends at The Westway

Saturday 24th	Children's Art Class - Please book directly 07940 598 761	10.30am-11.30am
Saturday 24th	Janet and Geraint's Quiz Night	7.00pm-10.00pm
Sunday 25th	Sunday Worship	10.00am-12.00pm

January Programme

Week Commencing 26th January

Entertainment Exercise Wellbeing Craft

Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	Friday 30th
Paracise with Tara 9.00am -9.45am M: Free NM: £5	Seated Exercise 9.45 - 10.45am M: Free NM: £3	Music in Mind 10.30am-11.45am M: Free NM: £3	Line Dancing 10.30am-11.30am M: £5 NM: £7	Sing & Sign 9.45am-12.00pm Contact 07812 734 448
Paracise with Tara 10.00am-10.45am M: Free NM: £5	Crafty Coffee Beans with The Salvation Army 10.00am-11.30am M: Free NM: £3	Cooking Club 1pm-2.00pm M: £3 NM: £5	Chair Exercise 12.00pm-1.00pm M: Free NM: £5	PC Pals with Annette 10.00am-1.00pm Free We also help with mobile phones
Chair Exercise with Tara 11.00am-11.45am M: Free NM: £5	Seated Exercise 10.45am-11.45am M: Free NM: £3	Short Mat Bowls 1.15pm-3.00pm M: Free NM: £3	Flower arranging 1.00pm-2.30pm M:£7.50 NM: £10	Dementia Art 11.00am-12.00pm Free
Music with Sally 1.30-3.00pm M: Free NM: £3	Art for All 1.00pm-2.30pm M:£7 NM: £10	Gardening Club 1.30pm-3.00pm Free	Jane's EAL Group 1.00pm-3.00pm Free	Jive 12.00pm-1.30pm M: £5 NM:£7
	Boccia 1.15pm-3.00pm M: Free NM: £3	Children's Art Class 4.00pm-5.00pm Contact 07940 598 761	Mindfulness 1.30pm-2.30pm M; £5 NM: £7	Pilates 1.45pm-2.45pm M: £7 NM: £10
		Everybody Sing 5.00pm-6.30pm M:Free NM: £2		Children's Art Class 4.00pm-5.00pm Contact 07940 598 761
				Tai Chi 4.30pm-5.30pm M: £5 NM: £7

Weekends at The Westway

Saturday 31st	Children's Art Class - Please book directly 07940 598 761	10.30am-11.30am
Sunday 1st	Sunday Worship	10.30am-12.00pm

February Programme

Week Commencing 2nd February

Entertainment	Exercise	Wellbeing	Craft
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Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
Paracise with Tara 9.00am –9.45am M: Free NM: £5	Seated Exercise 9.45 - 10.45am M: Free NM: £3	Music in Mind 10.30am-11.45am M: Free NM: £3	Line Dancing 10.30am-11.30am M: £5 NM: £7	Sing & Sign 10.00am-12.00pm Contact 07812 734 448
Paracise with Tara 10.00am-10.45am M: Free NM: £5	Crafty Coffee Beans with The Salvation Army 10.00am-11.30am M: Free NM: £3	Cooking Club 1pm-2.00pm M: £3 NM: £5	Chair Exercise 12.00pm-1.00pm M: Free NM: £5	PC Pals with Annette 10.00am-1.00pm Free We also help with mobile phones
Chair Exercise with Tara 11.00am-11.45am M: Free NM: £5	Seated Exercise 10.45am-11.45am M: Free NM: £3	Short Mat Bowls 1.15pm-3.00pm M: Free NM: £3	Bereavement Group 1.00pm-3.00pm M: Free NM: £2	Dementia Art 11.00am-12.00pm Free
Music with Kit Packman 1.30-3.00pm M: Free NM: £3	Art for All 1.00pm-2.30pm M:£7 NM: £10	Gardening Club 1.30pm-3.00pm Free	Jane's EAL Group 1.00pm-3.00pm Free	Jive 12.00pm-1.30pm M: £5 NM:£7
	Boccia 1.15pm-3.00pm M: Free NM: £3	Children's Art Class 4.00pm-5.00pm Contact 07940 598 761	Mindfulness 1.30pm-2.30pm M; £5 NM: £7	Pilates 1.45pm-2.45pm M: £7 NM: £10
		Everybody Sing 5.00pm-6.30pm M:Free NM: £2		Children's Art Class 4.00pm-5.00pm Contact 07940 598 761
				Tai Chi 4.30pm-5.30pm M: £5 NM: £7

Weekends at The Westway

Saturday 7th	Children's Art Class - Please book directly 07940 598 761	10.30am-11.30am
Saturday 7th	Prospero - Come along to a create and make class, all welcome	2.30pmm-5.00pm
Sunday 8th	Sunday Worship	10.00am—12.00pm

February Programme

Week Commencing 9th February

Entertainment	Exercise	Wellbeing	Craft
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Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th
Paracise with Tara 9.00am –9.45am M: Free NM: £5	Seated Exercise 9.45 - 10.45am M: Free NM: £3	Music in Mind 10.30am-11.45am M: Free NM: £3	Action 4 Carers 10.00am-2.30pm Free	Sing & Sign 10.00am-12.00pm Contact 07812 734 448
Paracise with Tara 10.00am-10.45am M: Free NM: £5	Crafty Coffee Beans with Ailsa 10.00am-11.30am M: Free NM: £3	Cooking Club 1pm-2.00pm M: £3 NM: £5	Line Dancing 10.30am-11.30am M: £5 NM: £7	Dementia Art 11.00am-12.00pm Free
Chair Exercise with Tara 11.00am-11.45am M: Free NM: £5	Seated Exercise 10.45am-11.45am M: Free NM: £3	Short Mat Bowls 1.15pm-3.00pm M: Free NM: £3	Chair Exercise with Tara 12.00pm-1.00pm M: Free NM: £5	Jive 12.00pm-1.30pm M: £5 NM: £7
Bingo with Tony 1.30-3.00pm £1 for all	Art for All 1.00pm-2.30pm M: £7 NM: £10	Gardening Club 1.30pm-3.00pm Free	Jane's EAL Group 1.00pm-3.00pm Free	Pilates 1.45pm-2.45pm M: £7 NM: £10
	Boccia 1.15pm-3.00pm M: Free NM: £3	Children's Art Class 4.00pm-5.00pm Contact 07940 598 761	Mindfulness 1.30pm-2.30pm M: £5 NM: £7	Macular Society Sight for Surrey 2.00pm-4.00pm
		Everybody Sing 5.00pm-6.30pm M: Free NM: £2		Children's Art Class 4.00pm-5.00pm Contact 07940 598 761
				Tai Chi 4.30pm-5.30pm M: £5 NM: £7

Weekends at The Westway

Saturday 14th	Children's Art Class - Please book directly 07940 598 761	10.30am-11.30am
Saturday 14th	Repair Café last orders at 12.30pm	10.30am-1.00pm
Sunday 15th	Sunday Worship	10.30am-12.00pm

February Programme

Week Commencing 16th February

Entertainment	Exercise	Wellbeing	Craft
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Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
Paracise with Tara 9.00am –9.45am M: Free NM: £5	Seated Exercise 9.45 - 10.45am M: Free NM: £3	Music in Mind 10.30am-11.45am M: Free NM: £3	Line Dancing 10.30am-11.30am M: £5 NM: £7	Lego Club 10am-12.00pm Voluntary Contribution
Paracise with Tara 10.00am-10.45am M: Free NM: £5	Crafty Coffee Beans with The Salvation Army 10.00am-11.30am M: Free NM: £3	Short Mat Bowls 1.15pm-3.00pm M: Free NM: £3	Chair Exercise with Tara 12.00pm-1.00pm M: Free NM: £5	PC Pals with Annette 10.00am-1.00pm Free We also help with mobile phones
Chair Exercise with Tara 11.00am-11.45am M: Free NM: £5	Seated Exercise 10.45am-11.45am M: Free NM: £3	Gardening Club 1.30pm-3.00pm Free	Jane's EAL Group 1.00pm-3.00pm Free	Dementia Art 11.00am-12.00pm Free
Music with Tim 1.30-3.00pm M: Free NM: £3	Art for All 1.00pm-2.30pm M:£7 NM: £10	Everybody Sing 5.00pm-6.30pm M:Free NM: £2	Bereavement Group 1.00pm-3.00pm M: Free NM: £2	Jive 12.00pm-1.30pm M: £5 NM:£7
	Boccia 1.15pm-3.00pm M: Free NM: £3	Film Night 7.30pm-9.30pm Film TBC	Mindfulness 1.30pm-2.30pm M; £5 NM: £7	Pilates 1.45pm-2.45pm M: £7 NM: £10
				Sewing Group 2.00pm-4.00pm £2 for all
				Tai Chi 4.30pm-5.30pm M: £5 NM: £7

Weekends at The Westway

Sunday 22nd Sunday Worship

10.30am-12.00pm

February Programme

Week Commencing 23rd February

Entertainment Exercise Wellbeing Craft

Monday 23rd	Tuesday 24th	Tuesday 25th	Tuesday 26th	Tuesday 27th
Paracise with Jill 9.00am -9.45am M: Free NM: £5	Seated Exercise 9.45 - 10.45am M: Free NM: £3	Music in Mind 10.30am-11.45am M: Free NM: £3	Action for Carers 10.00am - 2.30pm Free	Sing & Sign 10.00am-12.00pm Contact 07812 734 448
Paracise with Jill 10.00am-10.45am M: Free NM: £5	Crafty Coffee Beans with The Salvation Army 10.00am-11.30am M: Free NM: £3	Cooking Club 1pm-2.00pm M: £3 NM: £5	Line Dancing 10.30am-11.30am M: £5 NM: £7	PC Pals with Annette 10.00am-1.00pm Free We also help with mobile phones
Chair Exercise with Jill 11.00am-11.45am M: Free NM: £5	Seated Exercise 10.45am-11.45am M: Free NM: £3	Short Mat Bowls 1.15pm-3.00pm M: Free NM: £3	Chair Exercise with Tara 12.00pm-1.00pm M: Free NM: £5	Dementia Art 11.00am-12.00pm Free
Music with Barry 1.30-3.00pm M: Free NM: £3	Art for All 1.00pm-2.30pm M:£7 NM: £10	Gardening Club 1.30pm-3.00pm Free	Jane's EAL Group 1.00pm-3.00pm Free	Jive 12.00pm-1.30pm M: £5 NM:£7
	Boccia 1.15pm-3.00pm M: Free NM: £3	Everybody Sing 5.00pm-6.30pm M:Free NM: £2	Flower arranging 1.00pm-2.30pm M:£7.50 NM: £10	Pilates 1.45pm-2.45pm M: £7 NM: £10
			Mindfulness 1.30pm-2.30pm M; £5 NM: £7	Tai Chi 4.30pm-5.30pm M: £5 NM: £7

Weekends at The Westway

Sunday 1st	St. David's Day Worship	10.00am-12.00pm
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Lunch Club at The Westway—January Menu

The Westway offers hot meals everyday with the option of Panini or hot meal on Wednesdays. Our Lunch Club runs every weekday. *A two course meal freshly prepared on site. Everyone is welcome to join us.

Our Lunch menu is below, a vegetarian meal is available, please ask one of the team. Lunch is served at 12.00pm Monday – Friday. **Please make sure to contact us at least 24 hours in advance to place your order. Please place your order by 10.30am.**

M: £6
NM: £8

					Friday 2nd
					Variety of hot meals.
Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th	
Shepherd's Pie with and Vegetables  	Roast Chicken with Roast potatoes and Vegetables 	Beef Ragu and Pasta with Garlic Bread   	Giant Yorkshire Puddings with Sausages   	Fish Pie with Broccoli and Green Beans  	
Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 12th	Friday 16th	
Chicken and Mash with Vegetables 	Gammon and Parsley sauce with Colcannon mash  	Lamb Cottage Pie with Vegetables 	Fish Traybake with Vegetables   	Chilli and Rice  	
Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd	
Roast Beef with Roast Potatoes and Vegetables  	Savoury mince with Mash and Vegetables  	Pork wrapped in Parma Ham and New Potatoes 	Chicken Tray Bake with Vegetables  	Beef Bourguignon with Mash  	
Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	Friday 30th	
Sausage in pastry with chips   	Chicken Curry with Rice and Nann  	Lasagne with Garlic Bread   	Vegetable Slice with Colettes  	Fishcakes with Vegetables    	

Allergens

													
Treenuts	Sesame	Peanut	Soybean	Mustard	Fish	Molluscs	Crustaceans	Celery	Gluten	Sulphur Dioxide	Lupin	Egg	Milk

Puddings to include:

Jam Roly Poly, Banoffee Pie, Trifles, Bread and butter pudding, Apple and blackberry pudding, Spotted dick, Crumble and Apple turnovers

*Meals are subject to change

Lunch Club at The Westway February Menu

The Westway offers hot meals everyday with the option of Panini or hot meal on Wednesdays. Our Lunch Club runs every weekday. *A two course meal freshly prepared on site. Everyone is welcome to join us.

Our Lunch menu is below. Lunch is served at 12.00pm Monday – Friday. **Please make sure to contact us at least 24 hours in advance to place your order. Please place your order by 10.30am. Vegetarian Options available.**

**M: £6
NM: £8**

Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
Roast Chicken with vegetables	Giant Yorkshire Puddings with Sausages   	Shepherds Pie with Vegetables  	Honey and Mustard Chicken with Vegetables   	Beef Ragu with Pasta  
Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th
Chilli and Rice  	Chicken and Mushroom Pie with Vegetables   	Fish Traybake with vegetables   	Beef Stew and dumplings with vegetables   	Chicken Curry with rice and Nann  
Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
Gammon and parsley sauce with Colcannon mash  	Fish Pie with Peas  	Honey and Mustard Chicken with Vegetables   	Pork wrapped in Parma Ham and Roast Potatoes 	Savoury Mince with Mash and Vegetables  
Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th
Toad in the Hole with Vegetables   	Lasagne with Garlic Bread   	Vegetable Pot Pie with Potatoes  	Lamb Cottage Pie and Vegetables 	Fish and Chips   

*Meals are subject to change

Allergens

														Puddings to include: Jam Roly Poly, Banoffee Pie, Trifles, Bread and butter pudding, Apple and blackberry pudding, Spotted dick, Crumble and Apple turnovers
Treennuts	Sesame	Peanut	Soybean	Mustard	Fish	Molluscs	Crustaceans	Celery	Gluten	Sulphur Dioxide	Lupin	Egg	Milk	

*Meals are subject to change

Advertisements



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.



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

TAYLOR GREEN Homes ltd

Extend your Current property

Extensions are a great way to increase space and value to your property. We can create much needed space to your home which will be bespoke to your individual needs. We offer a full design build package to take you from start to finish, from meeting our architects to our skilled craftsmen delivering your project to the highest of standards.

Book your appointment online for designer or builder to come out and look at your project.

- House Extensions
- Loft Extensions / conversions
- Renovations
- Barn Conversions
- General Building

Contact: James Taylor & Ollie Green
Taylor Green Homes Ltd
Tel: 0203 475 1010
E: info@taylorgreenhomes.co.uk

Contact Details for Additional Services

Please find below a list of regular contact details you may need.

Hairdressing

Monday – Lynda
Thursday – Janet
All ages welcome.
CASH ONLY

Call 01883 347 230 to book your appointment.



Podiatry

Podiatry clinic run by a qualified professional.



Monday – Sonya

07526 182 586

Tuesday & Wednesday -Sheena

07713 399 802

Ear Wax

Thursday
Ear wax clinic run by a qualified professional.



Call Linda: 07824 160 363

Email: info@smartearwax.co.uk

East Surrey Dial A Ride



Transport For Those Who Need Us

Monday—Friday

Providing a door to door transport service for people who have difficulty using public transport due to disability or age.

Call 01883 349 001

Action for Carers



2nd & 4th Thursday of the month
10.00am-2.30pm

Visit actionforcarers.org.uk
Call 0303 040 1234

Salvation Army

Everyone welcome



Call 01883 330 718

Email:

caterham@salvationarmy.org.uk

Rachael Reynolds School of Dance

Monday, Tuesday & Thursday evening



Dance classes for young people and adults.

Visit www.rachaelreynoldsdance.com
Call: 07878 161 246

Age UK Surrey



General house-work, light meal preparation and companionship.

For more information contact Janet or Jenny on 01883 343 095 or email Caterham.office@ageuk.org.uk

Sing & Sign

Friday Mornings

Communicate with your baby, learn fun songs and meet mums in our area



Visit www.singandsign.co.uk

Call: 07812 734 448

Email: annarichardson@singandsign.co.uk

Children and Family Health Surrey



NHS Health & Wellbeing Services for Families

www.hrcgcaregroup.com

Men in Sheds

Our wonderful, hard-working team creates a variety of handcrafted items, now available for sale. Every purchase supports the shed and helps keep our community thriving.



Contact 01883 347 230 for more information.

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:** [thewestwaycaterham](https://www.instagram.com/thewestwaycaterham)

Bluesky: [@thewestwaycentre.bsky.social](https://www.bluesky.social/@thewestwaycentre.bsky.social)

Scan the QR code for more information

