

What's on...

January/February

2026



☎ 01883 347 230

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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.

Its 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.



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 |
|--|---|---------------------------------|----------|-------------------|-------|
| 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 Language (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 Annette | 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

| 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

| 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

| 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

| 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

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|--------------|---|-----------------|
| 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

| 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

| 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 mo- bile 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 |
|------------|-------------------------|-----------------|

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 Coquettes   | 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 Colconnon 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     |

Allergens

*Meals are subject to change

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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



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



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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.

SmartEarwax
MICROSUCTION SERVICE

Call Linda: 07824 160 363
Email: info@smartearwax.co.uk

East Surrey Dial A Ride



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

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

Action for Carers



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

Visit actionforcarers.org.uk
Call 0303 040 1234

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.hcrigcaregroup.com

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@ageuksurrey.org.uk

Legal Advice with Christopher

Receive free legal advice on Friday mornings with Christopher Anderson (a retired solicitor).

Just book a consultation at The Westway Reception.

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://bsky.app/profile/@thewestwaycentre.bsky.social)

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information

