

What's on at The

Westway

**July &
August 2026**

**Activities for all ages
and abilities**

 01883 347 230

 info@thewestway.org

25 Chaldon Road, Caterham, CR3 5PG

 www.thewestway.org

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



the
westway
a community hub for all

Charity Number: 1188850

What's on this July and August

Join us this Summer for an exciting programme of activities

We had a fantastic time at The Street Party, Carnival and Family Fun Day, where we met many new faces and shared our many activities that are available at The Westway. We hope to welcome some newcomers as a result.

We will be hosting **family-friendly sessions** every **Friday morning during August**, please check times and dates in our programme. Our goal is to continue offering enjoyable activities for everyone and make life a bit easier for families during the long summer break. We will also be hosting two summer BBQ's on **Sunday 19th July** or **Sunday 9th August** from 1.00pm, please book your place.

Additionally, we are thrilled to announce our very first Gin Festival on **Saturday 11th July from 2.30pm** and we can't wait to see you there. Tickets are available via our website.

Please note the programme may be subject to changes. Please check our Facebook page for up to date information.



Become a Westway Hub Member

Why not become a member of The Westway Centre? By joining our hub, your support enables us to continue serving our brilliant community, whilst also giving you access to a range of free classes and payable activities. You can pick up a membership form from our reception team, or subscribe online in just a few clicks. **Together, we can keep The Westway thriving for all.**



12 Months:

£70

Six Months:

£40

Various payment methods accepted

There may still be additional charges for certain activities. Please refer to the monthly programme for extra information.

Donate to The Westway Hub? It's easy

Every contribution makes a difference. Donations help The Westway continue supporting our local community through activities, events, and vital services, ensuring we remain a welcoming space for everyone.

If you'd like to give, simply scan the QR code or contact us to arrange a cash or cheque donation.

Your kindness and generosity are always appreciated.



What's on at the Westway

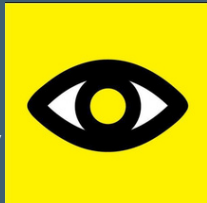
July 2026

MACULAR SOCIETY

Friday 10th July

2.00pm–4.00pm

The Macular Society will hold a monthly meeting at The Westway, featuring Liz Bonsall as a guest speaker.



REPAIR CAFE

Saturday 11th July May

10.30am – 1.00pm

The Repair Café is an open event where individuals can bring their broken items to be fixed by dedicated volunteers. This initiative promotes sustainability by minimizing waste and fostering the sharing of repair skills. Your Donations go back to help local charities.



THE WESTWAY GIN FESTIVAL

Saturday, 11th July

2:30pm – 6.00pm

£25 per ticket Includes 5 shots and mixers

Whether you're a dedicated gin enthusiast or simply looking for a great day out with friends, there's something for everyone to enjoy. Live music, cheese and charcuterie boards, and plenty of gin, other refreshments also available. Tickets are limited, so don't miss out on your chance to be part of this exciting afternoon. Book now using the QR code. We will also have other refreshments available and all funds help support The Westway.



**£25
Per Ticket**

Scan here to book



SALLY ANNE'S FILM NIGHT

The Pianist

Wednesday 15th July

7.00pm–9.00pm

Join us for a magical evening filled with laughter, snacks, and the joy of a wonderful movie together.



THE WESTWAY SUMMER BBQ

Sunday 19th July

1.00pm–3.00pm

Bring your family, friends, and neighbours for a fantastic afternoon at our Community Summer BBQ. Everyone is welcome! Come along to enjoy great food, meet new people, and celebrate summer together. Please book your tickets.



**M: £12
NM: £15**

BOOK YOUR PLACE TODAY

01883 347230

info@thewestway.org

**Or, just pop in
& book**

What's on at the Westway

August 2026

Family Friendly Sessions

Every Friday in August – £2 per child

Join us at The Westway throughout August for a series family friendly sessions every Friday morning, specifically designed for kids, helping to make life a bit easier for families in the summer holidays. Whether they're interested in crafts, mindfulness, or art, there's something for everyone to enjoy this summer. Below is our schedule of dates and times:

- Friday 7th August 10:00am-11:30am – Children's Art class with Viv
- Friday 14th August 10:30am-11:30am – Children's Mindfulness with Dana
- Friday 21st August 10:00am-11:30am – Craft session including decorating bags, making bracelets, crowns and more
- Friday 28th August 10:30am-11:30am – Children's Art class with Viv

£2 per
child

THE WESTWAY SUMMER BBQ

Sunday 9th August

1.00pm-3.00pm

Bring your family, friends, and neighbours for a fantastic afternoon at our Community Summer BBQ. Everyone is welcome! Come along to enjoy great food, meet new people, and celebrate summer together. Please call us to book your tickets.

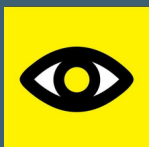
M: £10
NM: £15

MACULAR SOCIETY

Friday 14th August

2pm - 4pm

The Macular Society will host its monthly meeting at The Westway, featuring St. John's Ambulance.



REPAIR CAFE

Saturday 8th August

10.30am-1.00pm

Don't throw it away—repair it! Come along to the Repair Café and bring your broken items for expert advice and hands-on help from our friendly volunteers. Together, we can repair, reuse, and reduce waste while sharing practical skills and supporting a more sustainable community.



BOOK YOUR PLACE TODAY

☎ 01883 347230

✉ info@thewestway.org

Or, just pop in & book

Westway Exercise

Taking steps towards a healthier, happier you.

The Westway Exercise Programme aims to empower and breakdown barriers that affect general health and wellbeing, whilst also promoting social inclusion. If you are thinking about taking a step into improving your wellbeing, why not look at our options below?

ACTIVITY	ABOUT	DAY	TIME	COST
Paracise with Tara	Join us for a gentle, standing exercise class designed to improve mobility, flexibility and balance. Participants are encouraged to move at their own pace to uplifting music.	Monday	Two Classes: 9:00am & 10:00am	M: £1 NM: £5
Chair Exercise with Tara	If standing or walking is difficult, exercise can still be enjoyable and accessible. Our chair-based exercise class uses gentle movements set to music. It is a great way to stay active, have fun, and move at your own pace. Come along and give it a try.	Monday	11:00am – 11.45am	M: £1 NM: £5
Seated Exercise	Enjoy a gentle seated workout to music, focusing on your core. Two classes are available at 9:45am and 10:45am.	Tuesday	Two Classes: 9:45am & 10:45am	FREE FOR MEMBERS NM: £3
Boccia	Boccia is a fun, indoor game similar to bowls, played with soft leather balls. No experience needed, and can play seated.	Tuesday	1:15pm – 3:00pm	FREE FOR MEMBERS NM: £3
Short Mat Bowls	Short Mat Bowls is an indoor sport that closely resembles indoor bowls and is played with soft leather balls. It offers a great deal of fun and can even be played while seated.	Wednesday	1.15pm – 3.00pm	FREE FOR MEMBERS NM: £3
Line Dancing	Join our fun and lively Line Dancing Class and pick up a new skill that will have you dancing with flair! No experience needed. Just bring your smile and enthusiasm.	Thursday	10:30am – 11.30am	MEMBERS: £5 NM: £7
Jive	Whether you're a beginner or an experienced dancer, you'll love our weekly Jive Class! Come solo or bring a partner, there's always someone to dance with. All abilities are warmly welcome.	Friday	12:00pm – 1:30pm	MEMBERS: £5 NM: £7
Pilates	Pilates focuses on building strength while improving posture, balance and flexibility, supporting both your fitness and overall wellbeing.	Friday	1:45pm – 2:45pm	MEMBERS: £7 NM: £10
Tai Chi	Tai Chi is an ancient Chinese exercise featuring slow, purposeful movements that improve balance, flexibility and muscle strength. It can also enhance core stability and help reduce back pain.	Friday	4:00pm – 4:30pm Advanced Class 4:30pm – 5:30pm	MEMBERS: £5 NM: £7

M = Member

NM = Not a member of The Westway

Westway Entertainment

Fun, feel-good sessions designed to spark joy and connection

The Westway Entertainment Programme aims to inspire creativity, nurture self-expression and provide opportunities for you to explore the arts in a supportive and inclusive environment. If you are ready to try something new or discover a hidden talent, why not take a look at the activities below.

ACTIVITY	ABOUT	DAY	TIME	COST
Music With...	Join us for an afternoon of live music, singing, dancing and plenty of fun where everyone is welcome.	Monday Please check in programme	1:30pm - 3:00pm	FREE TO MEMBERS NM: £3
Bingo	Join us for a game of bingo. A great way to meet new people and enjoy a lively afternoon together.	Monday Please check dates in programme	1:30pm - 3:00pm	£1 FOR ALL
Music in Mind	Music with a guitar and a chance to relax and singalong.	Wednesday	10:30am - 11:45am	FREE TO MEMBERS NM: £3
Everybody Sing	Join us for a musical evening filled with singing, laughter, and music.	Wednesday	5:00pm - 6:30pm	FREE TO MEMBERS NM: £2

Westway Craft

Friendly, welcoming craft sessions that encourage creativity and self expressions

The Westway Craft Programme is all about learning, growth and confidence. From developing everyday skills to exploring new interests, these activities are designed to help you take the next step at your own pace.

ACTIVITY	ABOUT	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 - 11:30am	FREE TO MEMBERS NM: £3
Art For All	An art class for all levels. Explore new techniques or simply enjoy the creative atmosphere. Please book your class in advance.	Tuesday	1:00pm - 2:30pm	MEMBERS: £7 NM: £10
Sewing Group	An opportunity to sew together, friendly advice, chat and support your project. Feel free to bring your own material.	Every Third Friday	2:00pm - 4:00pm	£2 FOR ALL
Flower Arranging	Join us for a flower arranging class and unleash your creativity.	Please check dates in programme	1:00pm - 2:30pm	MEMBERS: £7.50 NM: £10

Westway Wellbeing

Wellbeing activities to support relaxation, happiness and connection

The Westway Wellbeing Programme is dedicated to enhancing the overall wellbeing of our community by promoting unity and connection. Whether you're meeting new people or catching up with a familiar face, there is always a warm welcome waiting at The Westway.

ACTIVITY	ABOUT	DAY	TIME	COST
Gardening Club	Join our Gardening Club and help make The Westway bloom into a vibrant space for everyone to enjoy!	Wednesday	1:30pm - 3:00pm	FREE FOR ALL
Alison's Wellbeing Social	A supportive community designed for women who are experiencing anxiety or depression. We come together in a small group to offer encouragement and help one another.	Wednesday Please check dates in programme	2:00pm- 3:30pm	FREE FOR ALL
English as an Additional Language with Jane	Jane's is a session for anyone for whom English is not their first language. Over a cup of tea, this supportive group will help to improve your English.	Thursday	1:00pm- 3:00pm	FREE FOR ALL
Bereavement Group	A supportive group led by Lesley, a chance to share, listen and laugh.	Alternate Thursdays Please check dates in programme	1:00pm - 3.00pm	FREE FOR MEMBERS NM: £2
Mindfulness	Join us for a Mindfulness Class and take time to relax, unwind and let everyday stresses fade away through calming breathwork, gentle movement and meditation. All are welcome, no experience is necessary.	Thursday	1.30pm - 2:30pm	MEMBERS: £5 NM: £7
Men's Coffee Morning	Pop along for a chat or to seek support alongside other men, and enjoy a complimentary cup of tea or coffee.	Thursday	11:00am - 12:00pm	£1 FOR ALL
PC Pals	If you need assistance with computers or mobile phones, feel free to schedule your session.	Friday	10:00am - 1.00pm	FREE FOR ALL
Memory Loss Art Class	Funded art workshop for individuals experiencing memory loss. This class is on until the end of July.	Friday	11:00am - 12:00pm	FREE FOR ALL
The Macular Society	The Macular Society will be at The Westway once a month, focusing on different topics. Please check programme for more information.	Friday Please check dates in programme	2:00pm - 4:00pm	FREE FOR ALL

M = Member NM = Not a member of The Westway

July Programme

w/c 6th July 2026

Westway
Exercise

Westway
Entertainment

Westway
Craft

Westway
Wellbeing

External
Provider

MONDAY 6th

Paracise with Tara
9:00am-9:45am
M: £1 NM: £5

Paracise with Tara
10:00am-10:45am
M: £1 NM: £5

Chair Exercise with
Tara
11:00am-11:45am
M: £1 NM: £5

Music With Billy
1.30pm-3.00pm
M: Free NM: £3

Rachael Reynolds
Dance Classes
Please call
07878 161 246

Rachael Reynolds
Dance Classes
Please call
07878 161 246

TUESDAY 7th

Seated Exercise
9.45am-10.45am
M: Free NM: £3

Crafty Coffee
Beans
10:00am-11:30am
M: Free NM: £3

Seated Exercise
10.45am-11.45am
M: Free NM: £3

Art for All
1:00pm-2:30pm
M: £7 NM: £10

Boccia
1:15pm-3:00pm
M: Free NM: £3

Rachael Reynolds
Dance Classes.
Please call
07878 161 246

WEDNESDAY 8th

Music in Mind
10:30am-11:45am
M: Free NM: £3

Short Mat Bowls
1:15pm-3:00pm
M: Free NM: £3

Gardening Club
1:30pm-3:00pm
Free for all

Alison's Wellbeing
Social
2:00pm - 3:30pm
Free

Children's Art Class
4:00pm-5:00pm
Contact Viv
07940 598 761

Everybody Sing
5:00pm-6:30pm
M: Free NM: £2

THURSDAY 9th

Line Dancing
10:30am-11:30am
M: £5 NM: £7

Men's Coffee
Morning
11:00am -12:00pm
£1 for all

Bereavement
Group
1:00pm-3:00pm
M:Free NM: £2

English as an
Additional Language
with Jane
1:00pm-3:00pm
Free

Mindfulness
1:30pm-2:30pm
M: £5 NM: £7

Rachael Reynolds
Dance Classes
Please call
07878 161 246

FRIDAY 10th

Sing and Sign
10:00am-12:00pm
Please contact
07812 734 448

PC Pals
10:00am-1:00pm
Free for all

Memory Loss
Art Class
11:00am-12:00pm
Free for all

Jive
12:00pm-1:30pm
M: £5 NM: £7

Pilates
1:45pm-2:45pm
M: £7 NM: £10

The Macular
Society
2:00pm-4:00pm
Free

The Westway Gin Festival

Saturday 11th July

2.30pm-6.00pm

**£25 PER
TICKET**

Includes 5
single
shots of gin &
mixer

Scan here to book



Sip, chat and enjoy
our entertainment
with
neighbours and
friends.
A perfect summer
afternoon.



July Programme

w/c 13th July 2026

Westway
Exercise

Westway
Entertainment

Westway
Craft

Westway
Wellbeing

External
Provider

MONDAY 13th

Paracise with Tara
9:00am-9:45am
M: £1 NM: £5

Paracise with Tara
10:00am-10:45am
M: £1 NM: £5

Chair Exercise with
Tara
11:00am-11:45am
M: £1 NM: £5

Music With Tim
1:0pm-3:00pm
M: Free NM: £3

Rachael Reynolds
Dance Classes.
**Please call
07878 161 246**

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Dance Classes.
**Please call
07878 161 246**

TUESDAY 14th

Seated Exercise
9:45am-10:45am
M: Free NM: £3

Crafty Coffee
Beans
10:00am-11:30am
M: Free NM: £3

Seated Exercise
9:45am-10:45am
M: Free NM: £3

Art for All
1:00pm-2:30pm
M: £7 NM: £10

Boccia
1:15pm-3:00pm
M: Free NM: £3

Rachael Reynolds
Dance Classes.
**Please call
07878 161 246**

Rachael Reynolds
Dance Classes.
**Please call
07878 161 246**

WEDNESDAY 15th

Music in Mind
10:30am-11:45am
M: Free NM: £3

Short Mat Bowls
1:15pm-3:00pm
M: Free NM: £3

Gardening Club
1:30pm-3:00pm
Free for all

Children's Art Class
4:00pm-5:00pm
**Contact Viv
07940 598 761**

Everybody Sing
5:00pm-6:30pm
M: Free NM: £2

Sally Ann's Film
Night -
The Pianist
7:30pm-9:30pm

THURSDAY 16th

Line Dancing
10:30am-11:30pm
M: £5 NM: £7

Men's Coffee
Morning
11:00am-12:00pm
£1 for all

Flower Arranging
1:00pm-2:30pm
M: £7.50 NM: £10

English as an
Additional Language
with Jane
1:00pm-3:00pm
Free

Mindfulness
1:30pm-2:30pm
M: £5 NM: £7

Rachael Reynolds
Dance Classes.
**Please call
07878 161 246**

Rachael Reynolds
Dance Classes.
**Please call
07878 161 246**

FRIDAY 17th

PC Pals
10:00am-1:00pm
Free for all

Memory Loss
Art Class
11:00am-12:00pm
Free for all

Jive
12:00pm-1:30pm
M: £5 NM: £7

Pilates
1:45pm-2:45pm
M: £7 NM: £10

Sewing Group
2:00pm-4:00pm
£2 for all

Children's Art Class
4:00pm-5:00pm
**Contact Viv
07940 598 761**

Tai Chi
4.00pm-4.30pm-
Advanced
4:30pm-5:30pm
M: £5 NM: £7



Hairdressing at The Westway

Book your
appointment at our
hairdressers for a
fresh hair cut.

Please ask reception team for
an up to date price list

July Programme

w/c 20th July 2026

Westway
Exercise

Westway
Entertainment

Westway
Craft

Westway
Wellbeing

External
Provider

MONDAY 20th

TUESDAY 21st

WEDNESDAY 22nd

THURSDAY 23rd

FRIDAY 24th

Paracise with Tara
9:00am-9:45am
M: £1 NM: £5

Seated Exercise
9:45am-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

PC Pals
10:00am-1:00pm
Free for all

Paracise with Tara
10:00am-10:45am
M: £1 NM: £5

Crafty Coffee
Beans
10:00am-11:30am
M: Free NM: £3

Short Mat Bowls
1.15pm-3.00pm
M: Free NM: £3

Men's Coffee
Morning
11:00am -12:00pm
£1 for all

Memory Loss
Art Class
11:00am-12:00pm
Free for all

Chair Exercise with
Tara
11:00am-11:45am
M: £1 NM: £5

Seated Exercise
10:45am-11:45am
M: Free NM: £3

Gardening Club
1:30pm-3:00pm
Free for all

English as an
Additional Language
with Jane
1:00pm-3:00pm
Free

Jive
12:00pm-1:30pm
M: £5 NM: £7

Music With Sally
1:30pm-3.00pm
M: Free NM: £3

Art for All
1:00pm-2:30pm
M: £7 NM: £10

Children's Art Class
4:00pm-5:00pm
**Contact Viv
07940 598 761**

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

Everybody Sing
5:00pm-6:30pm
M: Free NM: £2

Bereavement
Group
1:00pm- 3:00pm
Free NM: £2

Children's Art Class
4:00pm-5:00pm
**Contact Viv
07940 598 761**

Tai Chi
4.00pm-4.30pm-
Advanced
4:30pm-5:30pm
M: £5 NM: £7

£1 for all

Drop in welcome

Men's Coffee Mornings

Pop along for a chat or to seek support alongside other men and enjoy a complimentary cup of tea or coffee.

Every Thursday 11am - 12pm

July Programme

w/c 27th July 2026

Westway
Exercise

Westway
Entertainment

Westway
Craft

Westway
Wellbeing

External
Provider

MONDAY 27th

Paracise with Tara
9:00am-9:45am
M: £1 NM: £5

Paracise with Tara
10:00am-10:45am
M: £1 NM: £5

Chair Exercise with
Tara
11:00am-11:45am
M: £1 NM: £5

Music With Ralph &
the Gang
1:30pm-3:00pm
M: Free NM: £3

TUESDAY 28th

Seated Exercise
9:45am-10:45am
M: Free NM: £3

Crafty Coffee
Beans
10:00am-11:30am
M: Free NM: £3

Seated Exercise
10:45am-11:45am
M: Free NM: £3

Art for All
1:00pm-2:30pm
M: £7 NM: £10

Boccia
1:15pm-3:00pm
M: Free NM: £3

WEDNESDAY 29th

Music in Mind
10:30am-11:45am
M: Free NM: £3

Short Mat Bowls
1:15pm-3:00pm
M: Free NM: £3

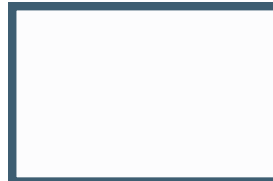
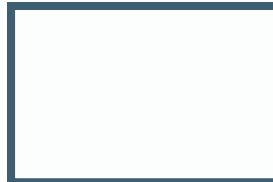
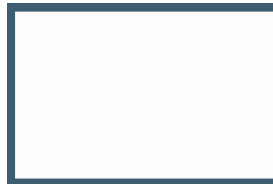
Gardening Club
1:30pm-3:00pm
Free for all

Everybody Sing
5:00pm-6:30pm
M: Free NM: £5

THURSDAY 30th

Line Dancing
10:30am-11:30am
M: £5 NM: £7

Men's Coffee
Morning
11:00am-12:00pm
£1 for all



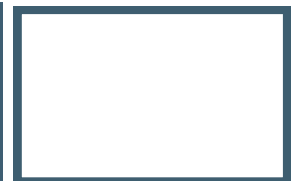
FRIDAY 31st

PC Pals
10:00am-1:00pm
Free for all

Memory Loss
Art Class
11:00am-12:00pm
Free for all

Jive
12:00pm-1:30pm
M: £5 NM: £7

Pilates
1:45pm-2:45pm
M: £7 NM: £10



SUMMER

BARBECUE



M: £12
NM: £15

Sunday 19th July & 9th August at 1pm

Join us for an afternoon of delicious food and great company, It's a wonderful opportunity to meet new people, make new friends, and celebrate the summer together.

Call us, pop into our reception or visit our events page to book.

August Programme

W/C 3rd August 2026

Westway
Exercise

Westway
Entertainment

Westway
Craft

Westway
Wellbeing

External
Provider

MONDAY 3rd

TUESDAY 4th

WEDNESDAY 5th

THURSDAY 6th

FRIDAY 7th

Paracise with Tara
9:00am-9:45am
M: £1 NM: £5

Seated Exercise
9:45am-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

Children's Art Class
10:00am-11:30am
£2 Per Child

Paracise with Tara
10:00am-10:45am
M: £1 NM: £5

Crafty Coffee
Beans
10:00am-11:30am
M: Free NM: £3

Short Mat Bowls
1:15pm-3:00pm
M: Free NM: £3

Men's Coffee
Morning
11:00am-12:00pm
£1 for all

PC Pals
10:00am-1:00pm
Free for all

Chair Exercise with
Tara
11:00am-11:45am
M: £1 NM: £5

Seated Exercise
10:45am-11:45am
M: Free NM: £3

Gardening Club
1:30pm-3:00pm
Free for all

Bereavement
Group
1:00pm-3:00pm
Free NM: £2

Jive
12:00pm-1:30pm
M: £5 NM: £7

Music With Kit
Packham
1:30pm-3:00pm
M: Free NM: £3

Art for All
1:00pm-2:30pm
M: £7 NM: £10

Alison's Wellbeing
Social
2:00pm-3:30pm
Free for all

Flower Arranging
1:00pm-2:30pm
M: £7.50 NM: £10

Pilates
1:45pm-2:45pm
M: £7 NM: £10

Boccia
1:15pm-3:00pm
M: Free NM: £3

Everybody Sing
5:00pm-6:30pm
M: Free NM: £2

Tai Chi
4:00pm-4:30pm-
Advanced
4:30pm-5:30pm
M: £5 NM: £7



M: £7
NM: £9

THE WESTWAY *Lunch Club*

Join us **every weekday at 12pm** for a freshly prepared two course meal and great company.

We serve **hot meals daily**, with the option of a Panini or hot meal on Wednesdays. A vegetarian option is always available, just ask a member of our team for more information.

To help us prepare your meal fresh, please call us on **01883 347 230** to **book your meal 24 hours in advance.**

August Programme

W/c 10th August 2026

Westway
Exercise

Westway
Entertainment

Westway
Craft

Westway
Wellbeing

External
Provider

MONDAY 10th

Paracise with Tara
9.00am-9.45am
M: £1 NM: £5

Paracise with Tara
10.00am-10.45am
M: £1 NM: £5

Chair Exercise with
Tara
11.00am-11.45am
M: £1 NM: £5

Bingo
1.30pm-3.00pm
£1 for all

TUESDAY 11th

Seated Exercise
9.45am-10.45am
M: Free NM: £3

Crafty Coffee
Beans
10.00am-11.30am
M: Free NM: £3

Seated Exercise
10.45am-11.45am
M: Free NM: £3

Art for All
1.00pm-2.30pm
M: £7 NM: £10

Boccia
1.15pm-3.00pm
M: Free NM: £3

WEDNESDAY 12th

Music in Mind
10.30am-11.45am
M: Free NM: £3

Short Mat Bowls
1.15pm-3.00pm
M: Free NM: £3

Gardening Club
1.30pm-3.00pm
Free for all

Everybody Sing
5.00pm-6.30pm
M: Free NM: £2

THURSDAY 13th

Line Dancing
10.30am-11.30am
M: £5 NM: £7

Men's Coffee
Morning
11.00am-12.00pm
£1 for all

Mindfulness
1.30pm-2.30pm
M: £5 NM: £7

Afternoon Tea
12.30pm-2.30pm
M: £10 NM: £15

FRIDAY 14th

Children's
Mindfulness
10.30am-11.30am
£2 Per Child

PC Pals
10.00am-1.00pm
Free for all

Jive
12.00pm-1.30pm
M: £5 NM: £7

Pilates
1.45pm-2.45pm
M: £7 NM: £10

The Macular
Society
2.00pm-4.00pm
Free

Tai Chi
4.00pm-4.30pm-
Advanced
4.30pm-5.30pm
M: £5 NM: £7

CATERHAM
REPAIR CAFE

**Saturday 11th July &
Saturday 8th August 2026
10.30am-1.00pm**

The Westway Centre, 25 Chaldon Road, CR3 5PG

Don't throw it away—repair it! Come along to the Repair Café and bring your broken items for expert advice and hands-on help from our friendly volunteers who will repair them for a *donation. Together, we can repair, reuse, and reduce waste while sharing practical skills and supporting a more sustainable community.



*Donations welcome for The Westway Centre
& Caterham Food Bank

August Programme

W/C 17th August 2026

Westway
Exercise

Westway
Entertainment

Westway
Craft

Westway
Wellbeing

External
Provider

MONDAY 17th

Paracise with Tara
9:00am-9:45am
M: £1 NM: £5

Paracise with Tara
10:00am-10:45am
M: £1 NM: £5

Chair Exercise
with Tara
11:00am-11:45am
M: £1 NM: £5

Music With Ellie
1:30pm-3:00pm
M: Free NM: £3

TUESDAY 18th

Seated Exercise
9:45am-10:45am
M: Free NM: £3

Crafty Coffee
Beans
10:00am-11:30am
M: Free NM: £3

Seated Exercise
10:45am-11:45am
M: Free NM: £3

Art for All
1:00pm-2:30pm
M: £7 NM: £10

Boccia
1:15pm-3:00pm
M: Free NM: £3

WEDNESDAY 19th

Music in Mind
10:30am-11:45am
M: Free NM: £3

Short Mat Bowls
1:15pm-3:00pm
M: Free NM: £3

Gardening Club
1:30pm-3:00pm
Free for all

Everybody Sing
5:00pm-6:30pm
M: Free NM: £2

THURSDAY 20th

Line Dancing
10:30am-11:30am
M: £5 NM: £7

Men's Coffee
Morning
11:00am-12:00pm
£1 for all

Mindfulness
1:30pm-2:30pm
M: £5 NM: £7

Bereavement
Group
1:00pm-3:00pm
Free NM: £2

FRIDAY 21st

Children's Craft
10:00am-11:30am
£2 Per Child

PC Pals
10:00am-1:00pm
Free for all

Jive
12:00pm-1:30pm
M: £5 NM: £7

Pilates
1:45pm-2:45pm
M: £7 NM: £10

Sewing Group
2:00pm-4:00pm
£2 for all

Tai Chi
4:00pm-4:30pm-
Advanced
4:30pm-5:30pm
M: £5 NM: £7

M: Free
NM: £3

Seated Exercise

If you have difficulty standing or walking, it doesn't have to mean exercise is out of the question. We offer chair based exercise with music. Come along and give it a try.

Please book

Every Tuesday
9.45am & 10.45am

August Programme

W/C 24th August 2026

Westway
Exercise

Westway
Entertainment

Westway
Craft

Westway
Wellbeing

External
Provider

MONDAY 24th

Paracise with Tara
9:00am-9:45am
M: £1 NM: £5

Paracise with Tara
10:00am-10:45am
M: £1 NM: £5

Chair Exercise with
Tara
11:00am-11:45am
M: £1 NM: £5

Music With Ralph
1:30pm-3:00pm
M: Free NM: £3

TUESDAY 25th

Seated Exercise
9:45am-10:45am
M: Free NM: £3

Crafty Coffee
Beans
10:00am-11:30am
M: Free NM: £3

Seated Exercise
10:45am-11:45am
M: Free NM: £3

Art for All
1:00pm-2:30pm
M: £7 NM: £10

Boccia
1:15pm-3:00pm
M: Free NM: £3

WEDNESDAY 26th

Music in Mind
10:30am-11:45am
M: Free NM: £3

Short Mat Bowls
1:15pm-3:00pm
M: Free NM: £3

Gardening Club
1:30pm-3:00pm
Free for all

Everybody Sing
5:00pm-6:30pm
M: Free NM: £2

THURSDAY 27th

Line Dancing
10:30am-11:30am
M: £5 NM: £7

Men's Coffee
Morning
11:00am-12:00pm
£1 for all

Bereavement
Group
1:00pm-3:00pm
M:Free NM: £2

Mindfulness
1:30pm-2:30pm
M: £5 NM: £7

FRIDAY 28th

Children's Art Class
10:00am-11:30am
£2 Per Child

PC Pals
10:00am-1:00pm
Free for all

Jive
12:00pm-1:30pm
M: £5 NM: £7

Pilates
1:45pm-2:45pm
M: £7 NM: £10

Tai Chi
4.00pm-4.30pm-
Advanced
4:30pm-5:30pm
M: £5 NM: £7



Venue Hire at The Westway

*The Perfect Venue for Celebrations,
Business Meetings or Community Events*



Perfect for Parties

Hall hire:

Do you have a special event coming up? We have the ideal venue for you to celebrate and enjoy the night!



Meet for Business. Meetings or Events

We have an ideal venue for your business events, providing a refreshing escape from the office. Wi-Fi and parking are both available for your convenience.

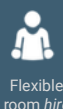


Supporting Community Activities

We organise and manage community events of all sizes. Share your requirements with us, and we'll tailor our services to ensure a successful event.



Contact us at info@thewestway.org
to book your event today.



Flexible
room hire



Parking



Wifi



Accessible
Facilities



Small
Kitchen



Licensed
Premises

Aug/Sept Programme

W/C 31st August 2026

Westway
Exercise

Westway
Entertainment

Westway
Craft

Westway
Wellbeing

External
Provider

MONDAY 31st

TUESDAY 1st

WEDNESDAY 2nd

THURSDAY 3rd

FRIDAY 4th

**Closed for
Bank Holiday**

Seated Exercise
9:45am-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

PC Pals
10:00am-1:00pm
Free for all

**Closed for
Bank Holiday**

Crafty Coffee
Beans
10:00am-11:30am
M: Free NM: £3

Short Mat Bowls
1:15pm-3:00pm
M: Free NM: £3

Men's Coffee
Morning
11:00am-12:00pm
£1 for all

Jive
12:00pm-1:30pm
M: £5 NM: £7

**Closed for
Bank Holiday**

Seated Exercise
10:45am-11:45am
M: Free NM: £3

Gardening Club
1:30pm-3:00pm
Free for all

Mindfulness
1:30pm-2:30pm
M: £5 NM: £7

Pilates
1:45pm-2:45pm
M: £7 NM: £10

**Closed for
Bank Holiday**

Art for All
1:00pm-2:30pm
M: £7 NM: £10

Everybody Sing
5:00pm-6:30pm
M: Free NM: £2

Tai Chi
4:00pm-4:30pm-
Advanced
4:30pm-5:30pm
M: £5 NM: £7

**Closed for
Bank Holiday**

Boccia
1:15pm-3:00pm
M: Free NM: £3

Leave a Lasting Legacy

By remembering The Westway in your Will, you can help ensure that others continue to benefit from the things you care about today.

A gift in your Will, sometimes called a legacy gift, costs nothing during your lifetime but can make a lasting difference in the years to come. Every gift helps us continue our mission and create positive change for those who need it most.

After providing for your loved ones, you may wish to consider leaving a gift that supports a cause close to your heart.

For more information contact:

caroline.liggins@thewestway.org or ralph.linsell@thewestway.org



01883 347 230



info@thewestway.org



25 Chaldon Road, Caterham, CR3 5PG



www.thewestway.org



Charity Number: 1188850

Weekends at the Westway



Event	Date & Time	Details	Booking Info
Repair Cafe	Saturday 11th July Saturday 8th August 10:30am - 1:00pm	Need something fixed? Bring it along to the repair cafe to be fixed by a repair expert whilst you enjoy some tea and cake.	Donations welcome No booking required
Children's Art Class	Saturday 4th, 11th, 18th July 10:30am - 11:30am	Art class for children 5+.	Book directly: with Viv on 07940 598 761
Prospero Theatre	Saturday 4th July 2:30pm - 5:30pm	Come along to a create and make session with Prospero.	Drop in session
Sunday Worship	Every Sunday except Sun 5th July & Sun 19th July 10:00am-12:00pm	Join us for a collective worship.	Drop in session
The Westway Summer BBQ's	Sunday 19th July, Sunday 9th August 1:00pm-3:00pm	A BBQ filled with delicious food, and wonderful company.	Please book by calling us.



CPS

Caterham Property Services

First call for Kitchens & Bathrooms

- Specialists in Bathrooms
- Specialists in Kitchens
- Interior & Exterior Decoration
- Tiling
- Electrical & Plumbing Work
- Carpentry

Fully insured - Free estimates - No job too small

Paul Lehec 07808 061422 - 01883 340648

caterhamps@gmail.com  @caterhamps

29 Nelson Road, Caterham, CR3 5PP

Westway Lunch Club – July

M: £7

NM: £9

Join us every weekday at 12:00pm for a *freshly prepared two course meal and good company. We serve hot meals daily, with the option of a panini or hot meal on Wednesdays. A vegetarian option is always available, just let a member of our team know.

To help us prepare your meal fresh, please book your meal at least 24 hours in advance.

*meals are subject to change

Monday 06/07	Tuesday 07/07	Wednesday 08/07	Thursday 09/07	Friday 10/07
Ham, egg and chips  	Salmon traybake with new potatoes and broccoli 	Penne pasta with summer roasted vegetables  	Chicken Cacciatore served with new potatoes and bread 	Fish Burgers and chips  
Monday 13/07	Tuesday 14/07	Wednesday 15/07	Thursday 16/07	Friday 17/07
Moussaka and garlic bread  	Jerk Chicken served with a refreshing salad. 	Lasagne with garlic bread and salad  	Chicken ceaser salad   	Stifado and mashed potatoes  
Monday 20/07	Tuesday 21/07	Wednesday 22/07	Thursday 23/07	Friday 24/07
Lamb Burger with mint mayo, tomato and chips  	Hunters chicken salad and wedges  	Koftas, salad, coleslaw, and pitta bread  	Orzo with prawns, lemon and feta  	Gammon served with parsley sauce and coleslaw 
Monday 27/07	Tuesday 28/07	Wednesday 29/07	Thursday 30/07	Friday 31/07
Lasagne with garlic bread and salad  	Fish and chips and mushy peas  	Cottage pie with carrots and broccoli  	Tuna Niçoise served with bread   	Slow cooker risotto with fennel, lemon, and rocket  

Puddings to Include:

- Banoffee pie
- Swiss roll
- Eton mess
- Bread and butter pudding
- Seasonal crumbles
- Trifle
- Sponges
- Traybakes
- Summer pudding

Allergy Information



Please keep us informed about any allergies you may have so we can ensure your safety.



We deliver Monday to Friday between 12:00pm – 12:30pm
Covering Caterham, Chaldon, Whyteleafe and Warlingham

Introducing The Westway's Meals on Wheels, delivering directly to your door Monday to Friday lunchtimes. Providing delicious hot, homecooked meals straight to your home, making life easier, giving you peace of mind, and providing strong nutrition.

Enquire Today...

01883 347 230 info@thewestway.org

Westway Lunch Club – August

M: £7

NM: £9

Join us every weekday at 12:00pm for a *freshly prepared two course meal and good company. We serve hot meals daily, with the option of a panini or hot meal on Wednesdays. A vegetarian option is always available, just let a member of our team know.

To help us prepare your meal fresh, please book your meal at least 24 hours in advance.

Monday 03/08	Tuesday 04/08	Wednesday 05/08	Thursday 06/08	Friday 07/08
Pork and apple sausages served with creamy mash  	Chicken lasagne served with a fresh salad  	Ploughman's lunch, ham, pork pie, salad, and coleslaw   	Moussaka and garlic bread  	Koftas, coleslaw salad, crispy wedges, and dip   
Monday 10/08	Tuesday 11/08	Wednesday 12/08	Thursday 13/08	Friday 14/08
Quiche served with a jacket potato and a fresh salad  	Hunters chicken salad with wedges 	Penne pasta with roasted summer vegetables 	Orzo with prawns, lemon and feta   	Lasagne with garlic bread and salad  
Monday 17/08	Tuesday 18/08	Wednesday 19/08	Thursday 20/08	Friday 21/08
Macaroni and bacon cheese bake with garlic bread  	Chorizo and butter bean stew with flatbread 	Cottage pie with vegetables 	Jerk chicken served with a refreshing salad and seasoned rice  	Tuna pasta bake with garlic bread  
Monday 24/08	Tuesday 25/08	Wednesday 26/08	Thursday 27/08	Friday 28/08
Lamb burgers served with chips and creamy mayo  	Lasagne with garlic bread and salad  	Roast beef dinner 	Fish and chips with peas  	Jerk chicken with salad 
Monday 31/08	Tuesday 01/09	Wednesday 02/09	Thursday 03/09	Friday 04/09
Closed for Bank Holiday	Savory gammon with parsley sauce and creamy colcannon mash 	Salmon and broccoli traybake with new potatoes   	Coronation chicken and rice   	Savory pork and apple sausage with creamy mashed potatoes  

Puddings to Include:

- Banoffee pie
- Swiss roll
- Eton mess
- Bread and butter pudding
- Seasonal crumbles
- Trifle
- Sponges
- Traybakes
- Summer pudding

Allergy Information



Treenuts



Sulphur Dioxide



Sesame



Peanut



Molluscs



Mustard



Lupins



Milk



Fish



Gluten



Egg



Crustaceans



Celery



Soyabean

Please keep us informed about any allergies you may have so we can ensure your safety.

*meals are subject to change

Additional Services

Hairdressing

Monday: Lynda
Thursday: Janet

To book: 01883 347230

CASH ONLY



Podiatry

Monday: Sonya
07526 182 586

Tues & Wed:
Sheena 07713 399 802



Ear Wax Clinic

Thursday - Linda

To book: 07824 160363
info@smartearwax.co.uk



East Surrey Dial A Ride



Monday to Friday

Providing a door to door transport
for people who have difficulty
using public transport.

To book: 01883 349001

Salvation Army

Everybody
Welcome

Call: 01883 330718

caterham@salvationarmy.org.uk



Rachael Reynolds School of Dance



Monday, Tuesday, Thursday
Dance Classes for young people
and adults

Call: 07878 161246

www.rachaelreynoldsdance.com

Caterham Repair Cafe



A repair cafe is a free event where
people fix broken items with volunteer
help. See if your item can be fixed. Every
2nd Saturday of the month.

Contact:
caterham.repair.cafe@gmail.com

Sing & Sign



Friday Mornings

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

Call: 07812 734448

annarichardson@singandsign.co.uk
www.singandsign.co.uk

Children & Family Health



NHS Health & Wellbeing
Services for Families

Contact
www.hcrgcaregroup.com

Age UK Surrey



General housework, light meal
preparation and companionship. Get in
touch with Janet or Jennie below.

Call: 01883 343095

caterham.office@ageuksurrey.org.uk

Men in Sheds



Our wonderful, hard - working team
creates a variety of handcrafted
items, now available for sale. Every
Tuesday and Friday.

Contact 01883 347 230 for more
information

Legal Advice with Christopher

Receive free legal advice on
Friday mornings with
Christopher Anderson.

Book a consultation at The Westway
Reception Desk

Contact The Westway

25 Chaldon Road, Caterham CR3 5PG

01883 347230

www.thewestway.org

info@thewestway.org



Scan for more Info

