

What's on at The

# Westway

July &  
August 2026

Activities for all ages  
and abilities

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 info@thewestway.org

25 Chaldon Road, Caterham, CR3 5PG

 [www.thewestway.org](http://www.thewestway.org)

 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 19<sup>th</sup> July** or **Sunday 9<sup>th</sup> August** from 1.00pm, please book your place.

Additionally, we are thrilled to announce our very first Gin Festival on **Saturday 11<sup>th</sup> 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

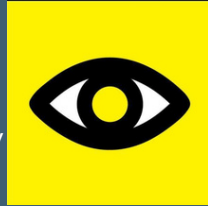
July 2026

## 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

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



£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



### 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 15th 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
<b>Paracise with Tara</b>	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.	<b>Monday</b>	<b>Two Classes:</b> 9:00am & 10:00am	<b>M: £1</b> <b>NM: £5</b>
<b>Chair Exercise with Tara</b>	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.	<b>Monday</b>	<b>11:00am - 11.45am</b>	<b>M: £1</b> <b>NM: £5</b>
<b>Seated Exercise</b>	Enjoy a gentle seated workout to music, focusing on your core. Two classes are available at 9:45am and 10:45am.	<b>Tuesday</b>	<b>Two Classes:</b> 9:45am & 10:45am	<b>FREE FOR MEMBERS</b> <b>NM: £3</b>
<b>Boccia</b>	Boccia is a fun, indoor game similar to bowls, played with soft leather balls. No experience needed, and can play seated.	<b>Tuesday</b>	<b>1:15pm - 3:00pm</b>	<b>FREE FOR MEMBERS</b> <b>NM: £3</b>
<b>Short Mat Bowls</b>	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.	<b>Wednesday</b>	<b>1.15pm - 3.00pm</b>	<b>FREE FOR MEMBERS</b> <b>NM: £3</b>
<b>Line Dancing</b>	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.	<b>Thursday</b>	<b>10:30am - 11.30am</b>	<b>MEMBERS: £5</b> <b>NM: £7</b>
<b>Jive</b>	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. <b>All abilities are warmly welcome.</b>	<b>Friday</b>	<b>12:00pm - 1:30pm</b>	<b>MEMBERS: £5</b> <b>NM: £7</b>
<b>Pilates</b>	Pilates focuses on building strength while improving posture, balance and flexibility, supporting both your fitness and overall wellbeing.	<b>Friday</b>	<b>1:45pm - 2:45pm</b>	<b>MEMBERS: £7</b> <b>NM: £10</b>
<b>Tai Chi</b>	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.	<b>Friday</b>	<b>4:00pm - 4:30pm</b> Advanced Class <b>4:30pm - 5:30pm</b>	<b>MEMBERS: £5</b> <b>NM: £7</b>

**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.	<b>Monday</b> Please check in programme	<b>1:30pm - 3:00pm</b>	<b>FREE TO MEMBERS</b> NM: £3
Bingo	Join us for a game of bingo. A great way to meet new people and enjoy a lively afternoon together.	<b>Monday</b> Please check dates in programme	<b>1:30pm - 3:00pm</b>	<b>£1 FOR ALL</b>
Music in Mind	Music with a guitar and a chance to relax and singalong.	<b>Wednesday</b>	<b>10:30am - 11:45am</b>	<b>FREE TO MEMBERS</b> NM: £3
Everybody Sing	Join us for a musical evening filled with singing, laughter, and music.	<b>Wednesday</b>	<b>5:00pm - 6:30pm</b>	<b>FREE TO MEMBERS</b> 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
<b>Crafty Coffee Beans with the Salvation Army</b>	Bring your knitting, craft or artwork, have a cuppa and relax with friends new and old.	<b>Tuesday</b>	<b>10:00am - 11:30am</b>	<b>FREE TO MEMBERS</b> NM: £3
<b>Art For All</b>	An art class for all levels. Explore new techniques or simply enjoy the creative atmosphere. <b>Please book your class in advance.</b>	<b>Tuesday</b>	<b>1:00pm - 2:30pm</b>	<b>MEMBERS: £7</b> NM: £10
<b>Sewing Group</b>	An opportunity to sew together, friendly advice, chat and support your project. Feel free to bring your own material.	<b>Every Third Friday</b>	<b>2:00pm - 4:00pm</b>	<b>£2 FOR ALL</b>
<b>Flower Arranging</b>	Join us for a flower arranging class and unleash your creativity.	Please check dates in programme	<b>1:00pm - 2:30pm</b>	<b>MEMBERS: £7.50</b> 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
<b>Gardening Club</b>	Join our Gardening Club and help make The Westway bloom into a vibrant space for everyone to enjoy!	<b>Wednesday</b>	<b>1:30pm - 3:00pm</b>	<b>FREE FOR ALL</b>
<b>Alison's Wellbeing Social</b>	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.	<b>Wednesday</b> Please check dates in programme	<b>2:00pm- 3:30pm</b>	<b>FREE FOR ALL</b>
<b>English as an Additional Language with Jane</b>	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.	<b>Thursday</b>	<b>1:00pm- 3:00pm</b>	<b>FREE FOR ALL</b>
<b>Bereavement Group</b>	A supportive group led by Lesley, a chance to share, listen and laugh.	<b>Alternate Thursdays</b> Please check dates in programme	<b>1:00pm - 3.00pm</b>	<b>FREE FOR MEMBERS</b> <b>NM: £2</b>
<b>Mindfulness</b>	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.	<b>Thursday</b>	<b>1.30pm - 2:30pm</b>	<b>MEMBERS: £5</b> <b>NM: £7</b>
<b>Men's Coffee Morning</b>	Pop along for a chat or to seek support alongside other men, and enjoy a complimentary cup of tea or coffee.	<b>Thursday</b>	<b>11:00am - 12:00pm</b>	<b>£1 FOR ALL</b>
<b>PC Pals</b>	If you need assistance with computers or mobile phones, feel free to schedule your session.	<b>Friday</b>	<b>10:00am - 1.00pm</b>	<b>FREE FOR ALL</b>
<b>Memory Loss Art Class</b>	Funded art workshop for individuals experiencing memory loss. <b>This class is on until the end of July.</b>	<b>Friday</b>	<b>11:00am - 12:00pm</b>	<b>FREE FOR ALL</b>
<b>The Macular Society</b>	The Macular Society will be at The Westway once a month, focusing on different topics. Please check programme for more information.	<b>Friday</b> Please check dates in programme	<b>2:00pm - 4:00pm</b>	<b>FREE FOR ALL</b>

**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

### TUESDAY 7th

### WEDNESDAY 8th

### THURSDAY 9th

### FRIDAY 10th

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

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

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  
M:Free NM: £2

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

Music With Billy  
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

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

Jive  
12:00pm-1:30pm  
M: £5 NM: £7

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

Boccia  
1:15pm-3:00pm  
M: Free NM: £3

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

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

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

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

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

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

### TUESDAY 14th

### WEDNESDAY 15th

### THURSDAY 16th

### FRIDAY 17th

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-11:30pm 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 9:45am-10:45am M: Free NM: £3	Gardening Club 1:30pm-3:00pm Free for all	Flower Arranging 1:00pm-2:30pm M: £7.50 NM: £10	Jive 12:00pm-1:30pm M: £5 NM: £7
Music With Tim 1:0pm-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 <b>Contact Viv 07940 598 761</b>	English as an Additional Language with Jane 1:00pm-3:00pm Free	Pilates 1:45pm-2:45pm M: £7 NM: £10
Rachael Reynolds Dance Classes. <b>Please call 07878 161 246</b>	Boccia 1:15pm-3:00pm M: Free NM: £3	Everybody Sing 5:00pm-6:30pm M: Free NM: £2	Mindfulness 1:30pm-2:30pm M: £5 NM: £7	Sewing Group 2:00pm-4:00pm £2 for all
Rachael Reynolds Dance Classes. <b>Please call 07878 161 246</b>	Rachael Reynolds Dance Classes. <b>Please call 07878 161 246</b>	Sally Ann's Film Night - The Pianist 7:30pm-9:30pm	Rachael Reynolds Dance Classes. <b>Please call 07878 161 246</b>	Children's Art Class 4:00pm-5:00pm <b>Contact Viv 07940 598 761</b>
Rachael Reynolds Dance Classes. <b>Please call 07878 161 246</b>	Rachael Reynolds Dance Classes. <b>Please call 07878 161 246</b>		Rachael Reynolds Dance Classes. <b>Please call 07878 161 246</b>	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
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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 <b>Contact Viv 07940 598 761</b>	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 <b>Contact Viv 07940 598 761</b>
				Tai Chi 4.00pm-4.30pm- Advanced 4:30pm-5:30pm M: £5 NM: £7



**£1 for all**

## 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

**Drop in welcome**

# July Programme

## W/c 27th July 2026

Westway  
Exercise

Westway  
Entertainment

Westway  
Craft

Westway  
Wellbeing

External  
Provider

### MONDAY 27th

### TUESDAY 28th

### WEDNESDAY 29th

### THURSDAY 30th

### FRIDAY 31st

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		Jive 12:00pm-1:30pm M: £5 NM: £7
Music With Ralph & the Gang 1:30pm-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: £5		Pilates 1:45pm-2:45pm M: £7 NM: £10
	Boccia 1:15pm-3:00pm M: Free NM: £3			



# SUMMER

# BARBECUE



M: £12  
NM: £15

## Sunday 19<sup>th</sup> July & 9<sup>th</sup> 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

## TUESDAY 11th

## WEDNESDAY 12th

## THURSDAY 13th

## FRIDAY 14th

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  
Mindfulness  
10:30am-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

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

Jive  
12:00pm-1:30pm  
M: £5 NM: £7

Bingo  
1:30pm-3:00pm  
£1 for all

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

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

Pilates  
1:45pm-2:45pm  
M: £7 NM: £10

Boccia  
1:15pm-3:00pm  
M: Free NM: £3

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 15th 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

TUESDAY 18th

WEDNESDAY 19th

THURSDAY 20th

FRIDAY 21st

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 Craft  
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

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

Jive  
12:00pm-1:30pm  
M: £5 NM: £7

Music With Ellie  
1:30pm-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

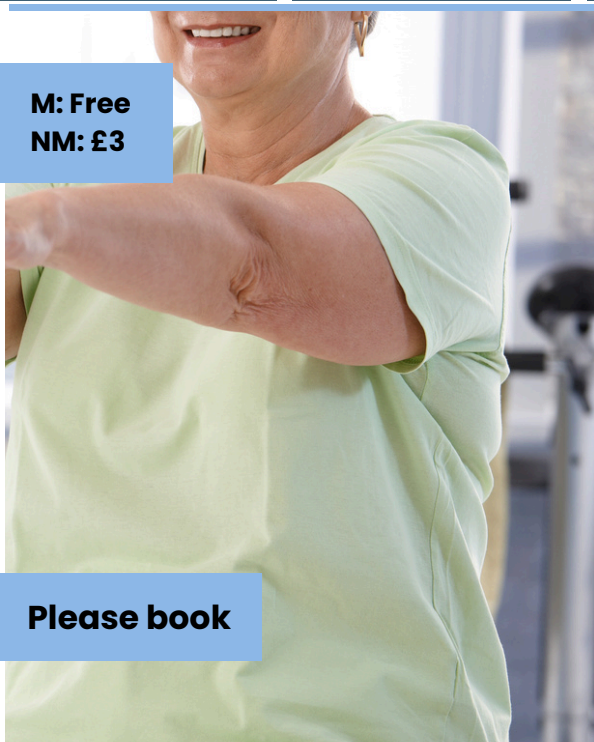
Bereavement  
Group  
1:00pm-3:00pm  
Free NM: £2

Pilates  
1:45pm-2:45pm  
M: £7 NM: £10

Boccia  
1:15pm-3:00pm  
M: Free NM: £3

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

Please book

## 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.

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

## TUESDAY 25th

## WEDNESDAY 26th

## THURSDAY 27th

## FRIDAY 28th

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  
M:Free NM: £2

Jive  
12:00pm-1:30pm  
M: £5 NM: £7

Music With Ralph  
1:30pm-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

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

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.

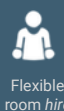


### Supporting Community Activities

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](mailto: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

<b>Closed for Bank Holiday</b>	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
<b>Closed for Bank Holiday</b>	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
<b>Closed for Bank Holiday</b>	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
<b>Closed for Bank Holiday</b>	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
<b>Closed for Bank Holiday</b>	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](mailto:caroline.liggins@thewestway.org) or [ralph.linsell@thewestway.org](mailto:ralph.linsell@thewestway.org)

01883 347 230



info@thewestway.org

25 Chaldon Road, Caterham, CR3 5PG

www.thewestway.org



**the westway**  
a community hub for all

Charity Number: 1188850

# Weekends at the Westway



Event	Date & Time	Details	Booking Info
<b>Repair Cafe</b>	Saturday 11th July Saturday 15th 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
<b>Children's Art Class</b>	Saturday 4th, 11th, 18th July  10:30am - 11:30am	Art class for children 5+.	Book directly: with Viv on 07940 598 761
<b>Prospero Theatre</b>	Saturday 4th July  2:30pm - 5:30pm	Come along to a create and make session with Prospero.	Drop in session
<b>Sunday Worship</b>	Every Sunday except <b>Sun 5th July &amp; Sun 19th July</b>  10:00am-12:00pm	Join us for a collective worship.	Drop in session
<b>The Westway Summer BBQ's</b>	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
- Tiling
- Specialists in Kitchens
- Electrical & Plumbing Work
- Interior & Exterior Decoration
- 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.



The Westway's  
**MEALS**  
*on wheels*  
only £9!

Providing a nutritious meal straight to your front door

£11 to include an additional sandwich

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](mailto:info@thewestway.org)

# Westway Lunch Club - August



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
Creamy sausage pasta bake  	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



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@smarterwax.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.hrcaregroup.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

