

What's on at The

Westway



**September &
October 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 September and October

As summer gives way to autumn, we're delighted to welcome you to our September/October programme.

Whether you're interested in fitness classes, creative workshops, social groups, or simply spending time with others, there's something for everyone.

Mark your calendars for special events in this programme:

- **Quiz Night with Janet and Geriant on 12th September at 7:00pm**
- **Afternoon Tea on Thursday 8th October at 12:30pm**
- **Age UK's Tea Dance on 24th October at 2:00pm-4:30pm**
- **Children's Halloween Party on 30th October at 5:00pm.**

We look forward to seeing familiar faces and welcoming new members throughout the coming months. Thank you for being part of our community.

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 paid 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.

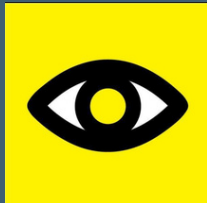


What's on at the Westway

September 2026

The Macular Society Friday 11th September 2.00pm–4.00pm

The Macular Society will host its monthly meeting at The Westway. This session will feature a discussion on Women in the Special Operations Executive during World War II.



Caterham Repair Café Saturday 12th September 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.



Charity Car Wash Saturday 12th September 10.30am–1.00pm

Join us for a charity car wash and get your car sparkling clean while helping us raise funds.

Every wash makes a difference and helps support our local community.

Book your time slot today with our reception team.

£8
per car



Quiz Night with Janet & Geraint Saturday 12th September Doors open 7pm for a prompt 7.30pm start

Join us for a fun-filled Quiz Night. Teams of 6–8, or come along on your own and we'll find you a team.

Book your place by scanning the QR code or calling us on 01883 347 230.



£10
per ticket



Prospero Theatre Saturday 19th September 2:30pm – 5:30pm

Prospero is an inclusive theatre company supporting adults and young people with disabilities and mental health conditions through drama and the performing arts.



Sally Anne's Film Night – Phantom of the Opera Wednesday 23rd September 7.00pm–9.00pm

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

Free for Members



Free for
Members

BOOK YOUR PLACE TODAY

☎ 01883 347230

✉ info@thewestway.org

Or, just pop in & book

What's on at the Westway

Autumn Horticultural Show

Saturday 3rd October

2.00pm – 4.00pm

Come and admire the fantastic displays, celebrate the changing season and enjoy a lovely afternoon at The Westway. Everyone is welcome.



Afternoon Tea

Thursday 8th October

12.30pm–2.30pm

Come and enjoy a delightful afternoon filled with a variety of delicious scones and tempting tea. Book using the QR code

M: £10
NM: £15

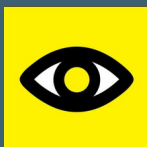


The Macular Society

Friday 9th October

2:00pm – 4:00pm

The Macular Society will host its monthly meeting at The Westway, featuring The Surrey Rangers.



Repair Café

Saturday 10th October

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.



Sally Anne's Film Night Overcomer

Wednesday 14th October

7.00pm–9.00pm

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

Free for Members

Free for
Members



Prospero

Saturday 17th October

2:30pm – 5:30pm

Prospero is an inclusive theatre company supporting adults and young people with disabilities and mental health conditions through drama and the performing arts.



Tea Dance Age UK

Saturday, 24th October

2.00pm–4.30pm

Join us at The Westway for a fun afternoon of dancing, tea and cake. Learn a few simple dance moves, enter the raffle for a chance to win a prize, and enjoy great music and company. No experience needed, just come along and have fun. Speak to Janet to book your ticket.



£12
per ticket

Children's Halloween Party

Friday 30th October

5pm–7pm

Join us for our Children's Halloween Party, featuring fun and games. Costumes are optional, so come along and enjoy an afternoon of Halloween fun.



£3
per Child



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 break down barriers that affect general health and well-being, whilst also promoting social inclusion. If you are thinking about taking a step into improving your well-being, 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 be played 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 well-being.	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 the programme	1:30pm - 3:00pm	£1 FOR ALL
Music in Mind	Music with a guitar and a chance to relax and sing along.	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 expression

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
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

M = Member

NM = Not a member of The Westway

Westway well-being

well-being activities to support relaxation, happiness and connection

The Westway well-being Programme is dedicated to enhancing the overall well-being 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 well-being 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	2:00pm- 3:30pm	FREE FOR ALL
English as an Additional Language with Jane	Jane's session is 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
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**

September Programme

W/C 1st September

Westway
Exercise

Westway
Entertainment

Westway
Craft

Westway
well-being

External
Provider

MONDAY 31st AUG

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

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

Pilates
1:45pm-2:45pm
M: £7 NM: £10

Closed for Bank
Holiday

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

Alison's well-being
2:00pm-3:30pm
Free to all

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

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

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

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

ADVERTISE WITH US



Reach Your Local Community While Supporting Your Local Community Centre

Promote your business, event or service through The Westway Community & Wellbeing Centre's printed programme and online channels, reaching hundreds of local residents, members and visitors throughout the year.

Why advertise with us?

- Reach a loyal and engaged local audience.
- Increase awareness of your business, service or event.
- Support a trusted local charity at the heart of the community.
- Demonstrate your commitment to making a difference locally.

Whether you're a local retailer, tradesperson, health or wellbeing provider, charity, community group or small business, we'd love to help you connect with people in your area.

Please contact Mary on **info@thewestway.org** to discuss advertising options and rates. We'd be delighted to help your business grow while supporting our community.

Affordable advertising packages are available.

Get in touch today to find out more and reserve your advertising space.

September Programme

W/c 7th September

Westway
Exercise

Westway
Entertainment

Westway
Craft

Westway
well-being

External
Provider

MONDAY 7th

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
1:00pm-3:00pm
M: Free NM: £3

TUESDAY 8th

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

WEDNESDAY 9th

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

THURSDAY 10th

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

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

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

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

FRIDAY 11th

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



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



September Programme

W/c 14th September

Westway
Exercise

Westway
Entertainment

Westway
Craft

Westway
well-being

External
Provider

MONDAY 14th

TUESDAY 15th

WEDNESDAY 16th

THURSDAY 17th

FRIDAY 18th

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

Sing & Sign
10.00am-12.00pm
Contact
07812 734 448

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 Sam
Holland
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**

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

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

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

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



£10 per ticket



JANET & GERAIN'T'S QUIZ NIGHT



SATURDAY 12TH SEPTEMBER



DOORS OPEN 7PM FOR A PROMPT
7.30PM START

Join us for a fun quiz night with laughter and questions. All proceeds support The Westway and Geraint's Charity CHECK Kimillili (50% each). There will also be a Raffle and Heads and Tails game.

Bring your own snacks, but purchase drinks at the bar - no outside beverages allowed. Don't miss this evening of friendly competition.

Book your tickets now by
scanning the QR code,
calling us on
01883 347 230 or booking
via our reception team.



September Programme

w/c 21st September

Westway
Exercise

Westway
Entertainment

Westway
Craft

Westway
well-being

External
Provider

MONDAY 21st

TUESDAY 22nd

WEDNESDAY 23rd

THURSDAY 24th

FRIDAY 25th

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

Sing & Sign
10.00am-12.00pm
Contact
07812 734 448

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

Flower Arranging
1.00pm-2.30pm
M: £7.50 NM: £10

Jive
12:00pm-1:30pm
M: £5 NM: £7

Naomi Bingo
1:30pm-3:00pm
£1 for all

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

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

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

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

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

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

Sally Anne's
Movie Night
Phantom of the
Opera
7:00pm-9:30pm

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

SALLY ANNE'S MOVIE NIGHT

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

**Free for
members**



23RD SEPTEMBER

14TH OCTOBER



No booking required

September Programme

W/C 28th September

Westway
Exercise

Westway
Entertainment

Westway
Craft

Westway
well-being

External
Provider

MONDAY 28th

TUESDAY 29th

WEDNESDAY 30th

THURSDAY 1st

FRIDAY 2nd

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

Sing & Sign
10:00am-12:00pm
Contact
07812 734 448

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 Sally
1:30pm-3:00pm
M: Free NM: £3

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

Alison's well-being
2:00pm-3:30pm
Free to all

English as an
Additional Language
with Jane
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 Viv
07940 598 761**

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

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

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



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



 **the westway**
a community hub for all

Charity Number: 1188850

October Programme

W/C 5th October

Westway
Exercise

Westway
Entertainment

Westway
Craft

Westway
well-being

External
Provider

MONDAY 5th

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

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

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

Bingo
1:30pm-3:00pm
£1 for all

TUESDAY 6th

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 7th

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

THURSDAY 8th

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

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

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

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

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

FRIDAY 9th

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

Sing & Sign
10.00am-12.00pm
Contact
07812 734 448

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

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

CATERHAM
REPAIR CAFE

**Saturday 12th September &
Saturday 10th October 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

October Programme

W/C 12th October

Westway
Exercise

Westway
Entertainment

Westway
Craft

Westway
well-being

External
Provider

MONDAY 12th

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 Denny
1:30pm-3:00pm
M: Free NM: £3

TUESDAY 13th

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 14th

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 15th

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

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

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

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

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

FRIDAY 16th

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

Sing & Sign
10.00am-12.00pm
Contact
07812 734 448

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

Everyone
Welcome!

Afternoon Tea

Thursday 8th October
12:30pm - 2:30pm

Come and enjoy a delightful afternoon filled with a variety of delicious sandwiches, scones, and a variety of tempting cakes, all perfectly paired with tea.

M: £10 NM: £15

For tickets, either scan
the QR code, visit our
website

www.thewestway.org

or
give us a call on
01883 347 230



October Programme

W/C 19th October

Westway
Exercise

Westway
Entertainment

Westway
Craft

Westway
well-being

External
Provider

MONDAY 19th

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 20th

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 21st

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 22nd

Line Dancing
10:30am-11:30am
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

FRIDAY 23rd

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 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.

**Contact The Westway on
01883 347 230 to discuss your
requirements.**

October Programme

W/C 26th October

Westway
Exercise

Westway
Entertainment

Westway
Craft

Westway
well-being

External
Provider

MONDAY 26th

TUESDAY 27th

WEDNESDAY 28th

THURSDAY 29th

FRIDAY 30th

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

Jive
12:00pm-1:30pm
M: £5 NM: £7

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

Pilates
1:45pm-2:45pm
M: £7 NM: £10

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

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

Alison's well-being
2:00pm-3:30pm
Free to all

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

Children's
Halloween
Party
5-7pm
£2 per child

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



CHILDREN'S HALLOWEEN PARTY

Friday 30th October
5:00pm-7:00pm

at The Westway Community Centre

**Come along in your spookiest costume
(costumes are optional) and enjoy an
evening of games, fun and
Halloween treats.**

SCAN HERE TO BOOK



For tickets, either scan the QR code,
visit our website
www.thewestway.org or
give us a call on 01883 347 230



Weekends at the Westway

Event	Date & Time	Details	Booking Info
Repair Café	Saturday 12th September Saturday 10 th October 10:30am - 1:00pm	Need something fixed? Bring it along to the repair Café to be fixed by a repair expert whilst you enjoy some tea and cake.	Donations welcome No booking required
Children's Art Class	Saturday 12 th September Saturday 9th October 10:30am - 11:30am	Art class for children 5+.	Book directly: with Viv on 07940 598 761
Prospero Theatre	Saturday 19th September Saturday 17 th October 2:30pm - 5:30pm	Come along to a create-and-make session with Prospero.	Drop in session
Sunday Worship	Every Sunday 10:00am-11:30m	Join us for a collective worship.	Drop in session

Save the date
The Westway
Christmas fair
Saturday 21st November
11.00am-3.00pm

More details to follow



Westway Lunch Club – September

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.

	Tuesday 01/09	Wednesday 02/09	Thursday 03/09	Friday 04/09
CLOSED FOR BANK HOLIDAY	Savoury gammon with parsley sauce and creamy colcannon mash 	Salmon and Broccoli traybake with New Potatoes    	Coronation Chicken with Rice   	Savory pork and apple sausage with creamy mashed potatoes   
Monday 07/09	Tuesday 08/09	Wednesday 09/09	Thursday 10/09	Friday 11/09
Shepherd's Pie with seasonal vegetables 	Chicken Pie with Mashed Potatoes and seasonal vegetables  	Roast Beef, Yorkshire Pudding, and Seasonal Vegetables  	Pork and Apple Casserole with seasonal vegetables 	Fish, crispy chips, and creamy mushy peas.   
Monday 14/09	Tuesday 15/09	Wednesday 16/09	Thursday 17/09	Friday 18/09
Spicy Chili with Rice  	Savoury Ham, Eggs, and Crispy Chips 	Chicken and Chorizo with Orzo and Bread  	A Delightful Hotpot with seasonal vegetables 	Prawn Stir Fry   
Monday 21/09	Tuesday 22/09	Wednesday 23/09	Thursday 24/09	Friday 25/09
Lasagne accompanied by garlic bread.   	Fish Pie with Seasonal Vegetables 	Chicken Curry Served with Rice  	Roast Chicken Served with Yorkshire Pudding and seasonal vegetables  	Sausage Casserole with seasonal vegetables 
Monday 28/09	Tuesday 29/09	Wednesday 30/09	Thursday 01/10	Friday 02/10
Chicken Casserole Accompanied by Creamy Mashed Potatoes 	Fish, crispy chips, and creamy mushy peas.   	Sausage and Bean Casserole  	Beef Cobbler with seasonal vegetables   	Pork and Apple Casserole and seasonal vegetables 

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**

Westway Lunch Club – October

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 05/10	Tuesday 06/10	Wednesday 07/10	Thursday 08/10	Friday 09/10
Savoury gammon with parsley sauce and creamy colcannon mash 	Cottage Pie with seasonal vegetables 	Salmon and Broccoli Bake  	Beef pie accompanied by parsnips.  	Lasagne with garlic bread  
Monday 12/10	Tuesday 13/10	Wednesday 14/10	Thursday 15/10	Friday 16/10
Roast Chicken, Yorkshire Pie, and Roasted Potatoes with Vegetables  	Chili and Jacket Potatoes 	Beef stew with seasonal vegetables & Mash  	Chicken Curry and Rice  	Chicken and Chorizo with Orzo  
Monday 19/10	Tuesday 20/10	Wednesday 21/10	Thursday 22/10	Friday 23/10
Filled Yorkshire pudding with beef, mash and veg  	Hotpot with vegetables 	Chicken traybake with vegetables 	Fish, crispy chips, and creamy mushy peas.   	Beef Stir Fry 
Monday 26/10	Tuesday 27/10	Wednesday 28/10	Thursday 29/10	Friday 30/10
Fish Pie with vegetables  	Lasagne with garlic bread   	Beef bourguignon with seasonal vegetables 	Pork Fillet wrapped in Parma ham with seasonal vegetables  	Moussaka with garlic bread  

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

Our Sunday lunches are back from November.

Delicious food, great company and a lovely Sunday afternoon.

Dates in our next programme.



Additional Services

Hairdressing

Monday: Lynda
Thursday: Janet

To book: 01883 347230

CASH ONLY



Podiatry

Monday: Sonya
07526 182 586

Tuesday & Wednesday:
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 Café



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

Contact:
caterham.repair.Café@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 & well-being
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

