the westway
a community hub for all

# What's on at The Westway

## November & December 2026

## Activities & Events for all ages and abilities




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Charity Number: 1185550

# Welcome to our Christmas Programme




As the year comes to an end, we would like to thank you for all your support.
This year has brought some wonderful changes to The Westway, including our toilet renovation, new additions to our activities programme, and welcoming two new staff members, Darren and Graham. We also introduced exciting new events; Afternoon Tea and our Gin Festival.

Please take a moment to have a look at our upcoming November and December events including our **Christmas Fair on Saturday 21st November, Christmas Lunches on Monday 14th and Tuesday 15th December, our film afternoon on Wednesday 23rd December and our Pre New Year Disco on Monday 30th December.** Thanks to the familiar faces and new visitors attending these events, we continue to grow and thrive.

The Westway Team

***Please note the programme may be subject to changes. Please check our socials and website 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 subsidised activities. You can pick up a membership form from our reception team, or join 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

## NOVEMBER 2026

**SUN 1 NOV**

### Sunday Lunch

1.00pm – 3.00pm

Enjoy a traditional lunch featuring a shared Sunday Lunch paired with a live entertainment. **Booking essential**

**Price**
**Member: £10**
**Non Member: £15**

**WED 11 NOV**

### Remembrance Day Event & Lunch

10.30am – 1.30pm

A memorable morning admiring vintage military vehicles and wartime memorabilia, followed by a traditional wartime lunch of spam, beans and chips. **Booking essential for lunch**

**Price**
**Member: £9**
**Non Member: £11**

**WED 11 NOV**

### Sally Ann's Movie Night

7.30pm – 9.00pm

Enjoy a screening of The Windermere Children together.
**No need to book.**




**FRI 13 NOV**

### The Macular Society

2.00pm – 4.00pm

Join the Macular Society and meet like minded people . There is also entertainment with Ricki and Friends. **No need to book.**

Macular Society

**SAT 14 NOV**

### Repair Cafe

10.30am – 1.00pm

Give broken items a new lease of life with the help of skilled volunteers.

CATERHAM REPAIR CAFE

**To book scan here**

**Or**

Pop in, call us on 01883 347 230 or email us at info@thewestway.org

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# What's on at The Westway

## NOVEMBER/DECEMBER 2026

**SAT 21 NOV**

### Christmas Fair

**11.00am – 3.00pm**

Our annual Christmas fair, filled with festive stalls, delicious seasonal treats, unique gifts, and plenty of Christmas cheer for everyone to enjoy. Performance by The Rock Choir. No need to book

**Free Entry**

**WED 25 NOV**

### Community Music

5.30pm - 7.00pm

Join the Hillcroft School Choir, Rewind Band, and Westway Singers for a festive Christmas evening of live music and song. No need to book.

**Price: Free**

**FRI 27 NOV**

### Live Stream of Wonderland with Prospero Theatre

1.00pm - 3.30pm

Enjoy a front row seat at The Westway with a live stream of Prospero Theatre's Performance.

**Limited Spaces Available**

**Price: Free**

**SAT 28 NOV**

### Christmas Market in the Valley

11.00am - 5.00pm

Pop along to the Caterham Valley Christmas Market and enjoy a warming glass of mulled wine while you browse a variety of festive stalls. Visit our stall outside Champs Consultants



**FRI 11 DEC**

### The Macular Society

2.00pm - 4.00pm

Join the Macular Society and meet like minded people and come along to the Christmas Party.

Macular Society

**To book scan here**

**Or**

Pop in, call us on 01883 347 230 or email us at info@thewestway.org

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# What's on at The Westway

## NOVEMBER/DECEMBER 2026

**SAT 12 DEC**

### Repair Café

10.30am - 1.00pm

Give your broken items a new lease of life of with the help of our skilled volunteers. Fix it, don't replace it.

**Just pop in.**

**MON & TUES 14/15 DEC**

### Christmas Lunches

12.00pm - 3.00pm

3 course Christmas lunch with live entertainment, crackers, and Christmas cheer. **Booking essential**

**Price**
**Member: £18**
**Non Member: £22**

**WED 16 DEC**

### Sally Ann's Film Night

7.30pm-9.00pm

Enjoy a double bill screening of The Snowman and The Boy, The Mole, The Fox and The Horse at Sally Anne's Movie Night.

**No need to book.**




**WED 23 DEC**

### Christmas Film Afternoon

1.00pm - 3.00pm

Join us for festive afternoon showing "A White Christmas" with popcorn and hot chocolate. **Booking essential**

**Price**
**£1 for all**

**WED 30 DEC**

### Pre New Year Disco

5:00pm-8:30pm

Get ready to shake off the year and light up the dance floor. This will include a buffet. **Booking essential**

**Price**
**Member: £12**
**Non Member: £15**

**To book scan here**

**Or**

Pop in, call us on 01883 347 230 or email us at info@thewestway.org

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# SPONSOR A LOCAL CHRISTMAS

£25 PER BOX



## SPONSOR A CHRISTMAS MEAL BOX

This Christmas, The Westway invites you to support a local family by sponsoring a Christmas meal box. Each box will be filled with all the ingredients necessary to prepare a festive lunch that may not be possible for some families.

£10




## SPONSOR A CHRISTMAS DAY LUNCH

Help bring people together for a festive meal who would otherwise spend Christmas Day alone, helping to make their Christmas brighter, warmer and filled with the lots of joy.

To sponsor a meal box or a lunch scan here

Or pop in, call us on 01883 347 230 or email us at info@thewestway.org

Follow us

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Charity Number 1188850

# 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** |
| **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** |
| **NEW - Yoga** | Unwind, release, and restore. Gentle, supported stretches to melt tension and calm your mind, leaving you grounded and deeply refreshed. | **Thursday** | **9.15am- 10.15am** | **MEMBERS: £7 NM: £10** |
| **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** | **4:30pm - 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 or website | **1:30pm - 3:00pm** | **FREE TO MEMBERS** **NM: £3** |
| **Cash Bingo** | Join us for a game of bingo. A great way to meet new people and enjoy a lively afternoon together. Cash prize for main game. | **Monday** Please check dates in programme | **1:30pm - 3:00pm** | **£1 FOR ALL** |
| **Music Session on an acoustic guitar** | 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 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 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** | A supportive 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** |
| **New - Ladies Share & Care** | A friendly local drop-in space for women in the community to connect, share a chat, cup of tea or coffee and build genuine friendships close to home. | **Friday** | **12:30pm - 1:30pm** | **£1 for all includes hot drinks** |
| **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**

# November Programme

## W/C 2nd November

**Westway Exercise** | **Westway Entertainment** | **Westway Craft** | **Westway Wellbeing** | **External Provider**

| MONDAY 2nd | TUESDAY 3rd | WEDNESDAY 4th | THURSDAY 5th | FRIDAY 6th |
|---|---|---|---|---|
| Paracise with Tara<br>9:00am-9:45am<br>M: £1 NM: £5 | Seated Exercise<br>9.45am-10.45am<br>M: Free NM: £3 | Music Session on an acoustic guitar<br>10:30am-11:45am<br>M: Free NM: £3 | Yoga<br>9:15am-10.15am<br>M: £7 NM: £10 | PC Pals<br>10:00am-1:00pm<br>Free for all |
| Paracise with Tara<br>10.00am-10:45am<br>M: £1 NM: £5 | Crafty Coffee Beans<br>10:00am-11:30am<br>M: Free NM: £3 | Short Mat Bowls<br>1:15pm-3:00pm<br>M: Free NM: £3 | Line Dancing<br>10:30am-11:30am<br>M: £5 NM: £7 | Sing & Sign<br>10.00am-12.00pm<br>Contact<br>07812 734 448 |
| Chair Exercise with Tara<br>11:00am-11:45am<br>M: £1 NM: £5 | Seated Exercise<br>10.45am-11.45am<br>M: Free NM: £3 | Gardening Club<br>1:30pm-3:00pm<br>Free for all | Men's Coffee Morning<br>11:00am -12:00pm<br>£1 for all | Jive<br>12:00pm-1:30pm<br>M: £5 NM: £7 |
| Cash Bingo with Naomi.<br>1:00pm-3:00pm<br>£1 for all | Art for All<br>1:00pm-2:30pm<br>M: £7 NM: £10 | Alison's Wellbeing Social<br>2:00pm - 3:30pm<br>Free | English as an Additional Language with Jane<br>1:00pm-3:00pm<br>Free | Ladies Care & Share<br>12:30pm-1.30pm<br>£1 for all |
| | Various Activities<br>1:15pm-3:00pm<br>Please check with reception | Children's Art Class<br>4:00pm-5:00pm<br>**Contact Viv**<br>**07940 598 761** | Mindfulness<br>1:30pm-2:30pm<br>M: £5 NM: £7 | Pilates<br>1:45pm-2:45pm<br>M: £7 NM: £10 |
| | | Everybody Sing<br>5:00pm-6:30pm<br>M: Free NM: £2 | | Children's Art Class<br>4:00pm-5:00pm<br>**Contact Viv**<br>**07940 598 761** |
| | | | | Tai Chi<br>4:30pm-5:30pm<br>M: £5 NM: £7 |




**Our Christmas trees will be available for purchase on the following dates:**

**28th November 2026 - 13th December 2026**

**Pop in and browse our Christmas Trees:**

- **Saturday and Sunday 10am-2pm**
- **Monday to Friday 9am-3pm**

  - 25% of the sale price goes towards supporting The Westway.

# November Programme

## W/C 9th November

**Westway Exercise** | **Westway Entertainment** | **Westway Craft** | **Westway Wellbeing** | **External Provider**

| MONDAY 9th | TUESDAY 10th | WEDNESDAY 11th | THURSDAY 12th | FRIDAY 13th |
|---|---|---|---|---|
| Paracise with Tara<br>9:00am-9:45am<br>M: £1 NM: £5 | Seated Exercise<br>9:45am-10:45am<br>M: Free NM: £3 | Remembrance Day event<br>10:30am-1.30pm<br>M:£9 NM:£11 | Yoga<br>9:15am-10.15am<br>M: £7 NM: £10 | PC Pals<br>10:00am-1:00pm<br>Free for all |
| Paracise with Tara<br>10.00am-10:45am<br>M: £1 NM: £5 | Crafty Coffee Beans<br>10:00am-11:30am<br>M: Free NM: £3 | Children's Art Class<br>4:00pm-5:00pm<br>**Contact Viv**<br>**07940 598 761** | Line Dancing<br>10:30am-11:30pm<br>M: £5 NM: £7 | Sing & Sign<br>10.00am-12.00pm<br>Contact<br>07812 734 448 |
| Chair Exercise with Tara<br>11:00am-11:45am<br>M: £1 NM: £5 | Seated Exercise<br>9:45am-10:45am<br>M: Free NM: £3 | Everybody Sing<br>5:00pm-6:30pm<br>M: Free NM: £2 | Men's Coffee Morning<br>11:00am -12:00pm<br>£1 for all | Jive<br>12:00pm-1:30pm<br>M: £5 NM: £7 |
| Music With Ellie<br>1:00pm-3:00pm<br>M: Free NM: £3 | Art for All<br>1:00pm-2:30pm<br>M: £7 NM: £10 | Sally Ann's Film Night - The Windermere Children<br>7:30pm-9:30pm | Bereavement Group<br>1:00pm-3:00pm<br>M:Free NM: £2 | Ladies Care & Share<br>12:30pm-1.30pm<br>£1 for all |
| | Storytelling Session<br>1:15pm-3:00pm<br>Free | | English as an Additional Language with Jane<br>1:00pm-3:00pm<br>Free | Pilates<br>1:45pm-2:45pm<br>M: £7 NM: £10 |
| | | | Mindfulness<br>1:30pm-2:30pm<br>M: £5 NM: £7 | The Macular Society<br>2:00pm-4:00pm<br>Free |
| | | | | Children's Art Class<br>4:00pm-5:00pm<br>**Contact Viv**<br>**07940 598 761** |
| | | | | Tai Chi<br>4:30pm-5:30pm<br>M: £5 NM: £7 |



# COUNSELLING SESSIONS

**Need someone to talk to?**

Confidential, one-to-one counselling sessions will be available at The Westway, offering a safe and supportive space to talk through life's challenges.

Book through Mary or Darren

# November Programme

## W/C 16th November

Westway Exercise | Westway Entertainment | Westway Craft | Westway Wellbeing | External Provider

| MONDAY 16th | TUESDAY 17th | WEDNESDAY 18th | THURSDAY 19th | FRIDAY 20th |
|---|---|---|---|---|
| Paracise with Tara<br>9:00am-9:45am<br>M: £1 NM: £5 | Seated Exercise<br>9:45am-10:45am<br>M: Free NM: £3 | Music Session on an acoustic guitar<br>10:30am-11:45am<br>M: Free NM: £3 | Yoga<br>9:15am-10.15am<br>M: £7 NM: £10 | PC Pals<br>10:00am-1:00pm<br>Free for all |
| Paracise with Tara<br>10:00am-10:45am<br>M: £1 NM: £5 | Crafty Coffee Beans<br>10:00am-11:30am<br>M: Free NM: £3 | Short Mat Bowls<br>1.15pm-3.00pm<br>M: Free NM: £3 | Line Dancing<br>10:30am-11:30am<br>M: £5 NM: £7 | Sing & Sign<br>10.00am-12.00pm<br>Contact<br>07812 734 448 |
| Chair Exercise with Tara<br>11:00am-11:45am<br>M: £1 NM: £5 | Seated Exercise<br>10:45am-11:45am<br>M: Free NM: £3 | Gardening Club<br>1:30pm-3:00pm<br>Free for all | Men's Coffee Morning<br>11:00am -12:00pm<br>£1 for all | Jive<br>12:00pm-1:30pm<br>M: £5 NM: £7 |
| Music With Billy<br>1:30pm-3.00pm<br>M: Free NM: £3 | Art for All<br>1:00pm-2:30pm<br>M: £7 NM: £10 | Children's Art Class<br>4:00pm-5:00pm<br>**Contact Viv**<br>**07940 598 761** | English as an Additional Language with Jane<br>1:00pm-3:00pm<br>Free | Ladies Care & Share<br>12:30pm-1.30pm<br>£1 for all |
| | Card Crafts<br>1:30pm-2:30pm<br>£1 for all | Everybody Sing<br>5:00pm-6:30pm<br>M: Free NM: £2 | Mindfulness<br>1:30pm-2:30pm<br>M: £5 NM: £7 | Pilates<br>1:45pm-2:45pm<br>M: £7 NM: £10 |
| | | | Flower Arranging<br>1:00pm-2:30pm<br>M: £7.50 NM: £10 | Children's Art Class<br>4:00pm-5:00pm<br>**Contact Viv**<br>**07940 598 761** |
| | | | | Tai Chi<br>4:30pm-5:30pm<br>M: £5 NM: £7 |




# THE WESTWAY CHRISTMAS FAIR

## SATURDAY 21ST NOVEMBER 1.00PM-3.00PM

# November Programme

## W/C 23rd November

Westway Exercise | Westway Entertainment | Westway Craft | Westway Wellbeing | External Provider

| MONDAY 23rd | TUESDAY 24th | WEDNESDAY 25th | THURSDAY 26th | FRIDAY 27th |
|---|---|---|---|---|
| Paracise with Tara<br>9:00am-9:45am<br>M: £1 NM: £5 | Seated Exercise<br>9:45am-10:45am<br>M: Free NM: £3 | Music Session on an acoustic guitar<br>10:30am-11:45am<br>M: Free NM: £3 | Yoga<br>9:15am-10.15am<br>M: £7 NM: £10 | PC Pals<br>10:00am-1:00pm<br>Free for all |
| Paracise with Tara<br>10:00am-10:45am<br>M: £1 NM: £5 | Crafty Coffee Beans<br>10:00am-11:30am<br>M: Free NM: £3 | Short Mat Bowls<br>1:15pm-3:00pm<br>M: Free NM: £3 | Line Dancing<br>10:30am-11:30am<br>M: £5 NM: £7 | Sing & Sign<br>10.00am-12.00pm<br>Contact<br>07812 734 448 |
| Chair Exercise with Tara<br>11:00am-11:45am<br>M: £1 NM: £5 | Seated Exercise<br>10:45am-11:45am<br>M: Free NM: £3 | Gardening Club<br>1:30pm-3:00pm<br>Free for all | Men's Coffee Morning<br>11:00am -12:00pm<br>£1 for all | Jive<br>12:00pm-1:30pm<br>M: £5 NM: £7 |
| Music With Alan<br>1:30pm-3:00pm<br>M: Free NM: £3 | Art for All<br>1:00pm-2:30pm<br>M: £7 NM: £10 | Alison's Wellbeing Social<br>2:00pm-3:30pm<br>Free for all | Bereavement Group<br>1:00pm- 3:00pm<br>Free NM: £2 | Ladies Care & Share<br>12:30pm-1.30pm<br>£1 for all |
| | Various Activities<br>1:15pm-3:00pm<br>Please check with reception | Children's Art Class<br>4:00pm-5:00pm<br>Contact Viv<br>07940 598 761 | English as an Additional Language with Jane<br>1:00pm-3:00pm<br>Free | Live Stream of Wonderland<br>1.00pm-3.30pm<br>Free |
| | | Everybody Sing Community Music<br>5:00pm-6:30pm<br>M: Free NM: £2 | Mindfulness<br>1:30pm-2:30pm<br>M: £5 NM: £7 | Children's Art Class<br>4:00pm-5:00pm<br>Contact Viv<br>07940 598 761 |
| | | | | Tai Chi<br>4:30pm-5:30pm<br>M: £5 NM: £7 |



**All welcome**

# COMMUNITY FESTIVE MUSIC

## Wednesday 25th November

## 5.00pm-6.30pm

For more information visit our website www.thewestway.org
or follow us on our Facebook or Instagram account.

# November Programme

## W/C 30th November

Westway Exercise | Westway Entertainment | Westway Craft | Westway Wellbeing | External Provider

| MONDAY 30th | TUESDAY 1st | WEDNESDAY 2nd | THURSDAY 3rd | FRIDAY 4th |
|---|---|---|---|---|
| Paracise with Tara<br>9:00am-9:45am<br>M: £1 NM: £5 | Seated Exercise<br>9:45am-10:45am<br>M: Free NM: £3 | Music Session on an acoustic guitar<br>10:30am-11:45am<br>M: Free NM: £3 | Yoga<br>9:15am-10.15am<br>M: £7 NM: £10 | PC Pals<br>10:00am-1:00pm<br>Free for all |
| Paracise with Tara<br>10:00am-10:45am<br>M: £1 NM: £5 | Crafty Coffee Beans<br>10:00am-11:30am<br>M: Free NM: £3 | Short Mat Bowls<br>1:15pm-3:00pm<br>M: Free NM: £3 | Line Dancing<br>10:30am-11.30am<br>M: £5 NM: £7 | Sing & Sign<br>10.00am-12.00pm<br>Contact<br>07812 734 448 |
| Chair Exercise with Tara<br>11:00am-11:45am<br>M: £1 NM: £5 | Seated Exercise<br>10:45am-11:45am<br>M: Free NM: £3 | Gardening Club<br>1:30pm-3:00pm<br>Free for all | Men's Coffee Morning<br>11:00am-12:00pm<br>£1 for all | Jive<br>12:00pm-1:30pm<br>M: £5 NM: £7 |
| Music With Steve<br>1:30pm-3.00pm<br>M: Free NM: £3 | Art for All<br>1:00pm-2:30pm<br>M: £7 NM: £10 | Children's Art Class<br>4:00pm-5:00pm<br>Contact Viv<br>07940 598 761 | English as an Additional Language with Jane<br>1:00pm-3:00pm<br>Free | Ladies Care & Share<br>12:30pm-1.30pm<br>£1 for all |
| | Various Activities<br>1:15pm-3:00pm<br>Please check with reception | Everybody Sing<br>5:00pm-6:30pm<br>M: Free NM: £2 | Mindfulness<br>1:30pm-2:30pm<br>M: £5 NM: £7 | Pilates<br>1:45pm-2:45pm<br>M: £7 NM: £10 |
| | | | | Tai Chi<br>4:30pm-5:30pm<br>M: £5 NM: £7 |



**Booking essential**

**£1 for all**




# CHRISTMAS FILM AFTERNOON

## Monday 23rd December
## 1.00pm-3.00pm

Our Christmas film will be a White Christmas.
For more information about our events please see our What's On page

**To Book:**

- Scan the QR
- Visit or website
- Telephone us on 01883 347 230
- Or pop in

# December Programme

## W/C 7th December

Westway Exercise | Westway Entertainment | Westway Craft | Westway Wellbeing | External Provider

| MONDAY 7th | TUESDAY 8th | WEDNESDAY 9th | THURSDAY 10th | FRIDAY 11th |
|---|---|---|---|---|
| Paracise with Tara<br>9.00am-9.45am<br>M: £1 NM: £5 | Seated Exercise<br>9:45am-10:45am<br>M: Free NM: £3 | Music Session on an acoustic guitar<br>10:30am-11:45am<br>M: Free NM: £3 | Yoga<br>9:15am-10.15am<br>M: £7 NM: £10 | PC Pals<br>10:00am-1:00pm<br>Free for all |
| Paracise with Tara<br>10:00am-10:45am<br>M: £1 NM: £5 | Crafty Coffee Beans<br>10:00am-11:30am<br>M: Free NM: £3 | Short Mat Bowls<br>1:15pm-3:00pm<br>M: Free NM: £3 | Line Dancing<br>10:30am-11:30am<br>M: £5 NM: £7 | Sing & Sign<br>10.00am-12.00pm<br>Contact<br>07812 734 448 |
| Chair Exercise with Tara<br>11:00am-11:45am<br>M: £1 NM: £5 | Seated Exercise<br>10:45am-11:45am<br>M: Free NM: £3 | Gardening Club<br>1:30pm-3:00pm<br>Free for all | Men's Coffee Morning<br>11:00am -12:00pm<br>£1 for all | Jive<br>12:00pm-1:30pm<br>M: £5 NM: £7 |
| Music with Kit Packman<br>1:30pm-3:00pm<br>M: Free NM: £3 | Art for All<br>1:00pm-2:30pm<br>M: £7 NM: £10 | Children's Art Class<br>4:00pm-5:00pm<br>Contact Viv<br>07940 598 761 | Mindfulness<br>1:30pm-2:30pm<br>M: £5 NM: £7 | Ladies Care & Share<br>12:30pm-1.30pm<br>£1 for all |
| | Card Craft<br>1:30pm-2:30pm<br>£1 for all | Everybody Sing<br>5:00pm-6:30pm<br>M: Free NM: £2 | Bereavement Group<br>1:00pm- 3:00pm<br>Free NM: £2 | Pilates<br>1:45pm-2:45pm<br>M: £7 NM: £10 |
| | | | English as an Additional Language with Jane<br>1:00pm-3:00pm<br>Free | The Macular Society<br>2:00pm-4:00pm<br>Free |
| | | | | Tai Chi<br>4:30pm-5:30pm<br>M: £5 NM: £7 |

**Saturday 14th November &**
**Saturday 12th December 2026**
**10.30am-1.00pm**
**The Westway Centre, 25 Chaldon Road, CR3 5PG**

CATERHAM REPAIR CAFE

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

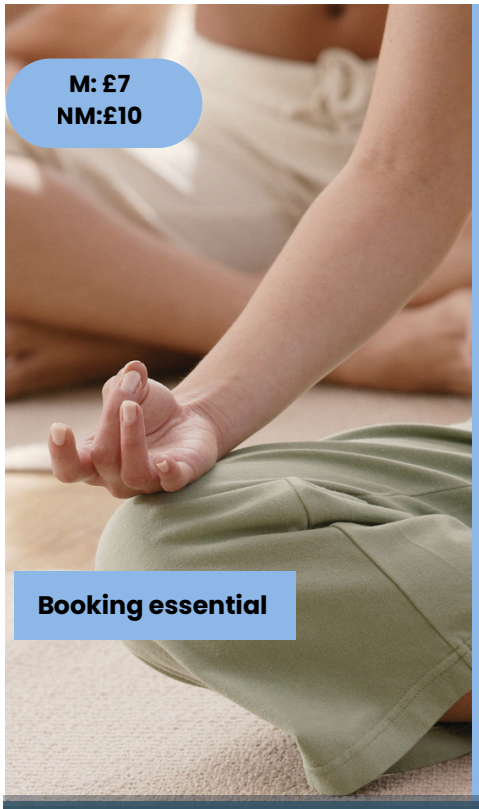


# December Programme

## W/C 14th December

**Westway Exercise** | **Westway Entertainment** | **Westway Craft** | **Westway Wellbeing** | **External Provider**

| MONDAY 14th | TUESDAY 15th | WEDNESDAY 16th | THURSDAY 17th | FRIDAY 18th |
|---|---|---|---|---|
| Paracise with Tara<br>9:00am-9:45am<br>M: £1 NM: £5 | Seated Exercise<br>9:45am-10:45am<br>M: Free NM: £3 | Music Session on an acoustic guitar<br>10:30am-11:45am<br>M: Free NM: £3 | Yoga<br>9:15am-10.15am<br>M: £7 NM: £10 | PC Pals<br>10:00am-1:00pm<br>Free for all |
| Paracise with Tara<br>10:00am-10:45am<br>M: £1 NM: £5 | Crafty Coffee Beans<br>10:00am-11:30am<br>M: Free NM: £3 | Short Mat Bowls<br>1:15pm-3:00pm<br>M: Free NM: £3 | Line Dancing<br>10:30am-11:30am<br>M: £5 NM: £7 | Jive<br>12:00pm-1:30pm<br>M: £5 NM: £7 |
| Chair Exercise with Tara<br>11.00am-11:45am<br>M: £1 NM: £5 | Seated Exercise<br>10:45am-11:45am<br>M: Free NM: £3 | Gardening Club<br>1:30pm-3:00pm<br>Free for all | Men's Coffee Morning<br>11:00am -12:00pm<br>£1 for all | Ladies Care & Share<br>12:30pm-1.30pm<br>£1 for all |
| **Christmas Lunch 12pm-3pm followed with Music with Sally** | **Christmas Lunch 12pm-3pm followed with Music with Sam** | Everybody Sing<br>5:00pm-6:30pm<br>M: Free NM: £2 | English as an Additional Language with Jane<br>1:00pm-3:00pm<br>Free | Pilates<br>1:45pm-2:45pm<br>M: £7 NM: £10 |
| | | Sally Anne's Movie Night<br>The Snowman & The Boy, The Mole, The Fox & The Horse<br>7:00pm-9:30pm | Flower Arranging<br>1:00pm-2:30pm<br>M: £7.50 NM: £10 | Tai Chi<br>4:30pm-5:30pm<br>M: £5 NM: £7 |




# YOGA AT THE WESTWAY

**Unlock your body's full potential.**

Join us to build core strength, increase mobility, and mental clarity through intentional, breath connected movement.

Suitable for all fitness levels.

**Thursday 9.15am - 10.15am**

Pop in, call us on 01883 347 230 or email us at info@thewestway.org to book.

# December Programme

## W/C 21st December

Westway Exercise | Westway Entertainment | Westway Craft | Westway Wellbeing | External Provider

| MONDAY 21st | TUESDAY 22nd | WEDNESDAY 23rd | THURSDAY 24th | FRIDAY 25th |
|---|---|---|---|---|
| Paracise with Tara<br>9:00am-9:45am<br>M: £1 NM: £5 | Exercise<br>10:00am-11:00am<br>Free | Christmas Film afternoon<br>1.00pm - 3.00pm | Closed | Closed |
| Paracise with Tara<br>10:00am-10:45am<br>M: £1 NM: £5 | Art for All<br>10:30am-12.00pm<br>M: £7 NM: £10 | Everybody Sing<br>5:00pm-6:30pm<br>M: Free NM: £2 | Closed | Closed |
| Chair Exercise with Tara<br>11:00am-11:45am<br>M: £1 NM: £5 | | | Closed | Closed |
| Music With TBC<br>1:30pm-3:00pm<br>M: Free NM: £3 | | | Closed | Closed |

# 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 to 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
25 Chaldon Road, Caterham, CR3 5PG
info@thewestway.org
www.thewestway.org


Charity Number: 1188850

# December Programme

## W/C 28th December

Westway Exercise | Westway Entertainment | Westway Craft | Westway Wellbeing | External Provider

| MONDAY 28th | TUESDAY 29th | WEDNESDAY 30th | THURSDAY 31st | FRIDAY 1st |
|---|---|---|---|---|
| Closed | Exercise 10:00am-11:00am Free | Music Session on an acoustic guitar 10:30am-11:45am M: Free NM: £3 | Closed | Closed |
| Closed | Art for All 1:00pm-2:30pm M: £7 NM: £10 | Pre New Years Disco 5.00pm-8.30pm M:£12 NM:£15 | Closed | Closed |

## MERRY CHRISTMAS & HAPPY NEW YEAR

Thank you for being part of The Westway community throughout the year.

We wish you a wonderful festive season and look forward to welcoming you back in the New Year.

**Our Activities Return on 4th January**

**M: £12 NM: £15**

**Booking essential**

# PRE NEW YEARS DISCO

## Wednesday 30th December

## 5.00pm-8.30pm

For more information visit our website www.thewestway.org or follow us on our Facebook or Instagram account.

**To Book:**

- Scan the QR
- Visit or website
- Telephone us on 01883 347 230
- Or pop in

# Weekends at the Westway

| Event | Date & Time | Details | Booking Info |
|---|---|---|---|
| **Repair Cafe** | Saturday 14th November<br>Saturday 12th December<br><br>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<br><br>No booking required |
| **Prospero Theatre** | Saturday 7th November<br><br>2:30pm - 5:30pm | Come along to a create and make session with Prospero. | Drop in session |
| **Sunday Worship** | Every Sunday except **8th Nov and 27th Dec**<br><br>10:00am-12:00pm | Join us for a collective worship. The 8th November and the 27th December, please speak to Ailsa about the location. | Drop in session |



**M: £10 NM: £15**

**Booking essential**

# SUNDAY LUNCH

## Sunday 17th January

## 1.00pm - 3.00pm

**Book:**

- Scan the QR
- Visit or website,
- Telephone us on 01883 347 230
- Or pop in

# Westway Lunch Club – November

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 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 02/11 | Tuesday 03/11 | Wednesday 04/11 | Thursday 05/11 | Friday 06/11 |
|---|---|---|---|---|
| Chicken casserole with mash & seasonal vegetables | Fishpie & seasonal vegetables | Macaroni Cheese with & seasonal vegetables | Chicken curry, naan & rice | Pork and apple casserole & seasonal vegetables |
| **Monday 09/11** | **Tuesday 10/11** | **Wednesday 11/11** | **Thursday 12/11** | **Friday 13/11** |
| Shepherds pie vegetables | Jacket potato with chilli and salad | Rememberance Day - Spam, chips and beans | Pulled pork roll wedges and corn. | Chicken and chorizo stew |
| **Monday 16/11** | **Tuesday 17/11** | **Wednesday 18/11** | **Thursday 19/11** | **Friday 20/11** |
| Sausage, mash, onion gravy & seasonal vegetables | Pie, mash & seasonal vegetables | Beef Stew and dumplings | Pasta Bake with galic bread | Lasagne with garlic bread |
| **Monday 23/11** | **Tuesday 24/11** | **Wednesday 25/11** | **Thursday 26/11** | **Friday 27/11** |
| Pork and apple casserole | Musakka and garlic bread | Salmon fish cakes, dauphinoise potatoes | Sausage and bean bake & seasonal vegetables | Chicken curry, naan & rice |

## 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**

MEALS on wheels



**We deliver Monday to Friday between 12:00pm - 1:00pm**
**Covering Caterham, Chaldon, Whyteleafe and Warlingham**

The Westway delivers delicious, hot, home cooked meals right to your door every Monday t0 Friday at lunchtime. We make daily life easier while giving you and your family total peace of mind.

**Only £9 for two courses**
**(£11 to include a sandwich)**

**Enquire Today...** 01883 347 230 info@thewestway.org

# Westway Lunch Club – December

**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 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 30/11 | Tuesday 01/12 | Wednesday 02/12 | Thursday 03/12 | Friday 04/12 |
|---|---|---|---|---|
| Sausages, mash, onion gravy & seasonal vegetables | Jerk Chicken, corn and rice | Beef Stew and Dumplings | Salmon Traybake | Chicken Lasagne |
| **Monday 07/12** | **Tuesday 08/12** | **Wednesday 09/12** | **Thursday 10/12** | **Friday 11/12** |
| Cottage Pie and Vegetables | Moussaka with garlic bread | Chicken Casserole | Jacket potato with chilli & salad | Fish Pie & seasonal vegetables |
| **Monday 14/12** | **Tuesday 15/12** | **Wednesday 16/12** | **Thursday 17/12** | **Friday 18/12** |
| Christmas Lunch | Christmas Lunch | Pie with vegetables and bubble and squeak | Sausage Casserole | Fish and Chips |
| **Monday 21/12** | **Tuesday 22/12** | **Wednesday 23/12** | **Thursday 24/12** | **Friday 25/12** |
| Pasta bake with garlic bread | Shepherds Pie & seasonal vegetables | Meals on Wheels ONLY | **Closed** | **Closed** |
| **Monday 28/12** | **Tuesday 29/12** | **Wednesday 30/12** | **Thursday 31/12** | **Friday 01/01** |
| **Closed** | Stir Fry Beef with Spring Rolls | Curry, naan and rice | **Closed** | **Closed** |

## 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

**Here are some of the services we provide at The Westway.**

## Podiatry

Call directly to book
Monday: Sonya
07526 182 886
Tues & Wed:
Sheena 07713 389 802

## Ear Wax Clinic

Thursday - Linda
To book: 07824 160363
info@smartearwax.co.uk

## East Surrey Dial A Ride

Transport For Those Who Need Us

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 161 246 to book
www.rachaelreynoldsance.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 734 448 to book
annarichardson@singandsign.co.uk
www.singandsign.co.uk

## Children & Family Health

NHS Health & Wellbeing Services for Families

Contact
www.hcrgaregroup.com

## Age UK Surrey

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

Call: 01883 343095
caterhamoffice@ageusurrey.org.uk

## Men in Sheds

Our wonderful, hard working team creates a variety of handcrafted wooden 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 10am-12.00pm 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**

COMMUNITY FUND

## Scan for more Info