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**
Morning Prayers	Join the Salvation Army for morning prayers on Wednesday mornings in November.	**Wednesday**	**8:30am- 9:30am**	**FREE FOR ALL**

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 9:00am-9:45am M: £1 NM: £5	Seated Exercise 9.45am-10.45am M: Free NM: £3	Music Session on an acoustic guitar 10:30am-11:45am M: Free NM: £3	Yoga 9:15am-10.15am M: £7 NM: £10	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	Line Dancing 10:30am-11:30am M: £5 NM: £7	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	Men's Coffee Morning 11:00am -12:00pm £1 for all	Jive 12:00pm-1:30pm M: £5 NM: £7
Cash Bingo with Naomi. 1:00pm-3:00pm £1 for all	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	Ladies Care & Share 12:30pm-1.30pm £1 for all
	Various Activities 1:15pm-3:00pm Please check with reception	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
		Everybody Sing 5:00pm-6:30pm M: Free NM: £2		Children's Art Class 4:00pm-5:00pm **Contact Viv** **07940 598 761**
				Tai Chi 4:30pm-5:30pm 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 9:00am-9:45am M: £1 NM: £5	Seated Exercise 9:45am-10:45am M: Free NM: £3	Remembrance Day event 10:30am-1.30pm M:£9 NM:£11	Yoga 9:15am-10.15am M: £7 NM: £10	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	Children's Art Class 4:00pm-5:00pm **Contact Viv** **07940 598 761**	Line Dancing 10:30am-11:30pm M: £5 NM: £7	Sing & Sign 10.00am-12.00pm Contact 07812 734 448
Chair Exercise with Tara 11:00am-11:45am M: £1 NM: £5	Seated Exercise 9:45am-10:45am M: Free NM: £3	Everybody Sing 5:00pm-6:30pm M: Free NM: £2	Men's Coffee Morning 11:00am -12:00pm £1 for all	Jive 12:00pm-1:30pm M: £5 NM: £7
Music With Ellie 1:00pm-3:00pm M: Free NM: £3	Art for All 1:00pm-2:30pm M: £7 NM: £10	Sally Ann's Film Night - The Windermere Children 7:30pm-9:30pm	Bereavement Group 1:00pm-3:00pm M:Free NM: £2	Ladies Care & Share 12:30pm-1.30pm £1 for all
	Storytelling Session 1:15pm-3:00pm Free		English as an Additional Language with Jane 1:00pm-3:00pm Free	Pilates 1:45pm-2:45pm M: £7 NM: £10
			Mindfulness 1:30pm-2:30pm M: £5 NM: £7	The Macular Society 2:00pm-4:00pm Free
				Children's Art Class 4:00pm-5:00pm **Contact Viv** **07940 598 761**
				Tai Chi 4:30pm-5:30pm 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 9:00am-9:45am M: £1 NM: £5	Seated Exercise 9:45am-10:45am M: Free NM: £3	Music Session on an acoustic guitar 10:30am-11:45am M: Free NM: £3	Yoga 9:15am-10.15am M: £7 NM: £10	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	Line Dancing 10:30am-11:30am M: £5 NM: £7	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	Men's Coffee Morning 11:00am -12:00pm £1 for all	Jive 12:00pm-1:30pm M: £5 NM: £7
Music With Billy 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**	English as an Additional Language with Jane 1:00pm-3:00pm Free	Ladies Care & Share 12:30pm-1.30pm £1 for all
	Card Crafts 1:30pm-2:30pm £1 for all	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
			Flower Arranging 1:00pm-2:30pm M: £7.50 NM: £10	Children's Art Class 4:00pm-5:00pm **Contact Viv** **07940 598 761**
				Tai Chi 4:30pm-5:30pm 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 9:00am-9:45am M: £1 NM: £5	Seated Exercise 9:45am-10:45am M: Free NM: £3	Music Session on an acoustic guitar 10:30am-11:45am M: Free NM: £3	Yoga 9:15am-10.15am M: £7 NM: £10	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	Line Dancing 10:30am-11:30am M: £5 NM: £7	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	Men's Coffee Morning 11:00am -12:00pm £1 for all	Jive 12:00pm-1:30pm M: £5 NM: £7
Music With Alan 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	Bereavement Group 1:00pm- 3:00pm Free NM: £2	Ladies Care & Share 12:30pm-1.30pm £1 for all
	Various Activities 1:15pm-3:00pm Please check with reception	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	Live Stream of Wonderland 1.00pm-3.30pm Free
		Everybody Sing Community Music 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 4:30pm-5:30pm 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 9:00am-9:45am M: £1 NM: £5	Seated Exercise 9:45am-10:45am M: Free NM: £3	Music Session on an acoustic guitar 10:30am-11:45am M: Free NM: £3	Yoga 9:15am-10.15am M: £7 NM: £10	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	Line Dancing 10:30am-11.30am M: £5 NM: £7	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	Men's Coffee Morning 11:00am-12:00pm £1 for all	Jive 12:00pm-1:30pm M: £5 NM: £7
Music With Steve 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	English as an Additional Language with Jane 1:00pm-3:00pm Free	Ladies Care & Share 12:30pm-1.30pm £1 for all
	Various Activities 1:15pm-3:00pm Please check with reception	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
				Tai Chi 4:30pm-5:30pm 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 9.00am-9.45am M: £1 NM: £5	Seated Exercise 9:45am-10:45am M: Free NM: £3	Music Session on an acoustic guitar 10:30am-11:45am M: Free NM: £3	Yoga 9:15am-10.15am M: £7 NM: £10	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	Line Dancing 10:30am-11:30am M: £5 NM: £7	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	Men's Coffee Morning 11:00am -12:00pm £1 for all	Jive 12:00pm-1:30pm M: £5 NM: £7
Music with Kit Packman 1:30pm-3:00pm M: Free NM: £3	Art for All 1:00pm-2:30pm M: £7 NM: £10	Children's Art Class 4:00pm-5:00pm Contact Viv 07940 598 761	Mindfulness 1:30pm-2:30pm M: £5 NM: £7	Ladies Care & Share 12:30pm-1.30pm £1 for all
	Card Craft 1:30pm-2:30pm £1 for all	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
			English as an Additional Language with Jane 1:00pm-3:00pm Free	The Macular Society 2:00pm-4:00pm Free
				Tai Chi 4:30pm-5:30pm 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

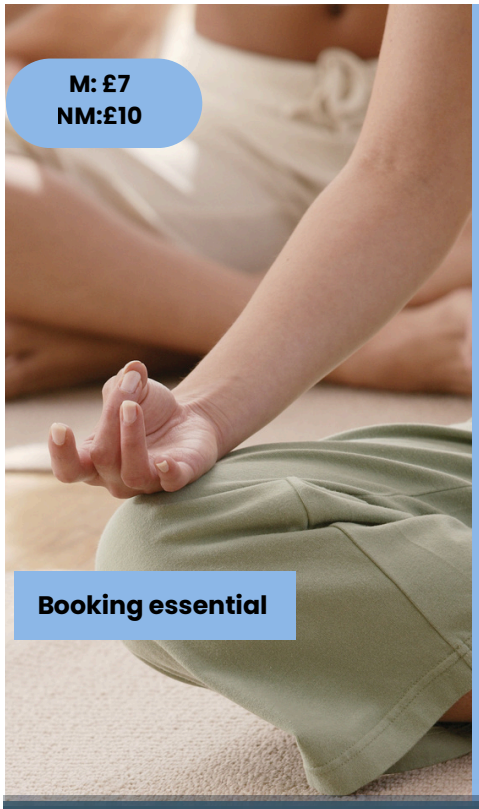


December Programme

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 9:00am-9:45am M: £1 NM: £5	Seated Exercise 9:45am-10:45am M: Free NM: £3	Music Session on an acoustic guitar 10:30am-11:45am M: Free NM: £3	Yoga 9:15am-10.15am M: £7 NM: £10	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	Line Dancing 10:30am-11:30am M: £5 NM: £7	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	Men's Coffee Morning 11:00am -12:00pm £1 for all	Ladies Care & Share 12:30pm-1.30pm £1 for all
Christmas Lunch 12pm-3pm followed with Music with Sally	**Christmas Lunch 12pm-3pm followed with Music with Sam**	Everybody Sing 5:00pm-6:30pm M: Free NM: £2	English as an Additional Language with Jane 1:00pm-3:00pm Free	Pilates 1:45pm-2:45pm M: £7 NM: £10
		Sally Anne's Movie Night The Snowman & The Boy, The Mole, The Fox & The Horse 7:00pm-9:30pm	Flower Arranging 1:00pm-2:30pm M: £7.50 NM: £10	Tai Chi 4:30pm-5:30pm 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 9:00am-9:45am M: £1 NM: £5	Exercise 10:00am-11:00am Free	Christmas Film afternoon 1.00pm - 3.00pm	Closed	Closed
Paracise with Tara 10:00am-10:45am M: £1 NM: £5	Art for All 10:30am-12.00pm M: £7 NM: £10	Everybody Sing 5:00pm-6:30pm M: Free NM: £2	Closed	Closed
Chair Exercise with Tara 11:00am-11:45am M: £1 NM: £5			Closed	Closed
Music With TBC 1:30pm-3:00pm 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 Saturday 12th December 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
Prospero Theatre	Saturday 7th November 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** 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: Sonja 07526 182 586

Tuesdays and Wednesdays Sheena 07713 399 802

Ear Wax Clinic

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

East Surrey Dial A Ride

Monday to Friday

Providing door-to-door transport for people who have difficulty using public transport

To book: 01883 349001

Salvation Army

Everybody Welcome

To book: 01883 349001
Caterham@salvationarmy.org.uk

Rachael Reynolds School of Dance

Monday, Tuesday, Thursday

Dance Classes for young people and adults

Call: 07878 161 246
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.

caterham.repair.cafe@gmail.com

Sing & Sign

Friday Mornings

Communicate with your baby, learn fun songs and meet families in our area. (0-2 years).

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.hcrgcaregroup.com

Age UK Surrey

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

Contact 01883 343095
caterham.office@ageuksurrey.org.uk

Men in Sheds

Our wonderful, hard working team creates a variety of hand-crafted 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 30minutes consultation at The Westway Reception Desk

Contact the Westway

the westway
a community hub for all

01883 347 230
info@thewestway.org
25 Chaldon Road CR3 5PG
www.thewestway.org
thewestwaycentre
thewestwaychaterham

Scan for more info