

Age UK South Kent Coast Newsletter – May 2024

With the warmer weather creeping up on us, why not try a new activity, or take up a new hobby. Browse through our newsletter to see what we have to offer this month!

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Contact us:

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Web: www.ageuk.org.uk/southkentcoast

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1. Activities & Events

Photography Competition

If you love photography, or you just take the odd photo on your phone, why not enter our monthly photography competition. Entry is free and if you win, your photo will be published with credits on The Age UK South Kent Coast Facebook page.

May's theme is photobomb - please send entries to sharron.harris@ageukskc.org.uk by the 15th May. The winner will be announced on the 20th.

Congratulations to April's winner Sarah Vinall with this beautiful rhododendron.



Folkestone Music Town

We all know that singing is good for the soul, so why not try this free workshop – The Smiling Sessions Seniors' Singalong. The session is being held on Thursday 16th May, 3pm till 5pm at The Green Room, The Leas, Folkestone. There are limited spaces, so please register your free place at www.folkestonemusic.co.uk

FOLKESTONE MUSIC TOWN PRESENTS



MUSIC

IN MAY FESTIVAL



The Smiling Sessions Seniors' Singalong - Free Workshop

Since 2011, performing arts charity, Shapeshifter Productions have been sending The Smiling Sessions musicians into care homes and sheltered housing to share high quality singing sessions with isolated and vulnerable senior adults in the comfort of their own homes.

We all now know how the power of music impacts on health and well-being.

For Music in May, The Smiling team are giving the senior citizens of Folkestone and beyond the chance to come and sing all your favourite songs from way back with The Smiling musicians, Neil, Alison and Pete, make friends over a cuppa and have some fun. Live music and large print songbooks provided.

Friends and family welcome.

Thursday 16th May
2024
3pm - 5pm



The Green Room,
The Leas,
Folkestone
Kent, CT20 2XL

Register your Free Place - Limited Spaces

Accessible toilets (including disabled access)

Free on-street parking

WORKSHOPS | GIGS | AFTER PARTIES | DJ SETS | AND MUCH MUCH MORE

FOLKESTONEMUSIC.CO.UK



Quiz nights in Deal & Folkestone



Quiz
Night at
The
Fountain

£5 per Person
inc: grazing
board*

Tuesday 30th April 7.30pm
DOORS OPEN AT 7 PM

Last Tuesday of the Month

RAFFLE

*on completion of a short questionnaire

Contact Jakki 01303 470495/07557 673189 to
book your table

South
Kent Coast
ageUK

The poster features a vibrant, neon-style design with a dark purple and blue background. The title 'Quiz Night at The Fountain' is written in a glowing, cursive font within a circular neon border. A megaphone icon is positioned to the right of the title. The event details, including the date, time, and door opening time, are enclosed in a glowing blue rounded rectangle. A starburst graphic highlights the price and included grazing board. The 'Last Tuesday of the Month' and 'RAFFLE' text are also highlighted with starburst graphics. The South Kent Coast ageUK logo is at the bottom.

Quiz night at The Deal Centre

Join us at The Deal Centre on Friday 31 May
£3.00 per person, 7.30pm start.
Bring your own nibbles and drinks



Match Report Sandwich Lakes

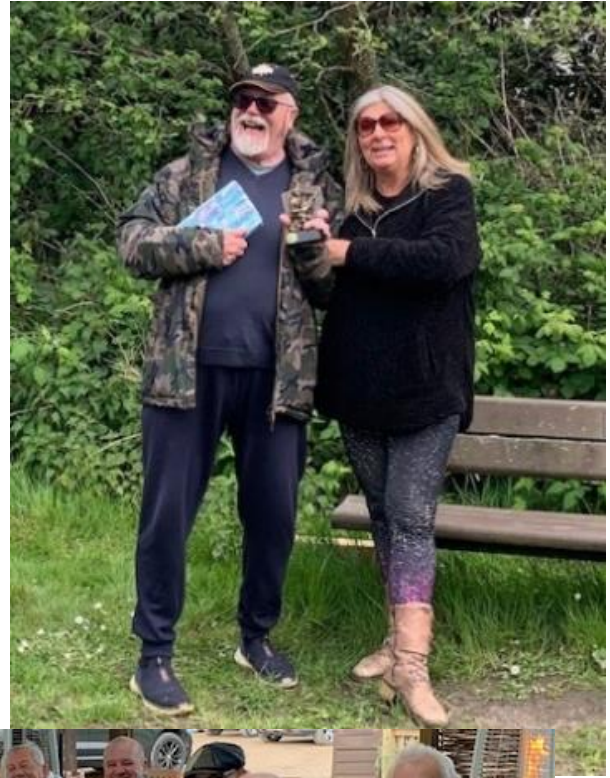
Age UK South Kent Coast held its 2nd Fishing Match at Sandwich Lakes to celebrate the end of the Winter - read on for full match report.

We started the day with a coffee and a breakfast roll. The sun shone and the match began at 10 am, and after 6 hours the results were as follows:

- **The Couples Award** went to Bob and Caroline - their day was a fair one as they caught one fish each.
- **Biggest Bag** went to Colin 2 with a total of 9 fish weighed in at 31lb.
- **Most Fish Award** went to Chris with 12 fish in total.
- **The "Hip Hip Hooray" Award** went to John who, only 7 weeks ago had a hip operation and has only missed 2 sessions!! John managed to catch and land 3 fish weighing in at 8.32 lb.
- **Our "Grandad Award"** went to Alan, who has fished with us for the whole year and has shown kindness and compassion through this time, and today he caught just the 1 fish.

Many thanks go to Sandwich Fishing Lakes for all their help over the past year.





Beginners' Pickleball

for over-55's

from
May 2nd
2024



£3.50
Per session

Thursdays
1.00-2.00pm
Folkestone Sports Centre

Radnor Park Avenue
Folkestone CT19 5HX
01303 850222

More information:
communityoutreach@ageukskc.org.uk
or phone Jo on 01304 372608



**Social
Enterprise
Kent**

On behalf of



**FOLKESTONE
SPORTS
CENTRE**

Back by popular demand: **Over-55's Climbing!**

**16 themed experiences - 20
individual Clip 'n Climb routes**

Are you up to the challenge??

**Thursday May 9th
18:00-19:00**

**Friday May 17th
18:00-19:00**

£11

**Dover District Leisure Centre
Fitness Fields, Whitfield CT16 3FZ**

Booking only on Eventbrite

**<https://Over55ClipnClimbMayDover.eventbrite.co.uk>
or scan the QR code!**



**For more info, call Jo on 01304 372608
or communityoutreach@ageukskc.org.uk**



**Social
Enterprise
Kent**

On behalf of



Solleys Ice Cream Tasting & social

Wednesday 15 May at 2pm

Sample 4 flavours from a choice of 24 including Candy Floss, Biscoff, Cheesecake and all the traditional favourites!

The Dairy, Church Lane
Ripple, Deal CT14 8JL



Booking essential call: 07958 518424
email karen.pattison@ageukskc.org.uk

**Over
55s**

£2





MINDFUL ART

Free Taster Session for Over 55s

Join us for a free introduction to mindful art
- creative activities to support well-being

Beginners class - no experience required



**THURSDAY 23 MAY
2.30-4.30PM**

**THE MARIGOLD CENTRE
65 SHAFTESBURY AVENUE
FOLKESTONE CT19 4NS**



Express thoughts and feelings

Increase self-awareness

Develop imagination & creativity

Nurture personal growth

Process emotions

Meditate through art

To book, call Jo: 01304 372608 or email:
communityoutreach@ageuksk.org.uk





ETCHINGHILL
GOLF COURSE

OVER-55'S 4-WEEK COURSE: INTRO TO GOLF

Have you ever wondered what it's all about?

Our golf professionals are looking forward to introducing newcomers to the game!

COURSE INCLUDES:

£60

- ✓ Group instruction
- ✓ A range of activities
- ✓ Use of equipment
- ✓ Tea & cake included!



Etchinghill Golf Club
Canterbury Road
Etchinghill
Folkestone
CT18 8FA

For more information, call Jo on 01304 372608
or email communityoutreach@ageukskc.org.uk

Book now on Eventbrite: <https://EtchinghillGolfIntroCourse.eventbrite.co.uk>



**Social
Enterprise
Kent**

On behalf of



Wellbeing Activity programme

Our sessions are fun, friendly and cater for all abilities. If you have ideas for new activities – we'd love to hear from you! Get in touch by email, phone, or social media by using the details on the front page.

Activity	Day & Time	Frequency	Cost	Venue	Details
Walking Cricket	Monday 10am- 12noon	Weekly	£4	Three Hills Sports Park, Cheriton Road, Folkestone CT19 5JU	Offered in partnership with Three Hills Sports Trust as part of their Active 50 programme, come and enjoy a slower-paced version of cricket with refreshments afterwards. To book: https://www.threehillssportspark.co.uk
Walkie Talkie Social Walk	Alternate Mondays 10.15am	Fortnightly (excl bank holidays)	£3.50	Meet at Deal Pier at 10am	Join Karen for a walk and natter along the prom (approx. 30 mins each way), then come back to Age UK for coffee, cake and more natter. To book, please call Karen on 07958 518424 or email: karen.pattison@ageuiskc.org.uk
Rock N Roll Bingo	Alternate Mondays 10.30am	Fortnightly (excl bank holidays)	£4	The Sportsman, The Street, Sholden, Deal CT14 0HL	What's better than a game of bingo? Rock N Roll bingo of course! Just £4 a session includes coffee & croissant - and a chance to win a cash prize! To book, please call Karen: 07958 518424 or email: karen.pattison@ageuiskc.org.uk
Walk Fit	Monday 1.30- 2.30pm	Weekly (excl bank holidays)	Free	Meet at Homepine House, Sandgate Road, Folkestone CT20 2XB	Gentle wellbeing walk – improves cardiovascular fitness, improves your mood, boosts circulation, strengthens muscles, promotes a healthy heart, reduces stress. For more info or to book, please call Sharron on 01304 372608 or email: Sharron.harris@ageuiskc.org.uk
Pickleball	Monday & Friday 3.30-5pm	Weekly (excl bank holidays)	£3	Hawkinge Community Centre, Heron Forstal Ave, Hawkinge, Folkestone CT18 7FP	A cross between tennis, badminton and table tennis, a slower game than tennis, played on a badminton court with a low net – the ball must bounce before being returned. A very sociable and fun game! For more information or to book, call Jo: 01304 372608 or email communityoutreach@ageuiskc.org.uk

Skylarkers	Monday 10:15- 11:45am	Weekly (excl bank holidays)	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Join our small friendly group for art and singing on alternate weeks – everyone is welcome, no need to book.
Walking Netball	Monday 5-6pm	Weekly (excl Bank Holidays)	£5	Folkestone Sports Centre, Folkestone CT19 5HX	Walking Netball is a slower paced version of the game, perfect for anyone looking to exercise in a supportive and friendly environment. Whether you hung up your trainers long ago, have never played before, or want to try something new, come along and make friends! For more info or to book, please call Sharron on 01304 372608 or email: Sharron.harris@ageuiskc.org.uk
	Tuesday 11am- 12pm	Weekly	£5	Folkestone Sports Centre, Folkestone CT19 5HX	
	Thursday 1-2pm	Weekly	£5	Dover Leisure Centre, Dover CT16 3FZ	
Zumba Gold	Monday, Tuesday, Wednesday or Friday	Weekly	£15 for 5 sessions	Folkestone, Eastry or Elvington	5 sessions of Zumba Gold for just £15 – fun, low-impact fitness: Mondays & Fridays 10am at St John’s Church Hall, Folkestone CT19 5BQ Tuesdays 11am at Eastry Village Hall CT13 OHE Wednesdays 1.30pm at Elvington Community Centre CT15 4DZ. To book, call Jen on 07905 945218 and quote AUK15
Chair Yoga	Monday – two sessions 1-2pm & 2-3pm	Weekly (excl bank holidays)	£6	The Deal Centre, 3 Park Street, Deal CT14 6AG	Stretch and strengthen your body from the comfort of a chair with a qualified yoga teacher. Help to ease out stiffness in those joints to help with everyday movement. Techniques to help breathing and relaxation. Includes a hot drink afterwards.
Craft Hub Club	Monday 1.30- 3.30pm	Weekly (excl bank holidays)	£2	The Deal Centre, 3 Park Street, Deal CT14 6AG	Bring your own project along or try something new. Refreshments included in the session price. For more information, please call Karen on 07958 518424 or email karen.pattison@ageuiskc.org.uk
Marigold Social Club	Monday, Tuesday & Thursday 9.30am- 2.30pm	Weekly (excl bank holidays)	Free	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Join Joan, Jerry, Gemma ... and Teddy (our resident dog) for fun, laughter, activities and games. Sessions run 10am-12pm and 1-2.30pm, with the option for lunch served at 12pm. For more info, please call 01304 372608 or pop along.

Art Tec	Monday 10-12noon	Weekly (excl bank holidays)	£2	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Join like-minded crafters in our new class - share your skills with others. Bring your own project or try something new. Refreshments included in the session price. For more information, please call Sharron on 01304 372608 or email Sharron.harris@ageuiskc.org.uk
Boccia	Tuesday 10-11.30am	Weekly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Pronounced bot-cha, a seated game similar to bowls, developed for the Paralympics. The aim of the game is to throw your ball as close to the jack as possible. Suitable for all, everyone is welcome!
	Thursday 10-11.30am	Weekly	Free		
Motorbike Meet-up	Tuesday 11.30am	Weekly	£6.50	The Sportsman, The Street, Sholden, Deal CT14 0HL	Bike 'n' Brunch meet, £6.50 includes a sausage or bacon baguette with chips and a cuppa! To book, please call Karen on 07958 518424 or email: karen.pattison@ageuiskc.org.uk
Bingo	Tuesday 1.30-3.30pm	Weekly	£3	The Deal Centre, 3 Park Street, Deal CT14 6AG	Eyes down for your chance to win a cash prize! All are welcome.
Mens Group	Tuesday 10-11.30am	1 st & 3 rd Tues	Free	Battle of Britain Memorial, Cockpit Café, Capel le Ferne CT18 7JJ	A chance for men to get together and talk man stuff, while overlooking the Channel in the Cockpit Café. To confirm your place and request a parking ticket, please contact Jo on 01304 372608 or email communityoutreach@ageuiskc.org.uk
Whist	Tuesday 1.30-3.30pm	Weekly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Whist is a classic English trick-taking card game which was widely played in the 18th and 19th Centuries. Although the rules are simple, there is scope for strategic play!
Rosie's Moments	1 st Wednesday of month 10-12noon	Monthly	£5	Folkestone Sports Centre, Folkestone CT19 5HX	Get active with accessible games, then socialise with crafts, games, guest speakers etc. £5 per session, and includes tea/coffee & biscuits.
Digital Support	Wednesday 10am- 12noon	2 nd & 4 th Wednesday of the month	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Need some help with your digital skills? We have two volunteers from KCC Digital Champions Network who have some great knowledge to help and advise you on getting the most out of your device. Just pop along.

Folkestone Men's Shed	Wednesday 10am	Weekly	Free	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Space for men aged 55+ to come together, to meet, share skills and put the world to rights over a brew. New shedders always welcome!
Winning Wednesdays	Wednesday 12.00pm	Weekly	£7.50	The Fountain, 171 Seabrook Rd, Hythe CT21 5RT	Bingo and 2 course meal – first session just £5! What have you got to lose? Good food, good company, good times! Contact Jakki to book, call: 07557 673189 or email jakkimonroe31@gmail.com
Singing for Pleasure	Wednesday 1.30- 3.30pm	Weekly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	A friendly, informal group who share a love for singing. Singing a cappella from a songbook, from folk songs to musicals - and everything in between! New singers always welcome.
Garden Club	Thursday 10am- 12pm	Weekly	Free	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Our Garden Club is responsible for looking after the allotments and raised beds at The Marigold Centre. A small group that meets, come rain or shine!
Coarse Fishing	Thursday 10.30am	Weekly	£6 per week	Sandwich Coarse Fishery, Ash Road, Sandwich CT3 2DA	No rod, no licence? – No problem! £6 includes fishing for the day, coffee and bacon bap! For more info or to book, please call Karen on 07958 518424 or email: karen.pattison@ageujskc.org.uk
Beginners Pickle Ball	Thursday 1-2pm	Weekly	£3.50 per session	Folkestone Sports Centre, Folkestone CT19 5HX	It's the world's fastest-growing sport for one thing, and a cross between tennis, badminton and table tennis for another! New Beginners' Only sessions starting in May (equipment included). Please contact Jo on 01304 372608 or email communityoutreach@ageujskc.org.uk
Yoga	Friday 2.30-4pm	Weekly	£5 per session	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Suitable for all levels - build strength and flexibility, reduce pain, improve sleep, reduce worry and stress – mats and blocks provided. To book, please email: yoga@gemmawickert.com
Versus Arthritis Deal	4 th Saturday 2-4pm	Monthly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Peer support for anyone with arthritis conditions. Join us for a friendly cup of tea and a chat. For more information, please email: services@versusarthritis.org

2. Memory Matters

Are you or someone you care about living with dementia or memory problems? We have space for new members at our Memory Matters sessions on Wednesdays, 9.30am-2.30pm in Folkestone.

Sessions cost £17, which includes activities, refreshments and lunch. Carers are welcome to attend at a reduced fee.

For more information or to book, please contact Gemma or Joan on 01304 372608 or email: deputyceo@ageukskc.org.uk

Memory Matters



For people living with mild-moderate dementia or worries about their memory



**9.30am-2.30pm
Wednesdays
& Fridays**

- Discussion
- Games
- Art
- Music
- Friendship
- Fun
- Joy

The Marigold Centre
Folkestone CT19 4NS

**£17 - includes lunch
First session FREE**

To book:

Call: 01304 372608

Email: deputyceo@ageukskc.org.uk

3. Digital Support

Need some help with your digital skills? We have two volunteers from KCC Digital Champions Network, who have some great knowledge to help and advise you on getting the most out of your device. The friendly volunteers Helen and Janet will be at the Deal Centre every 2nd and 4th Wednesday of the month, 10am-12noon, for technical support. To find out more, please visit www.digitalkent.uk or call Michelle on 01304 372608.

4. Volunteering

Many of our services rely on the generosity and dedication of our volunteers.

If you've got some time to spare, we'd love to welcome you to our amazing team of volunteers - from as little as 2 hours per week you can make a real difference to the lives of older people in the community:

Meal Delivery Drivers

Our Meal Delivery drivers deliver meals on wheels to older and isolated people in Deal, Folkestone and the surrounding areas. Volunteer from as little as 2 hours per week, 11.30am-1.30pm, any day of the week.

To find out more, or to apply, please email: deputyceo@ageukskc.org.uk or call 01304 372608.

5. Connect Well East Kent

Your local Community Navigator can offer support with all sorts of benefits and form filling, applications for social housing, and blue badge applications. They can also arrange for support at home, adaptations to your home and social opportunities. Please call Connect Well on 0300 302 0178, where the friendly team will be happy to help.

