

Age UK South Kent Coast Newsletter – June 2025

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Contact us:

Phone: 01304 372608

Web: www.ageuk.org.uk/southkentcoast

Facebook: www.facebook.com/AgeUKSKC

Email: deputyceo@ageukskc.org.uk

1. Volunteers' Week 2nd-8th June

Volunteers' Week is an annual UK-wide campaign held from the first Monday in June to celebrate and recognise the contributions volunteers make in their community. This year we are hosting a special cream tea for volunteers as a small token of appreciation for the work they do.

In the last year our volunteers have:

- Given up 8,198 hours of their time
- Delivered 54,602 meals to older people in the community
- Made 46,794 cups of tea
- Served 15,598 in-house meals
- Supported 50 lonely, older people with a weekly befriending telephone call
- Facilitated 40 Memory Matters sessions for people living with dementia
- Created beautiful outdoor spaces at our Hubs for everyone to enjoy



**VOLUNTEERS'
WEEK**

2nd – 8th June

2025

#VolunteersWeek

**Thank You,
Volunteers**

#volunteersweek



**VOLUNTEERS'
WEEK**

2. 50th Anniversary

On 21 June 2025, The Deal Centre proudly marks its 50th Anniversary! To honour this incredible milestone, we're throwing a Summer BBQ Party on Friday 20 June.

Join volunteers, staff, and members of the wider community for an afternoon of food, fun, and celebration. Admission is free for clients, but spaces are limited — so if you'd like to attend, please let us know as soon as possible to secure your spot!



To book your free space
please speak to Karen or Teresa



3. What's New?



£40 monthly class pass available when attending 2 classes a week!

New Wednesday Class!

CHAIR YOGA

Mondays & Wednesdays
10.00am-10.45am
£6

To book in contact Marilyn:

www.miyoga.co.uk
whistonmarilyn@gmail.com
07557440126

Saint Radigund's Church,
16 Albany Road,
Capel-le-Ferne
CT18 7JT

On behalf of

 Kent

 

CHASE THE SUN FUNDRAISER



Pete is raising money for Age UK South Kent Coast, The Deal Centre by taking on a one-day 175 cycle challenge in Italy on Saturday 21 June 2025.

Join Pete at The Deal Centre on Friday 27 June to hear about his epic adventure! Free to attend but donations to the fundraiser encouraged!

Meet Pete

 Date: Friday 27 June
 Time: 1.30pm
 Venue: The Deal Centre

Pop a donation in the pot or scan here to donate online



 **ageUK**

Charity Number: 1187363

Phone: 01304 372608

Over
55s

**New Venue!
Lower Price!**



MOTORBIKE MEET UP TUESDAYS

Bettes Bar, Betteshanger Sports and Social Club
Cavell Square Deal CT14 9HN

Full English £4
Sausage or Bacon Bap £1.50

9.30am in the Car Park

BOOKING ESSENTIAL

email: karen.pattison@ageukskc.org.uk

Text/Call: 07958 518424 or RSVP on O55 event page



£3
per
session

Over
55s

INTRODUCTION TO BOWLS

Fancy giving bowls a try?

Learn the basics with these Coach-led sessions

Tuesday 10 & 17 June

1.30-3.30pm

Deal Bowling Club
The Drive, Deal CT14 9AE

Limited numbers - book now!

Please wear flat shoes

Booking essential call: 07958 518424

email karen.pattison@ageukskc.org.uk





OVER-55'S 4-week taster course

Dover Bowling Club
Maison Dieu Gardens
Dover CT16 1TG

£20

**Experience this
historical sport!**

**Sociable, friendly,
gentle exercise**

**Thursdays
July 10, 17, 24 & 31
10:00 - 12:00**

Qualified coaches
Equipment provided
Refreshments included

Booking at Eventbrite:
[https://over55sbowlingdo
verjuly25.eventbrite.co.uk](https://over55sbowlingdo.verjuly25.eventbrite.co.uk)

For more info, email Jo at
communityoutreach
@ageukskc.org.uk
or phone 01304 372608



On behalf of



Over 55s

SUMMER YOGA



**£5
per class**

- Increase energy levels
- Improve muscle strength
- Improve coordination and flexibility
- Improve sleep quality
- Reduce and prevent pain and neuralgia
- Improve menopause symptoms
- Improve breath quality

Suitable for beginners - mats & blocks provided

Friday
6 - 13 - 20 - 27 June
2.30-4pm

The Marigold Centre
65 Shaftesbury Avenue
Folkestone CT19 4NS

To book: yoga@gemmawickert.com
Phone: 01304 372608



On behalf of



4. June Activity Timetable

Our sessions are fun and friendly - and cater for all abilities. If you have any 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-12pm	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
Art-Tec Mondays	Monday 10am-12pm	Weekly	£2	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Bring your own project along or craft with us – beginners very welcome. Refreshments included in the session price. To book, please call Gemma: 01304 372608 or email deputyceo@ageuiskc.org.uk
Chair Yoga	Monday 10-10.45am	Weekly	£6	Saint Radigund's Church, 16 Albany Road, Capel- le-Ferne CT18 7JT	This gentle form of yoga performed while seated and with the support of a chair, making it accessible for individuals with limited mobility. Improve your flexibility and strength without strain. Call / WhatsApp to book: 07557 440126
Beginners Tap	Monday 10-10.55am	Weekly	£5 per session (pay per term)	St Radigunds Community Centre, Poulton Close, Dover CT17 0HL	New course starts each school half-term. Contact Jo to book: 01304 372608 or email communityoutreach@ageuiskc.org.uk
Line Dance	Monday 11-11.55am				
Beginners Ballet	Monday 12-12.55pm				
Pilates	Monday & Wednesday 12.30-1.30pm	Weekly	£8	St Andrews Church Hall, Surrenden Road, Folkestone CT19 4DY	Take up Pilates to improve your posture, core strength and balance. Please call Lorraine on 07734 473784 to book your place.
Scrabble Club	Monday 10.30am-12pm	Weekly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Come and join us for our new scrabble club – bring your own board or use one of ours. No need to book, and beginners are very welcome. Please call Karen on 01304 372608 to book a seat!

Women's Walking Tennis	Monday 10-11am	Weekly	£6 Inc. refresh ments	Hawkinge Community Centre, Heron Forstal Ave, Hawkinge CT18 7FP	Walking Tennis offers a slower format of the traditional game by introducing simple rules to make it less physically demanding, easier to learn, but just as much fun. For more information or to book, please call Jo on 01304 372608 or email communityoutreach@ageuiskc.org.uk
Pickleball	Monday & Friday 3.30-5pm	Weekly	£3.50	Hawkinge Community Centre, Heron Forstal Ave, Hawkinge 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	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.
Chair Yoga	Monday 1-2pm & 2-3pm	Weekly	£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. Call for more information or to book: 01304 372608.
Craft Club	Monday 1.30-3.30pm	Weekly	£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	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.
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!

Motorbike Meet-up	Tuesday 9.30am	Weekly	£4	Bettes Bar, Betteshanger Sports & Social Club, Deal CT14 9HN	Biker breakfast for £4 or sausage/bacon bap for just £1.50! Meet in the car park at 9.30am. Booking is essential – please call Karen on 07958 518424 or email: karen.pattison@ageuiskc.org.uk
Intermediate Ballet	Tuesday 11.30am-12.25pm	Weekly	£5 per session (pay per term)	River Village Hall, Common Lane, Dover CT17 0RA	New course starts each school half-term. Contact Jo to book: 01304 372608 or email communityoutreach@ageuiskc.org.uk
Intermediate Tap	Tuesday 12.30-1.25pm				
Modern Dance/Jazz	Tuesday 1.30-2.25pm				
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, everyone welcome!
Men's Group	1st & 3rd Tuesday 10-11.30am	Twice monthly	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
Introduction to Indoor Bowls	10 & 17 June 1.30-3.30pm	One-off	£3	The Deal Bowling Club, The Drive, Deal CT14 9AE	Fancy giving bowls a try? Join our introductory taster sessions at Deal Bowling Club 10 & 17 June, limited spaces, book now - email: karen.pattison@ageuiskc.org.uk or call: 07958 518424
Cream Tea & Chat	1st Tuesday 2.30pm	Monthly	£5	Little Farthingloe Farm, Folkestone Rd, Dover CT15 7AA	Join Jo for a delicious cream tea and friendly conversation, come alone or with friends. To confirm your place, 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!

Digital Support	2 nd & 4 th Wednesday 10am-12pm	Twice monthly	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!
Chair Yoga	Wednesday 10-10.45am	Weekly	£6	Saint Radigund's Church, 16 Albany Road, Capel- le-Ferne CT18 7JT	This gentle form of yoga performed while seated and with the support of a chair, making it accessible for individuals with limited mobility. Improve your flexibility and strength without strain. Call / WhatsApp to book: 07557 440126
Latin/Line Dance	Wednesday 10.30am	Weekly	£6 per session (pay per term)	Temple Ewell Village Hall, London Road Temple Ewell, Dover CT16 3DG	New course starts each school half-term. Contact Jo to book: 01304 372608 or email communityoutreach@ageuiskc.org.uk
Stretch & Tone	Wednesday 11.30am	Weekly			
Beginners Ukulele	Wednesday 2-3pm	Weekly	£4	The Deal Centre, 3 Park Street, Deal CT14 6AG	Come along and learn to play the ukulele – bring your own, or borrow one of ours. Booking essential – please contact Karen on 07958 518424 or email karen.pattison@ageuiskc.org.uk
Osteoporosis Support Group	3rd Wednesday 10.30-12noon	Monthly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	A new location for this support group – feel free to come along to this group for peer support, help and advice on osteoporosis. Join us for a friendly chat over a cup of tea.
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.
Walking Tennis	Wednesday 2-3pm	Weekly	£6 Inc. refresh ments	St Margaret's Lawn Tennis Club, Boundary Gate, Glebe Close, Dover CT15 6AF	Walking Tennis offers a slower format of the traditional game by introducing simple rules to make it less physically demanding, easier to learn, but just as much fun. For more information or to book, call Jo: 01304 372608 or email communityoutreach@ageuiskc.org.uk

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	Weekly	£8	Cottington Lakes, Sandwich Road Eastry CT14 0AR	Looking to get back into fishing or fancy giving it a go for the first time? Join us from Friendly Fishing Thursdays, for more info or to book, please call Karen on 07958 518424 or email: karen.pattison@ageuiskc.org.uk
Padel	Thursday 12-1pm & 1-2pm	Weekly	£4.88 per hour	Three Hills Sports Park, Cheriton Road, Folkestone CT19 5JU	Special discount for over 55s, no need to book, just turn up and play! For more info, contact Jo: 01304 372608 or email communityoutreach@ageuiskc.org.uk
Beginners Pickleball	Thursday 4.30-5.30pm	Weekly	£3	Hawkinge Community Centre, CT18 7FP	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@ageuiskc.org.uk
Honey the P.A.T Dog	Alternate Fridays from 10am	Alternate weeks	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Clare and Honey, the P.A.T Dog will be visiting The Deal Centre on alternate Fridays starting this Friday. 10 January from 10am – everyone welcome!
Yoga	Friday 2.30-4pm	Weekly	£5	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

5. 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 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 local community, please get in touch if you think you can help.



VOLUNTEERS NEEDED!

AGE UK MEALS ON WHEELS

We're looking for friendly volunteers to help deliver meals on wheels to older people in Deal or Folkestone.

11.30AM-1.30PM
Monday-Friday

DRIVERS

Using your own vehicle to deliver meals on wheels to older people in the local community. On your own or with a runner. Expenses paid at 45p / mile.

CONTACT US

Email:
deputyceo@ageukskc.org.uk

Call: 01304 372608



Regular and occasional shifts

Want to help out but can't commit to a regular shift? No problem! Sign-up and help when you can!

Taster session

Interested? We offer taster sessions for new volunteers - come out with one of our team to see if it's for you - no commitment required



Charity number: 1187363

6. 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. Our friendly volunteers Helen and Janet visit 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.

7. Information & Signposting

If you need some help but are not sure where to turn, please get in touch with our Information & Signposting Service, who will be happy to help. Whether it be about benefits, cost of living, housing or care, our dedicated team can help you access the support you need. Please call Age UK South Kent Coast on 01304 372608 or email: mark.blamey@ageukskc.org.uk

8. 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.

