

## Age UK South Kent Coast Newsletter – May 2025

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### Contact us:

Phone: 01304 372608

Web: [www.ageuk.org.uk/southkentcoast](http://www.ageuk.org.uk/southkentcoast)

Facebook: [www.facebook.com/AgeUKSKC](https://www.facebook.com/AgeUKSKC)

Email: [deputyceo@ageukskc.org.uk](mailto:deputyceo@ageukskc.org.uk)

### 1. 50<sup>th</sup> Anniversary

The Deal Centre turns 50 on 21 June 2025 – details of celebration events to follow - keep your eyes peeled in the centre, on Facebook and in June's newsletter!



## 2. VE Day 80

The 8 May 2025 marks the historic 80th anniversary of VE Day celebrating 80 years of peace since the end of World War II in Europe - celebrate VE Day 80 with us at The Deal and Marigold Centres! Contact us for more information or to book.



80 YEARS SINCE VE DAY

CELEBRATE WITH US AT  
THE DEAL CENTRE

WEDNESDAY 7 MAY

Come dressed in Red, White and Blue!

10am-12pm - Deal Ukuleles in the garden  
1-3.30pm - Jukebox Jivers, Sing-a-long with John  
+ The Deal Centre's Singing for Pleasure Group

THURSDAY 8 MAY

Meet the Land Girls

1-3.30pm - Wartime Quiz, Spam and more!

TEA & CAKE £3

RAFFLE

01304 372608

South Kent Coast  
ageUK

SPAM

TICKET

Illustration of a woman singing into a microphone.



80 YEARS SINCE VE DAY

STREET PARTY

08 MAY 2025

THE MARIGOLD CENTRE

FOOD

MUSIC

GAMES

FROM 10AM

01304 372608

South Kent Coast  
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Illustrations of a slice of cake, musical notes, and dice.

### 3. May 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
<b>Walking Cricket</b>	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: <a href="https://www.threehillssportspark.co.uk">https://www.threehillssportspark.co.uk</a>
<b>Art-Tec Mondays</b>	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 <a href="mailto:deputyceo@ageukskc.org.uk">deputyceo@ageukskc.org.uk</a>
<b>Chair Yoga</b>	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. Book online: <a href="https://www.miyoga.co.uk/service-page/chair-yoga?referral=service_list_widget">https://www.miyoga.co.uk/service-page/chair-yoga?referral=service_list_widget</a>
<b>Beginners Tap</b>	Monday 10-10.55am	Weekly	Pay per term at £5 per session	St Radigunds Community Centre, Poulton Close, Dover CT17 0HL	New course starts each school half-term. Contact Jo to book: 01304 372608 or email <a href="mailto:communityoutreach@ageukskc.org.uk">communityoutreach@ageukskc.org.uk</a>
<b>Line Dance</b>	Monday 11-11.55am				
<b>Beginners Ballet</b>	Monday 12-12.55pm				
<b>Pilates</b>	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.

<b>Scrabble Club</b>	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!
<b>Womens Walking Tennis</b>	Monday 10-11am	Weekly	£6 Inc. refreshments	Hawkinge Community Centre, Heron Forstal Ave, Hawkinge, Folkestone 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 <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Pickleball</b>	Monday & Friday 3.30-5pm	Weekly	£3.50	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 <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Skylarkers</b>	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.
<b>Chair Yoga</b>	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.
<b>Craft Club</b>	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 <a href="mailto:karen.pattison@ageuiskc.org.uk">karen.pattison@ageuiskc.org.uk</a>

<b>Marigold Social Club</b>	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.
<b>Boccia</b>	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!
<b>Motorbike Meet-up</b>	Tuesday 11.30am	Weekly	£7	The Sportsman, The Street, Sholden, Deal CT14 0HL	Biker breakfast for £7! Booking is essential – please call Karen on 07958 518424 or email: <a href="mailto:karen.pattison@ageukskc.org.uk">karen.pattison@ageukskc.org.uk</a>
<b>Intermediate Ballet</b>	Tuesday 11.30am-12.25pm	Weekly	Pay per term at £5 per session	River Village Hall, Common Lane, Dover CT17 0RA	New course starts each school half-term. Contact Jo to book: 01304 372608 or email <a href="mailto:communityoutreach@ageukskc.org.uk">communityoutreach@ageukskc.org.uk</a>
<b>Intermediate Tap</b>	Tuesday 12.30-1.25pm				
<b>Modern Dance/Jazz</b>	Tuesday 1.30-2.25pm				
<b>Bingo</b>	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!
<b>Breathe into Calm</b>	Tuesday 20 May 2.30-3.30pm	Taster session	£5	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Join us for this relaxing breathwork and meditation session, £5 includes tea/coffee. Book online: <a href="https://Over55sBreatheintoCalm.eventbrite.co.uk">https://Over55sBreatheintoCalm.eventbrite.co.uk</a>
<b>Stillness in Sound</b>	Tuesday 20 May 3.30-4.45pm		£6		Join us for crystal sound bowl and sound bath taster session, £6 includes tea/coffee. Book online: <a href="https://Over55sStillnessinSound.eventbrite.co.uk">https://Over55sStillnessinSound.eventbrite.co.uk</a>

<b>Mens Group</b>	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 <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Cream Tea &amp; Chat</b>	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 <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Whist</b>	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!
<b>Digital Support</b>	2 <sup>nd</sup> & 4 <sup>th</sup> 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.
<b>Folkestone Men's Shed</b>	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!
<b>Latin/Line Dance</b>	Wednesday 11-11.55am	Weekly	Pay per term at £5 per session	Biggin Hall, Biggin Street, Dover CT16 1BD	New course starts each school half-term. Contact Jo to book: 01304 372608 or email <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Stretch &amp; Tone</b>	Wednesday 12-12.55pm	Weekly			
<b>Beginners Ukulele</b>	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 <a href="mailto:karen.pattison@ageuiskc.org.uk">karen.pattison@ageuiskc.org.uk</a>



<b>Osteoporosis Support Group</b>	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.
<b>Singing for Pleasure</b>	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.
<b>Walking Tennis</b>	Wednesday 2-3pm	Weekly	£6 Inc. refreshments	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 <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Garden Club</b>	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!
<b>Coarse Fishing</b>	Thursday	Weekly	Contact us for details	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: <a href="mailto:karen.pattison@ageuiskc.org.uk">karen.pattison@ageuiskc.org.uk</a>
<b>Padel</b>	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 <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Beginners Pickleball</b>	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 <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>

<b>Honey the P.A.T Dog</b>	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!
<b>Yoga</b>	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: <a href="mailto:yoga@gemmawickert.com">yoga@gemmawickert.com</a>
<b>Tour of St Clement's</b>	Friday 30 May 1.30pm	One-off	Free (donations to the church)	St Clement's Church, Sandwich CT13 9EH	A guided tour of St Clement's Sandwich, learn about the Apiary and observe the hive. To book, please call Karen: 07958 518424 or email: <a href="mailto:karen.pattison@ageuiskc.org.uk">karen.pattison@ageuiskc.org.uk</a>
<b>Barnsole Wine Tour</b>	Friday 9 May 2pm	One-off	Free	Barnsole Vineyard, Fleming Road, Staple CT3 1LG	Join us for a short talk and tour of award winning Barnsole Vineyard. To book, please call Karen: 07958 518424 or email: <a href="mailto:karen.pattison@ageuiskc.org.uk">karen.pattison@ageuiskc.org.uk</a>
<b>Versus Arthritis Deal</b>	4 <sup>th</sup> 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: <a href="mailto:services@versusarthritis.org">services@versusarthritis.org</a>





## FIND YOUR BALANCE WITH OUR WELLBEING TASTER SESSIONS

### BREATHE INTO CALM

Breathwork &  
meditation  
Taster session



Tuesday 20 May  
2.30 - 3.30pm

£5 includes  
tea/coffee



### STILLNESS IN SOUND

Crystal bowl  
Sound Bath  
Taster session



Tuesday 20 May  
3.30 - 4.45pm

£6 includes  
tea/coffee



The Marigold Centre  
65 Shaftesbury Avenue  
Cheriton CT19 4NS  
01304 372608 (Ask for Jo)

BOOK ON EVENTBRITE

<https://Over55sBreatheintoCalm.eventbrite.co.uk>

<https://Over55sStillnessinSound.eventbrite.co.uk>



Social  
Enterprise  
Kent

On behalf of



For  
over 55's

## Living the Good Life?

Dan talks about the  
pros and cons of an  
unconventional off-  
grid lifestyle - raising  
animals, growing veg  
and what led his  
family to try self  
sufficiency.

£10

- ✓ Meet the animals
- ✓ Alpacas and peacocks too!
- ✓ Tea and cake included

June 19 2pm



**Hoad Meadow  
Hoad Road  
Swingfield CT15 7HS**

For More Information:  
contact Jo 01304 372608 or email  
[communityoutreach@ageukskc.org.uk](mailto:communityoutreach@ageukskc.org.uk)

Book on eventbrite:

**[Over55LivingtheGoodLife.eventbrite.co.uk](https://Over55LivingtheGoodLife.eventbrite.co.uk)**



Social  
Enterprise  
Kent

On behalf of





£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



On behalf of



Monday's  
10.00am-10.45am  
£6

### Booking contact Marilyn:

[www.miyoga.co.uk](http://www.miyoga.co.uk)  
[whistonmarilyn@gmail.com](mailto:whistonmarilyn@gmail.com)  
07557440126

## CHAIR YOGA

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



On behalf of





## 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 local community!



# 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**  
**ANY DAY OF THE WEEK**

### 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](mailto: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

## 5. 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 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month, 10am-12noon, for technical support. To find out more, please visit [www.digitalkent.uk](http://www.digitalkent.uk) or call Michelle on 01304 372608.

## 6. 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.

## 7. 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.

## 8. May Bank Holiday

The Deal & Marigold Centres will be closed Monday 5 and Monday 26 May for the May Bank Holiday – the meal delivery service will continue as usual, please contact us if you'd like to order a meal: 01304 372608.

