

Age UK South Kent Coast News & Events – March 2026

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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. Cost of living support

Cost of Living Support

If you are worried about the cost of living and aged 55+ in Deal or 18+ in Folkestone we can help you ...

- Food costs
- Utility costs
- Other essentials
- Information & Signposting



To find out if we can help you, contact Mark

Call: 01304 372608

Email: mark.blamey@ageukskc.org.uk

2. March 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
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
Beginners Tap	Monday 10-10.55am	Weekly	£6 per session	Temple Ewell Village Hall, London Road, Temple Ewell, Dover CT16 3DG	New course starts each school half-term. Have fun, feel great! Contact Carol to book: email: cjsover55@gmail.com or phone 07967 707074
Line Dance	Monday 11-11.55am		£5 per session		
Beginners Ballet	Monday 12-12.55pm		£6 per session		
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!
Skylarkers	Monday 10:15-11:45am	1 st & 3 rd Monday	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Join our small friendly singing group, 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.
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.
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. Have fun, feel great! Contact Carol to book: email: cjsover55@gmail.com or phone 07967 707074
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.
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 and put the world to rights over a brew. New Sheddors always welcome!
Thrive @ 55+	Wednesday 10.30am	Weekly Starts 29/10/25	Free to attend	Acordo Lounge High Street, Deal CT14 6EL	Over 55s Women's Social Group - good company, great conversation, and tasty treats!
Latin & Line Dance	Wednesday 10.30am	Weekly Weekly	£6 per session pay per term	Temple Ewell Village Hall, Dover CT16 3DG	New course starts each school half-term. Have fun, feel great! Contact Carol to book: email: cjsover55@gmail.com or phone 07967 707074
Stretch & Tone	Wednesday 11.30am				
Beginners Ukulele	Wednesday 2-3.30pm	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.
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.
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.
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

3. 2026 Quiz Nights

Join us for fundraising Quiz Nights at The Deal Centre. Put your trivia skills to the test and enjoy an evening of fun—all while supporting a fantastic cause.

7.30pm start @ The Deal Centre
3 Park Street, Deal CT14 6AG

Test your knowledge and support a great cause at our 2026 Fundraising Quiz Nights!

- ★ Friday 27 March
- ★ Friday 29 May
- ★ Friday 31 July
- ★ Friday 25 September
- ★ Friday 27 November

£3
per person

No need to book
Everyone welcome!

CHARITY NUMBER: 1187363 All funds raised to support The Deal Centre

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

Monday - Friday in Folkestone
Sunday - Friday in Deal

DRIVERS

Using your own vehicle to deliver meals on wheels to older people in the local community. As little or often as you like. 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



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