

Age UK South Kent Coast Newsletter – August 2024

We hope you are enjoying the summer weather! Browse our August newsletter to see what's on offer this month.

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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. 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.



Congratulations to our July “garden flowers” competition winner Sharon Holdsworth, with a photograph of a wildflower garden.

August's theme is sunsets – make it as creative as you like! Please send your entries to sharron.harris@ageukskc.org.uk by 15th August.

2. Activities & Events



£3.50 CREAM TEA

CRAFT FAYRE & PLANT STALL

RODDAS CREAM TEA
& TIPTREE JAM
SCONES MADE WITH LOVE

MUSIC IN THE GARDEN

FRIDAY 16 AUG
1.30-3.30PM
THE DEAL CENTRE
CT14 6AG

FUNDRAISING FOR
THE DEAL CENTRE



crabble



lub

WEDNESDAYS

1-2PM

THE MARIGOLD CENTRE
CHERITON CT19 4NS

Bring your own board or use one of ours.

No need to book, beginners very welcome!

Wheelchair accessible venue
Disabled toilet facilities

Phone: 01304 372608

£2
includes
hot drink




ROCK N ROLL BINGO

Mondays 10.30am

12 July
29 July
19 August
2 September
23 September

The Sportsman, Sholden, Deal CT14 0AL

Contact Karen to book
Email: karen.pattison@ageukskc.org.uk
Call: 07958 518424

3 Games
Coffee & Croissant
£4




SOCIAL CYCLE

Over 55s

TUESDAYS 1.30PM

OPPOSITE THE HYTHE IMPERIAL HOTEL,
PRINCES PARADE, HYTHE

Starts Tuesday
4th June 2024

Special offers from our friends at:
Cyclefixit, 141 High St,
Hythe CT21 5LJ

- £10 bike safety check
- 10% off bikes
- 10% off accessories

Contact Sharron, call: 01304 372608
Email: sharron.harris@ageukskc.org.uk



GET FIT TO WALK

POSTURAL STABILITY
STRENGTH & BALANCE

19th August – 30th September
(excluding Bank Holidays)

MONDAY'S 10.30am
Capel-le-Ferne Village Hall
Lancaster Avenue
CT18 7LX
6 Weeks £25.00
(includes first class free)

- Improve balance
- Increase mobility
- Improve cardiovascular health
- Increase fitness
- Boost confidence
- Reduce risk of falling
- Reduce risk of falls related injuries

For more information or to book
call: 01304 372608 and ask to
speak to Sharron or email:
sharron.harris@ageukskc.org.uk

Do you worry about your balance?
Does the fear of falling put you off getting out and about?
Sign-up to our 6 week Get Fit To Walk course!





Game, set, match! Age UK South Kent Coast smashes it out of the park with the launch of its new Walking Tennis Programme

Age UK South Kent Coast, with funding from the LTA Tennis Foundation and the national Charity Age UK, is proud to launch its new Walking Tennis service for older people in Dover and Hawkinge, to help improve physical health and tackle loneliness and isolation.

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.

The rules are:

- Players can't run or jump
- Players are allowed to let the ball bounce twice (although this is optional)
- It can be played on a smaller court with modified equipment

Sessions will start on 19/08/2024 and will be held at Hawkinge Community Centre on a Monday, and at St Margaret's Lawn Tennis Club on a Wednesday. The Hawkinge sessions are for women aged 50+, with the St Margaret's sessions open to anyone over the age of 50, regardless of ability or previous experience.

Debbie Barry, CEO at Age UK South Kent Coast said: "We're thrilled to have launched the Age UK Walking Tennis Programme in Dover & Folkestone thanks to funding from The LTA Tennis Foundation. By combining the expertise of Age UK with the support of the Foundation, we are not only introducing older people to the joys of tennis, but also creating a platform for improved overall wellbeing. Importantly, our programme is designed to be inclusive, welcoming individuals of all abilities, ensuring that everyone can participate, benefit from and most of all enjoy the sport."

To sign up to Age UK South Kent Coast's walking tennis programme, or for more information, please contact Jo Francis by emailing: communityoutreach@ageukskc.org.uk or call: 01304 372608.

STARTING
AUGUST 19TH 2024



Over 50s WOMENS WALKING TENNIS

£6

**INCLUDES
REFRESHMENTS**

MONDAYS 10AM-11AM

HAWKINGE COMMUNITY CENTRE
HERON FORSTAL AVENUE
HAWKINGE CT18 7FP

Suitable for all levels of fitness and ability, Walking Tennis is safe, fun and inclusive and a fantastic way to stay active!

To book - email: communityoutreach@ageukskc.org.uk
or call: 01304 372608



No experience required
Equipment provided

Funded by the LTA Tennis Foundation, whose mission is to improve lives through tennis.

STARTING
AUGUST 21ST 2024



Over 50s WALKING TENNIS

£6

**INCLUDES
REFRESHMENTS**

WEDNESDAYS 2PM-3PM

ST MARGARET'S LAWN TENNIS CLUB
BOUNDARY GATE, GLEBE CLOSE
DOVER CT15 6AF

Suitable for all levels of fitness and ability, Walking Tennis is safe, fun and inclusive and a fantastic way to stay active!

To book - email: communityoutreach@ageukskc.org.uk
or call: 01304 372608



No experience required
Equipment provided

Funded by the LTA Tennis Foundation, whose mission is to improve lives through tennis.

Wellbeing Activity Programme

Our sessions are fun and 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@ageukskc.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@ageukskc.org.uk
Womens Walking Tennis	Mondays 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, call Jo: 01304 372608 or email communityoutreach@ageukskc.org.uk
Get Fit to Walk	Monday 10.30am	Weekly	£25 for 6 weeks	Capel-le-Ferne Village Hall CT18 7LX	Postural Stability Class suitable for anyone who is worried about their balance or about falling. If you are interested in attending and would like more information contact Sharron 01304 372608 or email sharron.harris@ageukskc.org.uk

Walk Fit	Monday 1.15- 2.45pm	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	Three Hills Sports Park, Cheriton Road, Folkestone CT19 5JU	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	Three Hills Sports Park, Cheriton Road, Folkestone CT19 5JU	
	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 0HE 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@ageuyskc.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@ageuyskc.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!
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@ageuyskc.org.uk
Social Cycle	Tuesdays 1.30pm	Weekly	Free	Meet opposite The Hythe Imperial Hotel, Princes Parade, Hythe	A social cycle along Hythe promenade, meeting opposite the Hythe Imperial Hotel, with special offers from our local cycle shop Cyclefixit. Suitable for everyone.
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 Weds 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!
Walking Group	Wednesdays 10.30am	Weekly	Free	Meet at Samphire Hoe car park, Dover CT17 9FL	Join Sharron for a social walk at your own pace, for more info email: Sharron.harris@ageuiskc.org.uk or call: 01304 372608
Scrabble Club	Wednesday 1-2pm	Weekly	£2	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Join us for a friendly game of scrabble – bring your own board or use one of ours. £2 includes hot drink. Beginners welcome. Call: 01304 372608.
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	Wednesdays 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 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 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@ageuiskc.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@ageuiskc.org.uk
Film on Friday	Friday 1pm	Fridays in July	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Join us for showings of your favourite films – it's Friday, it's fun and it's free! To book, please call Karen on 07958 518424 or email: karen.pattison@ageuiskc.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 Sat of month 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

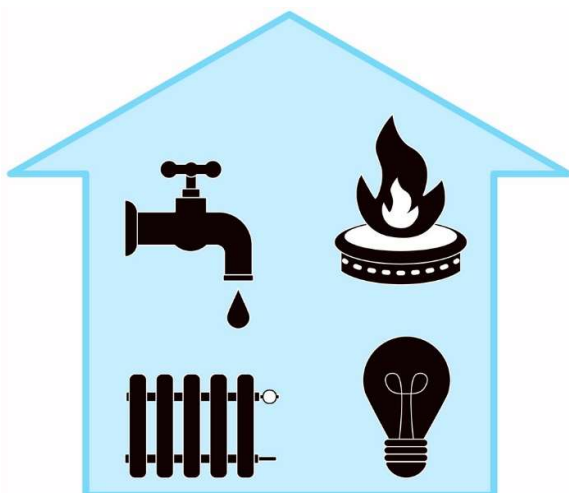
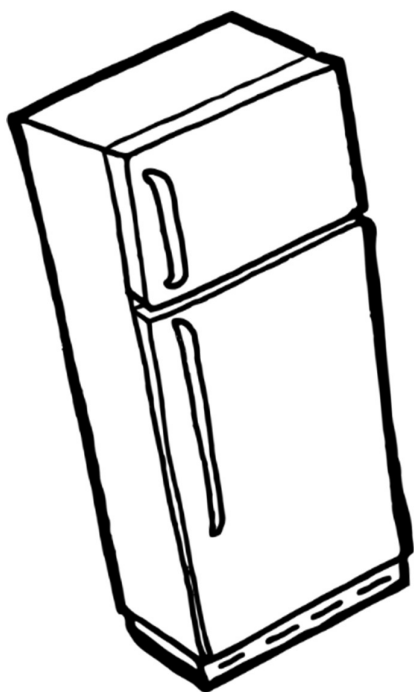
4. Cost of Living Support

Many of us continue to struggle due to the ongoing Cost-of-Living crisis, but help is available.

Our Information & Signposting team can help you access a range of support including food, fuel and white goods. We can also carry out a benefit check to ensure you are getting everything you are entitled to, and help you access support to complete any application forms.

For further information about Cost-of-Living support in your area, please contact Lisa McCaughey or Mark Blamey by calling: 01304 372608, or email:

iandadeal@ageukskc.org.uk



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 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 Folkestone and the surrounding area.

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.

RUNNERS

Team up with one of our drivers to deliver meals to older people - you'll be the friendly face of the service, offering reassurance to the people we support.

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

Contact us

Email:
deputyceo@ageukskc.org.uk

Call: 01304 372608



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.

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.

