

Age UK South Kent Coast News & Events – July 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. Meal delivery service

Did you know we offer a meal delivery service to help you or someone you care about enjoy a home-cooked meal without the hassle of cooking?

Our meals are freshly prepared in our kitchen and delivered straight to your door by our friendly team, offering not just good food, but also a reassuring regular visit.

Flexible to Suit You

Whether you'd like meals every day, a couple of times a week, or just occasionally, we can tailor the service to suit your needs.

Prices

- **£9.00 per meal (local delivery)**
- **£10.00 per meal (Dover/Sandwich areas)**

More Than Just a Meal

For many people, our meal delivery service is about more than food – it's about staying independent at home, knowing someone will check in, and having one less thing to worry about.

Find Out More

To register or find out more, call 01304 372608 or scan the QR code below:



2. Could you be missing out on extra income?

Many older people are unaware that they could be entitled to extra financial support. A quick and simple benefit check could help boost your income and make everyday life that little bit easier.

Age UK provides a free, confidential benefits calculator that helps you understand what support might be available to you or someone you care about.

Why It's Worth Checking

Even if you think you may not qualify, it's always worth checking. The calculator can:

- Highlight benefits you may not know about
- Estimate how much extra income you could receive
- Show how changes in circumstances might affect your entitlement

This can be especially helpful for family members and carers supporting someone else.

Check Online or Get Support

If you'd like to find out what you (or someone you care for) might be entitled to, you can use the free Age UK benefits calculator online by scanning the QR code below:



If you'd prefer a bit of extra support, we're here to help. We can guide you through the process step-by-step, either in your own home or at one of our centres in Deal or Folkestone.

Get in Touch

To find out more or book a benefit check, contact Mark Blamey, Information and Signposting Officer - call: 01304 372608 or email: mark.blamey@ageukskc.org.uk

3. Wellbeing Connections

Wellbeing Connections is a community wellbeing support service helping people aged 55+ and adults with complex needs to stay independent, manage their wellbeing and access the right support at the right time.

The service provides personalised, one-to-one support for people who may need help with their health or wellbeing, or who could be at risk of needing more formal care without additional support. The team works alongside individuals to understand what matters most to them and helps identify practical ways to improve day-to-day wellbeing.

Support can include:

- Social & physical activities
- Pension age benefits
- Income maximisation
- Blue Badge applications
- Information & advice

As well as individual support, the service can help people connect with local activities, social groups and community opportunities, supporting physical and mental wellbeing and reducing social isolation. These opportunities are open to people over 55, or under 55 with complex needs, and aim to help people stay active, engaged and connected.

Appointments at the Deal and Marigold centres

Appointments with the Wellbeing Connections team are available at the Deal and Marigold centres. To find out more or arrange an appointment, contact the service using the details below:

Telephone: 0300 302 01 78

Email: wellbeingconnections@sekgroup.org.uk



4. July 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
Scrabble Club	Monday 10.30am-12pm	Weekly	Free	The Deal Centre 3 Park Street Deal CT14 6AG	Our friendly Scrabble group is a relaxed space to enjoy a game and a chat. Whether you're experienced or just giving it a go, everyone is welcome, come along for good company and a bit of fun.
	Monday 1-2pm			The Marigold Centre 65 Shaftesbury Avenue Folkestone CT19 4NS	
Skylarkers	Monday 10:15-11:45am	1 st & 3 rd Monday	Free	The Deal Centre 3 Park Street Deal CT14 6AG	Join our friendly art group, no experience required – everyone welcome.
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 10am-12pm	Weekly	£2	The Marigold Centre 65 Shaftesbury Avenue Folkestone CT19 4NS	Bring your own project or try something new, refreshments included in the session price. For more information please call: 01304 372608
	Monday 1.30-3.30pm			The Deal Centre 3 Park Street Deal CT14 6AG	
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!
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!
Folkestone Men's Shed	Wednesday 10am	Weekly	Free	The Marigold Centre 65 Shaftesbury Avenue Folkestone CT19 4NS	Space for men aged 55+ to come together and put the world to rights over a brew. New Sheddors always welcome!
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, 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 Avenue 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 for 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 visits The Deal Centre on alternate Fridays – everyone welcome!
Yoga	Friday 3-4.30pm	Weekly	£5	The Marigold Centre 65 Shaftesbury Avenue 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. Carers' Dementia Café

Our Carers' Dementia Café at The Deal Centre offers a warm and welcoming space for carers to meet others, share experiences and access support. It's a chance to enjoy a friendly chat over a cup of tea in a relaxed environment, with understanding and advice available for those supporting someone living with dementia.

CARERS DEMENTIA CAFE

Caring for a loved one? We're here for you

1ST Thursday of the Month
1.45pm-2.45pm

The Deal Centre
Park Street CT14 6AG

- Information & advice
 - Understanding diagnosis
 - Practical help
 - Peer support
 - Guest speakers
-
- **Free to attend**
 - No need to book
 - Parking on site
 - Wheelchair accessible



Because we understand carers need support too

 01304 372608

 deputyceo@ageukskc.org.uk

South
Kent Coast
ageUK

Charity number: 1187363

6. Memory Matters

Our Memory Matters session is for people living with mild-moderate dementia or worries about their memory, whilst also offering respite for loved ones and carers.

Memory Matters



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



**Folkestone
Wed & Fri**

**Deal
Thurs**



- Discussion
- Games
- Art
- Companionship
- Music
- Fun
- Peer support

Folkestone CT19 4NS
Deal CT14 6AG

£18.50
Includes lunch & refreshments
FREE Taster session

To book:

Call: 01304 372608

Email: deputyceo@ageukskc.org.uk

7. Trustees needed

We're looking for voluntary trustees to provide strategic leadership, governance, and support for Age UK South Kent Coast. You will use your experience to help steer the organisation forward, bringing a forward-thinking approach and supporting long-term planning – see below to find out more and details of how to get in touch:

TRUSTEES NEEDED

Join the Board - Let's change how we age

- Voluntary role
- 2-4 hours per month
- Bimonthly meetings
- 1 x Chair position
- 2 x Trustee positions

At Age UK South Kent Coast, we put the interests of older people at the heart of everything we do, helping them to live well, remain independent & stay connected.



For more information or to apply



ceo@ageukskc.org.uk



<https://tinyurl.com/mr48ay4e>



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