

Age UK South Kent Coast News & Events – May 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. Volunteer with us

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!

Meal Delivery Drivers

We're looking for friendly volunteers to help deliver Meals on Wheels to older people, 11.30am-1.30pm Sunday-Friday in Deal or Monday-Friday in Folkestone.

Community gardeners

Do you enjoy being outdoors and making spaces look beautiful? We're looking for friendly volunteers to help care for our courtyard garden and outdoor spaces at The Deal Centre.

Scrabble club

We're looking for a friendly volunteer to keep score at our weekly scrabble club at The Marigold Centre, Folkestone, Mondays 1-2.30pm.

For more information or to apply please call: 01304 372608, email:

deputyceo@ageukskc.org.uk or apply online:

<https://www.ageuk.org.uk/southkentcoast/get-involved/volunteer/>



2. Celebrating our achievements

In the last year we have supported thousands of older people to stay well, independent and connected, here's a snapshot of what we've achieved:

- We delivered 42,000 nutritious meals to older people, helping them stay healthy, independent and connected.
- We served 7,622 meals at our hubs, helping people eat well and stay connected.
- We recorded over 8,000 visits through our doors, serving 2,178 free cups of tea and providing 1,133 subsidised meals.
- We distributed £40k in cost-of-living support on behalf of Dover District Council and Folkestone & Hythe District Council.
- We facilitated over 600 hours of face-to-face dementia support, providing meaningful activity, social connection and respite for carers.
- We connected 2,400 people through wellbeing groups and activities, supporting physical and mental health.
- We provided over 400 hours of befriending calls, helping to reduce loneliness and improve wellbeing.
- We supported 2,000 people with information and community navigation services, helping them understand their options and connect with the right support.
- We helped older people claim over £1.8 million in benefits they were entitled to.
- We assessed 200 people for free equipment to help them remain safe and independent at home.
- We received over £12,700 in donations to help support the work we do.

None of this would be possible without our volunteers, supporters and staff

THANK
YOU! 😊

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
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
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.
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 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!
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

4. Fundraising spotlight

Folkestone Trefoil

We'd like to say a huge thank you to Folkestone Trefoil for their very generous donation of £147.50 to support our dementia services in Folkestone.

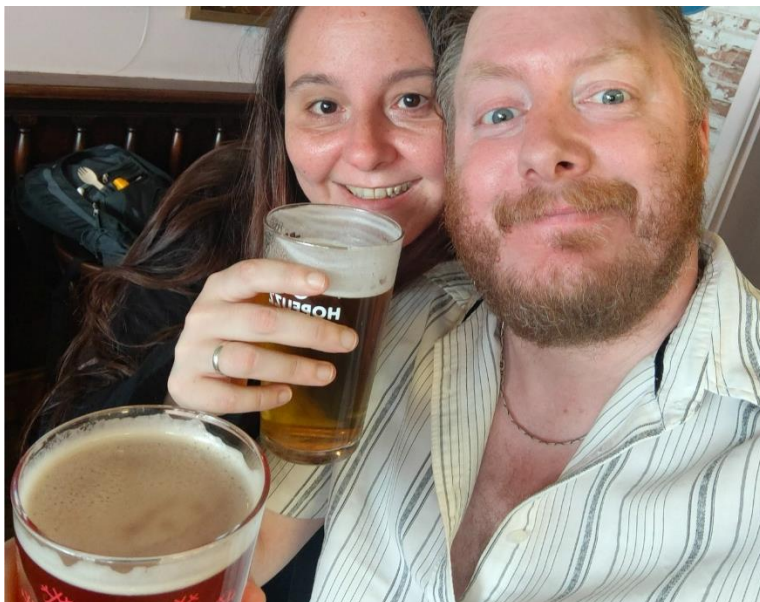
Our Deputy CEO, Rebecca McGuinness, was delighted to attend a recent meeting to give a short talk about the work we do and to gratefully receive the cheque. Support like this helps us continue providing vital dementia support for local people and their families, and we're incredibly thankful to Folkestone Trefoil for choosing to support the work we do.



Huge cheers to Scott and Chiara!

A massive thank you to Folkestone couple, Scott and Chiara for completing an A-Z of London Pubs challenge to raise money for Age UK South Kent Coast.

They trekked across the capital, one pub (and one pint!) at a time, and thanks to their dedication (and impressive stamina), they've raised an amazing £525 to support older people locally – thank you!



5. Free strength & balance classes



Social Prescribing

DEAL AND SANDWICH PRIMARY CARE NETWORK

**Are you aged 50+ and registered with a
Deal or Sandwich GP?**

**Looking to improve your strength,
balance, and wellbeing over 12 week's?**

Healthy Together Circuits & Social 50+

FREE

at

Freedom Leisure Sandwich

Starting:

Group 1 | 18th June | Thursday's | 5pm-6.15pm

Group 2 | 6th Sep | Sunday's | 9:10am-10.25am

Group 3 | 5th Oct | Monday's | 11:10am-12.25pm

Book your place -

Phone: 01304 744075

Email:

social.prescriberpcn@nhs.net



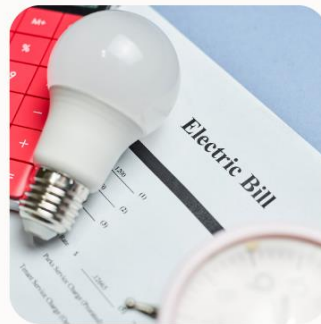
**FOREVER
ACTIVE
— KENT —**

6. Cost of living support

Cost of Living Support

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

- Supermarket voucher
- Benefit check
- Information & Signposting



To find out if we can help you, contact Mark

Call: 01304 372608

Email: mark.blamey@ageukskc.org.uk



7. 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
- Informgation & 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



8. Deal Quiz Nights



THE DEAL CENTRE QUIZ NIGHTS

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 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