

Age UK South Kent Coast
News & Events – November 2026

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1. Join the Big Knit!

The Big Knit is back! Knit or crochet a little hat and help support local older people. We're aiming for 5,000 hats by 1 October 2027. Free patterns and yarn are available from our centres. Every hat counts!



Pick up a pattern and some free yarn from one of our centres or scan the QR code to get a pattern online

Return your hats to us by 1 October 2027

The Deal Centre
3 Park Street
Deal CT14 6AG

The Marigold Centre
65 Shaftesbury Avenue
Folkestone CT19 4NS

Scan for patterns

South Kent Coast age UK
Charity number: 1187363

*innocent gives 30p to Age UK for every bottle sold with a hat on

innocent the big knit | age UK

Age UK is a registered charity (1128267)

2. Trading Standards Checked



As the seasons change, many Kent residents start preparing their homes and gardens for autumn and winter. Guttering needs clearing, trees require maintenance, fences may need repairing and roofs often need checking before the colder months arrive.

Unfortunately, this is also a time when **doorstep criminals become more active**. They often claim to be "working in the area" or point out supposed issues with a property, offering to carry out urgent repairs immediately. These traders can appear convincing and friendly, but residents can be left with poor quality work, inflated charges, or jobs that are never completed.

Before agreeing to any work you should stop and ask yourself: **"Are they Trading Standards Checked?"** If the answer is no, take a step back.

Never feel pressured into making a quick decision. Reputable traders understand that customers need time to compare quotes, check reviews and make informed choices.

If someone turns up unexpectedly at your door offering services, be cautious. A genuine trader will not object to you taking time to check their credentials. Trading Standards Checked is Kent County Council's safe trader scheme.

Members are vetted by Kent Trading Standards, including checks on licences, insurance and fair trading practices.

SIMPLE WAYS TO STAY SAFE:

- Never agree to work at the door.
- Always get written quotes.
- Don't get pressured into "today-only" prices designed to rush you.
- Check any trader online before agreeing to work, look at their customer reviews and examples of previous work.
- Always use a safe, local trader that's been vetted by Kent Trading Standards
- Report suspicious doorstep activity to Kent Police by calling 101.

⚠ **If a crime is in progress and you are in immediate danger, call 999.**



Trading Standards Checked is Kent County Council's safe, local trader scheme for home improvement work. **To find out more:**

Visit kent.gov.uk/tschecked or call 03000 416438

3. Volunteer with us

Our volunteers support us locally, helping to make sure older people feel included and valued. We couldn't continue to run our vital services without them. Find your perfect volunteering role below:

Meal Delivery Driver

Deliver a meal. Brighten someone's day. Join our Meals on Wheels team in Deal or Folkestone and help older people stay well, connected and independent in their own homes.

- Location: Deal or Folkestone
- Time commitment: 2hrs per shift

Memory Matters Volunteer

We're looking for friendly, compassionate volunteers to support our Memory Matters dementia group, helping people living with dementia stay connected, active and engaged in their community.

- Location: Folkestone
- Time commitment: Wednesdays 9.30am-2.30pm

Community Gardener

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.

- Location: Deal
- Time commitment: Flexible to suit you



4. Folkestone Hub Warm Space

We are delighted to announce that, thanks to funding from Folkestone & Hythe District Council, our Warm Space will return to the Marigold Centre from October 2026 to March 2027.

During the colder months, we will provide a warm, friendly and welcoming place where people can relax, meet others and enjoy some company.

Everyone is welcome. Please spread the word to anyone who may benefit from a warm space, friendly company and an affordable meal this winter.



Come in for a cuppa, friendly company and a warm welcome



5. November 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	1st & 3rd 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. Includes a hot drink afterwards. Call: 01304 372608 for more information.
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.
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!
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 Shedders 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	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	4th 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

6. 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

7. Christmas 2026

We know it's only October, but it's never too early to start planning for Christmas! We're sharing an early heads-up about our 2026 Christmas lunches and festive closures so you can pencil the dates into your diary. Details of how to book will be released nearer the time, so keep an eye out for further updates.

Christmas lunches at the Deal Centre

- Thursday 17 December
- Tuesday 22 December

Christmas lunches at the Marigold Centre

- Thursday 10 December
- Monday 14 December

Festive closures

For many years, our centres have remained open during the period between Christmas and New Year. This year, however, our centres will be closed from 24 December 2026 and will reopen on 4 January 2027.

This will give our volunteers and staff a well-earned opportunity to rest, recharge, and spend time with family and friends over the festive period.

Our Meals on Wheels service will also be closed on:

• 25 to 28 December 2026
• 1 to 3 January 2027

We know how important this service is to many of our clients. We will be contacting all meal delivery clients over the coming months to discuss their needs and make alternative arrangements for anyone who requires support during these closure periods.

If you think you may need support during the Christmas and New Year closure period, please speak to a member of our team so we can help you plan ahead.

