

Age UK South Kent Coast

News & Events – September 2026

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1. Making Life Easier

Sometimes, a small change can make a big difference to comfort, confidence and independence at home.

Simple equipment, such as a grab rail by the front door, a perching stool in the kitchen or a shower stool in the bathroom, can help make daily life safer, easier and more comfortable.

Our trained Trusted Assessors can visit you at home and identify equipment that could help you continue doing the things that matter to you. Where appropriate, aids and adaptations are provided free of charge and professionally installed.

Many people are surprised by the difference a simple adaptation can make, helping them move around their home with greater confidence and comfort.

If you'd like to find out more, or you know someone who may benefit, you can refer yourself or someone else by contacting Wellbeing Connections on 0300 302 01 78.

2. Leas Lift Flag Workshop

Join us for an introduction to the Leas Lift and an update on the restoration project. Then get creative as we design and make our own handheld flags.

This FREE session will be led by Katrin, with all tools and materials provided. No experience necessary, everyone welcome!

Contact us using the details on the front page if you'd like to join us.

Thursday 17 September

10am-12pm

The Marigold Centre, Shaftesbury Avenue, Folkestone CT19 4NS



3. Quiz Night @ The Deal Centre

Join us on for Quiz Night at The Deal Centre and help us raise funds to support the work we do locally.

- Friday 25 September
- 7.30pm start
- The Deal Centre, 3 Park Street, Deal CT14 6AG
- £3 per person

Bring your own nibbles, no need to book, everyone welcome!

4. Summer Socials

Thanks to funding from The National Lottery Community Fund, we were delighted to hold our Summer Socials BBQs this summer.

The events brought older people together to enjoy good food, conversation and time in friendly company. They were a wonderful opportunity to meet new people, catch up with old friends and feel connected to the local community.

We are very grateful to National Lottery players for helping make these gatherings possible, and to everyone who came along, volunteered and supported the events.

Special thanks go to Chris Mansfield photos for giving up his time to capture these memories.



5. September 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 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	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

6. 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



7. 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

8. 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:

