

## Age UK South Kent Coast Newsletter – August 2025

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### Contact us:

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**Web:** [www.ageuk.org.uk/southkentcoast](http://www.ageuk.org.uk/southkentcoast)

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### 1. Summer Fun at The Deal & Marigold Centres

This August, we're bringing the sunshine to you with our summer events at The Deal and Marigold Centres! Come along and enjoy all the fun of a trip to the seaside —no packing required!



### Fancy Dress Beach Party

Friday 22 August

1.30-3.30pm

The Deal Centre  
Park Street CT14 6AG



Free  
Entry

Summer Hits

Sing-a-long with John

Prize for best dressed

Raffle



### Summer Shenanigans!

Tuesday 26 August

11am-2pm

The Marigold Centre  
Folkestone CT19 4NS



£7.50  
includes  
lunch

Fun

Games

Prize for best dressed

Raffle

## 2. August 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
<b>Walking Cricket</b>	Monday 10am-12pm	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: <a href="https://www.threehillssportspark.co.uk">https://www.threehillssportspark.co.uk</a>
<b>Art-Tec Mondays</b>	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 <a href="mailto:deputyceo@ageukskc.org.uk">deputyceo@ageukskc.org.uk</a>
<b>Chair Yoga</b>	Monday 10-10.45am	Weekly	£6	Saint Radigund's Church, 16 Albany Road, Capel- le-Ferne CT18 7JT	This gentle form of yoga performed while seated and with the support of a chair, making it accessible for individuals with limited mobility. Improve your flexibility and strength without strain. Book online: <a href="https://www.miyoga.co.uk/service-page/chair-yoga?referral=service_list_widget">https://www.miyoga.co.uk/service-page/chair-yoga?referral=service_list_widget</a>
<b>Beginners Tap</b>	Monday 10-10.55am	Weekly	Pay per term	St Radigunds Community Centre, Poulton Close, Dover CT17 0HL	New course starts each school half-term. Contact Jo to book: 01304 372608 or email <a href="mailto:communityoutreach@ageukskc.org.uk">communityoutreach@ageukskc.org.uk</a>
<b>Line Dance</b>	Monday 11-11.55am				
<b>Beginners Ballet</b>	Monday 12-12.55pm				
<b>Pilates</b>	Monday & Wednesday 12.30-1.30pm	Weekly	£8	St Andrews Church Hall, Surrenden Road, Folkestone CT19 4DY	Take up Pilates to improve your posture, core strength and balance. Please call Lorraine on 07734 473784 to book your place.

<b>Deal Quiz Trail</b>	Monday 11 August 10am	One-off	£5	Meet at Deal Pier, Beach St, Deal CT14 6HY	Join us for a Quiz Trail around historic Deal followed by Coffee (or tea) & Cake at The Deal Centre. Working in pairs or groups, the trail takes approximately 2 hours, covering 7000 steps. To book call Karen on 07958 518424 or email <a href="mailto:karen.pattison@ageuiskc.org.uk">karen.pattison@ageuiskc.org.uk</a>
<b>Scrabble Club</b>	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!
<b>Women's Walking Tennis</b>	Monday 10-11am	Weekly	£6 Inc. refresh ments	Hawkinge Community Centre, Heron Forstal Ave, Hawkinge 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, please call Jo on 01304 372608 or email <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Pickleball</b>	Monday & Friday 3.30-5pm	Weekly	£3.50	Hawkinge Community Centre, Heron Forstal Ave, Hawkinge 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 <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Skylarkers</b>	Monday 10:15-11:45am	Weekly	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.
<b>Chair Yoga</b>	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.
<b>Craft Club</b>	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. For more information, please call Karen on 07958 518424 or email <a href="mailto:karen.pattison@ageuiskc.org.uk">karen.pattison@ageuiskc.org.uk</a>

<b>Marigold Social Club</b>	Monday, Tuesday & Thursday 9.30am-2.30pm	Weekly	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.
<b>Boccia</b>	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!
<b>Motorbike Meet-up</b>	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. Booking is essential – please call Karen on 07958 518424 or email: <a href="mailto:karen.pattison@ageuiskc.org.uk">karen.pattison@ageuiskc.org.uk</a>
<b>Intermediate Ballet</b>	Tuesday 11.30am-12.25pm	Weekly	Pay per term	River Village Hall, Common Lane, Dover CT17 0RA	New course starts each school half-term. Contact Jo to book: 01304 372608 or email <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Intermediate Tap</b>	Tuesday 12.30-1.25pm				
<b>Modern Dance/Jazz</b>	Tuesday 1.30-2.25pm				
<b>Bingo</b>	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!
<b>Men's Group</b>	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. To confirm your place and request a parking ticket, please contact Jo on 01304 372608 or email <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Cream Tea &amp; Chat</b>	1st Tuesday 2.30pm	Monthly	£5	Little Farthingloe Farm, Folkestone Rd, Dover CT15 7AA	Join Jo for a delicious cream tea and friendly conversation, come alone or with friends. To confirm your place, please contact Jo on 01304 372608 or email <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>

<b>Whist</b>	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!
<b>Digital Support</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday 10am-12pm	Twice monthly	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.
<b>Folkestone Men's Shed</b>	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!
<b>Latin &amp; Line Dance</b>	Wednesday 10.30am	Weekly	Pay per term	Temple Ewell Village Hall, Dover CT16 3DG	New course starts each school half-term. Contact Jo to book: 01304 372608 or email <a href="mailto:communityoutreach@ageuyskc.org.uk">communityoutreach@ageuyskc.org.uk</a>
<b>Stretch &amp; Tone</b>	Wednesday 11.30am	Weekly			
<b>Beginners Ukulele</b>	Wednesday 2-3.30pm	Weekly – starts 24/09/25	£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. Booking essential – please contact Karen on: 07958 518424 or email <a href="mailto:karen.pattison@ageuyskc.org.uk">karen.pattison@ageuyskc.org.uk</a>
<b>Osteoporosis Support Group</b>	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.
<b>Felderland Farm</b>	Wednesday 13 August	One-off	Free	Felderland Farm, 20 Deal Rd, Sandwich, Deal CT14 0BJ	Join us for a special talk by the farmer and enjoy a hands-on experience: Pick Your Own Fruit and receive an exclusive 20% discount on your harvest! Booking essential – please contact Karen on: 07958 518424 or email <a href="mailto:karen.pattison@ageuyskc.org.uk">karen.pattison@ageuyskc.org.uk</a>
<b>Singing for Pleasure</b>	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.

<b>Walking Tennis</b>	Wednesday 2-3pm	Weekly	£6 Inc. refresh ments	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 <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Garden Club</b>	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!
<b>Coarse Fishing</b>	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, for more info or to book, please call Karen on 07958 518424 or email: <a href="mailto:karen.pattison@ageuiskc.org.uk">karen.pattison@ageuiskc.org.uk</a>
<b>Padel</b>	Tuesday & Thursday 12-1pm (mixed) 1-2pm (Women)	Weekly	£4.88 per hour	Three Hills Sports Park, Cheriton Road, Folkestone CT19 5JU	Special discount for over 55s, no need to book, just turn up and play! For more info, contact Jo: 01304 372608 or email <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Corn Dolly workshop</b>	Thursday 28 August 1-3.30pm	One-off	£20	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Try this traditional craft with the guidance of an expert teacher. All materials and refreshments included. Book online: <a href="https://Over55sCornDollyAug25.eventbrite.co.uk">https://Over55sCornDollyAug25.eventbrite.co.uk</a> or call Jo: 01304 372608
<b>Spine Flow</b>	Thursdays 2.30-3.30pm	Weekly	£40 for 5-week course	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Long lasting results for your back, neck, shoulder & hip pain. Book online: <a href="https://Over55SpineFlowSep25.eventbrite.co.uk">https://Over55SpineFlowSep25.eventbrite.co.uk</a> or call Jo: 01304 372608
<b>Beginners Pickleball</b>	Thursday 4.30-5.30pm	Weekly	£3	Hawkinge Community Centre, CT18 7FP	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 <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>Honey the P.A.T Dog</b>	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!

<b>Yoga</b>	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: <a href="mailto:yoga@gemmawickert.com">yoga@gemmawickert.com</a>
<b>Versus Arthritis Deal</b>	4 <sup>th</sup> 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: <a href="mailto:services@versusarthritis.org">services@versusarthritis.org</a>

## July activity highlights!



Karaoke with John



Friendly Fishing match



Living the Good Life!

### 3. Corn Dolly workshop

**Over  
55's**

## **'Create a corn dolly' workshop**

**£20**



**Thurs Aug 28<sup>th</sup>  
1.00 – 3.30pm**

- **Try this traditional craft**
- **Make your own corn dollies**
- **Expert teacher**
- **Refreshments included**

**Marigold Centre  
65 Shaftesbury Avenue  
Folkestone CT19 4NS**

For more info and to book, look on Eventbrite:  
<https://Over55sCornDollyAug25.eventbrite.co.uk>  
or contact Jo: [communityoutreach@ageukskc.org.uk](mailto:communityoutreach@ageukskc.org.uk)  
01304 372608



## 4. Deal Quiz Trail

# QUIZ TRAIL

*Learn about the local history of Deal*

Join us for a Quiz Trail around historic Deal followed by Coffee (or tea) & Cake at The Deal Centre.

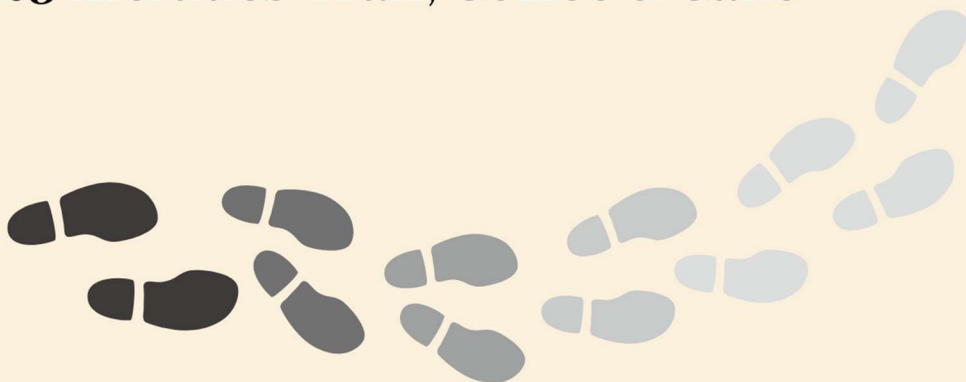
Working in pairs or groups, the trail takes approximately 2 hours, covering 7000 steps.



**Monday 11 August 2025**

**10am - meet at Deal Pier**

**£5 includes Trail, Coffee & Cake**



Booking essential: [karen.pattison@ageukskc.org.uk](mailto:karen.pattison@ageukskc.org.uk)

Call: 01304 372608

## 5. Spine Flow

# SPINE FLOW *Beginners*

**FOR OVER 55'S**

WITH MARKIE

POSTURE + BACK HEALTH + MUSCLE BALANCE

**YOUR PATH TO IMPROVED POSTURE**

**ENHANCE YOUR WALKING AND SPORT PERFORMANCE**



LEARN SPIRAL STABILISATION –  
UNIQUE & EFFECTIVE METHOD  
FOR ALL AGES AND FITNESS  
LEVELS. PROVEN RESULTS.

**SIMPLE EXERCISE EQUIPMENT**  
INDIVIDUALISED SUPPORT

**COURSE  
FEE  
£40**

**5-WEEK COURSE**  
**Thurs 2:30–3:30pm**  
**Sept 11 – Oct 09 2025**

**The Marigold Centre**  
**65 Shaftesbury Ave**  
**Folkestone**  
**CT19 4NS**



**Long lasting results for your back, neck, shoulder & hip pain**

**To book, go to : <https://Over55SpineFlowSep25.eventbrite.co.uk>**

**For more info, call Jo on 01304 372608 or email [communityoutreach@ageukskc.org.uk](mailto:communityoutreach@ageukskc.org.uk)**

## 6. Felderland Farm

MEET THE FARMER

# Felderland Farm

Wednesday 13 August  
10.30am  
20 Deal Road CT14 0BJ

Join us for a special talk by the farmer  
and enjoy a hands-on experience:  
Pick Your Own Fruit and receive an  
exclusive 20% discount on your harvest!

**FREE ADMISSION**

To book call: 01304 372608  
email: [karen.pattison@ageukskc.org.uk](mailto:karen.pattison@ageukskc.org.uk)



## 7. 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!



The poster is for Age UK South Kent Coast and features a blue background with yellow and white text boxes. It includes the Age UK logo, a QR code, and a photo of a smiling elderly woman in a yellow top. The text is organized into sections for different volunteering opportunities.

**South Kent Coast  
ageUK**

# VOLUNTEERS NEEDED!

**AGE UK MEALS ON WHEELS**  
We're looking for friendly volunteers to help deliver meals on wheels to older people in Deal or Folkestone.

**11.30AM-1.30PM**  
Monday - Friday in Folkestone  
Sunday - Friday in Deal

**DRIVERS**  
Using your own vehicle to deliver meals on wheels to older people in the local community. As little or often as you like. Expenses paid at 45p / mile.

**CONTACT US**  
Email: [deputyceo@ageukskc.org.uk](mailto:deputyceo@ageukskc.org.uk)  
Call: 01304 372608

**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

Charity number: 1187363

## 8. 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 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month, 10am-12noon, for technical support. To find out more, please visit [www.digitalkent.uk](http://www.digitalkent.uk) or call Michelle on 01304 372608.

## 9. 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.