

## Age UK South Kent Coast Newsletter – October 2025

### Contents:

1. Warm spaces are back!
2. Cost of living support
3. October Activity Timetable
4. Halloween events
5. Thrive @ 55+
6. Introduction to Mindfulness
7. Volunteering
8. Digital Support
9. Connect Well East Kent

### Contact us:

**Phone:** 01304 372608

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

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**Email:** [deputyceo@ageukskc.org.uk](mailto:deputyceo@ageukskc.org.uk)

## 1. Warm spaces are back!

Thanks to continued funding from our local councils, we're pleased to announce that our Warm Spaces will be returning this month and running to 31 March 2026.

Our hubs once again will be offering a warm, welcoming environment and access to support. We'll also be offering some great value food and drink options on selected days.

The Marigold Centre	The Deal Centre
Monday-Thursday   9am – 4pm	Monday-Friday   9am – 4pm
<b>Mondays:</b> <ul style="list-style-type: none"> <li>2-course meal for £3 - <b>served at 12pm - booking essential</b></li> <li>1 free hot drink per person</li> </ul>	<b>Mondays:</b> <ul style="list-style-type: none"> <li>1 free hot drink per person</li> </ul> <b>Fridays:</b> <ul style="list-style-type: none"> <li>2-course meal for £3 - <b>served from 12pm no need to book</b></li> </ul>

## 2. Cost of living support

# Cost of Living Support

If you're Over 55, live in Deal or Folkestone and are worried about the cost of living we're here to help you ...

- Benefit checks
- Food costs
- Utility costs
- Other essentials



**To find out if we can help you, contact Mark**

**Call: 01304 372608**

**Email: [mark.blamey@ageukskc.org.uk](mailto:mark.blamey@ageukskc.org.uk)**



### 3. October 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
Walking Cricket	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>
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 <a href="mailto:deputyceo@ageukskc.org.uk">deputyceo@ageukskc.org.uk</a>
Chair Yoga	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>
Beginners Tap	Monday 10-10.55am	Weekly	£5 per session 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>
Line Dance	Monday 11-11.55am				
Beginners Ballet	Monday 12-12.55pm				
Pilates	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>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	£5 per session 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>Introduction to Mindfulness</b>	Tuesday 14 October 2-15-3:45pm	One off	Free	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Join us for this free introduction to mindfulness workshop, option to sign-up for our Mindful Living Course afterwards. Contact Jo to book, call: 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 and put the world to rights over a brew. New Sheddors always welcome!
<b>Thrive @ 55+</b>	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! Meet Karen upstairs. For more inf call: 07958 518424 or email <a href="mailto:karen.pattison@ageuiskc.org.uk">karen.pattison@ageuiskc.org.uk</a>
<b>Latin &amp; Line Dance</b>	Wednesday 10.30am	Weekly	£6 per session 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@ageuiskc.org.uk">communityoutreach@ageuiskc.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@ageuiskc.org.uk">karen.pattison@ageuiskc.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>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. refreshments	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>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>Wildlife film show</b>	Friday 10 October 1.30-3.30pm	Onf-off	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Nick Smith presents a series of short films showing some of the fascinating and varied wildlife that can be found locally. No need to book – everyone welcome!
<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>



## 4. Halloween events



**FANCY DRESS HALLOWEEN party**

RAFFLE  
GAMES  
SCARE IF YOU DARE!  
SPOOKY BOO-FEET  
POETRY COMPETITION

**THURS 30 OCT**

10AM-2PM

THE MARIGOLD CENTRE  
SHAFTESBURY AVE CT19 4NS

TO BOOK: 01304 372608

**£7.50**

On behalf of

South Kent Coast ageUK  
Social Enterprise Kent  
Kent County Council



**FANCY DRESS HALLOWEEN party**

FREE TO ATTEND  
SCARE IF YOU DARE!  
LIVE MUSIC

**FRI 31 OCT**

1.30-3.30PM

THE DEAL CENTRE  
3 PARK STREET CT14 6AG

NO NEED TO BOOK  
FOR INFO: 01304 372608

On behalf of

South Kent Coast ageUK  
Social Enterprise Kent  
Kent County Council

## 5. Thrive @ 55+

# Thrive @ 55+

## Women's Social Group

### Over 55s Women's Social Group

Good company, great conversation,  
and tasty treats!

### Starts 29 October 2025

Wednesdays 10.30am @ Acordo Lounge  
High Street, Deal CT14 6EL

Buy any hot drink and enjoy a FREE  
Tea Cake with Jam or Toast with Jam



Meet "Karen" upstairs



Call: 01304 372608



Social  
Enterprise  
Kent

On behalf of



## 6. Introduction to Mindfulness

### WORKSHOP: INTRODUCTION TO MINDFULNESS



Join us for a short, welcoming talk on mindfulness—what it is, why it helps, and how to begin.

Afterwards, take the next step with our Mindful Living Course, where you'll learn simple practices to bring calm, focus, and balance into everyday life.

- Space to slow down and reset
- Suitable for beginners
- Practical tools for daily living
- Practise meditation

**Free Workshop!**

**Tues Oct 14 2025  
2:15 - 3.45 PM**

The Marigold Centre  
65 Shaftesbury Ave  
Folkestone CT19 4NS

To book: email  
[Jo@communityoutreach@ageuiskc.org.uk](mailto:Jo@communityoutreach@ageuiskc.org.uk)  
or phone 01304 372608



**Come along, pause and find your breath...**



**Social  
Enterprise  
Kent**

On behalf of





## 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 is titled 'VOLUNTEERS NEEDED!'. It lists three main volunteering opportunities: 'AGE UK MEALS ON WHEELS' (delivering meals to older people in Deal or Folkestone, 11.30AM-1.30PM, Monday-Friday in Folkestone and Sunday-Friday in Deal), 'DRIVERS' (using your own vehicle to deliver meals, expenses paid at 45p/mile), and 'Regular and occasional shifts' (flexible commitment). It also mentions a 'Taster session' for new volunteers. Contact information includes an email (deputyceo@ageukskc.org.uk), a phone number (01304 372608), and a QR code. A photo of a smiling woman in a yellow top is included, along with the charity number 1187363.

**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.

**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

**CONTACT US**  
Email: deputyceo@ageukskc.org.uk  
Call: 01304 372608

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.