

Age UK South Kent Coast Newsletter – September 2025

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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. Sandie's Paragliding Fundraiser

We'd like to extend a heartfelt thank you to Sandie for her incredible bravery and generosity in support of Age UK South Kent Coast. In a truly awe-inspiring act of courage, Sandie and her son, Sam took to the skies in a paragliding flight raising vital funds for our services supporting local older people.

Inspired by Sandie's challenge?

If you'd like to take on your own fundraising adventure for Age UK South Kent Coast—whether it's a sky-high feat or something closer to the ground—please get in touch with Rebecca on the details above. We'd love to support you every step of the way!



2. 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
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: https://www.threehillssportspark.co.uk
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@ageukskc.org.uk
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: https://www.miyoga.co.uk/service-page/chair-yoga?referral=service_list_widget
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 communityoutreach@ageukskc.org.uk
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.

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!
Women's Walking Tennis	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 communityoutreach@ageuiskc.org.uk
Pickleball	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 communityoutreach@ageuiskc.org.uk
Skylarkers	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.
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. For more information, please call Karen on 07958 518424 or email karen.pattison@ageuiskc.org.uk

Paper Flower Workshop	Monday 29 September 1.30-3.30pm	One-off	£2	The Deal Centre, 3 Park Street, Deal CT14 6AG	Join Karen for this beginner friendly flower workshop! Tea & materials provided. For more information, please call Karen on 07958 518424 or email karen.pattison@ageuiskc.org.uk
Gingerly Green Flower Farm	Monday 15 September 2pm	One-off	£10	Gingerly Green Flower Farm, Canterbury Road, Selsted CT15 7HL	Come and meet Clare as she shows us round her lovely flower farm. Explore the multitude of plants and flowers she grows, and share tea and biscuits with friends, old and new! Contact Jo to book: 01304 372608 or email communityoutreach@ageuiskc.org.uk
Marigold Social Club	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.
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. Booking is essential – please call Karen on 07958 518424 or email: karen.pattison@ageuiskc.org.uk
Intermediate Ballet	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 communityoutreach@ageuiskc.org.uk
Intermediate Tap	Tuesday 12.30-1.25pm				
Modern Dance/Jazz	Tuesday 1.30-2.25pm				

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. To confirm your place and request a parking ticket, please contact Jo on 01304 372608 or email communityoutreach@ageuiskc.org.uk
Introduction to Mindfulness	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 communityoutreach@ageuiskc.org.uk
Cream Tea & Chat	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 communityoutreach@ageuiskc.org.uk
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!
Digital Support	2 nd & 4 th 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.
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 Shedders 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! Meet Karen upstairs. For more inf call: 07958 518424 or email karen.pattison@ageuiskc.org.uk

Latin & Line Dance	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 communityoutreach@ageukskc.org.uk
Stretch & Tone	Wednesday 11.30am	Weekly			
Beginners Ukulele	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 karen.pattison@ageukskc.org.uk
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.
Walking Tennis	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 communityoutreach@ageukskc.org.uk
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, for more info or to book, please call Karen on 07958 518424 or email: karen.pattison@ageukskc.org.uk

Padel	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 communityoutreach@ageuiskc.org.uk
Spine Flow	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: https://Over55SpineFlowSep25.eventbrite.co.uk or call Jo: 01304 372608
Beginners Pickleball	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 communityoutreach@ageuiskc.org.uk
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

3. Folkestone Men's Shed

FOLKESTONE MEN'S SHED



FREE ENTRY

WEDNESDAYS 10AM-12PM

**THE MARIGOLD CENTRE
SHAFTESBURY AVENUE CT19 4NS**

For men aged 55 and over - whether you're a veteran, living with a health condition, retired, or just fancy a chat – come, have a brew, and put the world to rights. No airs, no graces – just good company, free coffee, and a space to offload. Come as you are, everyone's welcome!

For more information:

Call: 01304 372608

Email: communityoutreach@ageukskc.org.uk

Wheelchair accessible venue



4. 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

5. Gingerly Green Flower Farm

Additional date!

**Over-55's
Tour, Talk &
Tea**

£10

**Gingerly Green
Flower Farm**

Canterbury Rd, Selsted CT15 7HL

Sept 15th 2pm

Come and meet Clare as she shows us round her lovely flower farm. Explore the multitude of plants and flowers she grows, and share tea and biscuits with friends, old and new!

Limited places available!

Pay on the day!

Request your place by email to Jo.communityoutreach@ageukskc.org.uk

6. Paper Flower Workshop



Craft Workshop

Tissue Paper Flowers

Join Karen for this beginner friendly flower workshop! Tea & materials provided.

Monday 29 September

1.30-3.30pm

The Deal Centre CT14 6AG

To book:

Email: karen.pattison@ageukskc.org.uk

or call: 07958 518424



**Social
Enterprise
Kent**

On behalf of



7. 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



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Enterprise
Kent**

On behalf of



8. 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@ageukskc.org.uk
or phone 01304 372608



Come along, pause and find your breath...



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Enterprise
Kent**

On behalf of



9. 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. The text is organized into sections for different volunteering opportunities and contact information.

**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
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

10. 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 2nd and 4th Wednesday of the month, 10am-12noon, for technical support. To find out more, please visit www.digitalkent.uk or call Michelle on 01304 372608.

11. 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.