

## Age UK South Kent Coast Newsletter – July 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. 50<sup>th</sup> Anniversary

Thank you to everyone who contributed to The Deal Centre's 50<sup>th</sup> Anniversary celebrations. We were delighted to be joined by The Worshipful Town Mayor of Deal, Cllr Mike Eddy and the Mayoress, Mrs Christine Oliver for our Summer BBQ event.

We are deeply grateful to our volunteers, staff and community partners for making the event possible. Most importantly, we thank everyone who attended and helped mark this important milestone – here's to the next 50 years!



## 2. July 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	£40 for 8-week course	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>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>Womens 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 at £5 per session	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>Alpacas, goats &amp; more</b>	Tuesday 29 July	One-off	£12	Frampton Farm, Hougham Court Lane, Dover CT15 7AF	Join us for a VIP farm experience – meet the animals, connect with nature and find out about farm life. Book online: <a href="https://Over55sAlpacasJuly25.eventbrite.co.uk">https://Over55sAlpacasJuly25.eventbrite.co.uk</a> or contact Jo for more info: 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	£48 for 8 weeks	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	£24 for 4 weeks		
<b>Beginners Ukulele</b>	Wednesday 2-3pm	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. 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. 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>Lawn Bowls</b>	Thursday 10am-12pm	4 week taster	£20 for 4 weeks	Dover Bowling Club, Maison Dieu Gardens, Dover CT16 1TG	Fancy giving bowls a try? Join our 4 week taster course. Book online: <a href="https://Over55sBowlingDoverJuly25.eventbrite.co.uk">https://Over55sBowlingDoverJuly25.eventbrite.co.uk</a> or contact Jo for more info: 01304 372608 or email: <a href="mailto:communityoutreach@ageuiskc.org.uk">communityoutreach@ageuiskc.org.uk</a>
<b>The Smiling Sessions</b>	Thursday 3 & 17 July 10:45am-12pm	2 sessions	Free	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Join us for a fun, sing-a-long – guaranteed to put a smile on your face! Call to let us if you'd like to come along: 01304 37608.
<b>Padel</b>	Thursday 12-1pm & 1-2pm	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>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>Karaoke with Andy</b>	Friday 25 July 1.30pm	One-off	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Join us for a good old fashioned sing-song. Fill out a 'favourite songs' sheet at the centre to let us know what you'd like Andy to play! No need to book, for more info contact Karen or Teresa: 01304 372608.
<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>



**FREE  
ENTRY**



Fill out a  
favourite  
song sheet!

**THE DEAL CENTRE  
PARK STREET CT14 6AG**

**FRIDAY 25 JULY  
1.30PM**

No need to book, for more info call:  
01304 372608

Wheelchair accessible venue  
Accessible toilet facilities



**Tell us your favourite songs!**


**FRIDAY 25 JULY  
1.30PM  
FREE ENTRY**



### 3. Stretch & Tone

Are you looking for a low-impact way to get active and improve balance? Join our new 4-week Stretch & Tone sessions in Dover – just £24 for the whole course!

Wednesdays 11.30am at Temple Ewell Village Hall, Dover CT16 3DG.

For more information or to book call Jo: 01304 372608 or email:

[communityoutreach@ageukskc.org.uk](mailto:communityoutreach@ageukskc.org.uk)



**WEDNESDAY DANCE & FITNESS AT  
TEMPLE EWELL**

**SHORT COURSE!** Stretch & Tone Fitness: 11.30am  
4 week course: 02 - 23 July **OVER 55'S**  
£24 (payment at first session)



Latin & Line Dance: 10.30am  
8 week course: 4 Jun - 23 Jul **OVER 55'S**  
£48 (payment at first session)

**HAVE FUN, FEEL GREAT!**

For more info, a first-time or mid-term booking, email Jo at:  
[communityoutreach@ageukskc.org.uk](mailto:communityoutreach@ageukskc.org.uk) or phone 01304 372608

Temple Ewell Village Hall, London Road, Dover CT16 3DG



## 4. Alpacas, goats & more

Join us for a VIP farm experience – meet the animals, connect with nature and find out about farm life.

Tuesday 29 July – Frampton Farm, Dover - 2-4.30pm £12 refreshments included!

Book online: <https://Over55sAlpacasJuly25.eventbrite.co.uk> or contact Jo for more info: 01304 372608 or email: [communityoutreach@ageukskc.org.uk](mailto:communityoutreach@ageukskc.org.uk)

### Over -55's Alpacas, goats & more

Frampton Farm, Church Hougham



**Tuesday July 29th**

2.00 - 4.30 pm

**£12**

Frampton Farm,  
Hougham Court Lane,  
Church Hougham,  
Dover CT15 7AF

Come and enjoy this immersive VIP farm experience where you'll interact with the animals, connect with nature, and discover a wealth of information about farm life. Refreshments included!

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

Book on Eventbrite:

<https://Over55sAlpacasJuly25.eventbrite.co.uk>



## 5. Lawn Bowls 4-week taster

Fancy giving bowls a try? Join our 4-week taster course.

Thursday 10, 17, 24 & 31 - July £20 for 4-week course – Dover Bowling Club, Dover CT16 1TG

Book online: <https://Over55sBowlingDoverJuly25.eventbrite.co.uk>

or contact Jo for more info: 01304 372608

or email: [communityoutreach@ageujskc.org.uk](mailto:communityoutreach@ageujskc.org.uk)



**OVER-55'S  
4-week taster  
course**

Dover Bowling Club  
Maison Dieu Gardens  
Dover CT16 1TG

**£20**

**Experience this  
historical sport!**

**Thursdays  
July 10, 17, 24 & 31  
10:00 - 12:00**

Qualified coaches  
Equipment provided  
Refreshments included

**Sociable, friendly,  
gentle exercise**

Booking at Eventbrite:  
<https://over55sbowlingdoverjuly25.eventbrite.co.uk>

For more info, email Jo at  
[communityoutreach@ageujskc.org.uk](mailto:communityoutreach@ageujskc.org.uk)  
or phone 01304 372608

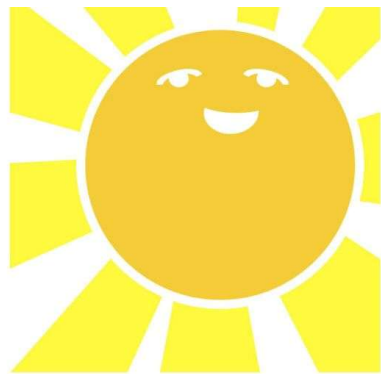


## 6. The Smiling Sessions

The Smiling Sessions are coming to The Marigold Centre – join us for a fun, sing-a-long – guaranteed to put a smile on your face!

Thursday 3 & 17 July – 10:45am – 12pm - FREE to attend – The Marigold Centre, 65 Shaftesbury Avenue, Folkestone CT19 4NS

Call to let us if you'd like to come along: 01304 37608.



THE  
SMILING  
SESSIONS

**THURSDAY 3 & 17 JULY**  
**at Marigold Centre**  
**from 10.45am to 12pm**



**Please come and join The Smiling Team to  
sing your favourite songs & enjoy a cuppa  
We look forward to seeing you there**

**Address: The Marigold Centre, 65 Shaftesbury Avenue, CT19 4NS**



## 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!



# 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



## 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. Information & Signposting

If you need some help but are not sure where to turn, please get in touch with our Information & Signposting Service, who will be happy to help. Whether it be about benefits, cost of living, housing or care, our dedicated team can help you access the support you need. Please call Age UK South Kent Coast on 01304 372608 or email: [mark.blamey@ageukskc.org.uk](mailto:mark.blamey@ageukskc.org.uk)

## 10. 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.

## 11. Eastbourne Tennis

We currently deliver Walking Tennis sessions behalf of the Lawn Tennis Association (LTA) and Age UK. This month several of our players were given Centre Court tickets by the LTA to see the tennis at Eastbourne. One lucky player, Siobhan was even given the honour of performing the coin toss for the first match on Centre Court. Here she is with Jodie Burrage and Barbara Krejckova (image courtesy Getty Images for the LTA). Check out our activity timetable for details of how you can get involved in Walking Tennis!

