

Age UK South Kent Coast News & Events – June 2026

Contents:

1. **Volunteers' Week**
2. **Volunteer impact**
3. **We've been nominated**
4. **June activity timetable**
5. **NEW Carers' Dementia Café**
6. **Memory Matters**
7. **Fundraising spotlight**
8. **Cost of living support**
9. **Wellbeing Connections**
10. **Meal Delivery Service**

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Phone: 01304 372608

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1. Volunteers' Week

1 - 7 June 2026 is Volunteers' Week, a chance to celebrate the incredible people who give their time, energy and kindness to support others.

At Age UK South Kent Coast, our volunteers make a real difference every single day. Whether they are delivering meals, offering a warm welcome, supporting events or giving practical assistance, their generosity helps us stay connected to older people in our community and deliver the support they need.

This Volunteers' Week, we want to say a heartfelt thank you to every one of our volunteers for the time, compassion and commitment they bring to our organisation. If you have a few hours to spare and would like to support older people locally, we would love to hear from you and welcome you to our volunteer team:

Apply online: <https://www.ageuk.org.uk/southkentcoast/get-involved/volunteer/>

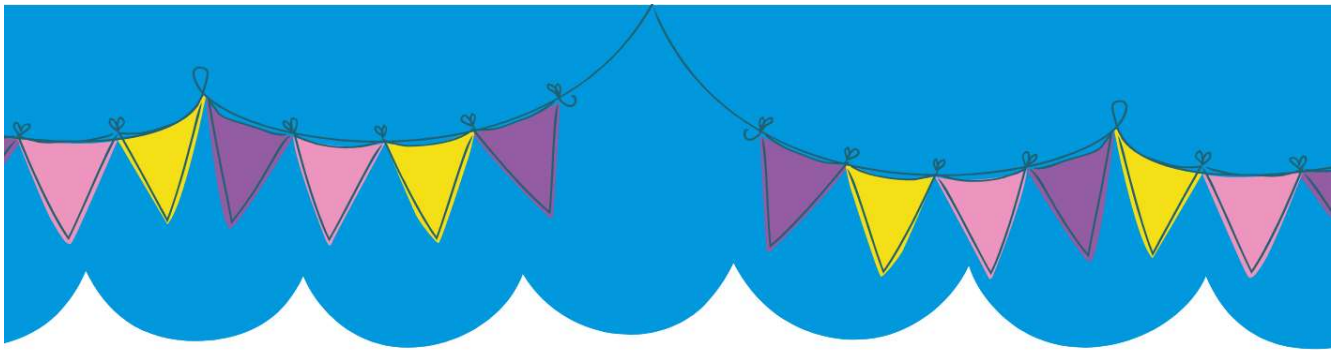
Email: deputyceo@ageukskc.org.uk

Phone: 01304 372608

Read on to discover more about our volunteers' impact over the last year.



2. Volunteer Impact



VOLUNTEER IMPACT 2025/26

In the last year, our volunteers have..



- Delivered 42,000 meals to older people
- Provided 400 hours of befriending calls
- Grown & gleaned veg for use in our kitchens
- Created beautiful outdoor spaces at our Hubs
- Facilitated 400 hours of Memory Matters sessions
- Served 7,000 lunch club meals & 25,000 cups of tea
- Given 10,000 hours of their time - worth over £120,000 of support for older people locally



**Thank You,
Volunteers**

#volunteersweek



3. We've been nominated

We're proud to share that some of our amazing volunteers have been nominated for the Folkestone & Hythe District Excellence in Volunteering Awards this year.

In the Individual category, one of our volunteers has been recognised for their support with activities at The Marigold Centre and in the Group category, both our meal delivery drivers and our garden volunteers have been shortlisted.

These nominations highlight the difference our volunteers make every single day. Winners will be announced at a special celebration event during on Thursday 4 June, we're wishing them all the very best of luck!



4. June 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
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
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!
Skylarkers	Monday 10:15-11:45am	1 st & 3 rd Monday	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Join our small friendly singing group, 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.
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.
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 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!
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!
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. Singing a cappella from a songbook, 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 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.
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

5. Carers' Dementia Café

Our new Carers' Dementia Café at The Deal Centre offers a warm and welcoming space for carers to meet others, share experiences and access support. It's a chance to enjoy a friendly chat over a cup of tea in a relaxed environment, with understanding and advice available for those supporting someone living with dementia.

CARERS DEMENTIA CAFE

Caring for a loved one? We're here for you

1ST Thursday of the Month
1.45pm-2.45pm

The Deal Centre
Park Street CT14 6AG

- Information & advice
 - Understanding diagnosis
 - Practical help
 - Peer support
 - Guest speakers
-
- **Free to attend**
 - No need to book
 - Parking on site
 - Wheelchair accessible



Because we understand carers need support too

 01304 372608

 deputyceo@ageukskc.org.uk

South
Kent Coast


Charity number: 1187363

6. Memory Matters

Our Memory Matters session is for people living with mild-moderate dementia or worries about their memory, whilst also offering respite for loved ones and carers.

Memory Matters



For people living with mild-moderate dementia or worries about their memory



**Folkestone
Wed & Fri**

**Deal
Thurs**



- Discussion
- Games
- Art
- Companionship
- Music
- Fun
- Peer support

Folkestone CT19 4NS
Deal CT14 6AG

£18.50
Includes lunch & refreshments
FREE Taster session

To book:

Call: 01304 372608

Email: deputyceo@ageukskc.org.uk

7. Fundraising spotlight

The National Lottery Community Fund

We're delighted to share some fantastic news; we have been awarded £2,312 from The National Lottery Community Fund to support an exciting new programme of summer socials at The Deal Centre.

This funding will enable us to purchase a new BBQ and host a series of relaxed, friendly gatherings where people can come together to enjoy good food, great company, and the opportunity to connect with others in the community. These events are all about creating a welcoming space, reducing isolation, and making the most of the summer months.

We're incredibly grateful to National Lottery players for making this possible, their support helps bring initiatives like this to life and strengthens our local community.

The Whitehead Monckton Charitable Foundation

We are delighted to share our thanks to the Whitehead Monckton Charitable Foundation, who have awarded us £1,000 towards our dementia services.

This valuable funding will help us continue to provide vital support for people living with dementia and their families, creating opportunities for meaningful engagement and social connection.

We are incredibly grateful for this contribution, which will make a real difference to the lives of those we support.

A BIG thank you to our funders!



8. Cost of living support

If you are feeling the pressure of rising household costs, our cost-of-living support is here to help. We offer practical advice and support to help people make their money go further and access the help they are entitled to.

Contact Mark Blamey, our Information & Signposting Officer for free, confidential support - phone: 01304 372608.

Cost of Living Support

If you are worried about the cost of living and aged 55+ in Deal or Folkestone we can help you ...

- Supermarket voucher
- Benefit check
- Information & Signposting



To find out if we can help you, contact Mark

Call: 01304 372608

Email: mark.blamey@ageukskc.org.uk



9. Wellbeing Connections

Wellbeing Connections is a community wellbeing support service helping people aged 55+ and adults with complex needs to stay independent, manage their wellbeing and access the right support at the right time.

The service provides personalised, one-to-one support for people who may need help with their health or wellbeing, or who could be at risk of needing more formal care without additional support. The team works alongside individuals to understand what matters most to them and helps identify practical ways to improve day-to-day wellbeing.

Support can include:

- Social & physical activities
- Pension age benefits
- Income maximisation
- Blue Badge applications
- Informgation & advice

As well as individual support, the service can help people connect with local activities, social groups and community opportunities, supporting physical and mental wellbeing and reducing social isolation. These opportunities are open to people over 55, or under 55 with complex needs, and aim to help people stay active, engaged and connected.

Appointments at the Deal and Marigold centres

Appointments with the Wellbeing Connections team are available at the Deal and Marigold centres. To find out more or arrange an appointment, contact the service using the details below:

Telephone: 0300 302 01 78

Email: wellbeingconnections@sekgroup.org.uk



10. Meal Delivery Service

Our Meal Delivery Service provides hot, nutritious meals delivered straight to your door, helping you stay independent and well at home. It's a friendly, reliable service designed to offer both practical support and peace of mind for older people and their families.

Meal Delivery

Enjoy a two-course nutritious lunch for £8.50 - freshly prepared in our kitchen, delivered, hot, straight to your door by our friendly team.

You can choose how often you receive meals - every day, once or twice a week, or just occasionally when you feel like it - it really is up to you!

Promotes independence

Aids recovery after hospital stay or illness

More than a meal - acts as welfare check & provides reassurance



Flexible to suit you

Deal - Folkestone and surrounding areas

Dietary requirements & preferences catered for

Call: 01304 372608

