



The centres and cafés will be closed for Easter on Friday 3rd, Saturday 4th, Sunday 5th, Monday 6th April
And Monday 4th May 2026. Community Meals will continue as normal.

NEW to Age UK Ashford

DEMENTIA CHORUS

Every Wednesday, starting 8th April
A choir for those living with dementia
Carers welcome

🕒 10.30am – 12.30pm
Age UK Ashford

Free to attend • Donations welcome
No need to book

NEW to Age UK Hythe

FRIDAY LUNCH CLUB

Starting Friday 10th April
£10.50 per person
Transport (subject to availability)
can be arranged by
calling us on 01303 269602

NEW to Age UK Ashford

Farrow Court, Stanhope Rd, Ashford, TN23 5RF

COMMUNITY BREAKFAST MORNING

Every Tuesday
9.30am – 11.30am

Full English Breakfast
Sausage, Bacon, Egg, Beans,
Mushrooms, Hash brown, Toast,
Tea or Coffee included.

**ONLY
£5.00**

Need help getting online?

Appointments only
call 01303 269602 to book.

Age UK Hythe, Sanford House,
Stade Street, CT21 6BD
Every Friday 9.30am – 12.30pm

Age UK Ashford
Farrow Court, TN23 5RF
1st, 15th and 29th April
10.00am – 12.00pm

Hi KENT

For Hearing Aid Batteries & Tubing

Age UK Ashford:
Tuesday 21st April 2026
10.00am – 11.00am

Age UK Hythe:
Tuesday 14th April 2026
Tuesday 28th April 2026
10.00am – 12.00pm



Clear Ears

Age UK Hythe –
10th, 17th and 24th April
9.00am – 12.30pm

To book an appointment
call Beth: 01303 316551

Or book online

www.thehearinghealthclinic.com



For information or to book any of our activities

please call us on 01303 269602

Dear Clients and Supporters,

We want to take this opportunity to share an important update with you about our funding and what it means for our services over the coming months.

Like many charities, we are facing increasing financial pressures. Kent County Council (KCC) is under significant strain, and we have recently been informed that, from the end of March, the funding we receive via our lead contract holders will be reduced. Funding for services in Hythe and Lyminge will reduce to 40%, and funding for Ashford will end entirely. This represents a total loss of £136,000, which is a huge proportion of our funding and has historically supported many of our core running costs.

Alongside this, there are fewer alternative funding opportunities available, with many charities competing for the same limited pots of money. As a result, the next few months will be challenging as we work hard to ensure our services continue and that we remain sustainable well into the future.

Over the past 18 months, we have already made a number of significant changes to reduce our costs and improve efficiency. We will continue to do everything we can to manage responsibly, but this latest funding reduction has had a major impact, and we must now take further steps to protect our services.

Each April, as we do every year, our fees are reviewed. This year, we must take into account significant funding losses as well as rising costs, including food prices, staff wages, utilities and other essential expenses. Just like households across the country, we are feeling the impact of inflation. While we always strive to keep charges to a minimum, there will be some increases to service fees. Full details of these changes at the end of this letter, and we kindly ask you to be prepared for them.

We understand that this may be difficult for some, and that the additional cost could create financial pressure. Please remember that our Information and Advice team is available to support you and can offer guidance on any benefits you may be entitled to. This includes Attendance Allowance, Pension Credit, Housing Benefit and Council Tax Reduction, which may help to offset some of these costs. To make an appointment please call us on 01303 269602, this service is free.

Fundraising will also play an even more important role in the year ahead. You will see an increase in fundraising activity, including some new, engaging events taking place over the next 12 months, all aimed at generating vital income to support our services.

Age UK Hythe, Lyminge and Ashford, Sanford House, Stade Street, Hythe, Kent, CT21 6BD
Tel: 01303 269602 Email: co@ageukhla.org.uk
Charity No. 1125274 Company No. 6589817



Many other services in our area are also facing similar, and in some cases, even greater, difficulties. Any reduction in the use of our services puts additional pressure on those that remain, so your continued support is incredibly important. By staying with us, supporting our fundraising, and understanding the need for modest fee increases, you are helping to ensure these vital services can continue.

We are proud of the work we do and firmly believe in the quality and importance of our services. Our commitment remains to support you now and into the future, and to work towards a sustainable organisation that can continue to grow and respond to local needs.

We rely heavily on donations, and if you are able to give a little extra, this is a time when it would make a real difference. We completely understand that not everyone is in a position to do so, and we do not want to place anyone under undue pressure. If you are able and would like to donate, you can do so by calling us on **01303 269602**, where we will happily accept any contribution, you are able to make.

Thank you for your understanding, kindness and continued support.

With best wishes,
The Age UK Hythe, Lyminge and Ashford Team

Services charges as of 1st April 2026	
Activity only	£8.00
Transport To/From	£14.30
Out of Area transport	£7.70
Day Services without transport	£35.00
Dementia Day Break without transport	£58.00
Maintenance Cognitive stimulation Therapy	£12.00
Home meal Delivery	£9.50
Tea time bag	£7.50
Independent Living Service per hour	£25.00
Lunch only including Sundays	£10.50
Information and Advice	Free

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WEEKLY MENU

Week commencing 20 th April	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Beef stew, mash and seasonal vegetables	Chicken & mushroom pie, new potatoes and seasonal vegetables	Roast beef, Yorkshire pudding, roast potatoes and seasonal vegetables	Macaroni cheese, garlic bread and green vegetables	Minted lamb casserole, mash and seasonal vegetables	Gammon & pineapple, new potatoes and seasonal vegetables	Roast chicken, stuffing, roast potatoes and seasonal vegetables
DESSERT	Angel Delight	Ginger cake	Egg custard tart	Cherry cheesecake	Berry crumble and custard	Key lime pie	Jam sponge and custard
LOW SUGAR OPTION	Fruit salad	As above	Fruit and cream	Cherry oat pot	As above	Melon pot	Sponge and custard

Week commencing 27 th April	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Corned beef hash with seasonal vegetables	Pork steak in peppercorn sauce, mash and seasonal vegetables	Chicken Chasseur, sauté potatoes and roasted root vegetables	Creamy vegetable pie, roast potatoes and seasonal vegetables	Lemon baked cod, potato wedges and mushy peas	Pork, apple & cider casserole, mash and seasonal vegetables	Roast lamb, roast potatoes, cauliflower cheese and seasonal vegetables
DESSERT	Chocolate gateau	Peach crumble and custard	Fruit, jelly and whipped cream	Pineapple sponge and custard	Crème caramel	Sultana sponge and custard	Eton mess
LOW SUGAR OPTION	Fruit and cream	As above	As above	Pineapple	Fruit and cream	As above	Strawberries and cream

WEEKLY MENU

Week commencing 4 th May	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Chicken in BBQ sauce, potato wedges and Mediterranean roast vegetables	Lamb hotpot, roast potatoes and seasonal vegetables	Chicken & leek pie, mash and seasonal vegetables	Beef in red wine gravy, sauté potatoes and seasonal vegetables	Mild Thai green vegetable curry, new potatoes and green vegetables	Cumberland sausages, onion gravy, mash and peas	Roast pork, apple sauce, roast potatoes and seasonal vegetables
DESSERT	Pear crumble and custard	Profiteroles with chocolate sauce	Chocolate sponge and choc. custard	Treacle tart	Mango cheesecake	Angel Delight	Syrup sponge and custard
LOW SUGAR OPTION	As above	Fruit and cream	Honey oats, fruit and yoghurt	Fruit and cream	Mango pot	Fruit salad	Sponge and custard

Week commencing 11 th May	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Beef stew & dumplings, mash and seasonal vegetables	Cheddar & cherry tomato quiche, new potatoes with mixed salad	Pasta bolognese, garlic bread and roast Mediterranean vegetables	Roast lamb, roast potatoes, cauliflower cheese and seasonal vegetables	Chicken in tomato & basil sauce, potato wedges with seasonal vegetables	Beef & ale pie, mash and spring vegetables	Roast chicken, stuffing, roast potatoes and seasonal vegetables
DESSERT	Vanilla cheesecake	Chocolate brownie and whipped cream	Rhubarb crumble and custard	Poached pear with ginger cream	Cheese & biscuits, pickle and grapes	Banoffee pie	Bread & butter pudding and custard
LOW SUGAR OPTION	Fruit and cream	Cheese and biscuits	As above	As above	As above	Bananas and cream	Fruit salad

WHAT'S ON IN APRIL 2026 AT THE ASHFORD COMMUNITY SUPPORT HUB

MONDAY	Maintenance Cognitive Stimulation Therapy (MCST)	10.30am – 12.00pm
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TUESDAY	Golden Oldie Youth Club – where golden years meet youthful cheers (includes lunch)	10.30am – 2.30pm
	Knit and Knatter	10.00am – 12.00pm
	Tai Chi with Sam	10.30am – 12.00pm
	Let's Get Moving (Chair Exercises)	11.00am – 11.45am
	Simple Baking	11.00am – 12.00pm
	Gents' Club	1.00pm – 2.30pm
	CARM (Afternoon of Reminiscing)	1.30pm – 2.30pm

WEDNESDAY	Golden Oldie Youth Club – where golden years meet youthful cheers (includes lunch)	10.30am – 2.30pm
	Laugh and Craft	10.30am – 12.00pm
	Let's Get Moving (Chair Exercises)	11.00am – 11.45am
	Quiz Morning	11.45am – 12.30pm
	Painting with Sam	1.00pm – 2.30pm
	Bingo	1.30pm – 2.30pm

THURSDAY	Dementia Daybreak	9.30am – 3.00pm
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FRIDAY	Dementia Daybreak	9.30am – 3.00pm
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Prices start from £8.00 per activity but do vary so please contact the Office for information and to book any of the above activities or events: 01303 269602.

Why not come and bag a bargain in our charity shop in Hythe or have a cuppa in one of our cafés (Ashford and Hythe).

Both offer a range of light refreshments and a two-course hot lunch for £10.50 is available (when booked in advance before 10.15am, Monday - Friday).

WHAT'S ON IN APRIL 2026 AT THE HYTHE COMMUNITY SUPPORT HUB

MONDAY	Golden Oldie Youth Club – where Golden years meet youthful cheers (includes lunch)	10.30am – 2.30pm
	Maintenance Cognitive Stimulation Therapy (MCST)	10.30am – 12.00pm 1.30pm – 3.00pm
	Seated Exercise	10.45am – 11.45am
	Bingo	1.30pm – 2.30pm

TUESDAY	Dementia Daybreak	9.30am – 3.00pm
	Golden Oldie Youth Club – where Golden years meet youthful cheers (includes lunch)	10.30am – 2.30pm
	Fit and Fun	10.45am – 11.45am
	Crafty Tuesday	1.00pm – 2.30pm
	Talk and Trivia afternoon	1.30pm – 2.30pm

WEDNESDAY	Dementia Daybreak	9.30am – 3.00pm
	Golden Oldie Youth Club – where Golden years meet youthful cheers (includes lunch)	10.30am – 2.30pm
	Seated Exercise	10.45am – 11.45am
	Fun Floor Games	1.30pm – 2.30pm
	Golden Voices Choir (08.04.26)	1.30pm – 2.30pm
	Book Club (08.04.26)	5.00pm – 7.00pm

THURSDAY	Dementia Daybreak	9.30am – 3.00pm
	Golden Oldie Youth Club – where Golden years meet youthful cheers (includes lunch)	10.30am – 2.30pm
	Thursday Thinkers	10.45am – 11.45am
	Celebrating St George's Day (23.04.26)	10.45am – 11.45am
	Celebrating National Pet Month (30.04.26)	10.45am – 11.45am
	Get Active – Skittles/Curling/Boules	1.30pm – 2.30pm

FRIDAY	Golden Oldie Youth Club – where Golden years meet youthful cheers (includes lunch)	10.30am – 2.30pm
	Open Choice Activity Morning	10.45am – 11.45am
	Cooking with Philippa (10.04.26)	10.45am – 11.45am
	Shed Project	1.00pm – 2.30pm
	Open Choice Activity afternoon	1.30pm – 2.30pm
	Bingo (10.04.26)	1.30pm – 2.30pm

	WEEKEND WELLNESS	
SUNDAY	Seated Yoga	10:45am – 11.45am

Prices start from £8.00 but do vary, (* = free) so please contact the Office for information and to book any of the above activities or events: 01303 269602.

Why not come and bag a bargain in our charity shop in Hythe or have a cuppa in one of our cafés (Ashford and Hythe). Both offer a range of light refreshments and a two-course hot lunch for £10.50 is available (when booked in advance before 10.15am, Monday - Friday).

WHAT'S ON IN APRIL 2026 IN THE COMMUNITY

MONDAY	Seated Yoga @ Hythe Cricket and Squash Club	12.15pm – 1.15pm
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WEDNESDAY	Low Impact Aerobics @ Guide Hall, Hythe	10.00am – 10.45am
	Free - Singing For All @ The Tayne Centre, Lyminge – 01.04.26	11.15am – 12.15pm
	Free - Singing For All @ The Methodist Church, Lyminge – 8 th , 15 th , 22 nd and 29.04.26	11.15am – 12.15pm

THURSDAY	Free - Chatty Table @ The Pheasant, Ashford every 2 nd Thursday of the month – next session 09.04.26	12.00pm – 2.00pm
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Hythe Cricket and Squash Club - Ladies Walk, Hythe, CT21 6AX

The Guide Hall - Guide Hall, St Nicholas Street, Hythe, CT21 6JQ

Tayne Centre – Church Road, Lyminge, Folkestone, CT18 8JN

Methodist Church Lyminge - Church Road Lyminge Folkestone, CT18 8JA

The Pheasant, Trinity Road, Ashford, TN25 4BY

Prices start from £8.00 but do vary so please contact the Office for information and to book any of the above activities or events:
01303 269602.

Why not come and bag a bargain in our charity shop in Hythe or have a cuppa in one of our cafés (Ashford and Hythe). Both offer a range of light refreshments and a two-course hot lunch for £10.50 is available (when booked in advance before 10.15am, Monday - Friday).

Dementia Services

We run free social events to support people living with dementia, helping them stay confident and independent. Everyone is welcome to join us for a cuppa, a chat, and friendly company. We also provide free information and advice, as well as charged cognitive sessions and day care. To talk to us about dementia support, please contact our Dementia Services Team Leader on 01303 269602 or email dementialead@ageukhla.org.uk



MONDAY	Young at Heart [^]	The Pheasant, Trinity Road, Ashford, TN25 4BY	Monday 13 th April, 1:30pm – 3:30pm *note date change due to Bank Holiday*
	Memory Café	Brickfields, Cherry Garden Lane, Folkestone, CT19 4AP	Monday 27 th April, 10.00am – 12.00pm

TUESDAY	Social Evening [^] (with a meal)	The Royal Norfolk Hotel, 7 Sandgate High Street, Sandgate, CT20 3BD	Tuesday 14 th April, 5.30pm – 7.30pm
	Memory Café	Stade Court Hotel, Stade Street, West Parade, Hythe, CT21 6DT	Tuesday 21 st April, 1.30pm – 3.30pm
	Social Evening [^] (with a meal)	The New Chimneys, Loudon Way, Ashford, TN23 3JJ	Tuesday 28 th April, 5.30pm – 7.30pm

WEDNESDAY NEW...	Wonkies [^]	Skuba Bar Old Bistro, 2 Langhorne Gardens, Folkestone, CT20 2EA	Wednesday 1 st April, 10.30am – 12.00pm
	Dementia Chorus	Hythe Cricket and Squash Club, Ladies Walk, Hythe, CT21 6AX	Weekly 2.00pm – 3.30pm
	Dementia Chorus	Age UK Ashford, Farrow Court, Stanhope Road, Ashford, TN23 5RF	Weekly, starting 8 th April 10.30am – 12.30pm

THURSDAY	Carer's Support Circle	Age UK Ashford, Farrow Court, Stanhope Road, Ashford, TN23 5RF	Thursday 2 nd April, 10.30am – 12.00pm
	Memory Café	Etchingill Golf Club, Canterbury Road, Etchingill, Folkestone, CT18 8FA	Thursday 9 th April, 1.30pm – 3.30pm
	Hythe Walking Group	Age UK Hythe, Sanford House, Stade Street, Hythe, CT21 6BD	Thursday 16 th April, 10.00am – 11.00am

FRIDAY	Ashford Walking Group	Harper's Café, Victoria Park, Jemmett Road, Ashford, TN23 4AD	Friday 10 th April, 10.00am – 11.00am
	Drop-In Clinic	Charing Surgery, Hither Field, Charing, Ashford, TN27 0AW	Friday 10 th April, 12.00pm – 2.00pm *note date change due to Bank Holiday*
	Memory Café	Age UK Ashford, Farrow Court, Stanhope Road, Ashford, TN23 5RF	Friday 17 th April, 1.30pm – 3.30pm
	Lunch Club	Age UK Hythe, Sanford House, Stade Street, Hythe, CT21 6BD - booking essential	Friday 24 th April, 12.15pm – 1.15pm

^For those diagnosed with Dementia at an early age

To find out about any of the above activities or events please contact Lauren Povey on: 07379 646426, alternatively email: demo@ageukhla.org.uk

UPCOMING FUNDRAISING EVENTS

Every event is a chance to raise funds, build connections, and spread a little joy. Check out what's next... and keep an eye on this space for more exciting fundraising events throughout the year!

Event	Location	Date and time
Bingo	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Thursday, 2 nd April 2026 6.00pm - 8.30pm
Bingo	The Pheasant, Trinity Road, Ashford, TN25 4BY	Tuesday, 7 th April 2026 6.30pm - 9.00pm
Bingo	The Pheasant, Trinity Road, Ashford, TN25 4BY	Tuesday, 5 th May 2026 6.30pm - 9.00pm
Bingo	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Thursday, 7 th May 2026 6.00pm - 8.30pm
Asian evening (Menus to be advised shortly)	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Friday, 8 th May 2026 6.30pm for a 7.00pm start

100 CLUB 12 tickets (one a month) for £12.00 a year entered into a monthly draw.

100 Club - March Winners

£25 – 1st David Cowley, £15 – 2nd Doreen Blackman, £10 – 3rd Marian Chubb

Hythe and Ashford Community Lotteries

Hythe Community and Ashford Community Lotteries are exciting weekly lotteries that raise money for local good causes in Hythe and Ashford boroughs, with a top prize of £25,000. From every £1 ticket you buy, 60p (Hythe) and 50p (Ashford) will benefit and improve our communities. For more details, please visit

<https://www.hythecommunitylottery.co.uk> and
<https://www.ashfordcommunitylottery.co.uk>

For further information or to book on any of our events please call us on 01303 269602

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