



2026

Age UK BOOT FAIR

Where: Hythe Green

When: Sunday, 2nd August

Time: Boots from 7.00am
Public from 8.00am – 1.00pm



Out with the old and in with the new –
Come and bag yourself a bargain!

All proceeds to Age UK Hythe,
Lyminge & Ashford

The café will be open every
Sunday, up to and including 13th September
3pm – 5pm
while the bandstand events take place.



Join us for a BBQ on 9th August while
enjoying the music of ABBA on the
Oaklands bandstand.



SAVE THE DATE:

Join us for an evening of
French cuisine and *fine company*.

Friday, 11th September

Menus to be confirmed shortly

£35.00 pp, BYO drink

Need help getting online?

Appointments only
call 01303 269602 to book.

Age UK Hythe, Sanford House,
Stade Street, CT21 6BD
Every Friday 9.30am – 11.30pm

Age UK Ashford
Farrow Court, TN23 5RF
Wednesday 5th and 19th August
10.00am – 12.00pm

Hi KENT

For Hearing Aid Batteries & Tubing

Age UK Ashford:

Tuesday 18th August 2026
10.00am – 11.00am

Age UK Hythe:

Tuesday 11th August 2026
Tuesday 25th August 2026
10.00am – 12.00pm



Clear Ears

Age UK Hythe
9.00am – 12.30pm
Every Friday

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**

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WEEKLY MENUS

All menus subject to availability

Week commencing 10 th August	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Steak & mushroom pie, mash and seasonal vegetables	Ham & egg salad, new potatoes and coleslaw	Roast chicken, stuffing, roast potatoes and seasonal vegetables	Liver & bacon, mash and seasonal vegetables	Cheddar & onion quiche, new potatoes and baked beans	BBQ chicken, sauté potatoes and mixed vegetables	Roast gammon, roast potatoes, cauliflower cheese and seasonal vegetables
DESSERT	Angel Delight	Lemon posset and shortbread	Pear crumble and custard	Eton mess	Carrot cake	Fruit trifle	Treacle sponge and custard
LOW SUGAR OPTION	Fruit and cream	Cheese and biscuits	Poached pears	Berries and cream	As above	Fruit jelly	Fruit salad

Week commencing 17 th AUGUST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Minted lamb stew, mash and seasonal vegetables	Beef chilli, potato wedges and Mediterranean roast vegetables	Chicken casserole, roast potatoes and seasonal vegetables	Bacon, sausages, sauté potatoes, beans, mushroom and tomatoes	Cheese, leek & potato pie, new potatoes and seasonal vegetables	Cottage pie, mash and seasonal vegetables	Roast pork, apple sauce, roast potatoes and seasonal vegetables
DESSERT	Berry cheesecake	Rice pudding and jam	Chocolate brownie and whipped cream	Peach crumble and custard	Swiss roll and cream	Pineapple sponge and custard	Crème caramel
LOW SUGAR OPTION	Berries and cream	Rice pudding	Melon pot	Peaches and cream	Fruit salad	Cheese and biscuits	Fruit and cream

WEEKLY MENUS

All menus subject to availability

Week commencing 24 TH AUGUST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Gammon & pineapple, sauté potatoes and seasonal vegetables	Pasta Bolognese, garlic bread and Mediterranean roast vegetables	Chicken Caesar salad, croutons and new potatoes	Roast beef, roast potatoes, Yorkshire pudding and seasonal vegetables	Lemon baked cod, potato wedges and mushy peas	Chicken & leek pie, mash and seasonal vegetables	Roast lamb, cauliflower cheese, roast potatoes and seasonal vegetables
DESSERT	Profiteroles and chocolate sauce	Ginger cake and custard	Cheese, biscuits, pickle and grapes	Treacle tart	Tiramisu	Apple crumble and custard	Raspberry cheesecake
LOW SUGAR OPTION	Melon pot	As above	As above	Fruit salad	Fruit and cream	As above	Berries and cream

Week commencing 31 st AUGUST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Beef goulash, mash and seasonal vegetables	Lamb & butterbean casserole, new potatoes and roasted root vegetables	Sweet & sour pork, sauté potatoes and stir fry vegetables	Sausages, onion gravy, mash and seasonal vegetables	Fish pie with seasonal vegetables	Lasagne, potato wedges and Mediterranean roast vegetables	Roast chicken, stuffing, roast potatoes and seasonal vegetables
DESSERT	Black Forest gateau	Sticky toffee pudding	Coconut & mango mousse with shortbread	Spiced apples and custard	Angel Delight and sprinkles	Key Lime pie	Rice pudding and jam
LOW SUGAR OPTION	Fruit salad	Cheese and biscuits	Coconut & mango mousse	As above	Fruit and cream	Fruit and cream	Rice pudding

WHAT'S ON IN AUGUST 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
	Gent's 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 AUGUST 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
	Bakewell Tart Day! (11.08.26)	10.45am – 11.45am
	Fit and Fun	10.45am – 11.45am
	Crafty Tuesday	1.00pm – 2.30pm
	Brainwaves and Board games	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 (12.08.26)	1.30pm – 2.30pm
	Book Club (12.08.26)	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
	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
	Book Lovers Day (07.08.26)	10.45am – 11.45am
	Open Choice Activity Morning	10.45am – 11.45am
	Cooking with Philippa (14.08.26)	10.45am – 11.45am
	The Hub Workshop	1.00pm – 2.30pm
	Open Choice Activity afternoon	1.30pm – 2.30pm
	Bingo (07.08.26)	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 AUGUST 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 – 01.07.26 , then on Summer Break	11.15am – 12.15pm
	Free - Singing For All @ The Methodist Church, Lyminge – Now on Summer Break – Returns on 16.09.26	11.15am – 12.15pm

THURSDAY	Free - Chatty Table @ The Pheasant, Ashford every 2 nd Thursday of the month – next session 13.08.26	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 for 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	Memory Café	Brickfields, Cherry Garden Lane, Folkestone, CT19 4AP	Monday 24 th August, 10:00am – 12:00pm
TUESDAY	Calehill Memory Café	1st Charing Scout Headquarters, Pett Lane, Charing, TN27 0DL	Tuesday 11 th August, 11:00am – 1:00pm
	Social Evening^ (with a meal)	The Royal Norfolk Hotel, 7 Sandgate High Street, Sandgate, CT20 3BD	Tuesday 11 th August, 5:30pm – 7:30pm
	Memory Café	Stade Court Hotel, Stade Street, West Parade, Hythe, CT21 6DT	Tuesday 18 th August, 1:30pm – 3:30pm
	Social Evening^ (with a meal)	The New Chimneys, Loudon Way, Ashford, TN23 3JJ	Tuesday 25 th August, 5:30pm – 7:30pm
WEDNESDAY	Wonkies^	Skuba Bar Old Bistro, 2 Langhorne Gardens, Folkestone, CT20 2EA	Wednesday 5 th August, 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, 10:30am – 12:00pm
THURSDAY	Carer's Support Circle	Age UK Ashford, Farrow Court, Stanhope Road, Ashford, TN23 5RF	Thursday 6 th August, 10:30am – 12:00pm
	Memory Café	Etchinghill Golf Club, Canterbury Road, Etchinghill, Folkestone, CT18 8FA	Thursday 13 th August, 1:30pm – 3:30pm
	Hythe Walking Group	Age UK Hythe, Sanford House, Stade Street, Hythe, CT21 6BD	Thursday 20 th August, 10:00am – 11:00am
	Young at Heart group	Ashford Library, Gateway Plus, Church Road, Ashford, TN23 1AS	Thursday 27 th August, 10:30am – 12:30pm
FRIDAY	Drop-In Clinic	Ivy Court Surgery, Recreation Ground Road, Tenterden, TN30 6RB	Friday 7 th August, 12:00pm – 2:00pm
	Ashford Walking Group	Harper's Café, Victoria Park, Jemmett Road, Ashford, TN23 4AD	Friday 14 th August, 10:00am – 11:00am
	Memory Café	Age UK Ashford, Farrow Court, Stanhope Road, Ashford, TN23 5RF	Friday 21 st August, 1:30pm – 3:30pm

^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
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Monthly fundraising events

Bingo	The Pheasant, Trinity Road, Ashford, TN25 4BY	Every 1 st Tuesday of the month Next dates: 4 th Aug, 1 st Sep 6.30pm - 9.00pm
Bingo	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Every 1 st Thursday of the month Next dates: 6 th Aug, 3 rd Sep 6.00pm - 8.30pm

One-off fundraising events

Boot Fair	Hythe Green	Sunday, 2 nd August 2026 Boots from 7.00am Public from 8.00am – 1.00pm
BBQ	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Sunday 9 th August 2026 2.30pm - 4.30pm
French evening (Menus to be confirmed shortly)	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Friday, 11 th September 2026 6.30pm for a 7.00pm start
Coming up soon... Jumble Sale Quiz night Beer & Curry Night	Hythe Hub Hythe Hub Hythe Hub	26 th September, 10am - 2.00pm TBC TBC

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

100 Club – July Winners

1st (£25) Rozanne Day
2nd (£15) Maureen Booth
3rd (£10) David Cowley

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

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