



HEARING & EAR SUPPORT

FREE SERVICE



Hi Kent

Hearing Aid
Batteries & Tubing

 Age UK Ashford | Tuesday 21 July 2026
10.00am – 11.00am

 Age UK Hythe | Tuesday 14 July 2026
10.00am – 12.00pm


 Age UK Hythe | Tuesday 28 July 2026
10.00am – 12.00pm



CLEAR EARS CLINIC

EVERY FRIDAY
9.00am – 12.30pm

 Age UK Hythe
Sanford House, Stade Street
Hythe CT21 6BD

 **01303 269561**

Book online:
www.thehearinghealthclinic.com



NEED HELP GETTING ONLINE?

FREE SERVICE

FREE One-to-One Support
Friendly help with your devices



Online Shopping



Photos



Emails



Appointments



Smartphones & Tablets

HYPHE

Every Friday
9.30am – 12.30pm

Age UK Hythe,
Sanford House
Stade Street
Hythe CT21 6BD

ASHFORD

Wednesday
8th & 22nd July
10.00am – 12.00pm

Age UK Ashford,
Farrow Court,
Stanhope Road
Ashford TN23 5RF



CHIROPODY

Professional Foot Care

Initial Consultation

£35

Follow-up
Appointments

£25
thereafter

 **01303 269602**

Appointments available
Monday – Friday

Age UK Hythe
Sanford House, Stade Street
Hythe CT21 6BD



SCAM AWARENESS EVENT

Advice. Support. Stay Safe.



Friday 19 June 2026
10.30am – 3.00pm

- Advice and support for online, telephone and in-person scams.
- Practical tips and support to help you recognise and avoid scams.




SPECIAL TALK AT 1PM

NatWest will be here to deliver a talk on scams and how to stay safe.

No need to book, just turn up!



Contact us 

For information or to book any of our activities

01303 269602

Sanford House, Stade Street, Hythe CT21 6BD

Email: admin@ageukhla.org.uk | Website: www.ageuk.org.uk/hythelymingeashford

FOLLOW US



Freshly prepared with care, enjoyed at home

Delicious well-being meals delivered to your door with a smile ready to eat!

WEEK COMMENCING 13TH JULY

| | MAIN MEAL | DESSERT | LOW SUGAR OPTION |
|---------------|--|---------------------------------------|--------------------------|
| MON 13 | Chicken & mushroom pie, mash and seasonal vegetables | Pear crumble and custard | Poached pears |
| TUE 14 | Sausages, bacon, hash browns, mushrooms, tomatoes and beans | Angel delight and chocolate sprinkles | Fruit salad |
| WED 15 | Roast lamb, roast potatoes, cauliflower cheese and seasonal vegetables | Tiramisu | Melon pot |
| THU 16 | Liver & bacon, mash and seasonal vegetables | Toffee cheesecake | Fruit and cream |
| FRI 17 | Thai green vegetable curry, new potatoes and green vegetables | Lemon posset and shortbread | Cheese and biscuits |
| SAT 18 | Chicken lasagne, potato wedges and roasted vegetables | Jam sponge and custard | Plain sponge and custard |
| SUN 19 | Roast beef, roast potatoes, Yorkshire pudding and seasonal vegetables | Swiss roll and whipped cream | Fruit salad |



MORE THAN JUST A MEAL
Every delivery includes a friendly wellbeing check from our caring team, helping customers stay safe, independent and connected.



Freshly prepared every day



Made with care by our team



Delivered to your door



Nutritious meals for your wellbeing



Hot and ready to eat

WEEK COMMENCING 20TH JULY

| | MAIN MEAL | DESSERT | LOW SUGAR OPTION |
|---------------|--|-------------------------------------|-------------------------|
| MON 20 | Gammon & pineapple, dauphinoise potatoes and seasonal vegetables | Fruit trifle | Fruit jelly |
| TUE 21 | Sausages, mash, onion gravy and peas | Berry crumble and custard | Berries and cream |
| WED 22 | Chicken & ham salad, potato salad and coleslaw | Treacle tart | Cheese and biscuits |
| THU 23 | Cheese & onion pie, roast potatoes and seasonal vegetables | Chocolate brownie and whipped cream | Mixed fruit and cream |
| FRI 24 | Cottage pie, mash and seasonal vegetables | Poached pears and ginger cream | As above |
| SAT 25 | Beef in red wine gravy, new potatoes and seasonal vegetables | Eton mess | Mixed berries and cream |
| SUN 26 | Roast chicken, roast potatoes, stuffing and seasonal vegetables | Crème caramel | Cheese and biscuits |



ORDER TODAY!

01303 269602

Our friendly team is here to help



If you have any allergies or dietary needs, please let our team know when you order.

Menus may be subject to change.



COMMUNITY MEALS

Freshly prepared with care, enjoyed at home

Delicious well-being meals delivered to your door with a smile ready to eat!

WEEK COMMENCING 27TH JULY

| | MAIN MEAL | DESSERT | LOW SUGAR OPTION |
|---------------|--|------------------------------------|------------------------|
| MON 27 | Lamb & mint casserole, mash and seasonal vegetables | Lemon cheesecake | Fruit and cream |
| TUE 28 | Sweet & sour pork, sauté potatoes and mixed vegetables | Cheese & biscuits, grapes & pickle | As above |
| WED 29 | Beef goulash, mash and seasonal vegetables | Strawberry Pavlova | Strawberries and cream |
| THU 30 | Roast pork, apple sauce, roast potatoes and seasonal vegetables | Apricot crumble and custard | As above |
| FRI 31 | Macaroni cheese, garlic bread and green vegetables | Profiteroles with chocolate sauce | Melon pot |
| SAT 1 | Chicken in BBQ sauce, potato wedges and Mediterranean roast vegetables | Pineapple sponge and custard | Fruit salad |
| SUN 2 | Roast beef, roast potatoes, Yorkshire pudding and seasonal vegetables | Banoffee pie | Bananas and cream |



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Delivered to your door



Nutritious meals for your wellbeing



Hot and ready to eat

WEEK COMMENCING 3RD AUGUST

| | MAIN MEAL | DESSERT | LOW SUGAR OPTION |
|--------------|---|---------------------------------|-------------------------|
| MON 3 | Turkey & ham pie, roast potatoes and seasonal vegetables | Strawberry cheesecake | Strawberries and cream |
| TUE 4 | Cheddar & cherry tomato quiche, potato salad and mixed salad | Chocolate gateau | Oats, fruit and yoghurt |
| WED 5 | Chicken lasagne, potato wedges and Mediterranean roast vegetables | Rice pudding and jam | Rice pudding |
| THU 6 | Beef in red wine gravy, roash and seasonal vegetables | Jam & custard tart | Fruit salad |
| FRI 7 | Tuna & sweetcorn pasta bake, garlic bread and green vegetables | Ginger cake and custard | Melon pot |
| SAT 8 | Chicken in lemon & garlic, sauté potatoes and seasonal vegetables | Fruit jelly and evaporated milk | Fruit jelly |
| SUN 9 | Roast lamb, roast potatoes, cauliflower cheese and vegetables | Apple crumble and custard | Spiced apples |



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01303 269602

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

| | | |
|---------------|--|-------------------|
| MONDAY | Maintenance Cognitive Stimulation Therapy (MCST) | 10.30am – 12.00pm |
|---------------|--|-------------------|

| | | |
|----------------|--|-------------------|
| 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 |

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| 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 |

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|-----------------|-------------------|-----------------|
| THURSDAY | Dementia Daybreak | 9.30am – 3.00pm |
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|---------------|-------------------|-----------------|
| FRIDAY | Dementia Daybreak | 9.30am – 3.00pm |
|---------------|-------------------|-----------------|

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 JULY 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 |

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|----------------|--|-------------------|
| 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 |

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|------------------|--|-------------------|
| 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 (08.07.26) | 1.30pm – 2.30pm |
| | Music Memories Matter (Singing)(15.07.26) | 1.30pm – 2.30pm |
| | Book Club (08.07.26) | 5.00pm – 7.00pm |

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| 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 |
| | National Day of Friendship (30.07.26) | 10.45am – 11.45am |
| | Get Active – Skittles/Curling/Boules | 1.30pm – 2.30pm |

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|---------------|--|-------------------|
| 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 |
| | Picnic Day (10.07.26) | 10.45am – 11.45am |
| | Cooking with Philippa (10.07.26) | 10.45am – 11.45am |
| | Shed Project | 1.00pm – 2.30pm |
| | Open Choice Activity afternoon | 1.30pm – 2.30pm |
| | Bingo (03.07.26) | 1.30pm – 2.30pm |

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| | 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.

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WHAT'S ON IN JULY 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 – Summer Break Returns on 16.09.26 | 11.15am – 12.15pm |

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|-----------------|---|------------------|
| THURSDAY | Free - Chatty Table @ The Pheasant, Ashford every 2 nd Thursday of the month – next session 09.07.26 | 12.00pm – 2.00pm |
|-----------------|---|------------------|

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.

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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



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|------------------|---|---|---|
| MONDAY | Memory Café | Brickfields, Cherry Garden Lane, Folkestone, CT19 4AP | Monday 27 th July, 10:00am – 12:00pm |
| TUESDAY | Calehill Memory Café | 1st Charing Scout Headquarters, Pett Lane, Charing, TN27 0DL | Tuesday 14 th July, 11:00am – 1:00pm |
| | Social Evening [^] (with a meal) | The Royal Norfolk Hotel, 7 Sandgate High Street, Sandgate, CT20 3BD | Tuesday 14 th July, 5:30pm – 7:30pm |
| | Memory Café | Stade Court Hotel, Stade Street, West Parade, Hythe, CT21 6DT | Tuesday 21 st July, 1:30pm – 3:30pm |
| | Social Evening [^] (with a meal) | The New Chimneys, Loudon Way, Ashford, TN23 3JJ | Tuesday 28 th July, 5:30pm – 7:30pm |
| WEDNESDAY | Wonkies [^] | Skuba Bar Old Bistro, 2 Langhorne Gardens, Folkestone, CT20 2EA | Wednesday 1 st July, 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 2 nd July, 10:30am – 12:00pm |
| | Memory Café | Etchinghill Golf Club, Canterbury Road, Etchinghill, Folkestone, CT18 8FA | Thursday 9 th July, 1:30pm – 3:30pm |
| | Hythe Walking Group | Age UK Hythe, Sanford House, Stade Street, Hythe, CT21 6BD | Thursday 16 th July, 10:00am – 11:00am |
| | *Young at Heart group* | Ashford Library, Gateway Plus, Church Road, Ashford, TN23 1AS | Thursday 23 rd July, 10:30am – 12:30pm |
| FRIDAY | Drop-In Clinic | Charing Surgery, Hither Field, Charing, Ashford, TN27 0AW | Friday 3 rd July, 12:00pm – 2:00pm |
| | Ashford Walking Group | Harper's Café, Victoria Park, Jemmett Road, Ashford, TN23 4AD | Friday 10 th July, 10:00am – 11:00am |
| | Memory Café | Age UK Ashford, Farrow Court, Stanhope Road, Ashford, TN23 5RF | Friday 17 th July, 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

SUMMER FUNDRAISING

Together we make a difference!

Support local older people in Hythe, Lyminge & Ashford

EVENTS 2026

Everyone Welcome!

HYTHE GREEN BOOT FAIR



SUNDAY 2 AUGUST 2026

BOOTS £10 VANS £15

Boots from 7.00am
Public from 8.00am – 1.00pm

A great day out for all the family!

No need to book – just turn up!

SUMMER BBQ



Live music from ABBA at the Bandstand!

SUNDAY 9 AUGUST 2026

2.30pm – 4.30pm

Delicious food Refreshments Great company

Relax, enjoy and support a great cause!

100 Club – June Winners

Drawn 01.06.2026

| | | |
|---|-----------------|-----|
| 1 | Diana Penhallow | £25 |
| 2 | Runa McIheron | £15 |
| 3 | Ann Mayne | £10 |

Only £12 per year!

12 monthly draws – great odds!

BINGO NIGHTS

- THURSDAY 2 JULY 2026**

Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD

6.00pm – 8.30pm
- TUESDAY 7 JULY 2026**

The Pheasant Pub, Trinity Road, Ashford, TN25 4BY

6.30pm – 9.00pm
- TUESDAY 4 AUGUST 2026**

The Pheasant Pub, Trinity Road, Ashford, TN25 4BY

6.30pm – 9.00pm
- THURSDAY 6 AUGUST 2026**

Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD

6.00pm – 8.30pm

Cash prizes ★ Refreshments ★ Friendly atmosphere

Every pound raised helps support local older people to stay independent, connected and confident in our community.



Thank you for helping us make a difference