



2026

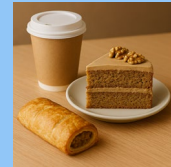


During Volunteer Week, we recognise the amazing volunteers who give their time to support you.

Their care and friendship mean so much, so when you see a volunteer, please join us in showing our appreciation, they truly make a difference, and we would not be able to do what we do without them.

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

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



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
10th and 24th June
10.00am – 12.00pm**

Hi KENT

For Hearing Aid Batteries & Tubing

Age UK Ashford:
Tuesday 16th June 2026
10.00am – 11.00am

Age UK Hythe:
Tuesday 9th June 2026
Tuesday 23rd June 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**

WEEKLY MENUS

Week commencing 15 th June	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Beef goulash, mash and seasonal vegetables	Chicken & leek pie, new potatoes and seasonal vegetables	Roast lamb, roast potatoes and seasonal vegetables	Pork, apple & cider casserole with roasted root vegetables	Cod in parsley sauce, potato wedges and peas	Sausages, onion gravy, mash and seasonal vegetables	Roast gammon, roast potatoes, cauliflower cheese and vegetables
DESSERT	Banoffee pie	Rice pudding and jam	Swiss roll and whipped cream	Peach crumble and custard	Eton mess	Lemon sponge and custard	Jam & custard tart
LOW SUGAR OPTION	Banana and cream	Rice pudding	Cheese and biscuits	Peaches and cream	Berries and cream	Fruit and cream	Fruit salad

Week commencing 22 nd June	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Cheese, leek & potato pie with new potatoes and seasonal vegetables	Cottage pie, mash and seasonal vegetables	Sausage & bean casserole, roast potatoes and seasonal vegetables	Ham & egg salad, new potatoes and coleslaw	Chicken in cream tomato & basil sauce, sauté potatoes and seasonal vegetables	Lasagne, roasted vegetables and potato wedges	Roast pork with stuffing, roast potatoes and seasonal vegetables
DESSERT	Apple crumble and custard	Angel Delight and sprinkles	Chocolate sponge and choc. custard	Fruit jelly and evaporated milk	Treacle tart	Vanilla cheesecake	Pear crumble and custard
LOW SUGAR OPTION	As above	Fruit salad	Oats, fruit and yoghurt	As above	Melon pot	Cheese and biscuits	As above

WEEKLY MENUS

Week commencing 29 th June	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Lamb hotpot, mash and seasonal vegetables	Meatballs in tomato sauce, potato wedges and Mediterranean roast vegetables	Roast chicken, stuffing, roast potatoes and seasonal vegetables	Beef & Ale pie, mash and seasonal vegetables	Macaroni cheese, garlic bread and green vegetables	Pork stroganoff, new potatoes and seasonal vegetables	Roast beef, roast potatoes, Yorkshire pudding and seasonal vegetables
DESSERT	Tiramisu	Ginger cake and custard	Crème caramel	Jam sponge and custard	Cheese, biscuits, pickle and grapes	Chocolate gateau	Banoffee pie
LOW SUGAR OPTION	Strawberries and cream	Fruit salad	Melon pot	Fruit and cream	Cheese and biscuits	Fruit salad	Banana and cream

Week commencing 6 th July	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Chicken casserole, new potatoes and seasonal vegetables	Beef bourguignon, roast potatoes and seasonal vegetables	Cheddar & onion quiche with potato salad and coleslaw	Shepherd's pie, mash and seasonal vegetables	Lemon baked cod, potato wedges and mushy peas	Beef stew and dumplings, mash and seasonal vegetables	Roast pork with apple sauce, roast potatoes and seasonal vegetables
DESSERT	Apple crumble and custard	Strawberry cheesecake	Lemon meringue	Rice pudding with jam	Carrot cake and custard	Egg custard tart	Eton mess
LOW SUGAR OPTION	As above	Strawberries and cream	Fresh fruit	Rice pudding	Fruit salad	Fruit and cream	Berries and cream

WHAT'S ON IN JUNE 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 JUNE 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
	Celebrating National Salad week (02.06.26)	10.45am – 11.45am
	Celebrating World Music Day (23.06.26)	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 (10.06.26)	1.30pm – 2.30pm
	Book Club (10.06.26)	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
	The Ukuleles Orchestra and Children's Choir (18.06.26)	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 (12.06.26)	10.45am – 11.45am
	Understanding Wills, Trusts and Powers of Attorney: an interactive Q & A session (05.06.26)	10.45am – 11.45am
	Shed Project	1.00pm – 2.30pm
	Open Choice Activity afternoon	1.30pm – 2.30pm
	Bingo (05.06.26)	1.30pm – 2.30pm

SUNDAY	Seated Yoga	10:45am – 11.45am
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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 JUNE 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 – 03.06.26 and 01.07.26	11.15am – 12.15pm
	Free - Singing For All @ The Methodist Church, Lyminge – 10 th , 17 th , and 24.06.26 We then break for the summer returning 16.09.26	11.15am – 12.15pm

THURSDAY	Free - Chatty Table @ The Pheasant, Ashford every 2 nd Thursday of the month – next session 11.06.26	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	Memory Café	Brickfields, Cherry Garden Lane, Folkestone, CT19 4AP	Monday 22 nd June, 10.00am – 12.00pm
TUESDAY	Social Evening [^] (with a meal)	The Royal Norfolk Hotel, 7 Sandgate High Street, Sandgate, CT20 3BD	Tuesday 9 th June, 5.30pm – 7.30pm
	Memory Café	Stade Court Hotel, Stade Street, West Parade, Hythe, CT21 6DT	Tuesday 16 th June, 1.30pm – 3.30pm
	Social Evening [^] (with a meal)	The New Chimneys, Loudon Way, Ashford, TN23 3JJ	Tuesday 23 rd June, 5.30pm – 7.30pm
WEDNESDAY	Wonkies [^]	Skuba Bar Old Bistro, 2 Langhorne Gardens, Folkestone, CT20 2EA	Wednesday 3 rd June, 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 4 th June, 10.30am – 12.00pm
	Memory Café	Etchingill Golf Club, Canterbury Road, Etchingill, Folkestone, CT18 8FA	Thursday 11 th June, 1.30pm – 3.30pm
	Hythe Walking Group	Age UK Hythe, Sanford House, Stade Street, Hythe, CT21 6BD	Thursday 18 th June, 10.00am – 11.00am
	Young at Heart group	Ashford Library, Gateway Plus, Church Road, Ashford, TN23 1AS *Note location & date change*	Thursday 25 th June, 10.30am – 12.30pm
FRIDAY	Drop-In Clinic	Hamstreet Surgery, Ruckinge Road, Hamstreet, Ashford TN26 2NJ	Friday 5 th June, 12.00pm – 2.00pm
	Ashford Walking Group	Harper's Café, Victoria Park, Jemmett Road, Ashford, TN23 4AD	Friday 12 th June, 10.00am – 11.00am
	Memory Café	Age UK Ashford, Farrow Court, Stanhope Road, Ashford, TN23 5RF	Friday 19 th June, 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
Bingo	The Pheasant, Trinity Road, Ashford, TN25 4BY	Tuesday, 2 nd June 2026 6.30pm - 9.00pm
Bingo	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Thursday, 4 th June 2026 6.00pm - 8.30pm
Bingo	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Thursday, 2 nd July 2026 6.00pm - 8.30pm
Bingo	The Pheasant, Trinity Road, Ashford, TN25 4BY	Tuesday, 7 th July 2026 6.30pm - 9.00pm
Boot Fair	Hythe Green	Sunday, 2 nd August 2026 Boots from 7.00am Public from 8.00am – 1.00pm
Bingo	The Pheasant, Trinity Road, Ashford, TN25 4BY	Tuesday, 4 th August 2026 6.30pm - 9.00pm
Bingo	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Thursday, 6 th August 2026 6.00pm - 8.30pm
Summer BBQ	Oaklands Café Terrace	Sunday, 9 th August 2026 2.30pm – 4.30pm

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

100 Club – May Winners – 1st Sue Silver (£25), 2nd Anna Rust (£15), 3rd Carol Eldred (£10)

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

