

### Notice: Bank Holiday Closures



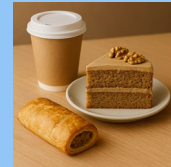
Please note that our **offices, centres, and cafés** will be closed on **Monday 4th May** and **Monday 25th May** due to the Bank Holidays.

However, **Meals on Wheels deliveries will continue as usual** on both dates.

Thank you for your understanding.

The café will be open every **Sunday, 10<sup>th</sup> May – 13<sup>th</sup> September**  
**3pm – 5pm**  
while the band stand events take place.

Join us for a BBQ on **9<sup>th</sup> 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**  
**13<sup>th</sup> and 27<sup>th</sup> May**  
**10.00am – 12.00pm**

### Hi KENT

For Hearing Aid Batteries & Tubing

**Age UK Ashford:**  
Tuesday 19<sup>th</sup> May 2026  
10.00am – 11.00am

**Age UK Hythe:**  
Tuesday 12<sup>th</sup> May 2026  
Tuesday 26<sup>th</sup> May 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](http://www.thehearinghealthclinic.com)



**For information or to book any of our activities**  
**please call us on 01303 269602**

## WEEKLY MENUS

Week commencing 18 <sup>th</sup> May	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN</b>	Pork stroganoff, mash and seasonal vegetables	Chicken casserole, new potatoes and roasted root vegetables	Sausages, bacon, mushrooms, hash brown, tomatoes and baked beans	Chicken & bacon carbonara, garlic bread and green vegetables	Fish pie with spring vegetables	Lamb & mint pie, new potatoes and seasonal vegetables	Roast beef, Yorkshire pudding, roast potatoes and seasonal vegetables
<b>DESSERT</b>	Fruit jelly and evaporated milk	Swiss roll and cream	Rice pudding and jam	Summer pudding	Apricot crumble and custard	Tiramisu	Lemon sponge and custard
<b>LOW SUGAR OPTION</b>	As above	Fruit and cream	Rice pudding	Cheese and biscuits	As above	Fruit salad	Sponge and custard

Week commencing 25 <sup>th</sup> May	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN</b>	Chicken in BBQ sauce, potato wedges and seasonal vegetables	Sweet & sour pork, sauté potatoes and stir fry vegetables	Mediterranean roast vegetable pasta bake, new potatoes and mixed vegetables	Beef goulash, mash and seasonal vegetables	Chicken and ham salad, new potatoes and coleslaw	Lasagne, potato wedges and Mediterranean roast vegetables	Roast lamb, roast potatoes, cauliflower cheese and seasonal vegetables
<b>DESSERT</b>	Eton mess	Pear crumble and custard	Angel Delight	Sultana sponge and custard	Banoffee pie	Rice pudding and jam	Crème caramel
<b>LOW SUGAR OPTION</b>	Berries and cream	As above	Melon pot	As above	Banana and cream	Rice pudding	Fruit and cream

## WEEKLY MENUS

Week commencing 1 <sup>st</sup> June	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN</b>	Beef in red wine gravy, roast potatoes and seasonal vegetables	Macaroni cheese, garlic bread and green vegetables	Shepherd's pie with seasonal vegetables	Roast beef, Yorkshire pudding, roast potatoes and seasonal vegetables	Chicken casserole, new potatoes and roasted vegetables	Sausages, onion gravy, mash and seasonal vegetables	Roast chicken with stuffing, roast potatoes and seasonal vegetables
<b>DESSERT</b>	Apple crumble and custard	Lemon posset with shortbread	Ginger cake	Jam and custard tart	Sticky toffee pudding	Swiss roll and whipped cream	Treacle sponge and custard
<b>LOW SUGAR OPTION</b>	As above	Fruit and cream	As above	Fruit and cream	Melon pot	Berries and cream	Mixed fruit salad

Week commencing 8 <sup>th</sup> June	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN</b>	Minted lamb casserole, new potatoes and seasonal vegetables	Corned beef hash with seasonal vegetables	Pork stroganoff, sauté potatoes and seasonal vegetables	Chicken Caesar salad with croutons and new potatoes	Beef bourguignon, mash and seasonal vegetables	Cheddar & onion quiche, new potatoes and mixed vegetables	Roast pork with apple sauce, roast potatoes and seasonal vegetables
<b>DESSERT</b>	Strawberry cheesecake	Berry crumble and custard	Treacle tart	Profiteroles and chocolate sauce	Jam & coconut sponge and custard	Chocolate & caramel brownie	Cheese, biscuits, pickles and grapes
<b>LOW SUGAR OPTION</b>	Strawberries and cream	As above	Fruit and cream	Cheese and biscuits	Sponge and custard	Fruit salad	As above

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

<b>MONDAY</b>	Maintenance Cognitive Stimulation Therapy (MCST)	10.30am – 12.00pm
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<b>TUESDAY</b>	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

<b>WEDNESDAY</b>	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

<b>THURSDAY</b>	Dementia Daybreak	9.30am – 3.00pm
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<b>FRIDAY</b>	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 MAY 2026 AT THE HYTHE COMMUNITY SUPPORT HUB

<b>MONDAY</b>	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

<b>TUESDAY</b>	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

<b>WEDNESDAY</b>	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

<b>THURSDAY</b>	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

<b>FRIDAY</b>	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
	Shed Project	1.00pm – 2.30pm
	Open Choice Activity afternoon	1.30pm – 2.30pm
	Bingo (05.06.26)	1.30pm – 2.30pm
	Understanding Wills, trusts and Powers of Attorney: an interactive Q & A session	10.45am – 11.45am

	<b>WEEKEND WELLNESS</b>	
<b>SUNDAY</b>	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 MAY 2026 IN THE COMMUNITY

<b>MONDAY</b>	<b>Seated Yoga @</b> Hythe Cricket and Squash Club	12.15pm – 1.15pm
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<b>WEDNESDAY</b>	<b>Low Impact Aerobics @</b> Guide Hall, Hythe	10.00am – 10.45am
	<b>Free - Singing For All @</b> The Tayne Centre, Lyminge – <b>No session 06.05.26</b>	11.15am – 12.15pm
	<b>Free - Singing For All @</b> The Methodist Church, Lyminge – 13 <sup>th</sup> and 20.05.26 <b>No session 27.05.26</b>	11.15am – 12.15pm

<b>THURSDAY</b>	<b>Free - Chatty Table @</b> The Pheasant, Ashford every 2 <sup>nd</sup> Thursday of the month – next session 14.05.26	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](mailto:dementialead@ageukhla.org.uk)



<b>MONDAY</b>	Memory Café	Brickfields, Cherry Garden Lane, Folkestone, CT19 4AP	<b>No May Group due to Bank Holiday - back in June</b>
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<b>TUESDAY</b>	Social Evening <sup>^</sup> (with a meal)	The Royal Norfolk Hotel, 7 Sandgate High Street, Sandgate, CT20 3BD	Tuesday 12 <sup>th</sup> May, 5.30pm – 7.30pm
	Memory Café	Stade Court Hotel, Stade Street, West Parade, Hythe, CT21 6DT	Tuesday 19 <sup>th</sup> May, 1.30pm – 3.30pm
	Social Evening <sup>^</sup> (with a meal)	The New Chimneys, Loudon Way, Ashford, TN23 3JJ	Tuesday 26 <sup>th</sup> May, 5.30pm – 7.30pm

<b>WEDNESDAY</b>	Wonkies <sup>^</sup>	Skuba Bar Old Bistro, 2 Langhorne Gardens, Folkestone, CT20 2EA	Wednesday 6 <sup>th</sup> May, 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 – 12.30pm

<b>THURSDAY</b>	Carer's Support Circle	Age UK Ashford, Farrow Court, Stanhope Road, Ashford, TN23 5RF	Thursday 7 <sup>th</sup> May, 10.30am – 12.00pm
	Memory Café	Etchinghill Golf Club, Canterbury Road, Etchinghill, Folkestone, CT18 8FA	Thursday 14 <sup>th</sup> May, 1.30pm – 3.30pm
	Hythe Walking Group	Age UK Hythe, Sanford House, Stade Street, Hythe, CT21 6BD	Thursday 21 <sup>st</sup> May, 10.00am – 11.00am
	*Young at Heart group*	Ashford Library, Gateway Plus, Church Road, Ashford, TN23 1AS <b>*Note location &amp; date change*</b>	Thursday 28 <sup>th</sup> May, 10.30am – 12.30pm

<b>FRIDAY</b>	Drop-In Clinic	Ivy Court Surgery, Recreation Ground Road, Tenterden, TN30 6RB	Friday 1 <sup>st</sup> May, 12.00pm – 2.00pm
	Ashford Walking Group	Harper's Café, Victoria Park, Jemmett Road, Ashford, TN23 4AD	Friday 8 <sup>th</sup> May, 10.00am – 11.00am
	Memory Café	Age UK Ashford, Farrow Court, Stanhope Road, Ashford, TN23 5RF	Friday 15 <sup>th</sup> May, 1.30pm – 3.30pm

**<sup>^</sup>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](mailto: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
<b>Bingo</b>	The Pheasant, Trinity Road, Ashford, TN25 4BY	Tuesday, 5 <sup>th</sup> May 2026 6.30pm - 9.00pm
<b>Bingo</b>	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Thursday, 7 <sup>th</sup> May 2026 6.00pm - 8.30pm
<b>Asian evening</b>	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD <b>Sold out</b>	Friday, 8 <sup>th</sup> May 2026 6.30pm for a 7.00pm start
<b>Bingo</b>	The Pheasant, Trinity Road, Ashford, TN25 4BY	Tuesday, 2 <sup>nd</sup> June 2026 6.30pm - 9.00pm
<b>Bingo</b>	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Thursday, 4 <sup>th</sup> June 2026 6.00pm - 8.30pm

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

### 100 Club – April Winners

£25 – 1<sup>st</sup> Audrey Preston, £15 – 2<sup>nd</sup> Yvonne Neville, £10 – 3<sup>rd</sup> Rosanne Day

### 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

Age UK Hythe, Lyminge and Ashford, Sanford House, Stade Street, Hythe, Kent, CT21 6BD

Tel: 01303 269602 Email: [co@ageukhla.org.uk](mailto:co@ageukhla.org.uk)

Charity No. 1125274 Company No. 6589817

