Hythe, Lyminge & Ashford Age UK

NOVEMBER 2026

Café & Charity Shop:
Closed on Sundays
Open Monday to Saturday -
we look forward to seeing you!

Coming to Age UK Hythe



Scam Awareness Event
Friday 6th November
10:30am – 3:00pm

KAB Sight Bus
Wednesday 11th November
10:00am – 3:00pm

KAB Kent Association for the Blind

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
(Fortnightly)
Wednesday 14th and 25th November
10.00am – 12.00pm

Hi KENT

For Hearing Aid Batteries & Tubing

Age UK Ashford:
Tuesday 17th November 2026
10.00am – 11.00am

Age UK Hythe:
Tuesday 10th November 2026
Tuesday 24th November 2026
10.00am – 12.00pm

Clear Ears

The Hearing Health Clinic

Age UK Hythe
9.00am – 12.30pm
Every Friday
To book an appointment
call Beth: 01303 316551
Or book online
www.thehearinghealthclinic.com

Christmas party dates!



Client party: **15 December**, **11am–2.30pm**

For those living with dementia and their carers: **17 December, 11am–2.30pm**

Join us for festive food, fun and cheer!
To book, call **01303 269602**
Or speak to Helen, Emma, Jo or Lauren

Christmas Raffle Prize Appeal

We're looking for raffle prize donations for Christmas - Any bottles, chocolates, gifts or vouchers would be very welcome. Please donate by the **27th November**. Thank you!

See you at the **Christmas Fair** on the **28th November** at the Hythe hub, **10am**!

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

Registered charity number 1125274. Company number 6589817. © Age UK Hythe, Lyminge and Ashford 2026.

WEEKLY MENUS

Week commencing 16th NOVEMBER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Chicken & leek pie, mash and seasonal vegetables	Corned beef hash with roasted root vegetables	Roast lamb, roast potatoes and seasonal vegetables	Pork, apple & cider casserole, mash and seasonal vegetables	Mixed grill, peppercorn sauce, potato wedges and peas	Chicken chasseur, new potatoes and seasonal vegetables	Roast beef, roast potatoes, Yorkshire pudding and seasonal vegetables
DESSERT	Pancakes, berries and whipped cream	Rice pudding and jam	Pear crumble and custard	Chocolate brownie and whipped cream	Angel Delight and sprinkles	Sticky toffee pudding and toffee sauce	Cheese & biscuits, grapes & pickle
LOW SUGAR OPTION	As above	Rice pudding	As above	Fruit salad	Poached pear	Fruit and cream	As above

Week commencing 23rd NOVEMBER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Minted lamb stew, mash and seasonal vegetables	Beef goulash, roast potatoes and seasonal vegetables	Macaroni cheese, garlic bread and green vegetables	Bacon, sausages, sauté potatoes, beans, mushroom and tomatoes	Fish pie with green vegetables	Chicken in tomato & basil sauce, potato wedges and roast vegetables	Roast pork, apple sauce, roast potatoes and seasonal vegetables
DESSERT	Swiss roll and cream	Ginger cake and custard	Strawberry cheesecake	Apple crumble and custard	Crème caramel	Fruit jelly and evaporated milk	Spotted dick and custard
LOW SUGAR OPTION	Fruit salad	Pancakes, berries and cream	Strawberries and cream	Spiced apples	Fruit and cream	As above	Melon pot

WEEKLY MENUS

Week commencing 30th NOVEMBER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Beef & mushroom pie, mash and seasonal vegetables	Lamb hotpot, new potatoes and seasonal vegetables	Roast chicken, stuffing, roast potatoes and seasonal vegetables	Tuna & sweetcorn pasta bake, garlic bread and roasted vegetables	Sweet & sour pork, sauté potatoes and stir fry vegetables	Sausages, onion gravy, mash and seasonal vegetables	Roast beef, Yorkshire pudding, roast potatoes and seasonal vegetables
DESSERT	Chocolate gateau	Lemon posset and shortbread	Apricot crumble and custard	Treacle tart and whipped cream	Jam & coconut sponge and custard	Profiteroles and chocolate sauce	Banoffee pie
LOW SUGAR OPTION	Fruit and cream	Cheese and biscuits	Fruit salad	Pancakes, berries and cream	Coconut sponge	Fruit and cream	Bananas and cream

Week commencing 7th DECEMBER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Chicken casserole, new potatoes and seasonal vegetables	Shepherd's pie with roasted root vegetables	Beef in red wine gravy, roast potatoes and seasonal vegetables	BBQ chicken, potato wedges, peas and sweetcorn	Lasagne, garlic bread and roasted vegetables	Pork stroganoff, mash and seasonal vegetables	Roast lamb, cauliflower cheese, roast potatoes and seasonal vegetables
DESSERT	Tiramisu	Spiced apples and custard	Treacle sponge and custard	Fruit trifle	Vanilla cheesecake with berries	Chocolate sponge & choc. custard	Berry crumble and custard
LOW SUGAR OPTION	Fruit salad	As above	Fruit and cream	Fruit jelly	Berries and cream	Melon pot	As above

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

MONDAY	Dementia Daybreak	9.30am – 3.00pm
	Maintenance Cognitive Stimulation Therapy (MCST)	10.30am – 12.00pm

TUESDAY	Breakfast Club	9.30am – 11.30am
	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

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).

Registered charity number 1125274. Company number 6589817. © Age UK Hythe, Lyminge and Ashford 2026

Hythe, Lyminge & Ashford Age UK

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

MONDAY	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
	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
	Relax & Unwind	10.45am – 11.45am
	Crafty Tuesday	1.00pm – 2.30pm
	Brainwaves and Board games	1.30pm – 2.30pm

WEDNESDAY	MCST (Maintenance Cognitive Stimulation Therapy)	9.30am – 11.00am 11.30am – 1.00pm 2.00pm – 3.30pm
	Golden Oldie Youth Club – where Golden years meet youthful cheers (includes lunch)	10.30am – 2.30pm
	Seated Exercise	10.45am – 11.45am
	Sharing Memories and Moments (11.11.26 Remembrance Day + 25.11.26)	1.30pm – 2.30pm
	Golden Voices Choir (18.11.26)	1.30pm – 2.30pm
	Book Club (11.11.26)	5.00pm – 7.00pm
	Musical Memories Matters (04.11.26)	1.30pm – 2.30pm

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
	Open Choice Activity Morning	10.45am – 11.45am
	Cooking with Philippa (27.11.26)	10.45am – 11.45am
	The Hub Workshop	1.00pm – 2.30pm
	Open Choice Activity afternoon	1.30pm – 2.30pm
	Bingo (06.11.26)	1.30pm – 2.30pm
	Shuffler Exercise Session (13.11.26 + 20.11.26)	11.00am – 11.45am

	WEEKEND WELLNESS	
SUNDAY	Seated Yoga	10:30am – 11.30am

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).

Registered charity number 1125274. Company number 6589817. © Age UK Hythe, Lyminge and Ashford 2026

WHAT'S ON IN NOVEMBER 2026

IN THE COMMUNITY

MONDAY	**Seated Yoga** @ Hythe Cricket and Squash Club	12.15pm – 1.15pm

WEDNESDAY	**Low Impact Aerobics** @ Guide Hall, Hythe	10.00am – 10.45am
	Free - Singing For All @ The Tayne Centre, Lyminge – **04.11.26**	11.15am – 12.15pm
	Free - Singing For All @ The Methodist Church, Lyminge **– 11th, 18th and 25.11.26**	11.15am – 12.15pm

THURSDAY	**Free - Chatty Table** @ The Pheasant, Ashford every 2nd Thursday of the month – next session **12.11.26**	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.

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).

Registered charity number 1125274. Company number 6589817. ©Age UK Hythe, Lyminge and Ashford 2026

Hythe, Lyminge & Ashford age UK

Dementia & Me

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	Cinema – Dementia Friendly	The Ashford Cinema, Elwick Place, Ashford, TN23 1AE	Monday 9th November, 11:00am – End Of Film
	Memory Café	Three Hills Sports Park, Cheriton Road, Folkestone, CT19 5JU	Monday 23rd November, 10:00am – 12:00pm
TUESDAY	Calehill Memory Café	1st Charing Scout Headquarters, Pett Lane, Charing, TN27 0DL	Tuesday 10th November, 11:00am – 1:00pm
	Social Evening^ (with a meal)	The Royal Norfolk Hotel, 7 Sandgate High Street, Sandgate, CT20 3BD	Tuesday 10th November, 5:30pm – 7:30pm
	Memory Café	Stade Court Hotel, Stade Street, West Parade, Hythe, CT21 6DT	Tuesday 17th November, 1:30pm – 3:30pm
WEDNESDAY	Wonkies^	Three Hills Sports Park, Cheriton Road, Folkestone, CT19 5JU	Wednesday 11th November, 10:30am – 12:00pm
	Dementia Chorus	Age UK Ashford, Farrow Court, Stanhope Road, Ashford, TN23 5RF	Weekly, 10:30am – 12:00pm
No Chorus 4th November	Dementia Chorus	Hythe Cricket and Squash Club, Ladies Walk, Hythe, CT21 6AX	Weekly 2:00pm – 3:30pm
THURSDAY	Carer's Support Circle	Age UK Ashford, Farrow Court, Stanhope Road, Ashford, TN23 5RF	Thursday 5th November, 10:30am – 12:00pm
	Memory Café	Etchinghill Golf Club, Canterbury Road, Etchinghill, Folkestone, CT18 8FA	Thursday 12th November, 1:30pm – 3:30pm
	Hythe Walking Group	Age UK Hythe, Sanford House, Stade Street, Hythe, CT21 6BD	Thursday 19th November, 10:00am – 11:00am
	^Young at Heart group^	Ashford Library, Gateway Plus, Church Road, Ashford, TN23 1AS	Thursday 26th November, 10:30am – 12:30pm
FRIDAY	Drop-In Clinic	Ivy Court Surgery, Recreation Ground Road, Tenterden, TN30 6RB	Friday 6th November, 12:00pm – 2:00pm
	Ashford Walking Group	Harper's Café, Victoria Park, Jemmett Road, Ashford, TN23 4AD	Friday 13th November, 10:00am – 11:00am
	Memory Café ***Wreath-making (£30) - booking essential***	Age UK Ashford, Farrow Court, Stanhope Road, Ashford, TN23 5RF	Friday 20th November, 1:30pm – 3:30pm
	Drop-In Clinic	Age UK Hythe, Sanford House, Stade Street, Hythe, CT21 6BD	Friday 27th November, 1:00pm – 2:30pm

^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

Registered charity number 1125274. Company number 6589817. © Age UK Hythe, Lyminge and Ashford

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
Monthly fundraising events		
Bingo	The Pheasant, Trinity Road, Ashford, TN25 4BY	Every 1st Tuesday of the month Next dates: 3rd Nov, 1st Dec 6.30pm - 9.00pm
Bingo	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Every 1st Thursday of the month Next dates: 5th Nov, 3rd Dec 6.00pm - 8.30pm
One-off fundraising events		
Christmas Fair	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Saturday 28th November 2026 10.00am - 2.00pm
Wreathmaking workshops	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Thursday, 10th December* – 7.00pm – 10.00pm, and Friday, 11th December 2026 1.30pm – 4.30pm

***Limited space remaining for this date**

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

100 Club – October Winners
1st (£25) Yvonne Neville
2nd (£15) Anne Shapter
3rd (£10) Barry Richardson

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