



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

INFORMATION & ADVICE – LYMINGE

**Need help with benefits, Blue Badges
or local services?**

Our friendly team is at **Lyminge Library**
every second Monday of the month,
10am–1pm.

No appointment needed – just drop in!
☎ 01303 269602

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 28th October
10.00am – 12.00pm

Hi KENT

For Hearing Aid Batteries & Tubing

Age UK Ashford:
Tuesday 20th October 2026
10.00am – 11.00am



Age UK Hythe:
Tuesday 13th October 2026
Tuesday 27th October 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

October is Free Wills Month

Through our partnership with Squiggle Consult, estate planning consultants who help families protect what they own and the people they love, **you can have a standard Will written at no cost**, all year round.

<https://www.squiggleconsult.co.uk/team/jodie-kjelstrup>

A free, unhurried conversation with Jodie Kjelstrup at Squiggle, by video, phone or in person who will explain your options in plain English and draft a standard single or mirror Will. There is nothing to pay. If your circumstances need more, they will say so and provide recommendations before anything goes ahead.

Book directly by calling Jodie on 01797 334241, or email
jodie.kjelstrup@squiggleconsult.co.uk and mention Age UK HLA.

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 28th November.
Thank you!

**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 5 th October	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Cheese & onion pie, mash and seasonal vegetables	Sausages, bacon, beans, sauté potatoes, mushrooms and tomatoes	Roast beef, Yorkshire pudding, roast potatoes and seasonal vegetables	Chicken breast wrapped in bacon, potato wedges and seasonal vegetables	Minted lamb stew, new potatoes and seasonal vegetables	Beef cobbler, mash and seasonal vegetables	Roast pork, roast potatoes, apple sauce and seasonal vegetables
DESSERT	Fruit trifle	Pineapple sponge and custard	Chocolate & caramel brownie	Angel Delight and sprinkles	Carrot cake and custard	Cheese & biscuits, grapes & pickle	Apple crumble and custard
LOW SUGAR OPTION	Fruit jelly	Pancakes, berries and cream	Jelly and cream	Melon pot	Fruit salad	As above	Spiced apples and custard

Week commencing 12 th October	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Cottage pie, mash and seasonal vegetables	Cheddar & cherry tomato quiche, new potatoes, sweetcorn and peas	Pork stroganoff, roast potatoes and seasonal vegetables	Beef bourguignon, mash and seasonal vegetables	Lemon baked cod, potato wedges and mushy peas	Mild chicken curry, Bombay potatoes and green vegetables	Roast gammon, roast potatoes, apple sauce and seasonal vegetables
DESSERT	Chocolate gateau	Rice pudding and jam	Lemon cheesecake	Peach crumble and custard	Crème caramel	Profiteroles with chocolate sauce	Banoffee pie
LOW SUGAR OPTION	Fruit salad	Rice pudding	Pancakes, berries and cream	Peaches and cream	Fruit and cream	Cheese and biscuits	Bananas and cream

WEEKLY MENUS

Week commencing 19 th October	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Pork & leek pie, mash and seasonal vegetables	Beef in red wine gravy, new potatoes and roasted root vegetables	Macaroni cheese, garlic bread and green vegetables	Roast lamb, roast potatoes and seasonal vegetables	Gammon & pineapple, dauphinoise potatoes and seasonal vegetables	BBQ Chicken, sauté potatoes, sweetcorn and peas	Roast beef, roast potatoes, seasonal vegetables and Yorkshire pudding
DESSERT	Tiramisu	Sticky toffee pudding	Treacle tart	Pear crumble and custard	Fruit jelly and cream	Chocolate sponge & choc. custard	Angel Delight and sprinkles
LOW SUGAR OPTION	Fruit and cream	Melon pot	Fruit salad	Poached pears	As above	Poached pears	Fruit and cream

Week commencing 26 th October	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Chicken in tomato & basil sauce, potato wedges and seasonal vegetables	Vegetable pasta bake, garlic bread and roasted Mediterranean vegetables	Sweet & sour pork, sauté potatoes and stir fry vegetables	Lamb & butterbean stew, new potatoes and roasted root vegetables	Sausages, mash, onion gravy and seasonal vegetables	Beef & mushroom pie, mash and seasonal vegetables	Roast chicken, stuffing, roast potatoes and seasonal vegetables
DESSERT	Fruit pavlova	Apricot crumble and custard	Lemon posset and shortbread	Coconut & jam sponge with custard	Vanilla cheesecake	Swiss roll and whipped cream	Cheese & biscuits, grapes & pickle
LOW SUGAR OPTION	Fruit salad	As above	Melon pot	Coconut sponge	Fruit and cream	Fruit salad	As above

WEEKLY MENUS

Week commencing 2 nd November	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Cheese & onion pie, mash and seasonal vegetables	Sausages, bacon, beans, sauté potatoes, mushrooms and tomatoes	Roast beef, Yorkshire pudding, roast potatoes and seasonal vegetables	Chicken breast wrapped in bacon, potato wedges and seasonal vegetables	Minted lamb stew, new potatoes and seasonal vegetables	Beef cobbler, mash and seasonal vegetables	Roast pork, roast potatoes, apple sauce and seasonal vegetables
DESSERT	Fruit trifle	Pineapple sponge and custard	Chocolate brownie	Angel Delight and sprinkles	Carrot cake and custard	Cheese, pickle, grapes and crackers	Fruit crumble and custard
LOW SUGAR OPTION	Fruit jelly	Fruit salad	Jelly and cream	Melon pot	Fruit and cream	As above	As above

Week commencing 9 th November	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Cottage pie, mash and seasonal vegetables	Cheddar & cherry tomato quiche, new potatoes, sweetcorn and peas	Pork stroganoff, roast potatoes and seasonal vegetables	Beef bourguignon, mash and seasonal vegetables	Lemon baked cod, potato wedges and mushy peas	Mild chicken curry, Bombay potatoes and green vegetables	Roast gammon, roast potatoes, apple sauce and seasonal vegetables
DESSERT	Lemon cheesecake	Rice pudding and jam	Crème caramel	Ginger cake and ginger cream	Profiteroles and chocolate sauce	Peach crumble and custard	Banoffee pie
LOW SUGAR OPTION	Pancakes, berries and cream	Rice pudding	Fruit and cream	Melon pot	Cheese and biscuits	Peaches and cream	Bananas and cream

WHAT'S ON IN OCTOBER 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
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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 OCTOBER 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 (1 st and 3 rd Wednesdays)	1.30pm – 2.30pm
	Golden Voices Choir (2 nd and 4 th Wednesdays)	1.30pm – 2.30pm
	Book Club (14.10.26)	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
	Sing a long for 'World Singing Day'	10.45am – 11.45am

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 (02.10.26)	10.45am – 11.45am
	The Hub Workshop	1.00pm – 2.30pm
	Open Choice Activity afternoon	1.30pm – 2.30pm
	Bingo (02.10.26)	1.30pm – 2.30pm
	The Leas Cliff Flag Project (30.10.26)	1.00pm – 2.30pm
	Shuffler Exercise Session (09.10.26 + 23.10.26)	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.

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WHAT'S ON IN OCTOBER 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 – 07.10.26	11.15am – 12.15pm
	Free - Singing For All @ The Methodist Church, Lyminge – 14th, 21st and 28.10.26	11.15am – 12.15pm

THURSDAY	Free - Chatty Table @ The Pheasant, Ashford every 2 nd Thursday of the month – next session 08.10.26	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).

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 12 th October, 11:00am – End Of Film
	Memory Café	Three Hills Sports Park, Cheriton Road, Folkestone, CT19 5JU	Monday 26 th October, 10:00am – 12:00pm
TUESDAY	Calehill Memory Café	1st Charing Scout Headquarters, Pett Lane, Charing, TN27 0DL	Tuesday 13 th October, 11:00am – 1:00pm
	Social Evening [^] (with a meal)	The Royal Norfolk Hotel, 7 Sandgate High Street, Sandgate, CT20 3BD	Tuesday 13 th October, 5:30pm – 7:30pm
	Memory Café	Stade Court Hotel, Stade Street, West Parade, Hythe, CT21 6DT	Tuesday 20 th October, 1:30pm – 3:30pm
	Social Evening [^] (with a meal)	The New Chimneys, Loudon Way, Ashford, TN23 3JJ	Tuesday 27 th October, 5:30pm – 7:30pm
WEDNESDAY No Chorus 28th October	Wonkies [^]	Three Hills Sports Park, Cheriton Road, Folkestone, CT19 5JU	Wednesday 14 th October 10:30am – 12:00pm
	Dementia Chorus	Age UK Ashford, Farrow Court, Stanhope Road, Ashford, TN23 5RF	Weekly, 10:30am – 12:00pm
	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 1 st October, 10:30am – 12:00pm
	Memory Café	Etchinghill Golf Club, Canterbury Road, Etchinghill, Folkestone, CT18 8FA	Thursday 8 th October, 1:30pm – 3:30pm
	Hythe Walking Group	Age UK Hythe, Sanford House, Stade Street, Hythe, CT21 6BD	Thursday 15 th October, 10:00am – 11:00am
	Young at Heart [^]	Ashford Library, Gateway Plus, Church Road, Ashford, TN23 1AS	Thursday 22 nd October, 10:30am – 12:30pm
FRIDAY	Drop-In Clinic	Charing Surgery, Hither Field, Charing, Ashford, TN27 0AW	Friday 2 nd October, 12:00pm – 2:00pm
	Ashford Walking Group	Harper's Café, Victoria Park, Jemmett Road, Ashford, TN23 4AD	Friday 9 th October, 10:00am – 11:00am
	Memory Café	Residents' Lounge, Farrow Court, Stanhope Road, Ashford, TN23 5RF	Friday 16 th October, 1:30pm – 3:30pm
	Drop-In Clinic	Age UK Hythe, Sanford House, Stade Street, Hythe, CT21 6BD	Friday 23 rd October, 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

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: 6 th Oct, 3 rd Nov 6.30pm - 9.00pm
Bingo	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Every 1 st Thursday of the month Next dates: 1 st Oct, 5 th Nov 6.00pm - 8.30pm

One-off fundraising events

Quiz night, with American supper	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Thursday, 8 th October 6.30pm for a 7.00pm start
Beer Tasting and Curry night	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Friday, 16 th October 6.30pm
Christmas Fair	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Saturday 28 th November 2026 10.00am - 2.00pm
Wreathmaking workshops	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Thursday, 10 th December – 6.45pm for 7.00pm start, and Friday, 11 th December 2026 1.15pm for 1.30pm start

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

100 Club – September Winners

1st (£25) Patricia Dadd
2nd (£15) Doreen Blackman
3rd (£10) Sue Silver

**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



NO **TRICK OR** **TREATERS**



THANK YOU