

WEEKLY MENUS

Week commencing 7 th September	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Cheese & onion pie, mash and seasonal vegetables	Sausage & bean casserole, sauté potatoes and seasonal vegetables	Roast lamb, roast potatoes, cauliflower cheese and seasonal vegetables	Chicken & bacon salad, new potato salad and coleslaw	Beef bourguignon, mash and seasonal vegetables	Lemon & garlic chicken, potato wedges and seasonal vegetables	Roast pork with apple sauce, roast potatoes and seasonal vegetables
DESSERT	Swiss roll and cream	Chocolate brownie and whipped cream	Eton mess	Crème caramel	Peach crumble and custard	Lemon posset and shortbread	Fruit sponge and custard
LOW SUGAR OPTION	Fruit and cream	Melon pot	Berries and cream	Cheese and biscuits	Peaches and cream	Fruit salad	As above

Week commencing 14 th September	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Cottage pie with seasonal vegetables	Minted lamb stew, new potatoes and seasonal vegetables	Pork stroganoff, roast potatoes and seasonal vegetables	Chicken chasseur, mash and seasonal vegetables	Cheddar & cherry tomato quiche, new potatoes, sweetcorn and peas	Mild chicken curry, Bombay potatoes and green vegetables	Roast beef, roast potatoes, Yorkshire pudding and seasonal vegetables
DESSERT	Rice pudding and jam	Banoffee pie	Treacle sponge and custard	Tiramisu	Toffee cheesecake	Apple crumble and custard	Cheese & biscuits, pickle and grapes
LOW SUGAR OPTION	Rice pudding	Bananas and cream	Fruit salad	Melon pot	Fruit and cream	Spiced apples and custard	As above

DEMENTIA SERVICES

From September, we're expanding our dementia services!

We'll be offering more days of support for people living with dementia, alongside increased **Maintenance Cognitive Stimulation Therapy (MCST)** sessions.

For more information, contact **Jo Gregory** at dementialead@ageukhla.org.uk.



Our café will remain open every Sunday, up to and including 13th September, 3pm – 5pm while the Oaklands bandstand events take place and then will close until the Spring.

*Donations
required*

**Did you know it's
Secondhand
September?**

Do you have any good quality clothing, bric-a-brac, books etc you might consider donating to us for our Jumble Sale on Saturday 26th September, to help raise funds for our charity? Please donate to us by Thursday 24th September, and we look forward to seeing you there!

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
Wednesday 2th and 16th September
10.00am – 12.00pm**

Hi KENT

For Hearing Aid Batteries & Tubing

Age UK Ashford:
Tuesday 15th September 2026
10.00am – 11.00am

Age UK Hythe:
Tuesday 8th September 2026
Tuesday 22nd September 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 21 st September	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Bacon, sausages, sauté potatoes, beans, mushrooms and tomato	Beef stew & dumplings, mash and seasonal vegetables	Chicken & bacon carbonara, green vegetables and garlic bread	Roast pork with apple sauce, roast potatoes and seasonal vegetables	Cod in parsley sauce, new potatoes and mixed greens	Shepherd's pie, with roasted root vegetables	Roast chicken with stuffing, roast potatoes and seasonal vegetables
DESSERT	Profiteroles and chocolate sauce	Angel Delight	Sticky toffee pudding	Pear crumble and custard	Pancakes, whipped cream and berries	Ginger cake and custard	Chocolate gateau
LOW SUGAR OPTION	Melon pot	Fruit salad	Oats, fruit and yoghurt	Poached pears	As above	Cheese and biscuits	Fruit and cream

Week commencing 28 th September	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Beef & mushroom pie, mash and seasonal vegetables	Macaroni cheese, garlic bread and green vegetables	BBQ chicken, potato wedges and mixed vegetables	Corned beef hash with seasonal vegetables	Lasagne, new potatoes and Mediterranean roast vegetables	Sausages, mash, peas and onion gravy	Roast lamb, roast potatoes, cauliflower cheese and seasonal vegetables
DESSERT	Swiss roll and cream	Fruit pavlova	Vanilla cheesecake and berries	Bread & butter pudding and custard	Treacle tart	Key lime pie	Berry crumble and custard
LOW SUGAR OPTION	Strawberries and cream	Fruit salad	Berries and cream	Melon pot	Mango and coconut mousse	Fruit and cream	As above

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

MONDAY	Dementia Daybreak, starting 07.09.26	9.30am – 3.00pm
	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

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 SEPTEMBER 2026 AT THE HYTHE COMMUNITY SUPPORT

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 Weds)	1.30pm – 2.30pm
	Book Club (09.09.26)	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

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 (04.09.26)	10.45am – 11.45am
	The Hub Workshop	1.00pm – 2.30pm
	Open Choice Activity afternoon	1.30pm – 2.30pm
	Bingo (04.09.26)	1.30pm – 2.30pm

	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.

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 SEPTEMBER 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 – returns 07.10.26	11.15am – 12.15pm
	Free - Singing For All @ The Methodist Church, Lyminge – Returns on 16.09.26	11.15am – 12.15pm

THURSDAY	Free - Chatty Table @ The Pheasant, Ashford every 2 nd Thursday of the month – next session 10.09.26	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 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, Kent, TN23 1AE – showing Coyote vs Acme	Monday 14 th September 11:00am - End
	Memory Café	Three Hills Sports Park, Cheriton Road, Folkestone, CT19 5JU	Monday 28 th September, 10:00am – 12:00pm
TUESDAY	Calehill Memory Café	1st Charing Scout Headquarters, Pett Lane, Charing, TN27 0DL	Tuesday 8 th September, 11:00am – 1:00pm
	Social Evening^ (with a meal)	The Royal Norfolk Hotel, 7 Sandgate High Street, Sandgate, CT20 3BD	Tuesday 8 th September, 5:30pm – 7:30pm
	Memory Café	Stade Court Hotel, Stade Street, West Parade, Hythe, CT21 6DT	Tuesday 15 th September, 1:30pm – 3:30pm
	Social Evening^ (with a meal)	The New Chimneys, Loudon Way, Ashford, TN23 3JJ	Tuesday 22 nd September, 5:30pm – 7:30pm
WEDNESDAY	Wonkies^	Skuba Bar Old Bistro, 2 Langhorne Gardens, Folkestone, CT20 2EA	Wednesday 2 nd September, 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 3 rd September, 10:30am – 12:00pm
	Memory Café	Etchinghill Golf Club, Canterbury Road, Etchinghill, Folkestone, CT18 8FA	Thursday 10 th September, 1:30pm – 3:30pm
	Hythe Walking Group	Age UK Hythe, Sanford House, Stade Street, Hythe, CT21 6BD	Thursday 17 th September, 10:00am – 11:00am
	Young at Heart group	Ashford Library, Gateway Plus, Church Road, Ashford, TN23 1AS	Thursday 24 th September, 10:30am – 12:30pm
FRIDAY	Drop-In Clinic	Hamstreet Surgery, Ruckinge Road, Hamstreet, Ashford TN26 2NJ	Friday 4 th September, 12:00pm – 2:00pm
	Ashford Walking Group	Harper's Café, Victoria Park, Jemmett Road, Ashford, TN23 4AD	Friday 11 th September, 10:00am – 11:00am
	Memory Café	Age UK Ashford, Farrow Court, Stanhope Road, Ashford, TN23 5RF	Friday 18 th September, 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
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Monthly fundraising events

Bingo	The Pheasant, Trinity Road, Ashford, TN25 4BY	Every 1 st Tuesday of the month Next dates: 1 st Sep, 6 th Oct 6.30pm - 9.00pm
Bingo	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Every 1 st Thursday of the month Next dates: 3 rd Sep, 1 st Oct 6.00pm - 8.30pm

One-off fundraising events

French evening <i>Sold Out!</i>	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Friday, 11 th September 2026 6.30pm for a 7.00pm start
Jumble Sale	Hythe Hub, Sanford House, Stade Street, Hythe, CT21 6BD	Saturday, 26 th September 10.00am - 2.00pm
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 TBC

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

100 Club – August Winners

1st (£25) Anna Rust
2nd (£15) Jill Munday
3rd (£10) Mavis Baker

**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