

**Hi Kent visit every other week on a Tuesday providing hearing aid batteries and tubing.**

**Age UK Ashford** 10:30am – 11:30am

5th April and 19th April

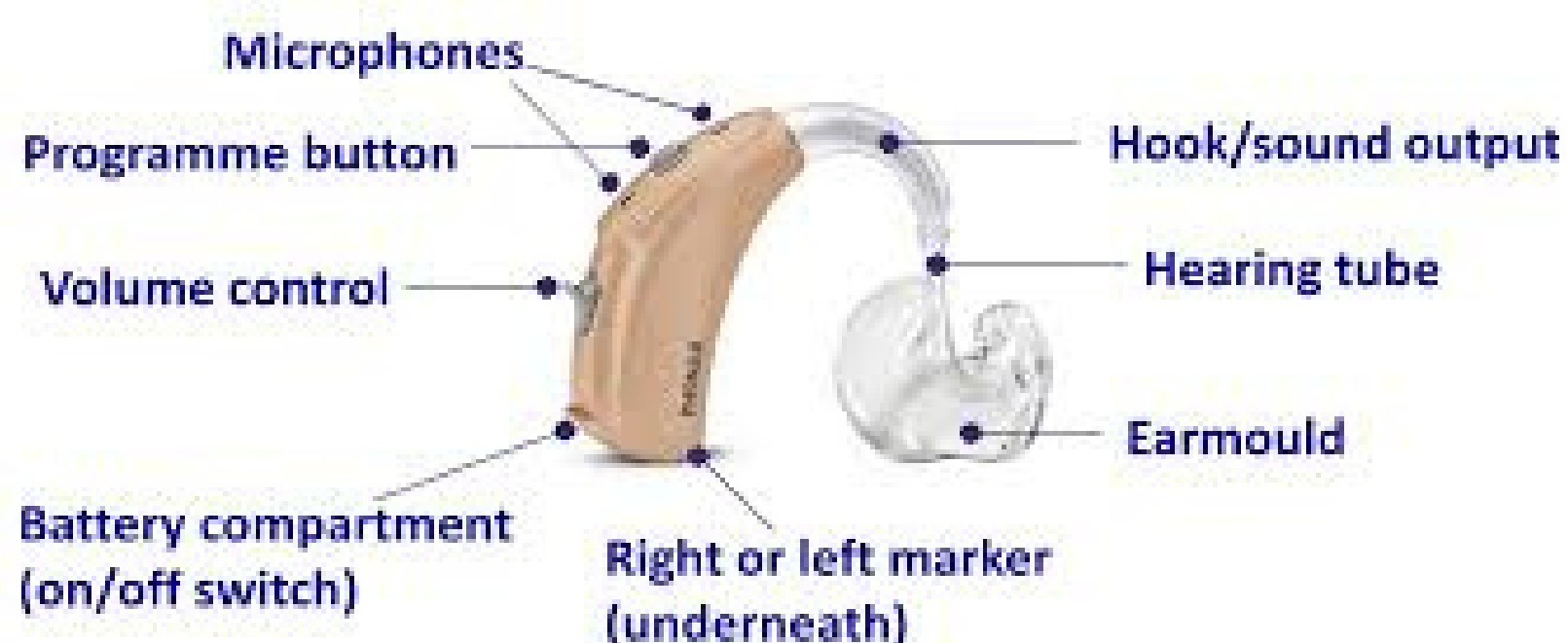
**Age UK Hythe** 10am – 12 noon

5th April and 19th April



**Hi Kent**

Sound support for deaf and hard of hearing people



**Sunday Lunch – Sunday 25th April**

**Age UK Hythe – 12.30pm**

ROAST CHICKEN, STUFFING, ROAST POTATOES,  
CAULIFLOWER CHEESE, BROCCOLI, PEAS and SWEETCORN  
BREAD AND BUTTER PUDDING WITH CUSTARD

Tea/Coffee

Bookings only

£8.95

(Bring your own bottle of wine)

## BINGO NIGHTS

Age UK Hythe – Thursday 7th April and  
Thursday 5th May. Doors open 6.30pm, eyes  
down at 7pm

Age UK Ashford – Wednesday 13th April.  
Doors open 6.30pm, eyes down at 7pm





It has been confirmed that State Pensions and benefits will be increased by 3.1%.

The new rates will apply in the tax year 2022/23 and come into effect on 11 April 2022.

All other benefits will also be increased in line with Consumer Price Index of 3.1%.

This includes working-age benefits, benefits to help with additional needs arising from disability, carers' benefits, pensioner premiums, income-related benefits, statutory payments and additional state pension.





We formed our 100+ Club to raise much needed funds so that we can continue providing all the essential services and facilities that make visits to the Centres so enjoyable. In these days of budget cuts, the funds raised are even more important to us.

You can help enormously by becoming a member. It only costs £12.00 per year for a number and this entitles you to be included in each of the next 12 monthly draws, so every month there is a good chance of winning one of the three prizes listed below:

Prizes	1 <sup>st</sup>	2nd	3rd
January to November	£25.00	£15.00	£10.00
December *Star* Prizes	£50.00	£30.00	£20.00

Payments must be made in advance at £12.00 per number per year and can be by cash or cheque. You can buy as many numbers as you wish at £12.00 each.

Prize winners will be paid in cash and winner's names and numbers will be featured in the client newsletter.

We do hope you join and help us continue providing services whilst enjoying a little flutter at the same time.

For more information, please call us on 01303 269602 or 01233 668765 or complete the attached form and return it to us.

## MEMBERSHIP APPLICATION FORM

Age UK Hythe and Lyminge ☐

Age UK Ashford ☐

I wish to buy ..... numbers at £12.00 each and enclose my cash/cheque for £.....

Name: (Mr/Mrs/Ms/Miss) .....

Address.....

Post Code ..... Date: .....

Telephone.....email.....



**Cheques, made payable to Age UK  
Hythe and Lyminge,  
should be sent to:**

Tracey Blanks  
Administration Assistant 100+ Club  
Age UK Hythe and Lyminge  
Sanford House  
Stade Street  
Hythe  
Kent CT21 6BD

**Cheques, made payable to Age  
UK Ashford, should be sent to:**

Tracey Blanks  
Administration Assistant 100+ Club  
Age UK Ashford  
Farrow Court  
Stanhope Road  
Ashford  
TN23 5RF

**We will then enrol you in the 100+ Club and send  
Membership Numbers.**

## The 100 Club Winners for March



**1st £25 - 89 Fred Messenger  
2nd £15 - 109 Patricia Breakey  
3rd £10 - 21 Vanessa Carr**



	Pricing Commencing 1 <sup>st</sup> April 2022
Activity Only	£5.35
Transport	£9.65
Out of Area additional transport	£5.35
Day Services, No Transport <b>Hythe and Lyminge</b>	£11.25
Day Services, No Transport <b>Ashford</b>	£16.70
Dementia Day, Break Transport not included <b>Secure Unit Lyminge</b>	£35.35
Dementia Day Break, Transport not included <b>Ashford</b>	£28.40
Dementia Daybreak Half Day, Transport not included <b>Secure Lyminge</b>	£23.55
Dementia Daybreak Half Day, Transport not included <b>Ashford</b>	£16.55
Cogs, Transport not included	£6.00
Home Meal Delivery	£7.85
Teatime Box	£3.75
Independent Living Service	£17.70
Laundry - Iron and Deliver	£12.35
Laundry - Wash and Dry Only	£5.65
Laundry - Wash, Dry and Deliver	£9.35
Laundry - Wash, Dry and Iron	£10.45
Laundry - Wash, Dry, Iron, Deliver	£13.80
Lunch Only – Centre	£7.00
Sunday Lunch - Centre	£7.50
Tea	£1.65
Filter Coffee	£1.90
Cakes	£1.35
Scones	£1.35
Sandwiches	Priced separately
Latte/Cappuccino	£2.15
Sausage roll	£0.80

<b>Monday</b>	Seated exercise Art and craft Floor Games Baking	10:30am – 11am 1:30pm – 2:30pm 1:30pm – 2:30pm 1:30pm – 2:30pm	Age UK Ashford Age UK Ashford Age UK Ashford Age UK Ashford
<b>Tuesday</b>	Seated exercise Music and Movement Bingo	10:30am – 11:30am 1:30pm – 2:30pm 1:30pm – 2:30pm	Age UK Ashford Age UK Ashford Age UK Ashford
<b>Wednesday</b>	Seated exercise Dementia café group (27.4.22) Painting with Sam Relax and Pamper Bingo Night (13.4.22)	10:30am – 11:30am 11am – 11:30am 1:30pm – 2:30pm 1:30pm – 2:30pm 6:30pm – 9pm	Age UK Ashford Tenterden CCWC Age UK Ashford Age UK Ashford Age UK Ashford
<b>Thursday</b>	Seated Exercise Quiz	10:30am – 11:30am 1:30pm – 3pm	Age UK Ashford Age UK Ashford
<b>Friday</b>	Seated exercise Dementia Drop in (1.4.22) Floor games Dementia café (15.4.22) Tai Chi	10:30am – 11am 12pm – 2pm 1:30pm – 2:30pm 1:30pm – 2:30pm 1:30pm – 2:30pm	Age UK Ashford Hamstreet Surgery Age UK Ashford Age UK Ashford Age UK Ashford

## Coming up

**2<sup>nd</sup> April – Country Night – Age UK Ashford**

**6<sup>th</sup> May – Walk right back, Everly Brothers Story – Leas Cliff Hall**

**2<sup>nd</sup> June – Some Guys Have All the Luck – Leas Cliff Hall**

To book any of our activities  
or events please call  
01233 668765



# WHAT'S ON APRIL

Monday	Cognitive stimulation therapy Seated exercise Bingo Cartooning for fun, the basics	10:30am – 12noon 10:45am – 11:45am 1:30pm – 2:30pm 3pm – 4pm	Age UK Lyminge Age UK Hythe Age UK Hythe Age UK Hythe
Tuesday	Chatty Table – Hythe Photography to art (29.3.22) Sing along with Sue (5.4.22 & 19.4.22) Seated Exercise (12.4.22 & 26.4.22) Seated Yoga Boules/Curling Chatty Table - Lyminge Dance Fit	9:30am – 10:30am 10am – 12noon 10:45am – 11:45am 10:45am – 11:45am 1pm – 2pm 1:30pm – 2:30pm 1pm – 2pm 5pm – 6pm	Costa Coffee Hythe Age UK Lyminge Age UK Hythe Age UK Hythe Age UK Lyminge Age UK Hythe Coffee Cabin – Lyminge Age UK Hythe
Wednesday	Morning munches (breakfast) Walking football Low impact aerobics Seated Exercise Reminiscence with PAT Dementia Café (27.4.22) Book Club (14.4.22)	9:30am – 11am 10:30am – 12noon 10:30am – 11:30am 10:45am – 11:45pm 1:30pm – 2:30pm 1:30pm – 2:30pm 5pm – 7pm	Age UK Lyminge Scout Hall – Hythe Guide Hall – Hythe Age UK Hythe Age UK Hythe Age UK Lyminge Age UK Hythe
Thursday	Seated Yoga Cognitive stimulation therapy Streetz to Streetz Out and about Botanical casting with Claire Walking Tennis Knit and natter (14.4.22) Bingo Night (5.4.22)	10:30am – 11:45am 10:30am – 12 noon 11:30am – 1pm 12:30pm – 3pm 1:30pm – 3:30pm 3pm – 4pm 5pm – 7pm 6:30pm – 8pm	Age UK Hythe Age UK Lyminge Age UK Lyminge Wherever we fancy Age UK Hythe Hythe Tennis Club Age UK Hythe Age UK Hythe
Friday	Pilates with Katherine Dance fit with Charlotte Low impact aerobics Arts and craft Games and cards Shed project Games and quizzes Ukulele	9:30am – 10:30am 10:45am – 11:45am 10:30am – 11:30am 10:45am – 11:45am 10:45am – 11:45am 1pm – 2:30pm 1:30pm – 2:30pm 1:30pm – 3pm	Age UK Lyminge Age UK Lyminge Guide Hall - Hythe Age UK Hythe Age UK Hythe Age UK Hythe Age UK Hythe Age UK Lyminge

## Coming up

6th May - Walk Right Back, Eversly Brothers - Leas Cliff Hall

2nd June - Some Guys Have All the Luck – Leas Cliff Hall

24th June – The Drifters – Leas Cliff Hall





*singing with Sue*

Age UK Hythe  
5th and 19th April  
10.45am - 11.45am

No need to book  
£5.35 pp  
hot drink included

Improve your sense of happiness and wellbeing

SEK Social Enterprise Kent 01303 269602 Hythe & Lyminge ageUK



**FREE ENTRY**

Community Support Hub

We are having a

**COMMUNITY FUN DAY**

Saturday 16th July  
10am - 2pm

**AT OAKLANDS PARK**

**Thanking the community for their support during Covid -19**

The day will consist of entertainment on the bandstand  
Stalls · Games · Craft · Refreshments · Face paintings · Raffles · Tombola and much more

Those involved in organising are: Hythe & Lyminge ageUK Scouts Scouts of Kent Kent County Scouts



Ashford ageUK

## Dementia Café

Thursday 14th April  
1.30pm-3.30pm

Joe Fagg Community Centre  
Farrow Court  
Stanhope Road  
Ashford, Kent TN23 5RF  
Tel: Jo Gregory 07521 507451  
Charity No. 1152993 Company No. 8248833



Ashford ageUK

Bring a bottle

**COUNTRY Night**

Saturday April 2nd 2022  
6.30-9.30pm  
Tickets £10 per person

Get ready to line dance the night away Hot Dogs and Wedges to be served!

To be held at Age UK Ashford.  
Farrow Court, Stanhope Road, Ashford, Kent TN23 5RF.  
Tel: Jo Gregory on 07521 507451  
Charity Number 1152993 Company Number 8248833





## Dementia Café

1.30pm -3.30pm

The last Wednesday of each month

Our Dementia Café provides a drop in service for anyone who may need support, information or advice about all aspects of Dementia. This informal get together for carers and cared for can be attended without any booking or referral.

**Why not come along?**

**Age UK Lyminge**

**63 Station Road, Lyminge, Kent. CT188HQ**

Wednesday 30<sup>th</sup> March 2022

Wednesday 31<sup>st</sup> August 2022

Wednesday 27<sup>th</sup> April 2022

Wednesday 28<sup>th</sup> September 2022

Wednesday 25<sup>th</sup> May 2022

Wednesday 26<sup>th</sup> October 2022

Wednesday 29<sup>th</sup> June 2022

Wednesday 30<sup>th</sup> November 2022

Wednesday 27<sup>th</sup> July 2022

Wednesday 28<sup>th</sup> December 2022

For more information please contact 01303 269602. Age UK Lyminge.

Registered Charity Number 1125274. Company Number 6589817



# Dinner menus for the month

Week Commencing 04/04/22

Week Commencing 11/04/22

<b>MONDAY</b>	MINTED LAMB STEW WITH DUMPLING, MASH, SWEDE AND GREEN BEANS PEACH CRUMBLE AND CUSTARD DIABETICS: AS ABOVE
<b>TUESDAY</b>	ROAST PORK, STUFFING, ROAST POTATOES, CAULIFLOWER CHEESE AND PEAS TRIFLE DIABETICS: AS ABOVE
<b>WEDNESDAY</b>	BEEF AND MUSHROOM PIE, MASH, CARROTS AND CABBAGE LEMON SPONGE AND CUSTARD DIABETICS: AS ABOVE
<b>THURSDAY</b>	LIVER AND BACON, NEW POTATOES, BROCCOLI AND SWEDE ANGEL DELIGHT WITH FRUIT DIABETICS: AS ABOVE
<b>FRIDAY</b>	FISH PIE, PEAS AND CARROTS CHOCOLATE SPONGE AND CUSTARD DIABETICS: AS ABOVE
<b>SATURDAY</b> <i>Lyminge/Hythe Only</i>	CHICKEN HOTPOT, RED CABBAGE AND BROCCOLI STRAWBERRY CHEESECAKE DIABETICS: FRUIT AND CREAM
<b>SUNDAY</b> <i>Lyminge/Hythe Only</i>	ROAST BEEF, YORKSHIRE PUDDING, ROAST POTATOES, SWEDE AND GREEN BEANS SYRUP SPONGE AND CUSTARD DIABETICS: SPONGE AND CUSTARD

<b>MONDAY</b>	SAUSAGES IN ONION GRAVY, MASH CARROTS AND PEAS FRUIT, JELLY AND WHIPPED CREAM DIABETICS: FRUIT AND CREAM
<b>TUESDAY</b>	STEAK AND KIDNEY PIE, NEW POTATOES BROCCOLI AND SWEDE PLUM CRUMBLE AND CUSTARD DIABETICS: AS ABOVE
<b>WEDNESDAY</b>	ROAST CHICKEN, STUFFING, ROAST POTATOES CAULIFLOWER AND RED CABBAGE CHOCOLATE BROWNIE AND WHIPPED CREAM DIABETICS: FRUIT AND CREAM
<b>THURSDAY</b>	MINCE BEEF COBBLER, MASH GREEN BEANS AND CARROTS COCONUT AND JAM SPONGE WITH CUSTARD DIABETICS: COCONUT SPONGE WITH CUSTARD
<b>FRIDAY</b>	SLICED PORK IN APPLE GRAVY, ROAST POTATOES CABBAGE AND SWEDE BANOFFEE PIE DIABETICS: FRUIT AND CREAM
<b>SATURDAY</b> <i>Lyminge/Hythe Only</i>	SLICED GAMMON WITH PINEAPPLE, MASH SWEETCORN AND BROCCOLI GINGER SPONGE AND CUSTARD DIABETICS: AS ABOVE
<b>SUNDAY</b> <i>Lyminge/Hythe Only</i>	ROAST TURKEY, STUFFING, ROAST POTATOES CARROTS AND SPROUTS KEY LIME PIE DIABETICS: FRUIT AND CREAM





# Dinner menus for the month



Week Commencing 18/04/22

<b>MONDAY</b>	TURKEY AND HAM PIE, NEW POTATOES, SWEDE AND GREEN BEANS ORANGE SPONGE AND CUSTARD DIABETICS: AS ABOVE
<b>TUESDAY</b>	CHICKEN IN WHITE WINE AND MUSHROOM SAUCE, MASH, SWEETCORN AND BROCCOLI RED CHERRY CHEESECAKE DIABETICS: FRUIT AND CREAM
<b>WEDNESDAY</b>	HONEY AND GARLIC PORK STEAK, MASH, RED CABBAGE AND CARROTS APRICOT CRUMBLE AND CUSTARD DIABETICS: AS ABOVE
<b>THURSDAY</b>	ROAST BEEF, YORKSHIRE PUDDING, ROAST POTATOES, CAULIFLOWER CHEESE AND SWEDE CRÈME CARAMEL DIABETICS: FRUIT AND CREAM
<b>FRIDAY</b>	FISH PIE, CARROTS AND PEAS APPLES, SULTANAS WITH CUSTARD DIABETICS: AS ABOVE
<b>SATURDAY</b> <i>Lyminge/Hythe Only</i>	BEEF STEW WITH DUMPLING, MASH, RED CABBAGE AND SPROUTS BLACK FOREST GATEAU DIABETICS: AS ABOVE
<b>SUNDAY</b> <i>Lyminge/Hythe Only</i>	ROAST PORK, STUFFING, ROAST POTATOES, BROCCOLI AND SWEDE BREAD AND BUTTER PUDDING WITH CUSTARD DIABETICS: AS ABOVE

Week Commencing 25/04/22

<b>MONDAY</b>	BEEF IN RED WINE GRAVY, ROAST POTATOES, CARROTS AND PEAS LEMON CHEESECAKE DIABETICS: FRUIT AND CREAM
<b>TUESDAY</b>	SAUSAGES, BACON, HASH BROWNS, MUSHROOMS AND BEANS CHERRY PINEAPPLE SPONGE WITH CUSTARD DIABETICS: AS ABOVE WITHOUT CHERRY
<b>WEDNESDAY</b>	MINCE BEEF PIE, MASH, SWEDE AND GREEN BEANS ETON MESS DIABETICS: BERRIES AND CREAM
<b>THURSDAY</b>	CHICKEN WRAPPED IN BACON, MASH, BROCCOLI AND CARROTS APPLE CRUMBLE AND CUSTARD DIABETICS: AS ABOVE
<b>FRIDAY</b>	ROAST LAMB, YOURKSHIRE PUDDING, ROAST POTATOES, CAULIFLOWER CHEESE AND SPROUTS TRIFLE DIABETICS: AS ABOVE
<b>SATURDAY</b> <i>Lyminge/Hythe Only</i>	FISH IN PARSLEY SAUCE, NEW POTATOES, CARROTS AND PEAS PEACH SPONGE AND CUSTARD DIABETICS: AS ABOVE
<b>SUNDAY</b> <i>Lyminge/Hythe Only</i>	ROAST CHICKEN, STUFFING, ROAST POTATOES, SWEDE AND BROCCOLI COFFEE CAKE WITH WHIPPED CREAM DIABETICS: AS ABOVE



# Dinner menus for the month

Week Commencing 02/05/22

<b>MONDAY</b>	<b>ROAST GAMMON, STUFFING, ROAST POTATOES, RED CABBAGE AND GREEN BEANS JAM SPONGE AND CUSTARD DIABETICS: SPONGE AND CUSTARD</b>
<b>TUESDAY</b>	<b>CHICKEN AND LEEK PIE, NEW POTATOES, CARROTS AND PEAS VANILLA CHEESECAKE DIABETICS: FRUIT AND CREAM</b>
<b>WEDNESDAY</b>	<b>MINCE BEEF COBBLER, MASH, SWEDE AND BROCCOLI PEACH CRUMBLE AND CUSTARD DIABETICS: AS ABOVE</b>
<b>THURSDAY</b>	<b>BBQ PORK STEAK, SAUTE POTATOES, CABBAGE AND CARROTS ANGEL DELIGHT WITH FRUIT DIABETICS: AS ABOVE</b>
<b>FRIDAY</b>	<div><div></div><div><b>LIVER AND BACON, MASH, CAULIFLOWER AND GREEN BEANS SULTANA SPONGE AND CUSTARD DIABETICS: AS ABOVE</b></div></div>
<b>SATURDAY</b> <small>LYMINGE/ HYTHE ONLY</small>	<b>LAMB STEW WITH DUMPLING, DAUPHINOISE POTATOES, BROCCOLI AND SWEETCORN LEMON POSSET WITH SHORTBREAD DIABETICS: FRUIT AND CREAM</b>
<b>SUNDAY</b> <small>LYMINGE/ HYTHE ONLY</small>	<b>ROAST BEEF, YORKSHIRE PUDDING, ROAST POTATOES, SWEDE AND RED CABBAGE APPLES, SULTANAS AND CUSTARD DIABETICS: AS ABOVE</b>

TO ORDER 'PHONE ASHFORD 01233 668765,  
HYTHE & LYMINGE 01303 269602 BEFORE 10.30AM  
WE DO NOT PROVIDE MEALS TO THE ASHFORD AREA SATURDAY OR SUNDAY





We continue to advise and encourage the wearing of a face coverings, if you are able, as you move around our centres and until seated on our transport. Our Staff and Volunteers will continue to wear face coverings to protect our visitors, clients and colleagues.

The COVID pandemic continues to be a part of our 'normal day' and we will continue to advise sensible precautions in our centre to minimise the risk of transmission at our sites.

We are very grateful for your support in maintaining a safe environment for all.



This month we are offering a exciting range of new activities and social groups, being made possible by the newly built extension.

You will find information about these activities inside the newsletter. There are limited spaces, so get in contact if you want to join an activity.

Fill in below and and if there are any activities you are interest in please pass on to a member of staff.

Activities of interest.....

Preferred time of day.....



# Meet Your Newsletter Editor



**Hi I'm Sam the Editor of your Newsletter. I'm living in London and working for the Housing Association & Charity L&Q, and volunteer for Age UK as the Editor.**

**If you have any suggestions on what to add to the newsletter or if there is something you would like to be included just let us know.**

**Sam Dance**