

# Competition:

As its 50 years since Man went on the Moon we thought we would go for a space theme this month! To be in with a chance of winning this month's cash prize, fill in your details below and hand in your completed puzzle with £1 entry fee.

Name:

Contact Number:

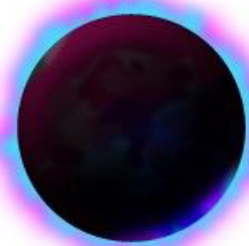


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R	M	A	R	S	Z	A	L	M	P	M	N	A	W	P	G	P
B	W	H	S	Z	U	T	L	E	Y	T	L	N	K	X	I	Q
M	H	O	L	V	O	W	E	X	P	L	O	R	A	T	I	O
E	M	Z	M	E	R	C	U	R	Y	S	N	N	K	C	O	Y
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I	T	Q	A	J	F	J	O	Q	G	N	T	B	T	P	T	O
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M	E	Z	S	P	I	T	K	R	V	A	F	Y	J	Q	T	E
V	X	L	J	W	H	L	F	F	I	I	G	M	D	W	F	T
K	S	A	T	U	R	N	P	S	T	Z	L	U	N	A	R	P
C	N	L	Y	R	J	T	O	X	Y	E	C	C	E	V	W	H
H	K	C	C	U	K	G	I	H	Y	J	P	A	A	B	I	N
R	P	P	I	W	K	O	S	Y	G	C	P	L	U	T	O	U
N	M	X	D	R	A	I	B	N	R	E	B	I	C	P	F	T

EARTH  
SHUTTLE  
ASTRONAUTS  
ROCKET  
EXPLORATION

GRAVITY  
LUNAR  
MARS  
SATURN  
JUPITER

MERCURY  
MOON  
PLUTO  
COMET  
METEORITE



## This month:

Welcome to the August edition of the client newsletter. Hope you are all well and keeping cool in the hot weather!

Thank you to all clients who attended the recent client forums held at our centres in June. Your comments and feedback are invaluable to us. We will be holding further forums in September but please don't think you need to wait until then to raise any issues or discuss anything, either myself or Hayley would be more than happy to chat to you.

### **Forum Dates they are:**

**10th Sept – 10.30 am Lyminge Centre**

**17th Sept - 10.30 am Hythe Centre**

## **Information & Advice Corner**

### **Advice for staying cool in a heatwave**

Most of us look forward to the warmer weather and feeling some sun on our faces. But it's important to be prepared for hot weather as high temperatures can be dangerous to your health.

### **The sun and skin health**

We've all caught the sun before, either on holiday or at home. You might enjoy a tan or deliberately use the sun cream a bit sparingly. But getting sunburnt can be serious and increase your risk of skin cancer. Anyone can develop skin cancer, so it's important to protect your skin, whatever your skin type.

### **Protecting your skin**

- Use sunscreen of at least SPF 15. Apply it generously and top up at least every two hours. If you've been in water, reapply when you are dry.
- Apply sunscreen to any uncovered parts of your body. A hat will protect your head, face, ears and eyes.
- Choose sunglasses that have a CE mark, UV400 label or a statement that they offer 100 per cent UV (ultraviolet) protection.
- When the weather is hot, your skin may also feel drier than usual. Using moisturiser can help keep your skin healthy.
- If you have moles or brown patches on your skin, they usually remain harmless. But if they bleed, or change size, shape or colour, show them to your doctor without delay. For more information visit the Cancer Research UK website.

### Dates for the Diary

Knitting group: **August 2019**

11<sup>th</sup> July 5-7 Hythe

Garden Group at Hythe

Every Monday 10.30am

with Anne

Pilates Class:

Every Tuesday 9.15 to 10.15 from  
23<sup>rd</sup> July.

Clay modelling (numbers limited,  
please book ahead):

Every Monday 10am-12 Lyminge

Creative Art Workshop:

26<sup>th</sup> July 10.30am-12 Hythe

Boat Trip on the Military Canal:

26<sup>th</sup> July PM Hythe

Summer Fair Oaklands Park:

3<sup>rd</sup> August 10-2

Hythe Boot Fair (shared with the  
girl guides):

Sunday 15<sup>th</sup> September

ESTER Talk about Balance & Fall  
Prevention:

17<sup>th</sup> September 10.30 AM Hythe.

**Client holiday trip to Bournemouth:**

Tuesday 1st to Saturday 5th Oct.

**REMINDER - There are 2 twin rooms still  
available on the holiday - please contact  
Irene Loader or Anne Shapter for further  
info.**





## PICTURES OF THE MONTH



A huge thank you to these people here along with our stall holders, performers, sound team, raffle prize donators, everyone who stuck a poster up for us and of course every one of you who attended the fayre today. You helped us raise just short of £2000 for Age UK Hythe and Lyminge.

THANK YOU ALL.

We are very lucky to be part of such a great community, and proud to provide services to those living later life in it. Well done to the district of Hythe !



Our staff and volunteers busy selling raffle & tombolla tickets.



Our friends from 'Fizz & Friends' who brought their little car called Izabella along with them. They served Prosecco & Pimms to our friends and customers on the day.



*Crazy Golf Day out with Clients*



*Day Break Clients getting creative!*



*Client boat trip on the Canal*

## Cogs Groups

Both our Hythe and Lyminge Groups are now running. Anyone experiencing problems with their memory are very welcome to come along to these groups. The groups aim to encourage attendees to participate in purposeful activities in order to develop and maintain active minds. The activities are modelled on cognitive stimulation therapy techniques.

Days and Times of Each Group is:

**Hythe Centre: Thursdays 10am until 2pm**

**Lyminge Centre: Tuesdays 10am until 3pm**

The first session is free, so why not come along and give it a go!

## 100+ Club This month's winners were:

1<sup>st</sup> £25.00 142 Anne Shapter

2<sup>nd</sup> £15.00 39 Daphne Andrews

3<sup>rd</sup> £10.00 3 Maureen Cox

### Congratulations to our winners!

If you would like to get involved, numbers for the 100+ club are available and cost just £12 per year.

You will be entered into a monthly prize draw with prize money doubled in December!  
Contact Hayley to find out more.

**01303 269602**

Thank you for your patience with regards to our laundry service. Some of you may know Geoff has been unwell and we are trying to ensure all collections and drop offs are made to schedule. We will endeavour to ensure normal service is resumed as soon as possible.



**Calling all budding singers! If you would like to try a free singing lesson, why not give Fat Lady Opera a try? See their advert =>**

### Entertainment to look forward to.....

We have the following events booked at Hythe and Lyminge – Please come along if you can!

#### Hythe

**Sue Morrisey (Singer) – 9<sup>th</sup> August A.M**

**Steve (Comedian) – 16<sup>th</sup> August A.M**

**Geoff Stephens (country music)–23<sup>rd</sup> August 1.30P.M**

**Happy Days Music – 30<sup>th</sup> August 1.30 PM**

#### Lyminge

**Sue Morrisey (Singer) – 8<sup>th</sup> August A.M**

**Happy Days Music – 15<sup>th</sup> August 1.30 P.M**

**New activity - Curling – 22<sup>nd</sup> August**

**Barham Garden Centre – 29<sup>th</sup> August A.M**

## FAT LADY OPERA COMMUNITY CHORUS

CALLING ALL SINGERS IN HYTHE AND FOLKESTONE  
**FREE SINGING TASTER SESSIONS**

AGE UK, HYTHE, STADE STREET

5pm to 7pm

MONDAY 12th August

MONDAY 16th September

- Would you like to try your hand at singing - with no strings attached?
- Are you an experienced singer who is looking for a bit of a stretch?
- Are you interested in learning healthy voice technique?
- Are you an adventurous spirit?

IF YOU ANSWERED **YES** TO ANY OF THE ABOVE, THEN THE FLOCC SINGING TASTER SESSIONS MIGHT BE IDEAL FOR YOU.

For more information, or to **let us know you are coming along** to the above sessions please email:

**FATLADYOPERA@GMAIL.COM**

Find out more about the work of Fat Lady Opera at our website:

[www.fatladyopera.com](http://www.fatladyopera.com)



Hythe & Lyminge  
age UK



Supported using public funding by  
ARTS COUNCIL  
ENGLAND

