

Age UK South Kent Coast Newsletter – April 2025

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1. VE Day 80

The 8 May 2025 marks the historic 80th anniversary of VE Day celebrating 80 years of peace since the end of World War II in Europe.

VE Day 80 is not only a tribute to those who fought for the freedom we all enjoy today, but also a powerful reminder of the resilience and unity that have defined our country ever since.

Keep an eye out for details of VE 80 celebration events at The Deal and Marigold Centres.



2. April Activity Timetable

Our sessions are fun and friendly - and cater for all abilities. If you have any ideas for new activities – we'd love to hear from you! Get in touch by email, phone, or social media, by using the details on the front page.

Activity	Day & Time	Frequency	Cost	Venue	Details
Walking Cricket	Monday 10am-12pm	Weekly	£4	Three Hills Sports Park, Cheriton Road, Folkestone CT19 5JU	Offered in partnership with Three Hills Sports Trust as part of their Active 50 programme, come and enjoy a slower-paced version of cricket with refreshments afterwards. To book: https://www.threehillssportspark.co.uk
Art-Tec Mondays	Monday 10am-12pm	Weekly	£2	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Bring your own project along or craft with us – beginners very welcome. Refreshments included in the session price. To book, please call Gemma: 01304 372608 or email deputyceo@ageukskc.org.uk
Beginners Tap	Monday 10-10.55am	Weekly	Pay per term at £5 per session	St Radigunds Community Centre, Poulton Close, Dover CT17 0HL	New course starts each school half-term. Contact Jo to book: 01304 372608 or email communityoutreach@ageukskc.org.uk
Line Dance	Monday 11-11.55am				
Beginners Ballet	Monday 12-12.25pm				
Pilates	Monday & Wednesday 12.30-1.30pm	Weekly	£8	St Andrews Church Hall, Surrenden Road, Folkestone CT19 4DY	Take up Pilates to improve your posture, core strength and balance. Please call Lorraine on 07734 473784 to book your place.
Scrabble Club	Monday 10.30am-12pm	Weekly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Come and join us for our new scrabble club – bring your own board or use one of ours. No need to book, and beginners are very welcome. Please call Karen on 01304 372608 to book a seat!

Womens Walking Tennis	Monday 10-11am	Weekly	£6 Inc. refreshments	Hawkinge Community Centre, Heron Forstal Ave, Hawkinge, Folkestone CT18 7FP	Walking Tennis offers a slower format of the traditional game by introducing simple rules to make it less physically demanding, easier to learn, but just as much fun. For more information or to book, please call Jo on 01304 372608 or email communityoutreach@ageuiskc.org.uk
Pickleball	Monday & Friday 3.30-5pm	Weekly	£3.50	Hawkinge Community Centre, Heron Forstal Ave, Hawkinge, Folkestone CT18 7FP	A cross between tennis, badminton and table tennis, a slower game than tennis, played on a badminton court with a low net – the ball must bounce before being returned. A very sociable and fun game! For more information or to book, call Jo: 01304 372608 or email communityoutreach@ageuiskc.org.uk
Skylarkers	Monday 10:15-11:45am	Weekly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Join our small friendly group for art and singing on alternate weeks – everyone is welcome, no need to book.
Chair Yoga	Monday 1-2pm & 2-3pm	Weekly	£6	The Deal Centre, 3 Park Street, Deal CT14 6AG	Stretch and strengthen your body from the comfort of a chair with a qualified yoga teacher. Help to ease out stiffness in those joints to help with everyday movement. Techniques to help breathing and relaxation. Includes a hot drink afterwards.
Craft Club	Monday 1.30-3.30pm	Weekly	£2	The Deal Centre, 3 Park Street, Deal CT14 6AG	Bring your own project along or try something new. Refreshments included in the session price. For more information, please call Karen on 07958 518424 or email karen.pattison@ageuiskc.org.uk
Marigold Social Club	Monday, Tuesday & Thursday 9.30am-2.30pm	Weekly	Free	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Join Joan, Jerry, Gemma ... and Teddy (our resident dog) for fun, laughter, activities and games. Sessions run 10am-12pm and 1-2.30pm, with the option for lunch served at 12pm. For more info, please call 01304 372608 or pop along.

Boccia	Tuesday 10-11.30am	Weekly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Pronounced bot-cha, a seated game similar to bowls, developed for the Paralympics. The aim of the game is to throw your ball as close to the jack as possible. Suitable for all, everyone is welcome!
Motorbike Meet-up	Tuesday 11.30am	Weekly	£7	The Sportsman, The Street, Sholden, Deal CT14 0HL	Biker breakfast for £7! Booking is essential – please call Karen on 07958 518424 or email: karen.pattison@ageuiskc.org.uk
Intermediate Ballet	Tuesday 11.30am- 12.25pm	Weekly	Pay per term at £5 per session	River Village Hall, Common Lane, Dover CT17 0RA	New course starts each school half-term. Contact Jo to book: 01304 372608 or email communityoutreach@ageuiskc.org.uk
Intermediate Tap	Tuesday 12.30-1.25pm				
Modern Dance/Jazz	Tuesday 1.30-2.25pm				
Bingo	Tuesday 1.30-3.30pm	Weekly	£3	The Deal Centre, 3 Park Street, Deal CT14 6AG	Eyes down for your chance to win a cash prize, everyone welcome!
Mens Group	1st & 3rd Tuesday 10-11.30am	Twice monthly	Free	Battle of Britain Memorial, Cockpit Café, Capel le Ferne CT18 7JJ	A chance for men to get together and talk man stuff, while overlooking the Channel in the Cockpit Café. To confirm your place and request a parking ticket, please contact Jo on 01304 372608 or email communityoutreach@ageuiskc.org.uk
Cream Tea & Chat	1st Tuesday 2.30pm	Monthly	£5	Little Farthingloe Farm, Folkestone Rd, Dover CT15 7AA	Join Jo for a delicious cream tea and friendly conversation, come alone or with friends. To confirm your place, please contact Jo on 01304 372608 or email communityoutreach@ageuiskc.org.uk
Whist	Tuesday 1.30-3.30pm	Weekly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Whist is a classic English trick-taking card game which was widely played in the 18th and 19th Centuries. Although the rules are simple, there is scope for strategic play!

Solley's Ice Cream tasting	Tuesday 15 April 2pm	One-off	£3	Solley's Ice Cream Parlour, The Dairy, Church Lane, Deal CT14 8JL	Join us for a Chocoholic Ice Cream Tasting – choose 3 choctastic flavours. Contact Karen to book:07958 518424 or email karen.pattison@ageukskc.org.uk
Digital Support	2 nd & 4 th Wednesday 10am-12pm	Twice monthly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Need some help with your digital skills? We have two volunteers from KCC Digital Champions Network who have some great knowledge to help and advise you on getting the most out of your device. Just pop along.
Folkestone Men's Shed	Wednesday 10am	Weekly	Free	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Space for men aged 55+ to come together, to meet, share skills and put the world to rights over a brew. New shedders always welcome!
Latin/Line Dance	Wednesday 11-11.55am	Weekly	Pay per term at £5 per session	Biggin Hall, Biggin Street, Dover CT16 1BD	New course starts each school half-term. Contact Jo to book: 01304 372608 or email communityoutreach@ageukskc.org.uk
Stretch & Tone	Wednesday 12-12.25pm	Weekly			
Beginners Ukulele	Wednesday 2-3pm	Weekly	£4	The Deal Centre, 3 Park Street, Deal CT14 6AG	Come along and learn to play the ukulele – bring your own, or borrow one of ours. Booking essential – please contact Karen on 07958 518424 or email karen.pattison@ageukskc.org.uk
Osteoporosis Support Group	3rd Wednesday 10.30-12noon	Monthly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	A new location for this support group – feel free to come along to this group for peer support, help and advice on osteoporosis. Join us for a friendly chat over a cup of tea.
Singing for Pleasure	Wednesday 1.30-3.30pm	Weekly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	A friendly, informal group who share a love for singing. Singing a cappella from a songbook, from folk songs to musicals - and everything in between! New singers always welcome.

Walking Tennis	Wednesday 2-3pm	Weekly	£6 Inc. refreshments	St Margaret's Lawn Tennis Club, Boundary Gate, Glebe Close, Dover CT15 6AF	Walking Tennis offers a slower format of the traditional game by introducing simple rules to make it less physically demanding, easier to learn, but just as much fun. For more information or to book, call Jo: 01304 372608 or email communityoutreach@ageuiskc.org.uk
Garden Club	Thursday 10am-12pm	Weekly	Free	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Our Garden Club is responsible for looking after the allotments and raised beds at The Marigold Centre. A small group that meets, come rain or shine!
Coarse Fishing	Thursday	Weekly	Contact us for details	Cottington Lakes, Sandwich Road Eastry CT14 0AR	Looking to get back into fishing or fancy giving it a go for the first time? Join us from Friendly Fishing Thursdays, for more info or to book, please call Karen on 07958 518424 or email: karen.pattison@ageuiskc.org.uk
NHS Patient Transport talk	Thursday	One-off	Free	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Join the team from G4S for a talk about NHS Patient Transport including eligibility and how to access the service. Call to book a space: 01304 372608
Padel Ball	Thursday 12-1pm & 1-2pm	Weekly	£4.88 per hour	Three Hills Sports Park, Cheriton Road, Folkestone CT19 5JU	Special discount for over 55s, no need to book, just turn up and play! For more info, contact Jo: 01304 372608 or email communityoutreach@ageuiskc.org.uk
Beginners Pickle Ball	Thursday 4.30-5.30pm	Weekly	£3	Hawkinge Community Centre, CT18 7FP	It's the world's fastest-growing sport for one thing, and a cross between tennis, badminton and table tennis for another! New Beginners' Only sessions starting in May (equipment included). Please contact Jo on 01304 372608 or email communityoutreach@ageuiskc.org.uk
Honey the P.A.T Dog	Alternate Fridays from 10am	Alternate weeks	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Clare and Honey, the P.A.T Dog will be visiting The Deal Centre on alternate Fridays starting this Friday. 10 January from 10am – everyone welcome!

Yoga	Friday 2.30-4pm	Weekly	£5	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Suitable for all levels - build strength and flexibility, reduce pain, improve sleep, reduce worry and stress – mats and blocks provided. To book, please email: yoga@gemmawickert.com
Cuddly Cavies	Friday 11 April 2pm	One-off	£4	The Deal Centre, 3 Park Street, Deal CT14 6AG	The Cuddly Cavies guinea pigs are coming to Deal! £4 per person includes hot drink. To book, please call Karen: 07958 518424 or email: karen.pattison@ageuiskc.org.uk
Live Music	Friday 25 April 1-3.30pm	One-off	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Join us at The Deal Centre for hits from 60s, 70 & 80s – good time guaranteed! To book, please call Karen: 07958 518424 or email: karen.pattison@ageuiskc.org.uk
Tour of St Clement's	Friday 30 May 1.30pm	One-off	Free (donations to the church)	St Clement's Church, Sandwich CT13 9EH	A guided tour of St Clement's Sandwich, learn about the Apiary and observe the hive. To book, please call Karen: 07958 518424 or email: karen.pattison@ageuiskc.org.uk
Barnsole Wine Tour	Friday 9 May 2pm	One-off	Free	Barnsole Vineyard, Fleming Road, Staple CT3 1LG	Join us for a short talk and tour of award winning Barnsole Vineyard. To book, please call Karen: 07958 518424 or email: karen.pattison@ageuiskc.org.uk
Versus Arthritis Deal	4 th Saturday 2-4pm	Monthly	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Peer support for anyone with arthritis conditions. Join us for a friendly cup of tea and a chat. For more information, please email: services@versusarthritis.org



Over 55s *WINE TOUR*



Join us for a short talk and
tour of award winning
Barnsole Vineyard
includes 4 wine tastings.

FRIDAY 9 MAY - 2PM

BARNSOLE VINEYARD
FLEMING ROAD
STAPLE CT3 1LG

Free to attend
Opportunity to buy
direct from the barn.

Limited spaces, book via email:
karen.pattison@ageukskc.org.uk
or call Karen: 07958 518424



Cuddly Cavies



£4

Join us for this fun, interactive session
all about guinea pigs - cuddles included!

- Friday 11 April
- 2pm
- The Deal Centre

£4 Includes Free
Hot Drink

To book:

- 07958 518424
- karen.pattison@ageukskc.org.uk

Wheelchair accessible venue
Disabled toilet facilities



3. Leas Lift

We are proud to be working in partnership with Leas Lift in Folkestone, come along to The Marigold Centre on Thursday 3 April where the Leas Lift team will be giving a project update, or on Thursday 17 April for an interactive workshop. Can't make it? There are other ways you can get involved:

Share Your Memories of the Leas Lift

The Leas Lift has been more than just a way up and down – it's been part of first dates, family outings, childhood adventures, and quiet moments by the sea. Now, we're collecting stories for an Oral History Project, and we'd love to hear from you!

Do you have a special memory tied to the lift or the surrounding area? Whether it was a fleeting moment or a life-changing one, your story matters.

Email us at hello@leaslift.co.uk to share your memory.

Leas Lift Colouring Competition – Enter Now

ScribeYak has created a fantastic drawing of the lift, and now it's over to you to bring it to life with colour.

The competition opens on 31 March, and the deadline for submissions is 22 April. There are four age categories: 0-4, 5-11, 12-16, and 17+.

Winners from each category will be invited for a pre-launch ride on the Leas Lift – an exclusive first trip before it officially reopens.

To enter, colour in the Leas Lift drawing (available to pick up from The Marigold Centre) and send a scan or photo of the finished artwork to hello@leaslift.co.uk. Please include the name and age of the person entering.

Full terms and conditions are available on Leas Lift website.

Leas Lift Reminisce – Share Your Memories and Memorabilia

Do you have photographs, postcards, old receipts, tickets, or other memorabilia linked to the Leas Lift or the surrounding Leas area? We are building a digital archive and would love to see what you have.

Join the Leas Lift team at The Bayle Community Centre on Thursday 10 April 2025 from 3pm to 5pm for Leas Lift Reminisce. This is a chance to share your treasured items, talk to us about your memories, and learn more about our oral history project.

4. Volunteering

Many of our services rely on the generosity and dedication of our volunteers.

If you've got some time to spare, we'd love to welcome you to our amazing team of volunteers - from as little as 2 hours per week you can make a real difference to the lives of older people in the local community!



VOLUNTEERS NEEDED!

AGE UK MEALS ON WHEELS

We're looking for friendly volunteers to help deliver meals on wheels to older people in Deal or Folkestone.

11.30AM-1.30PM
ANY DAY OF THE WEEK

DRIVERS

Using your own vehicle to deliver meals on wheels to older people in the local community. On your own or with a runner. Expenses paid at 45p / mile.

Contact us

Email:
deputyceo@ageukskc.org.uk

Call: 01304 372608



Regular and occasional shifts

Want to help out but can't commit to a regular shift? No problem! Sign-up and help when you can!

Taster session

Interested? We offer taster sessions for new volunteers - come out with one of our team to see if it's for you - no commitment required



Charity number: 1187363

5. Digital Support

Need some help with your digital skills? We have two volunteers from KCC Digital Champions Network, who have some great knowledge to help and advise you on getting the most out of your device. Our friendly volunteers Helen and Janet visit the Deal Centre every 2nd and 4th Wednesday of the month, 10am-12noon, for technical support. To find out more, please visit www.digitalkent.uk or call Michelle on 01304 372608.

6. Information & Signposting

If you need some help but are not sure where to turn, please get in touch with our Information & Signposting Service, who will be happy to help. Whether it be about benefits, cost of living, housing or care, our dedicated team can help you access the support you need. Please call Age UK South Kent Coast on 01304 372608.

7. Connect Well East Kent

Your local Community Navigator can offer support with all sorts of benefits and form filling, applications for social housing, and blue badge applications. They can also arrange for support at home, adaptations to your home and social opportunities. Please call Connect Well on 0300 302 0178, where the friendly team will be happy to help.

8. Easter Opening

The Deal & Marigold Centres will be closed Friday 18 & Monday 21 April for the Easter Weekend, open as usual on Tuesday 22 April.

