

Age UK South Kent Coast Newsletter – December 2024

Time to Deck the halls with boughs of holly, Fa, la, la, la, la, la, la, la, la! Browse through December's festive newsletter to see what good tidings we bring!

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Contact us:

Phone: 01304 372608

Web: www.ageuk.org.uk/southkentcoast

Facebook: www.facebook.com/AgeUKSKC

Email: deputyceo@ageukskc.org.uk

Christmas Opening

The Deal Centre

Open 10am-2pm 27, 30 & 31 December

Friday Special two-course lunch £2

The Marigold Centre

Closed 23 December-1 January

Open as usual from 2 January 2025

Hot Meal Delivery

Business as usual

Call to order: 01304 372608

Christmas Hamper Appeal



CHRISTMAS HAMPER APPEAL

Can you help put a smile on an older person's face this Christmas? Age UK South Kent Coast is collecting donations of Christmas goodies for hampers for delivery to older people living in Folkestone.

- Biscuits
- Chocolates
- Tea/Coffee/Hot Chocolate
- Christmas Cake / Christmas Pudding
- Cheese Crackers

Drop off

Monday-Thursday 9am-4pm
The Marigold Centre
65 Shaftesbury Avenue CT19 4NS
Phone: 01304 372608



Christmas Events

Christmas

at Age UK South Kent Coast

Thursday 12 December 12pm - The Marigold Centre

Christmas Lunch £7 & Panto £3 **SOLD OUT**

Friday 13 December 12.15pm - The Deal Centre

Christmas Lunch £7 & Panto £3 **SOLD OUT**

Tuesday 17 December 12.15pm - The Deal Centre

Christmas Lunch £7 **SOLD OUT**

Tuesday 17 December 12pm - The Marigold Centre

Musical Memories & Christmas Lunch £7

Thursday 19 December 10.30am - The Marigold Centre

U3A Swing Band - donations

Sunday 22 December 12.15pm - The Deal Centre

Christmas Lunch £7 **SOLD OUT**

Tuesday 24 December 10am-2pm - The Deal Centre

Open for Coffee & Cake



Call to book: 01304 372608



Over-55's

OOH LOOK! IT'S A

CHRISTMAS TEA DANCE

SATURDAY 7TH DECEMBER 2024

2.00- 4.30PM

£7

CAROL
JENKINS

DANCING

TEA &
CAKE

RAFFLE

GOOD
TIMES

ST RADIGUNDS COMMUNITY CENTRE
POULTON CLOSE, DOVER CT17 0HL

In aid of
Age UK SKC



Advance booking only!

Tickets available from

Carol Jenkins or Bob Baker.

**Or contact Jo on 01304 372608, email
communityoutreach@ageukskc.org.uk**



**Social
Enterprise
Kent**

On behalf of



Meet Honey

The P.A.T Dog

FREE
ENTRY



Friday 6 December
1.30-3.30pm
The Deal Centre
Park Street, CT14 6AG

Join Clare and her Spaniel, Honey
for a talk about Pets as Therapy

Phone: 01304 372608

Wheelchair accessible venue
Disabled toilet facilities



2. December 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-12noon	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
Walkie Talkie Social Walk	Alternate Mondays 10.15am	Fortnightly (excl bank holidays)	£3.50	Meet at Deal Pier at 10am	Join Karen for a walk and natter along the prom (approx. 30 mins each way), then come back to Age UK for coffee, cake and more natter. To book, please call Karen on 07958 518424 or email: karen.pattison@ageukskc.org.uk
Art-Tec Mondays	Mondays 10am-12pm	Weekly (excl bank holidays)	£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 call Gemma: 01304 372608 or email deputyceo@ageukskc.org.uk
Pilates	Mon & Weds 12.30-1.30pm	Weekly	£8 per session	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.
Rock N Roll Bingo	Alternate Mondays 10.30am	9TH DEC CANCELLED	£4	The Sportsman, The Street, Sholden, Deal CT14 0HL	What's better than a game of bingo? Rock 'n Roll bingo of course! Just £4 a session includes coffee & croissant - and a chance to win a cash prize! To book, please call Karen: 07958 518424 or email: karen.pattison@ageukskc.org.uk

Scrabble Club	Mondays	2 & 16 Dec	Free – inc hot drink	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	Mondays 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 email communityoutreach@ageukskc.org.uk or call Jo on 01304 372608.
Pickleball	Monday & Friday 3.30-5pm	Weekly (excl bank holidays)	£3	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@ageukskc.org.uk
Skylarkers	Monday 10:15- 11:45am	Weekly (excl bank holidays)	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 – two sessions 1-2pm & 2-3pm	Weekly (excl bank holidays)	£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 Hub Club	Monday 1.30- 3.30pm	Weekly (excl bank holidays)	£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@ageukskc.org.uk
Marigold Social Club	Mon, Tues & Thurs 9.30am- 2.30pm	Weekly (excl bank holidays)	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 NO MEET ON 10TH DEC	£6.50	The Sportsman, The Street, Sholden, Deal CT14 0HL	Bike 'n' Brunch meet, £6.50 includes a sausage or bacon baguette with chips and a cuppa! To book, please call Karen on 07958 518424 or email: karen.pattison@ageuiskc.org.uk
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! All are welcome.
Mens Group	1 st Tuesday of the month 10-11.30am	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
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!
Dance Classes	Tues 5 Nov to 17 Dec 24	Weekly	£35 for 7 sessions	River Village Hall, River CT17 0RA	Ballet 11.30-12.25, Tap 12.30-13.25, Jazz 1.30-2.25. Call 07747 219337 to book, or email communityoutreach@ageuiskc.org.uk
Digital Support	Wednesday 10am-12pm	2 nd & 4 th Wednesday of the month	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!
Beginners Ukulele	Weds 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@ageuiskc.org.uk

Osteoporosis Support Group NEW	3 rd Weds of month 10-12noon	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 cup of tea and a chat.
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.
Dance and Stretch & Tone	Weds 6 Nov to 18 Dec	Weekly	£35 for 7 week session	Biggin Hall, Biggin St, Dover CT16 1BD	Come and learn your cha-cha-cha, or your cowboy yee-haa with our Latin and Line 11am, and Stretch & Tone at 12noon. Please call Jo on 01304 372608 or email communityoutreach@ageuiskc.org.uk
Walking Tennis	Wednesdays 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 - booking essential	Swallowbrook, Ash CT3 2NN	Looking to get back into fishing or fancy giving it a go for the first time? Join us at Swallowbrook every Thursday. For more info or to book, please call Karen on 07958 518424 or email: karen.pattison@ageuiskc.org.uk
Beginners Pickle Ball	Thursday 4.30- 5.30pm	Weekly	£3 per session	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

Over 50s Nourish & Nurture	Thursday 7-8pm	Weekly 5-12-19 December	£9 for 3 sessions	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Join us for this weekly, 60 minute, beginner-friendly class, designed to nourish & nurture your physical & mental health & wellbeing as we guide you through: breathing exercises, mindfulness, slow & gentle yoga poses, relaxation and guided meditation. Book online: https://nourishnurturedecember.eventbrite.co.uk
Meet Honey the P.A.T Dog	Friday 6 December	One-off	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Join Clare and her Spaniel, Honey, for a talk about Pets as Therapy. To book, please call Karen on 07958 518424 or email: karen.pattison@ageuiskc.org.uk
Yoga	Friday 2.30-4pm	Weekly	£5 per session	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
Walking Tennis	Fridays 6-7pm	Weekly	£15 for 5 sessions	Hawkinge Community Centre, 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. Book online: https://Over50sWalkingTennisJan25.eventbrite.co.uk or for more information call Jo: 01304 372608 or email communityoutreach@ageuiskc.org.uk
Versus Arthritis Deal	14th Dec 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
Christmas Tea Dance	Sat 7 th Dec 2-4.30pm	One off	£7 ticket	St Radigunds Community Centre, Poulton Close, Dover CT17 0HL	Come and enjoy a Christmas tea dance, and dance the afternoon away. To book your ticket, please call Jo on 01304 372608 or email communityoutreach@ageuiskc.org.uk .

3. Warm Space

Step in from the cold this winter with our warm spaces in Deal and Folkestone from now until 31st March 2025, offering a friendly welcome, free hot drinks and £2 two-course lunches on set days – see below for more information.

FOLKESTONE COMMUNITY HUB

Warm Welcome

Step in from the cold

Mon-Thurs 9am-4pm
The Marigold Centre
Folkestone CT19 4NS

Wednesday Special
2 Course Lunch £2
1 Free Hot Drink per person

November-March
(except Bank Holidays)

- Warm Space
- Pool Table
- Games
- Support
- Warm Pack

While stocks last

Scan for Menu



ageUK South Kent Coast

Lunch served 12pm - booking essential
Call to book lunch: 01304 372608

Warm Welcome

Step in from the cold

Mon-Fri 9am-4pm
The Deal Centre
3 Park Street CT14 6AG

Monday Special
1 Free Hot Drink per person

Friday Special
2 Course Lunch £2

November-March
(except Bank Holidays)

- Warm Space
- WIFI
- Company
- Support

Scan for Menu



ageUK South Kent Coast

Phone: 01304 372608

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.

RUNNERS

Team up with one of our drivers to deliver meals to older people - you'll be the friendly face of the service, offering reassurance to the people we support.

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

Contact us

Email:
deputyceo@ageukskc.org.uk

Call: 01304 372608



Charity number: 1187363

5. Cost of Living Support

Many of us continue to struggle due to the ongoing Cost-of-Living crisis, but help is available. Our Information & Signposting team can help you access a range of support including benefit checks to ensure you are getting everything you are entitled to, and help you access support to complete any application forms.

For more information, please contact Lisa McCaughey or Mark Blamey by calling: 01304 372608, or email: iandadeal@ageukskc.org.uk

6. 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.

7. 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.

8. 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.

