

Age UK South Kent Coast Newsletter – February 2025

It's the month of love! Why not browse through this month's newsletter and try a new hobby - you never know, you might LOVE it!

Contents:

1. News and Events
2. Activity Timetable
3. The Big Knit
4. Just Missing Out Scheme
5. Volunteering
6. Cost of Living Support
7. Digital Support
8. Information & Signposting
9. Connect Well East Kent

Contact us:

Phone: 01304 372608

Web: www.ageuk.org.uk/southkentcoast

Facebook: www.facebook.com/AgeUKSKC

Email: deputyceo@ageukskc.org.uk

1. News and Events

If you're finding yourself at that age where you are experiencing menopause symptoms, and unsure where to turn – you are not alone! There is a new, free, 8-week programme to guide you through your menopause transition - see below for details.

Thrive Through Menopause

An 8 week programme to
guide you through your
menopause transition

Starts 5th February 2025
7.10pm - 8.30pm

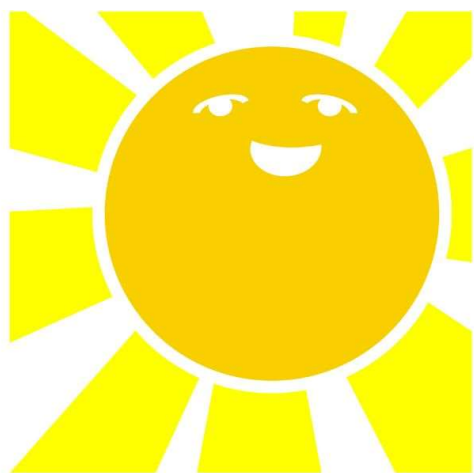
St. John's Church Hall, St John's
Church Road, CT19 5BQ



For further information contact
Claire Grant 07766 833245
thrivebythesea@gmail.com

Funded by Folkestone Town Council
and Active Kent & Medway





THE SMILING SESSIONS

**Thursdays 20 February, 6 March
& 20 March at Sunflower House
from 2.30pm to 4pm**



**Please come and join The Smiling Team
to sing your favourite songs & enjoy a cuppa
We look forward to seeing you there**

Address: Sunflower House, 45 Foord Road, Folkestone CT19 5AE



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

Sunflower House
community building
building community



**THE ROGER
DE HAAN
CHARITABLE TRUST**
SHAPESHIFTER
PRODUCTIONS LTD

2. February 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
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, please 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	Mondays 10.30am	3 rd Monday of month	£4	The Sportsman, The Street, Sholden, Deal CT14 0HL	What's better than a game of bingo? Rock 'n Roll bingo of course! Just £5 a session, which includes 3 games, a 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 (excl bank hols)	3 rd , 10 th & 24 th Feb	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 call Jo on 01304 372608 or email communityoutreach@ageukskc.org.uk
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	Mondays 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	Tuesdays 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
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!
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	Wednesdays 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 10.30-12noon	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@ageukskc.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	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@ageukskc.org.uk
Smiling Sessions	Thursdays	20 th Feb, 6 th & 20 th March	Free	Sunflower House, 45 Foord Road, Folkestone CT19 5AE	Enjoy an afternoon of singing, with our new smiling singing sessions, where the musicians will play – and sing-a-long over a cuppa. Free to attend.
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@ageukskc.org.uk

Nourish & Nurture	Thursday 7-8pm	Weekly	£10 for 3 sessions or £5 each	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. Book online: https://nourishfeb.eventbrite.co.uk
Honey the P.A.T Dog	Alternate Fridays from 10am	Alternate weeks from 10 Jan	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!
Meet Barry The Bee Man	Friday 21 Feb 2pm	One-off	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Join Barry at The Deal Centre for a fascinating talk about Bees, Bee Keeping and the importance of the Honeybee.
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@ageukskc.org.uk
Versus Arthritis Deal	Fourth Sat of month 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

MEET BARRY THE BEE MAN



Join Barry at The Deal Centre
for a fascinating talk about
Bees, Bee Keeping and the
importance of the Honey Bee

FRI 21 FEB



2 PM

THE DEAL CENTRE
3 Park Street CT14 6AG

FREE

Wheelchair accessible venue
Disabled toilet facilities

BOOK NOW

Call: 07958 518424
Email karen.pattison@ageuksk.org.uk



Meet Honey

The P.A.T Dog

**FREE
ENTRY**



Alternate Fridays 10am
Starting 10 January
The Deal Centre
Park Street. CT14 6AG

Spend some time listening to doggy
tales and have a cuddle with Honey

Phone: 01304 372608

Wheelchair accessible venue
Disabled toilet facilities



Over 50s

NOURISH & NURTURE

A class designed to nourish & nurture your physical & mental health & wellbeing



£10 for
3 sessions

Join us for this weekly, beginner-friendly class, as we guide you through:

- Breathing exercises
- Mindfulness
- Slow & gentle yoga poses
- Relaxation
- Guided meditation



Book online: <https://nourishfeb.eventbrite.co.uk>

Thursday
6 - 13 - 27 February
7-8pm

The Marigold Centre
65 Shaftesbury Avenue
Folkestone CT19 4NS

For more info or to contact us:
<https://www.gemmawickert.com/>



Over 55 FRIENDLY FISHING THURSDAYS

£8

**STARTS
13/02/25**

COTTINGTON LAKES
Sandwich Road
Eastry, Deal CT14 0AR

For more info or to book, call Karen: 07958 518424
or email: karen.pattison@ageuksk.org.uk



Social
Enterprise
Kent

On behalf of



3. The Big Knit

Ready, Steady, Knit

Age UK's partnership with innocent drinks, The Big Knit, is back! It's time to grab your knitting needles and crochet hooks and get involved - every hat knitted raises 30p to help Age UK South Kent Coast provide much-needed services and support to local older people.

**Pick up a pattern from one of our centres
or scan the code to get one online**

The Deal Centre
3 Park Street
Deal CT14 6AG

The Marigold Centre
65 Shaftesbury Avenue
Folkestone CT19 4NS



Return your hats to us by 1 June 2025



4. Just Missing Out Scheme

Kent County Council has launched the 'Just Missing Out' scheme for pension-aged residents on lower incomes who are NOT eligible for Pension Credit. The scheme enables you to apply for support with food, energy or both.

Pensioner Just Missing Out Scheme



Eligible households can apply for vouchers worth £200 which can be used to help pay for food, energy or both.

You will be eligible for assistance if you:

- or a partner living with you is aged 66 or over
- are a Kent resident, permanently living within one of the 12 local authorities covered by Kent County Council (this excludes Medway, Bexley, or Bromley)
- have an annual household income (before tax) between £11,343.80 (£17,313.40 for a joint household income) and £40,000
- do not have more than £1000 in savings
- are not in receipt of Pension Credit



To apply, please use the QR code or visit www.kent.gov.uk/justmissingout

If you're not able to apply online, please contact your local Citizens Advice branch for support.

This scheme is funded by the UK Governments Household Support Fund and will close on 28 February 2025 or when all funds are spent.



5. 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

6. 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

7. 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.

8. 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.

9. 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.

