



## Age UK South Kent Coast Newsletter – February 2024

**Fun fact:** 2024 is a Leap Year. There are 525,600 minutes in a typical year, on a leap year, there are 527,040 minutes ... what will you do with the extra 1,440 minutes this year? Take up a new hobby or sign up for one of our activities? - read on to see what we have in store this month!

### Contents:

1. Events & Activities
2. Dementia Tag
3. Volunteering
4. Cost of Living Support
5. Connect Well East Kent
6. Information & Advice

### Contact us:

**Phone:** 01304 372608

**Web:** [www.ageuk.org.uk/southkentcoast](http://www.ageuk.org.uk/southkentcoast)

**Facebook:** [www.facebook.com/AgeUKSKC](https://www.facebook.com/AgeUKSKC)

**Twitter:** @ageukskc

**Email:** [deputyceo@ageukskc.org.uk](mailto:deputyceo@ageukskc.org.uk)

## 1. Events & Activities

### **Photography Competition**

Calling all you budding photographers over the age of 55 – get snapping!

We are holding a monthly competition, where the winning entry will be published on our Facebook page.

Please send your entries to [sharron.harris@ageukskc.org.uk](mailto:sharron.harris@ageukskc.org.uk) by the 15<sup>th</sup> of each month – the winner will be announced on the 20<sup>th</sup> of the month.



OVER 55's

# Photography Competition



AgeUK South Kent Coast are holding a monthly Photography Competition where the winning entry will be published on our facebook page.

Latest submission date 15th of the month  
Winner announced 20th of the month  
If you fancy your chances of winning, why not send your entry into [sharron.harris@ageukskc.org.uk](mailto:sharron.harris@ageukskc.org.uk)

\*Limited to one entry per person each month  
\*First entry will require the completion of a short survey

### Boxfit 55+

Fancy trying something different?

Come along to Folkestone Boxing Club for a 6 week Boxfit course. All of the fitness of boxing, with none of the contact!

Starts Monday 19 February, 10.30-11.30am at TKO, overlooking Westernhanger Race Course.

For more information or to book:  
Email: [harrison@boxfitcommunity.co.uk](mailto:harrison@boxfitcommunity.co.uk)

or call: 07429 47834



6-Week Course Starting on Monday 19th Feb 10:30-11:30 am.  
TKO Folkestone Boxing Club: Folkestone Racecourse, Stone Street, Hythe CT21 4HX

Every Monday at 10:30-11:30 am

6 Weeks for only £30!

Non-contact boxing class for people 55+ to improve strength, fitness, balance and meet new friends. Everyone is welcome, come and join us.



#### Contact Us

✉ [harrison@boxfitcommunity.co.uk](mailto:harrison@boxfitcommunity.co.uk)

🌐 [www.boxfitcommunity.co.uk](http://www.boxfitcommunity.co.uk)

☎ 07429478346

📘 Boxfit Community



Always wanted to ride a horse? Come and take your first steps towards riding!

## Over-55's Open Day: Horsing Around!



An afternoon of horsey activities!

- Meet the horses
- Ride the simulator
- Learn about grooming
- Ride a horse
- And more...

£10

Free refreshments!

#### When?

Wednesday 20th March 1.30 - 3.30pm

#### Where?

Alkham Valley Community Project,  
Minnismoor Stables  
Abbey Road, Hougham, Dover CT15 7DJ

#### To book:

<https://horsingaround.eventbrite.co.uk>

or phone Jo on 01304 372608 for more info



### Horsing Around

Always wanted to ride a horse?

We've organised an open day at the Alkham Valley Community Project, 'Horsing Around', where for just £10 you'll have a chance to ride a horse, as well as learn about other aspects of horse craft.

Wednesday 20 March, 1.30-3.30pm,  
Minnismoor Stables, Hougham, Nr  
Dover CT15 7DJ

Please book via Eventbrite:

<https://horsingaround.eventbrite.co.uk>

or phone Jo on 01304 372608 for more information.



Over-55's  
**Cream tea  
and a chat!**

LITTLE FARTHINGLOE FARM  
FOLKESTONE ROAD  
DOVER CT15 7AA

First and third Tuesdays  
of the month at 2.30

Want to get out and about, somewhere  
local, and meet new people?

Join us for a special-price cream tea  
for just £3.50

Friendly company guaranteed!

Also visit:  
Farm shop with bakery and  
fresh produce (closes 3.30)  
Land Army Museum.

To book, contact Jo by phone: 01304 372608 (Mon-Thurs 9-4)  
or email: [communityoutreach@ageukskc.org.uk](mailto:communityoutreach@ageukskc.org.uk)



# Pickleball

for over-55's

**SPECIAL OFFER**  
Your first 5  
sessions  
£10

**£3.00**  
Per session

**Mondays 3.30-5pm**  
**Starts 8 January 2024**

**Hawkinge Community Centre**

Heron Forstal Avenue  
Hawkinge CT18 7FP  
01303 894857

More information:  
[communityoutreach@ageukskc.org.uk](mailto:communityoutreach@ageukskc.org.uk)  
or phone Jo on 01304 372608



## BATTLE OF BRITAIN MEMORIAL

New Dover Road, Capel-le-Ferne, Folkestone CT18 7JJ

**OVER-55'S  
MEN'S  
GROUP**

Come and meet with other guys in  
the café to talk about man stuff!  
The Cockpit Café looks over the  
English Channel with great views of  
France - on a good day!  
Free tea/coffee

**10 - 11.30am**  
First and third Tuesdays  
each month, starting  
October 2023

To confirm your place and request a parking voucher,  
email: [communityoutreach@ageukskc.org.uk](mailto:communityoutreach@ageukskc.org.uk)  
or phone Jo: 01304 372608



**Just  
£18!**

Over  
55's

## INDOOR BOWLS

**New to Indoor Bowls?**  
**Try our Beginners' Course!**  
Bowls is fun, friendly & strangely addictive!!

**More dates coming soon!**

Mondays  
2.00-4.30 pm

Folkestone Indoor Bowls Club  
Cheriton Road CT19 5JU

Book online at  
<https://IndoorBowlsFeb24FIBC.eventbrite.co.uk>  
or call Jo: 01304 372 608





# Fancy Fishing?

Get your rod out!

**10am  
Every Thursday**

Sandwich Coarse Fishery, Ash Road CT3 2DA



£7 includes fishing for the day, coffee and bacon bap!

**Over  
55s**

**No Rod, No Licence - No Problem!**

To book email: [karen.pattison@ageuksk.org.uk](mailto:karen.pattison@ageuksk.org.uk)  
or call: 07958 518424



# FILM ON FRIDAY

Friday 2 February  
1:15 - 3:15pm

The Deal Centre  
Park Street  
Deal CT14 6AG

**FREE  
ENTRY +  
CHOC  
ICE**

# GREASE

Call to book: 07958 518424



**Over  
55s**



## MOTORBIKE MEET UP

THE SPORTSMAN  
23 THE STREET, SHOLDEN CT14 0AL

**EVERY TUESDAY 11AM**

BACON/SAUSAGE/EGG ROLL  
WITH CHIPS AND A CUPPA £6.50

To book email: [karen.pattison@ageuksk.org.uk](mailto:karen.pattison@ageuksk.org.uk)  
or call: 07958 518424



# KAREN'S SING-A-LONG

**Just for fun - any voice, any song!**  
Let's sing, laugh and have fun together!

FRIDAY 16 FEBRUARY  
1.30- 3.15PM  
THE DEAL CENTRE  
3 PARK STREET  
CT14 6AG



# ROCK N ROLL BINGO

Alternate Mondays 10.30am  
The Sportsman  
Sholden, Deal CT14 0AL

**Starts 15/01/24**

3 Games  
Coffee & Croissant  
£4

Contact Karen to book  
Email: [karen.pattison@ageukskc.org.uk](mailto:karen.pattison@ageukskc.org.uk)  
Call: 07958 518424



# WINNING WEDNESDAYS

Wednesdays 12.30pm

**2 course lunch and Bingo £7.50**

The Fountain  
Seabrook Road  
CT21 5RT

**Starts 17/01/2024**

Special offer - first visit: only £5\*

To book: call Jakki: 07557 673189  
or email [jakkimonroe31@gmail.com](mailto:jakkimonroe31@gmail.com)



\*On completion of a short survey

# QUIZ & Chips

Over 55s  
£4.50

10 JANUARY  
7 FEBRUARY  
6 MARCH

1pm @ The Stag  
7 The Strand, Walmer CT14 7DY

Join Quiz Master Karen, for an afternoon of knowledge and nosh!

£4.50 includes sausage, chips and coffee!

To book call Karen: 07958 518424 or email: [karen.pattison@ageukskc.org.uk](mailto:karen.pattison@ageukskc.org.uk)



# 55+ WALKIE TALKIE GROUP

£3.50 inc. Coffee & scone

MEET AT 10:15AM AT DEAL PIER

MONDAY 5 & 19 FEB AND 4 & 18 MARCH

Join Karen for a walk (30mins x 2) at your own pace, followed by coffee, scone and chats at Deal Beach Parlour. £3.50 includes coffee and scone.

To book email: [karen.pattison@ageukskc.org.uk](mailto:karen.pattison@ageukskc.org.uk) or call: 0795 8518424





## Rosie's Moments

Join us on the first Wednesday of the month, for our social and activity club.

This club is an inclusive group for the Over-55's and is ideal for people living with dementia or other long-term health conditions and their carers or loved ones - where both will be equally well catered for.

For more information or to book, please call Jo: 01304 372608

## Rosie's Moments

Social and activity club for Over-55's



Accessible activities, friendship and support



Free refreshments!

**The Bar**  
**Folkestone Sports Centre**  
**Radnor Park**  
**Avenue**  
**CT19 5HX**

First Wednesday of the month  
10:00 - 12:00

For more info, call Jo on 01304 372608

£5



On behalf of

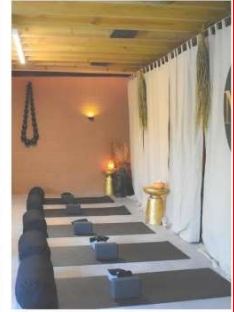


## Yoga sessions in Deal & Folkestone

### Yoga Mind & Me – Deal

£3 off your first Over 50s yoga class.

Book online: [bit.ly/yoga50](https://bit.ly/yoga50) or call  
Crystal on: 07712267200 or  
email: [yogamindandme@gmail.com](mailto:yogamindandme@gmail.com)



## Yoga Mind & Me NEW Over 50s Yoga

A blissful blend of traditional yoga with influence of exercise-based physiotherapy and Qi gong, finishing off with a healing sound bath.

This therapeutic practice is ideal for anyone over the age of 50 and interested in switching off the stress response, helping you to tune into relaxation.

All abilities welcome to this class and options including the use of chairs provided.

**Wed & Fri 10:30-11.30am**

MUSE Studio  
The Crown Inn  
Finglesham, Deal CT14 0NA

**Over 55?** Get £3 off\* your first class with code: AgeUK

Book online: [bit.ly/yoga50](https://bit.ly/yoga50)



Contact Crystal  
07712267200  
[yogamindandme@gmail.com](mailto:yogamindandme@gmail.com)

\*You will be asked to complete a short questionnaire

**WINTER WELLNESS**

Gentle Hatha Yoga Practice for people aged 55+

Fridays 2.30-4pm  
The Marigold Centre  
Folkestone CT19 4NS

£5

05/01/24 - 16/02/24

- Reduce and prevent pain and neuralgia
- Improve sleep quality
- Improve menopause symptoms
- Improve breath quality and energy levels
- Improve muscle strength
- Improve coordination and flexibility

Suitable for all levels - mats & blocks provided

For info or to book: [yoga@gemmawickert.com](mailto:yoga@gemmawickert.com)



### Winter Wellness – Folkestone

Gentle Hatha Yoga Practice for people aged 55+.

Email Gemma to book:

[yoga@gemmawickert.com](mailto:yoga@gemmawickert.com)

## Wellbeing Activity programme

Our sessions are fun, friendly and cater for all abilities. If you have 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
<b>Walking Cricket</b>	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: <a href="https://www.threehillssportspark.co.uk">https://www.threehillssportspark.co.uk</a>
<b>Walkie Talkie Social Walk</b>	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 meet at Deal Beach Parlour for coffee, cake and more natter. To book, please call Karen on 07958 518424 or email: <a href="mailto:karen.pattison@ageukskc.org.uk">karen.pattison@ageukskc.org.uk</a>
<b>Rock N Roll Bingo</b>	Alternate Mondays 10.30am	Fortnightly (excl bank holidays)	£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: <a href="mailto:karen.pattison@ageukskc.org.uk">karen.pattison@ageukskc.org.uk</a>
<b>Walk Fit</b>	Monday 1.30-2.30pm	Weekly (excl bank holidays)	Free	Meet at Homepine House, Sandgate Road, Folkestone CT20 2XB	Gentle wellbeing walk – improves cardiovascular fitness, improves your mood, boosts circulation, strengthens muscles, promotes a healthy heart, reduces stress. For more info or to book, please call Sharron on 01304 372608 or email: <a href="mailto:Sharron.harris@ageukskc.org.uk">Sharron.harris@ageukskc.org.uk</a>
<b>Pickleball</b>	Monday 3.30-5pm <b>NEW</b>	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 <a href="mailto:communityoutreach@ageukskc.org.uk">communityoutreach@ageukskc.org.uk</a>



<b>Skylarkers</b>	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.
<b>Walking Netball</b>	Monday 5-6pm	Weekly	£3	Folkestone Sports Centre, Folkestone CT19 5HX	Walking Netball is a slower paced version of the game, perfect for anyone looking to exercise in a supportive and friendly environment. Whether you hung up your trainers long ago, have never played before, or want to try something new, come along and make friends! For more info or to book, please call Sharron on 01304 372608 or email: <a href="mailto:Sharron.harris@ageuiskc.org.uk">Sharron.harris@ageuiskc.org.uk</a>
	Tuesday 11am- 12pm	Weekly	£3	Folkestone Sports Centre, Folkestone CT19 5HX	
	Thursday 1-2pm	Weekly	£3	Dover Leisure Centre, Dover CT16 3FZ	
<b>Zumba Gold</b>	Monday, Tuesday, Wednesday or Friday	Weekly	£15 for 5 sessions	Folkestone, Eastry or Elvington	5 sessions of Zumba Gold for just £15 – fun, low-impact fitness: <b>Mondays &amp; Fridays</b> 10am at St John’s Church Hall, Folkestone CT19 5BQ <b>Tuesdays</b> 11am at Eastry Village Hall CT13 0HE <b>Wednesdays</b> 1.30pm at Elvington Community Centre CT15 4DZ. To book, call Jen on 07905 945218 and quote AUK15
<b>Chair Yoga</b>	Monday 1.30- 2.30pm	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.
<b>Craft Hub Club</b>	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 <a href="mailto:karen.pattison@ageuiskc.org.uk">karen.pattison@ageuiskc.org.uk</a>
<b>Marigold Social Club</b>	Monday, Tuesday & Thursday 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.

<b>Art Tec</b>	Monday 10-12noon <b>NEW</b>	Weekly (excl bank holidays)	£2	The Marigold Centre, 65 Shaftesbury Ave, Folkestone CT19 4NS	Join like-minded crafters in our new class - share your skills with others. Bring your own project or try something new. Refreshments included in the session price. For more information, please call Sharron on 01304 372608 or email <a href="mailto:Sharron.harris@ageukskc.org.uk">Sharron.harris@ageukskc.org.uk</a>
<b>Boccia</b>	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!
	Thursday 10-11.30am	Weekly	Free		
<b>Motorbike Meet-up</b>	Tuesday 11.30am	Weekly	£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: <a href="mailto:karen.pattison@ageukskc.org.uk">karen.pattison@ageukskc.org.uk</a>
<b>Bingo</b>	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.
<b>Mens Group</b>	Tuesday 10-11.30am	1 <sup>st</sup> & 3 <sup>rd</sup> Tues	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 <a href="mailto:communityoutreach@ageukskc.org.uk">communityoutreach@ageukskc.org.uk</a>
<b>Whist</b>	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!
<b>Rosie's Moments</b>	1 <sup>st</sup> Wednesday of month 10-12noon	Monthly	£5	Folkestone Sports Centre, Folkestone CT19 5HX	Get active with accessible games, then socialise with crafts, games, guest speakers etc. £5 per session, and includes tea/coffee & biscuits.
<b>Digital Support</b>	Wednesday 10am- 12noon	2 <sup>nd</sup> & 4 <sup>th</sup> 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.



<b>Folkestone Men's Shed</b>	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!
<b>Winning Wednesdays</b>	Wednesday 12.30pm	Weekly	£7.50	The Fountain, 171 Seabrook Rd, Hythe CT21 5RT	Bingo and 2 course meal – first session just £5! What have you got to lose? Good food, good company, good times! Contact Jakki to book, call: 07557 673189 or email <a href="mailto:jakkimonroe31@gmail.com">jakkimonroe31@gmail.com</a>
<b>Quiz N Chips</b>	Wednesday 7 Feb 6 March 1pm	Monthly	£4.50	The Stag, 7 The Strand, Walmer, Deal CT14 7DY	Join Quiz Master Karen, for an afternoon of knowledge and nosh! £4.50 includes sausage, chips and coffee! To book, call Karen on 07958 518424 or email: <a href="mailto:karen.pattison@ageukskc.org.uk">karen.pattison@ageukskc.org.uk</a>
<b>Singing for Pleasure</b>	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.
<b>Owl Talk &amp; Sighting</b>	Wednesday 28 Feb 2.30pm <b>NEW</b>	One-off	Free	Sandwich Bay Observatory, Guilford Road, Sandwich CT13 9PF	Join John Buckingham from Sandwich Bay Bird Observatory for a chance to see owls in their natural habitat, followed by a short illustrated talk over a warming cup of tea. To book, please call Karen on 07958 518424 or email: <a href="mailto:karen.pattison@ageukskc.org.uk">karen.pattison@ageukskc.org.uk</a> <b>LIMITED SPACES – BOOK NOW!</b>
<b>Garden Club</b>	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!
<b>Coarse Fishing</b>	Thursday 10.30am	Weekly	£6 per week	Sandwich Coarse Fishery, Ash Road, Sandwich CT3 2DA	No rod, no licence? – No problem! £6 includes fishing for the day, coffee and bacon bap! For more info or to book, please call Karen on 07958 518424 or email: <a href="mailto:karen.pattison@ageukskc.org.uk">karen.pattison@ageukskc.org.uk</a>
<b>Winter Wellness Yoga</b>	Friday 2.30-4pm <b>NEW</b>	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: <a href="mailto:yoga@gemmawickert.com">yoga@gemmawickert.com</a>

<b>Versus Arthritis Deal</b>	4 <sup>th</sup> Saturday 2-4pm <b>(NEXT ONE 24<sup>TH</sup> FEB)</b>	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: <a href="mailto:services@versusarthritis.org">services@versusarthritis.org</a>
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### FREE - Owl Talk & Sighting

Join John Buckingham from Sandwich Bay Bird Observatory for a chance to see owls in their natural habitat, followed by a short, illustrated talk over a warming cup of tea.

To book, please call Karen on 07958 518424 or email: [karen.pattison@ageukskc.org.uk](mailto:karen.pattison@ageukskc.org.uk)

**LIMITED SPACES – BOOK NOW!**



**Over 55s Owl Talk & Sighting**

Wed 28 Feb  
2.30pm  
Sandwich Bay Bird Observatory

Join John Buckingham from Sandwich Bay Bird Observatory for a chance to see owls in their natural habitat, followed by a short illustrated talk over a warming cup of tea.

Limited spaces - book now!  
email: [karen.pattison@ageukskc.org.uk](mailto:karen.pattison@ageukskc.org.uk)  
or call: 07958 518424

Free Event





## 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. The friendly volunteers Helen and Janet will be at the Deal Centre every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month, 10am-12noon, for technical support. To find out more, please visit [www.digitalkent.uk](http://www.digitalkent.uk) or call Michelle on 01304 372608.

## Memory Matters

Are you or someone you care about living with dementia or memory problems? We have space for new members at our Memory Matters sessions on Wednesdays, 9.30am-2.30pm in Folkestone.

Sessions cost £15 which includes activities, refreshments and lunch. Carers are welcome to attend at a reduced fee.

For more information or to book, please contact Gemma or Joan on 01304 372608 or email: [deputyceo@ageukskc.org.uk](mailto:deputyceo@ageukskc.org.uk)

# Memory Matters



For people living with  
mild-moderate dementia  
or worries about their memory



**9.30am-2.30pm  
Wednesdays  
& Fridays**



- Discussion
- Games
- Art
- Music
- Friendship
- Fun
- Joy

The Marigold Centre  
Folkestone CT19 4NS

**£15 - includes lunch  
First session FREE**

**To book:**

Call: 01304 372608

Email: [deputyceo@ageukskc.org.uk](mailto:deputyceo@ageukskc.org.uk)

## 2. Dementia Tags at The Deal Centre

Dementia Tag offers reassurance for people living with dementia and their loved ones, contact Teresa to find out more and arrange to collect your tag: 01304 372608.



# Dementia Safeguarding Tag

**Dementia Safeguarding Tags** are being issued to anyone living with dementia in the Dover District who would like one.

The **Dementia Safeguarding Tag** is designed to be carried by a person living with dementia on their housekeys, handbag, jacket, walking aid or anything else likely to be taken with them when they go outside and into the community.



**When you come into contact with someone who is confused, distressed or disorientated please ask if they have a Dementia Safeguarding Tag.**



### Enable NFC on your phone.

This is not an app, but a setting on your phone.

NFC is already enabled on most iPhones.

For Androids, this is normally in your settings menu near to wifi and bluetooth settings.

**Then hold the back of your phone against the tag to let you access the persons emergency contact details.**



**If you live with dementia, or have a relative living with dementia, and would like more information on the scheme please scan the QR code or visit [www.ageuk.org.uk/southkentcoast/](http://www.ageuk.org.uk/southkentcoast/)**



**Dementia Safeguarding Scheme**  
Supported by Avon & Somerset Police  
Dementia Hero Awards 2023 Winner



### 3. 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 community:

#### **Meal Delivery Drivers**

Our Meal Delivery drivers deliver meals on wheels to older and isolated people in the local community. Volunteer from as little as 2 hours per week, 11.30am-1.30pm, any day of the week.

To find out more, or to apply, please email: [deputyceo@ageuiskc.org.uk](mailto:deputyceo@ageuiskc.org.uk) or call 01304 372608.

### 4. Cost of Living Support

We have funding available in Folkestone to support people aged 50+ with the cost of food, fuel and other essential items. We also have funding in the Dover District to provide carpets and curtains. If you need some support, please call 01304 372608 or email: [communitysupport@ageuiskc.org.uk](mailto:communitysupport@ageuiskc.org.uk)

### 5. 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.

### 6. Information & Advice

We have a great team here at Age UK, who can offer a wide range of support including help with personal independence payment, pension credit, mandatory reconsiderations and form filling. If you need support or have any queries relating to any of the above topics, please do not hesitate to contact the team on 01304 372608.

