

Age UK South Kent Coast Newsletter – June 2024

What can we do about this weather? We can't control what the weather is doing, but we can choose what activities we do! Have a browse and see what's on offer this month! Vineyard Tour anyone?

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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

1. Photography Competition

If you love photography, or you just take the odd photo on your phone, why not enter our monthly photography competition. Entry is free and if you win, your photo will be published with credits on the Age UK South Kent Coast Facebook page.

Congratulations to our May "photobomb" competition winner Chris Mansfield, with a photograph of his adorable grandchildren at Port Lympne Zoo.

June's theme is beaches - please send your entries to sharron.harris@ageukskc.org.uk by the 15th June.

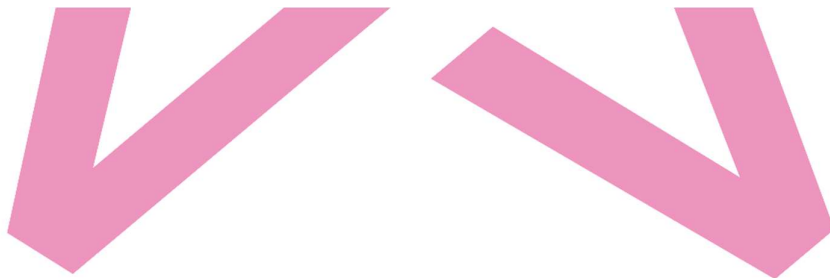


2. Volunteers' Week 2024

This year marks 40 years of Volunteers' Week - a chance to celebrate the amazing contributions volunteers make to their local communities right across the UK.

This Volunteers' Week (3-9 June) we'll be sharing details on Facebook of the difference Age UK South Kent Coast volunteers make across Sandwich, Deal, Dover and Folkestone, and also details of how you can get involved!

We'd like to take this opportunity to say a **BIG** thank you to each and every one of our volunteers and the difference you make - we would be lost without you!



Thank You, Volunteers

#volunteersweek



3. Activities & Events



GET FIT TO WALK

**POSTURAL STABILITY
STRENGTH & BALANCE**

**Do you worry about your
balance?**

**Does the fear of falling put
you off getting out and
about?**

**Sign-up to our 6 week
Get Fit To Walk course!**

- Improve balance
- Increase mobility
- Improve cardiovascular health
- Increase fitness
- Boost confidence
- Reduce risk of falling
- Reduce risk of falls related injuries

For more information or **to book call: 01304 372608** and ask to speak to Sharron or **email: sharron.harris@ageukskc.org.uk**

22nd May - 26th June

**Wednesdays 3-4pm
Hawkinge Community Centre**

**6 Weeks £25.00
(includes first class free)**



On behalf of





SOCIAL CYCLE

Over
55s

TUESDAYS 1.30PM

OPPOSITE THE HYTHE IMPERIAL HOTEL,
PRINCES PARADE, HYTHE

Starts Tuesday
4th June 2024

Special offers from our
friends at:

Cyclefixit, 141 High St,
Hythe CT21 5LJ

- £10 bike safety check
- 10% off bikes
- 10% off accessories



Contact Sharron, call: 01304 372608
Email: sharron.harris@ageukskc.org.uk



On behalf of





**ETCHINGHILL
GOLF COURSE**

OVER-55'S 4-WEEK COURSE: INTRO TO GOLF

**STARTS
THURSDAY
JUNE 6TH
10.00AM**

Have you ever wondered what it's all about?

Our golf professionals are looking forward to introducing newcomers to the game!

COURSE INCLUDES:

£60

- ✓ Group instruction
- ✓ A range of activities
- ✓ Use of equipment
- ✓ Tea & cake included!



Etchinghill Golf Club
Canterbury Road
Etchinghill
Folkestone
CT18 8FA

For more information, call Jo on 01304 372608
or email communityoutreach@ageukskc.org.uk

Book now on Eventbrite: <https://EtchinghillGolfIntroCourse.eventbrite.co.uk>



**Social
Enterprise
Kent**

On behalf of





YOGA FOR OVER 55'S

FRIDAYS 2.30-4PM

THE MARIGOLD CENTRE, CHERITON*



A gentle yoga practice can help to:

- Reduce and prevent pain & neuralgia
- Improve sleep quality
- Improve the undesirable effects of the menopause
- Improve breath quality & energy levels
- Improve muscle strength, coordination & flexibility

You don't need to be able to touch your toes to try it but you might be able to afterwards. No previous yoga experience required. Mats provided.

Please email ahead to book a place: yoga@gemmawickert.com.

*65 Shaftesbury Avenue, Cheriton, CT19 4NS

GEMMA WICKERT YOGA IS PROUD TO DELIVER YOGA CLASSES FOR
KENT COUNTY COUNCIL & SOUTH KENT COAST AGE UK



On behalf of



elham valley vineyard

Over-55's Summer wine tour & tastings

To book, scan the QR code or go to <https://www.vineyardgardencentre.co.uk/tours>



Fri 12th July
15:30 - 16:45 £20.50

Enjoy a wine tour and taste a range of Elham Valley Vineyard's elegant wines.

Elham Valley Vineyard, Breach, Canterbury CT4 6LN

On behalf of



FILM ON FRIDAY

FREE ENTRY + POP CORN

Friday 7 June 1.30pm

The Deal Centre Park Street Deal CT14 6AG

Wheelchair accessible venue
Disabled toilet facilities

Call to book: 01304 372608



SUMMER SING-A-LONG

Friday 21 June 1.30-3.30pm

The Deal Centre Deal CT14 6AG

Sun hats, sunglasses, summer dresses and hawaiian shirts encouraged!

Free entry - free ice cream!

To book
 email: karen.pattison@ageukskc.org.uk
 Call: 07958 518424

Wheelchair accessible venue
 Disabled toilet facilities

Over 55s



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
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
Rock N Roll Bingo	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: karen.pattison@ageukskc.org.uk
Walk Fit	Monday 1.15- 2.45pm	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: Sharron.harris@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	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.
Walking Netball	Monday 5-6pm	Weekly (excl Bank Holidays)	£5	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: Sharron.harris@ageuiskc.org.uk
	Tuesday 11am- 12pm	Weekly	£5	Folkestone Sports Centre, Folkestone CT19 5HX	
	Thursday 1-2pm	Weekly	£5	Dover Leisure Centre, Dover CT16 3FZ	
Zumba Gold	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: Mondays & Fridays 10am at St John’s Church Hall, Folkestone CT19 5BQ Tuesdays 11am at Eastry Village Hall CT13 0HE Wednesdays 1.30pm at Elvington Community Centre CT15 4DZ. To book, call Jen on 07905 945218 and quote AUK15
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@ageuiskc.org.uk
Marigold Social Club	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.

Art Tec	Monday 10-12noon	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 Sharron.harris@ageuiskc.org.uk
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!
	Thursday 10-11.30am	Weekly	Free		
Motorbike Meet-up	Tuesday 11.30am	Weekly	£6.50	The Sportsman, The Street, Sholden, Deal CT14 OHL	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
Social Cycle	Tuesdays 1.30pm	Weekly	Free	Meet opposite The Hythe Imperial Hotel, Princes Parade, Hythe	A social cycle along Hythe promenade, meeting opposite the Hythe Imperial Hotel, with special offers from our local cycle shop Cyclefixit. Suitable for everyone.
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	Tuesday 10-11.30am	1 st & 3 rd 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 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!
Rosie's Moments	1 st 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.
Digital Support	Wednesday 10am-	2 nd & 4 th Wednesday	Free	The Deal Centre, 3 Park Street, Deal	Need some help with your digital skills? We have two volunteers from KCC Digital Champions Network who have some great knowledge to

	12noon	of the month		CT14 6AG	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!
Winning Wednesdays	Wednesday 12.00pm	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 jakkimonroe31@gmail.com
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.
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 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: karen.pattison@ageukskc.org.uk
Intro to Golf	Thursday 6 June	Four week course	£60	Etchinghill Golf Course, Etchinghill, Folkestone CT18 8FA	Why not try your hand at golf? A four week course, getting to know how to play the game. Please book via Eventbrite: https://EtchinghillGolfIntroCourse.eventbrite.co.uk or call Jo on 01304 372608 for more information.
Beginners Pickle Ball	Thursday 1-2pm	Weekly	£3.50 per session	Folkestone Sports Centre, Folkestone CT19 5HX	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
Film on Friday	Friday 1.00-3.30pm	Friday 7 June	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Join us for a showing of The Sound of Music – sing-a-long version! It's Friday, it's fun and it's free! To book, please call Karen on 07958 518424 or email: karen.pattison@ageukskc.org.uk

Summer Sing-a-Long	Friday 1.30-3.30pm	Friday 21 June	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	“We’re all going on a summer holiday” ... OK so not quite, but you’ll certainly feel like is after this fun packed, summer themed sing-a-long session – everyone welcome! 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
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

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 Folkestone and the surrounding area.

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. 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 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, contact 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: 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.

