

Age UK South Kent Coast Newsletter - August 2023

Welcome to our August newsletter, a bumper summer edition with lots to keep you entertained – even if the sun isn't shining!

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Contact us:

Phone: 01304 372608

Web: www.ageuk.org.uk/southkentcoast

Facebook: www.facebook.com/AgeUKSKC

Twitter: @ageukskc

Email: deputyceo@ageukskc.org.uk

Deal Pride

In July we were proud to take part in Deal's first ever Pride. Our clients helped to make the giant heart banners and we were joined in the march by volunteers, clients and staff. We spoke to over 150 people on the day about our wellbeing activities and events! BIG thanks to Deal Pride for organising such a fantastic event!



1. Events and Activities

Wellbeing Activity programme

Here's a full copy of our activity timetable - from Seal Watching to Social Cycling, we are sure there will be something to take your fancy! Our sessions are fun, 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 using the details on the front page.

Activity	Day & Time	Frequency	Cost	Location	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
Walkie Talkie Social Walk	Monday 10.15am	Weekly (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.
Walk Fit	Monday 2pm	Weekly	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: 01304 372608 or email: Sharron.harris@ageukskc.org.uk
Skylarkers	Monday 10:15-11:45am	Weekly NOT DURING AUGUST	Free	The Deal Centre, 3 Park Street, Deal CT14 6AG	Join our small friendly group for art and singing on alternate weeks – everyone welcome, no need to book.
Walking Netball	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 and
	Tuesday 11am-12pm	Weekly	£3	Folkestone Sports Centre, Folkestone CT19 5HX	

	Thursday 1-2pm	Weekly	£3	Dover Leisure Centre, Dover CT16 3FZ	make friends! For more info or to book call Sharron: 01304 372608 or email: Sharron.harris@ageuiskc.org.uk
Zumba Gold	Monday, Tuesday, Wednesday or Friday NEW	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: 07905 945218 and quote AUK15
Chair Yoga	Monday 1.30-2.30pm	Weekly	£6	The Deal Centre, 3 Park Street, Deal CT14 6AG	Stretch and strengthen from the comfort of a chair with a qualified yoga teacher. Help to ease out stiffness in 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	£2	The Deal Centre, 3 Park Street, Deal CT14 6AG	A new craft club to meet with like-minded crafters. Bring your own project or try something new. Refreshments included in the session price. For more information, please call Karen 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!
	Thursday 10-11.30am	Weekly	Free		
Motorbike Meet-up	Tuesday 11.30am	Weekly	£5	The Plough Inn, Ripple, Nr Deal CT14 8JH	Bike ‘n’ Brunch meet, £5 includes a sausage or bacon baguette with chips and a cuppa! To book, please email: karen.pattison@ageuiskc.org.uk or call Karen on 07958 518424

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.
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!
Adventure Golf	Tuesday 19 September 2.30pm	One-off	£4.50	Walmer Green, The Strand, Walmer, Deal CT14 7DP	Join us for a Roman landings adventure at Deal's very own crazy golf course! 18 holes of fully themed adventure including links to local history. To book, please call Karen: 0795851824 or email: karen.pattison@ageukskc.org.uk
Digital Support	2 nd & 4 th Wednesday 10am	Fortnightly	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.
Garden Club	Wednesday 10am	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!
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!
Social Cycle	Wednesday 10.30am	Weekly	Free	Meet at Deal Pier	1 hour social cycle with Karen, return to Park Street for free coffee and chat afterwards. To book, please call Karen: 0795851824 or email: karen.pattison@ageukskc.org.uk
	Wednesday 1.30pm	Weekly	Free	Meet at front of Hythe Imperial Hotel CT21 6AE	1 hour social cycle with Sharron, from Hythe Imperial and back, join us afterwards for a FREE Rio's Ice Cream! To book, please call Sharron: 01304 372608 or email: Sharron.harris@ageukskc.org.uk
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.

Solley's Ice Cream Tour	Wednesday 20 September 3pm EXTRA DATE ADDED	One-off	£5	The Dairy, Church Lane, Ripple CT14 8JL	Join Karen for this delicious tour of Solley's Ice Cream factory – price includes a tractor ride, coffee and ice cream! To book, please email: karen.pattison@ageukskc.org.uk or call 07958 518424
Rosie's Moments	Wednesday 10am-12pm	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.
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
Summertime 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 clocks provided. To book, please email: yoga@gemmawickert.com
Drag Bingo	Friday 4 August 7.30pm SOLD OUT	One-off	£10	20 th Century Speedway, St Eanswythe Way, Folkestone CT20 1AN	Join us for an evening of Bingo, balls and Drag. Hosted by the FABULOUS Dita Garbo, it's sure to be a fantastic evening of naughtiness and fun! To book: https://www.eventbrite.co.uk/e/over-55s-drag-bingo-tickets-657567822057?aff=oddtcreator
Versus Arthritis Deal	4 th Saturday 2-4pm (next one 26 Aug)	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
Seal Watching trip	Saturday 2 nd September EXTRA DATE ADDED	One off	£15	Sandwich Quay, CT13 9EN (opposite The Bell Hotel)	Due to popular demand, another date has been booked to see the seals and their growing pups, along with other wildlife in the area. Limited spaces – please call 07955 465729 and quote discount code AUK55.

African Drumming Workshop	Saturday 23 rd September	One off	£8	Studio 2, Hawkinge Community Centre, Hawkinge CT18 7FP	Come and beat those drums with Rich Rhythms in Studio 2. To book your place, please email: https://AfricanDrummingHawkingeSept.eventbrite.co.uk
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Go outdoors!

We've teamed up with the fantastic folk at Felderland Farm and Alkham Valley Garden Centre & Tea Rooms to offer the Over 55's a fantastic 10% off! Please see details below!

**OVER 55?
10% OFF
FELDERLAND
PYO FARM
DEAL ROAD, WORTH CT14 0BJ**

Over 55? Fill in a form before you pay and get 10% discount on PYO fruit from 10th June to October



ALKHAM VALLEY GARDEN CENTRE Tea Rooms

**Over 55?
Love to spend time in the garden?
Visit us and get 10% off in our garden centre!***

Alkham Valley Garden Centre & Tea Rooms, Alkham, Dover, CT15 7EW

* On completion of a short survey



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.

Coach Club

Working in collaboration with Bayliss Executive Travel, we're able to offer a discounted monthly coach trip for Over-55's, from many different pick-up points in East Kent. From Bruges to Chartwell, there's bound to be something to take your fancy... For more information about the trips or to make a booking, please phone the travel company directly on 01304 363600 (option 2), mentioning that you've seen this ad.



COACH TRIPS
from East Kent

At these specially-reduced rates for Over-55's

- ◆ **Bruges: Sunday 11th June £35**
Enjoy the cobbled streets, mediaeval buildings and chocolate! Passports and euros required. Early start!
- ◆ **Hampton Court Flower Show: Saturday 8th July £53** **SOLD OUT**
The world's largest annual flower show! Entrance tickets included.
- ◆ **Wakehurst: Thursday 17th August £35**
Explore 500 acres of diverse landscapes and plants from across the globe. On-site cafes.
- ◆ **Spa Valley Railway: Saturday 14th October £49** **New date**
Feel the nostalgia of this heritage railway and enjoy a fish and chip lunch!
- ◆ **Chartwell House: Monday 23rd October £41**
Visit Winston Churchill's home and gardens, and view his collection of paintings. Bring a packed lunch or eat at the on-site cafe.
- ◆ **Armistice Day: Saturday 11th November £40**
Join the annual battlefield tour and visit the Menin Gate at Ypres. On board tour guide throughout. Passport required.
- ◆ **Bath Christmas Market: Saturday 9th December £25**
Over 150 twinkling chalets among historic Georgian Streets. A great place for your Christmas shopping!

Pick up points in Folkestone, Dover, Deal, Walmer and Sandwich

For more information or to book, phone 01304 363600 (option 2)

South Kent Coast **ageUK** On behalf of Kent County Council **SEK** Social Enterprise Kent **Bayliss** EXECUTIVE TRAVEL LTD.

2. 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 - we have some great volunteering opportunities available, from as little as 1 hour per week, that make a real difference to the lives of older people.

- **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@ageukskc.org.uk or call 01304 372608.

3. Cost of Living Support

We have funding available to support people who are struggling with the cost of living in Dover District and the Folkestone area. Funding can be used for food, fuel and other essential items. If you need some support, please call 01304 372608 or email: communitysupport@ageukskc.org.uk

4. 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.

5. Information & Advice

We have a great team here at Age UK, who can offer a wide range of support including help with blue badge applications, benefit checks, council tax reduction, attendance allowance, personal independence payment 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.