

Age UK South Kent Coast Newsletter - December 2023

Fa la la la la, la la la laaaaa!! It's that time of the year again to deck the halls and dust off your baubles! Cosy up warm indoors and read on to see what we have in store this month.

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2. Events & Activities
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5. Connect Well East Kent
6. Information & Advice
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Contact us:

Phone: 01304 372608

Web: www.ageuk.org.uk/southkentcoast

Facebook: www.facebook.com/AgeUKSKC

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1. Monthly Prize Draw

Congratulations to Karen from Deal, who was the winner of the November monthly draw at Folkestone Garden Centre.

Here she is being presented with her £20 voucher. Free entry to the drawer with any purchase from the café.

Good luck!



2.Events and Activities

Drag Bingo – last few tickets remaining!

Eyes down for this festive edition of Drag Bingo with Dita Garbo at Folkestone's coolest venue – 20th Century Speedway. £10 per person includes 4 games of bingo and drag performances. Scan the code or search:

<https://Over55sXmasDragBingo.eventbrite.co.uk>

The poster features a central image of drag queen Dita Garbo with blonde hair and dramatic makeup, wearing a red sequined top. The background is blue with white stars and red Christmas ornaments. Text elements include:

- OVER 55'S** (in a red banner)
- DRAG BINGO** (in large white letters)
- with Dita Garbo* (in a white box)
- FRIDAY 15TH DECEMBER 7:30-10:30 PM** (in a blue circle)
- 4 GAMES OF BINGO & PERFORMANCES** (in a blue circle)
- £10** (in a yellow circle)
- A QR code in the bottom right corner.

At the bottom, the venue information is listed: **20th Century Speedway, St. Eanswythe Way CT20 1AN**. Logos for **South Kent Coast ageUK**, **SEK Social Enterprise Kent**, and **Kent County Council** are also present.

Book on <https://Over55sXmasDragBingo.eventbrite.co.uk>

Skywalk by Torchlight

Dare to go high in the dark!!

A new high ropes/climbing adventure at Folkestone Sports Centre.

Headtorches and safety equipment will be provided.

Call: 01303 850333 or book online:
www.folkestonesportscentre.co.uk/skywalk

Over 55's **Skywalk by Torchlight!**



Do you dare??

Thursday December 14th - 6.00pm

Just £8 to test your mettle!

Phone 01303 850333 to book

Skywalk, Folkestone Sports Centre
Radnor Park Avenue CT19 5HX



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

Starts 10/01/2024

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

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

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

Get Fit to Walk

Do you worry about your balance?
Does the fear of falling stop you
getting out and about?

Improve your strength and
confidence by signing up to our
6 week Get Fit To Walk course –
starts 10 January 2024.

For more information or to book,
call Sharron: 01304 372608 or
email:

sharron.harris@ageukskc.org.uk



NEW Pickle Ball

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

A promotional poster for pickleball sessions. The top half has a light blue background with the word 'Pickleball' in large, bold, blue letters with a white outline. Below it, 'for over-55's' is written in smaller, dark blue letters. The center features two blue pickleball paddles with yellow balls on them. To the left of the paddles is a yellow circle with the text 'SPECIAL OFFER First 5 sessions £10 GREAT GIFT IDEA!'. To the right is a white circle with a blue border containing '£3.00 Per session'. The bottom half of the poster has a dark blue background with white text: 'Mondays 3.30-5pm', 'Starts 8 January 2024', and 'Hawkinge Community Centre'. At the very bottom, contact information is listed: 'Heron Forstal Avenue', 'Hawkinge CT18 7FP', '01303 894857' on the left, and 'More information: communityoutreach@ageukskc.org.uk or phone Jo on 01304 372608' on the right.

Pickleball
for over-55's

SPECIAL OFFER
First 5 sessions £10
GREAT GIFT IDEA!

£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
or phone Jo on 01304 372608



NEW Beginners Tai Chi

Starting 8 January 2024, special discounted rate for Over 55s – 12 weeks for the price for 10 = £82, a great gift idea!



BEGINNERS TAI CHI

Starts 8 January 2024 - Mondays 9.45am

The Landmark Centre, Deal CT14 6BB

Discounted rate for Over 55s*
12 weeks for price of 10 = £82

**Perfect
Christmas
gift idea!**

For more information or to book
Call Leigh: 07796 432458 or
Email: AquilaTaiChi@hotmail.com

*You will be asked to complete a short questionnaire



On behalf of



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



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/spouses, where both will be equally well catered for.

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

Music At The Museum

Love your concerts?

If so, come along to a series of concerts at the Kent Mining Museum.

Diverse ensembles include:

The Invicta Concert Band

YMS Steel Band

The Snowdown Male Voice Choir

For more information or to book:

www.kentminningmuseum.co.uk

THE KENT MINING MUSEUM

MUSIC AT the MUSEUM 2024

Sunday 25th February -Invicta Concert Band

Sunday 17th March -YMS Steel Band

November 2024 - Snowdown Male Voice Choir

To book please visit
www.kentminningmuseum.co.uk

 

The Kent Mining Museum, Betteshanger Park, Sandwich Road, Deal CT14 0BF

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-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 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: Sharron.harris@ageukskc.org.uk
Indoor Bowls	Monday 2-4.30pm NEW	Starts 30/10/23	£18 for 4 weeks	Folkestone Indoor Bowls Club, Cheriton Road, Folkestone CT19 5JU	Try your hand at indoor bowls – it's fun, friendly and strangely addictive! To book, please call Jo on 01304 372608 or https://IndoorBowlsOct23.eventbrite.co.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	£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: Sharron.harris@ageuiskc.org.uk
	Tuesday 11am-12pm	Weekly	£3	Folkestone Sports Centre, Folkestone CT19 5HX	
	Thursday 1-2pm	Weekly	£3	Dover Leisure Centre, Dover CT16 3FZ	
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 on 07905 945218 and quote AUK15
Chair Yoga	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.
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 NEW	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	£5	The Sportsman, The Street, Sholden, Deal CT14 0HL	Bike 'n' Brunch meet, £5 includes a sausage or bacon baguette with chips and a cuppa! To book, please call Karen on 07958 518424 or email: karen.pattison@ageukskc.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	Tuesdays NEW	1 st & 3 ^d 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@ageukskc.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!
Pool and Darts	Tuesday 2-5pm	Weekly	£2	The Pool Room, 32-36 Queen Street, Deal CT14 6HP	Meet like-minded men and women for a game of pool and/or darts. Brush up on your skills or learn new ones – beginners welcome.
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-12noon	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!
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.
Line Dancing/ Latin Lines	Wednesday 10.30-11.30am	7 week course	£28 for 7 weeks	CJ's Dance Studio, Pencester Gardens, Dover CT16 1NS	Learn your line dancing and Latin steps with Carol Jenkins at CJ's Dance Studio. To book your place, please book through https://linedancingCJsSept23.eventbrite.co.uk
Quiz & Chips	Wednesday 1pm SOLD OUT	6 December	£3.50	The Stag, The Strand, Walmer CT14 7DY	Test your knowledge with Karen's quizzical quiz! No need to have your own team, singles welcome as we will make up teams of 4. Price includes quiz, chips and coffee! To book, please call Karen on 07958 518424 or email: karen.pattison@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 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@ageuiskc.org.uk
Skywalk by Torchlight	Thursday 14 th December 6pm	One-off	£8	Folkestone Sports Centre, Radnor Park Avenue, Folkestone CT19 5HX	Are you daring? Try a new Skywalk on high ropes and walkways – in the dark with head torches!! Book either online or by phone: www.folkestonesportscentre.co.uk/skywalk or 01303 850333
Gentle Yoga	Friday 2.30-4pm NEW	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

Drag Bingo	Friday 15 December	One-off	£10	20th Century Speedway, Saint Eanswythe Way, Folkestone CT20 1AN	Come and celebrate Christmas with Drag Bingo at Folkestone's finest venue - 20th Century Speedway. This event will be hosted by Dita Garbo, who will call the four bingo games and entertain us in her own inimitable style along the way. The Speedway venue is perfect for this event - camp, quirky and totally unique, with an inexpensive bar too! Book online: https://Over55sXmasDragBingo.eventbrite.co.uk
Versus Arthritis Deal	4 th Saturday 2-4pm (NOTE THAT THE NEXT ONE IS 16 DEC)	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

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 or phone Jo: 01304 372608






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






On behalf of



Our **Men's Group** at the Battle of Britain Memorial, Capel le Ferne, meets 1st and 3rd Tuesday of the month. The dates for December are Tuesday 5th and 19th December. Please contact communityoutreach@ageukskc.org.uk to confirm your place and request a parking voucher.

Farthingloe Farm is another delight, where you can enjoy a **cream tea** for £3.50. As well as a Land Army Museum on site, they also have a lovely farm shop boasting fresh local produce and a bakery – well worth a visit! Again, the dates for December are Tuesday 5th and 19th, and then every 1st and 3rd Tuesday of the month. The farm is situated on Folkestone Road, Dover CT15 7AA. To book, please contact communityoutreach@ageukskc.org.uk

CHRISTMAS KARAOKE

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

FRIDAY 15 DECEMBER

1.30- 3.30PM

THE DEAL CENTRE

3 PARK STREET

CT14 6AG

**FREE
ENTRY &
FESTIVE
NIBBLES**



OVER 55s POOL & DARTS



£2 Suitable for all levels

**TUESDAYS
2-5PM**

**THE POOL ROOM
32-36 QUEEN STREET
CT14 6HP**

Email: karen.pattison@ageukskc.org.uk or call: 07958 518424



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.

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

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

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 - 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.

4. 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

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.

7. Christmas Lunch & Opening

Christmas Lunch – call to book: 01304 372608

The Deal Centre – 3 Park Street, Deal CT14 6AG

- Thursday 14 December – **fully booked**
- Sunday 17 December
- Wednesday 20 December

The Marigold Centre – 65 Shaftesbury Avenue, Folkestone CT19 4NS

- Tuesday 12 December
- Thursday 21 December

Christmas Opening

The Marigold Centre

Closed 23 December and re-opens 2 January

The Deal Centre

- Closed 23-26 December
- Open 27, 28 and 29 December - 10am-2pm - for lunch and free hot drinks
- Open as usual from 2 January



**Merry Christmas & Happy New Year
from Age UK South Kent Coast**