



2024

CLEAR EARS

Free Ear Checks, and if needed
Ear Wax removal, at a discounted rate:

Age UK Hythe: Monday 8th and 22nd July
10:00am - 1:00pm

Home appointments are available
and can be arranged by
calling: 07948 612994



HI KENT

For Hearing Aid
Batteries & Tubing

Age UK Ashford:
Tuesday 16th July
10:00am - 11:00am

Age UK Hythe:
Tuesday 9th July
Tuesday 23rd July
10:00am - 12:00pm

100 CLUB WINNERS

JUNE Winners

£25 – 1st Blanch Ellis

£15 – 2nd Fran Davis

£10 – 3rd Pat Kent

If you would like to join and
be in with a chance of winning
or to find out more information

Please call: 01303 269602

Diabetes Peer Support Group

**Live Well with Diabetes, share you experience
and learn from others.**

Age UK Ashford - Monday 1st July

Age UK Hythe - Thursday 25th July

1:00pm – 3:00pm

To register call: 01303 269602



Why not pop in and see us and make some new ones

**Have your say
on the 4th July**



Make your vote count

For information or to book any of the activities

please call us on 01303 269602

WEEKLY MENU

Week commencing 1 st July	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Gammon and pineapple with new potatoes and vegetables	Tuna salad with potato salad and coleslaw	Chicken casserole with seasonal vegetables	Steak pie with boiled potatoes and vegetables	BBQ pulled pork with sauté potatoes and vegetables	Sausage, bacon, mushrooms, hash browns and beans	Roast chicken with stuffing, roast potatoes and vegetables
DESSERT	Fruit cake and custard	Trifle	Semolina with jam	Peach crumble and custard	Toffee cheesecake	Banana and custard	Apple pie with custard
DIABETIC OPTION	As above	As above	Semolina	Peach crumble and custard	Oats and yoghurt	As above	As above

Week commencing 8 th July	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Potato and leek pie with roast potatoes and seasonal vegetables	Fish pie with seasonal vegetables	Potato topped mince pie with seasonal vegetables	Sausage casserole with mashed potatoes and seasonal vegetables	Chicken salad with potato salad and coleslaw	Lamb and butterbean stew with new potatoes and seasonal vegetables	Roast pork with stuffing, roast potatoes and seasonal vegetables
DESSERT	Chocolate cake and chocolate custard	Banoffee waffles	Cherry Pavlova	Jam sponge with custard	Gypsy tart	Fresh cream cake	Lemon sponge and custard
DIABETIC OPTION	As above	Banana and custard waffle	Cherry oat pot	Sponge and custard	Fresh fruit	Fresh fruit	As above

WEEKLY MENU

Week commencing 15 th July	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Fish in parsley sauce with new potatoes and seasonal vegetables	Meatballs with mashed potatoes and seasonal vegetables	Chicken and mushroom Pie with roast potatoes and seasonal vegetables	Gammon salad with coleslaw and potato salad	Chicken wrapped in bacon with dauphinoise potatoes and seasonal vegetables	Sausages, mashed potato and seasonal vegetables	Roast beef and Yorkshire pudding, with roast potatoes and seasonal vegetables
DESSERT	Strawberry cheesecake	Ginger cake and custard	Crème caramel	Gateau	Brownie	Fruit jelly and cream	Banoffee pie
DIABETIC OPTION	Strawberries and cream	As above	Jelly and fruit	Cherry oat pot	Angel Delight	As above	Banana custard

Week commencing 22 nd July	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Corned beef hash with seasonal vegetables	Lasagne and seasonal vegetables	Quiche with salad, new potatoes and coleslaw	Lamb hotpot with seasonal vegetables	Sausage pie with new potatoes and seasonal vegetables	Chicken and spinach gratin with seasonal vegetables	Roast pork with stuffing, roast potatoes and seasonal vegetables
DESSERT	Angel Delight	Pear crumble and custard	Lemon meringue pie	Rice pudding with jam	Rocky Road brownie	Fruit jelly and cream	Apple crumble with custard
DIABETIC OPTION	As above	As above	Fresh fruit	Rice pudding	Angel Delight	As above	As above

WEEKLY MENU

Week commencing 29 th July	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Gammon and pineapple with new potatoes and vegetables	Tuna salad with potato salad and coleslaw	Chicken casserole with seasonal vegetables	Steak pie with boiled potatoes and vegetables	BBQ pulled pork with sauté potatoes and vegetables	Sausage, bacon, mushrooms, hashbrowns and beans	Roast chicken with stuffing, roast potatoes and vegetables
DESSERT	Fruit cake and custard	Trifle	Semolina with jam	Peach crumble and custard	Toffee cheesecake	Banana and custard	Apple pie with custard
DIABETIC OPTION	As above	As above	Semolina	Peach crumble and custard	Oats and yoghurt	As above	As above

Week commencing 5 th August	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN	Potato and leek pie with roast potatoes and seasonal vegetables	Fish pie with seasonal vegetables	Potato topped mince pie with seasonal vegetables	Sausage casserole with mashed potatoes and seasonal vegetables	Chicken salad with potato salad and coleslaw	Lamb and butterbean stew with new potatoes and seasonal vegetables	Roast pork with stuffing roast potatoes and seasonal vegetables
DESSERT	Chocolate cake and chocolate custard	Banoffee waffles	Cherry Pavlova	Jam sponge with custard	Gypsy tart	Fresh cream cake	Lemon sponge and custard
DIABETIC OPTION	As above	Banana and custard waffle	Cherry oat pot	Sponge and custard	Fresh fruit	Fresh fruit	As above

WHAT'S ON IN JULY 2024 AT THE LYMINGE COMMUNITY SUPPORT HUB

MONDAY	Dementia Daybreak	10:00am - 3:00pm
	Maintenance Cognitive Stimulation Therapy MCST	10:30am - 12:00pm
	Lyminge Knitters	1:00pm - 2:30pm
	Maintenance Cognitive Stimulation Therapy MCST	1:30pm - 3:00pm

TUESDAY	Dementia Daybreak	10:00am - 3:00pm
	Digital Support (02.07.24)	10:00am - 12:00pm
	Painting and Drawing with Clare	10:00am - 12:00pm

WEDNESDAY	Dementia Daybreak	10:00am - 3:00pm
	All Day Breakfast	9:00am - 2:00pm
	Singing For All	11:00am - 12:00pm

THURSDAY	Dementia Daybreak	10:00am - 3:00pm
	Dementia Café (11.07.24)	12:30pm - 2:30pm

FRIDAY	Dementia Daybreak	10:00am - 3:00pm
	Pilates with Katherine	9:00am - 10:00am
	Painting and Drawing with Clare	10:00am - 12:00pm

Prices start from £6.60 but do vary so please contact the Office for
information and to book any of the above activities or events:

01303 269602.

Why not come and have a cuppa in one of our cafés while bagging a bargain in one of our charity shops... We run a café and charity shop at our Hythe and Lyminge hubs and a café at our Ashford hub. All offer a range of light refreshments and a two-course hot lunch for £8.50 is available (when booked in advance before 10.15am Monday-Friday).

WHAT'S ON IN JULY 2024 AT THE ASHFORD COMMUNITY SUPPORT HUB

MONDAY	Mandy's Morning Munchies	9:30am - 11:30am
	Chair-based Exercise	10:30am - 11:15am
	Moira's Monday Choir Sessions	11:15am - 11:45am
	Diabetes Support Group (01.07.24)	1:00pm - 3:00pm
	Monday's Gameshow	1:30pm - 2:30pm

TUESDAY	Mandy's Morning Munchies	9:30am - 11:30am
	Hi Kent hearing aid support (16.07.24)	10:00am - 11:00am
	Chair-based Exercise	10:30am - 11:15am
	Simple Baking	10:30am - 11:30am
	Maintenance Cognitive Stimulation Therapy (MCST)	10:30am - 12:00pm
	Tai Chi with Sam	1:00pm - 2:30pm
	Make Friends and Reminisce	1:30pm - 2:30pm
	Bingo For All (02.07.24 & 16.07.24)	6:30pm - 9:00pm

WEDNESDAY	Mandy's Morning Munchies	10:00am - 10:45am
	Painting with Sam	10:30am - 12:00pm
	Chair-based Exercise	10:45am - 11:45am
	Sing with Nina (17.07.24)	11:00am - 12:00pm
	Laugh and Craft	1:00pm - 2:30pm
	Boccia (fun interactive ball game)	1:30pm - 2:30pm

THURSDAY	Mandy's Morning Munchies	9:30am - 11:30am
	Chair-based Exercise	10:30am - 11:15am
	Scores on the Floor (Floor games)	10:30am - 11:30am
	Carers' Circle of Support with loved ones (04.07.24)	10:30am - 12:00pm
	Gents' Social Club	1:00pm - 2:30pm
	Tea and Trivia	1:30pm - 2:30pm

FRIDAY	Mandy's Morning Munchies	9:30am - 11:30am
	Knit & Knatter	9:30am - 12:00pm
	Creative Exploring with Ipek	10:00am - 12:00pm
	Digital Support (12.07.24)	10:00am - 12:00pm
	Chair-based Exercise	10:30am - 11:15am
	Get Active – Curling/Bowling/Boules	11:15am - 11:45am
	Cash Bingo	1:00pm - 2:30pm
	Low impact aerobics	1:30pm - 2:30pm
	Dementia Café (19.07.24)	1:30pm - 3:30pm

Prices start from £6.60 but do vary so please contact the Office for information and to book any of the above activities or events: 01303 269602.

Why not come and have a cuppa in one of our cafés while bagging a bargain in one of our charity shops... we run a café and charity shop at our Hythe and Lyminge hub and a café at our Ashford hub. All offer a range of light refreshments and a two-course hot lunch for £8.50 is available (when booked in advance before 10.15am Monday-Friday).

WHAT'S ON IN JULY 2024 AT THE HYTHE COMMUNITY SUPPORT HUB

MONDAY	Clear Ears	10:00am - 1:00pm
	Seated Exercise	10:45am - 11:45am
	Seated Yoga	12:15pm - 1:15pm
	Bingo	1:30pm - 2:30pm
	Bingo evening in support of the Everest Climb (15.07.24)	6:00pm - 8.30pm

TUESDAY	Hi Kent hearing aid support (09.07.24 & 23.07.24)	10:00am - 11:00am
	Ukulele Class	10:00am - 12:00pm
	Crafty Tuesday	1:00pm - 3:00pm
	Painting and Drawing	1:30pm - 3:30pm
	Dementia Café (16.07.24)	1:30pm - 3:30pm

WEDNESDAY	Low Impact Aerobics	10:00am - 10:45am
	Hypertension Heroes	10:30am - 12:00pm
	Walking Football	10:30am - 12:00pm
	Seated Exercise	10:45am - 11:45am
	Get Active – Skittles/Curling/Boules	1:30pm - 2:30pm
	Boxfit (non-contact)	4:45pm - 5:45pm
	Book Club (10.07.24)	5:00pm - 7.00pm

THURSDAY	Digital Support (11.07.24)	10:00am - 12:00pm
	Seated Yoga	10:30am - 11:30am
	Walking Group (Join us for coffee after in the café)	10:30am - 11:30am
	Thursday Thinkers	10:45am - 11:45am
	Diabetic peer support group (25.07.24)	1:00pm - 3:00pm
	Get Active – Skittles/Curling/Boules	1:30pm - 2:30pm
	Making with Clay	1:45pm - 3:45pm
	Bingo for All (04.07.24)	6:00pm - 8:30pm

FRIDAY	Low Impact Aerobics	10:30am - 11:30am
	Simple Cooking (26.07.24)	10:45am - 11:45am
	Tabletop Games	10:45am - 11:45am
	Shed Project	1:00pm - 2:30pm
	Bingo (05.07.24)	1:30pm - 2:30pm
	Men's/Women's Hour	1:30pm - 2:30pm

Prices start from £6.60 but do vary so please contact the Office for information and to book any of the above activities or events: 01303 269602.

Why not come and have a cuppa in one of our cafés while bagging a bargain in one of our charity shops... we run a café and charity shop at our Hythe and Lyminge hubs and a café at our Ashford hub. All offer a range of light refreshments and a two-course hot lunch for £8.50 is available (when booked in advance before 10.15am Monday-Friday).

Dementia Services

We offer many different social events to help people living with dementia to maintain their independence and their confidence. If you or someone you know is living with the condition and would like to join us, please do so; the events are entirely free of charge and you can be assured of a nice cuppa and a chat amongst friends. We also offer free information and advice and (charged-for) cognitive sessions and day care facilities. If you would like to discuss anything dementia related, please contact our

Dementia Services Team Leader on 01303 269602, alternatively

email: dementialead@ageukhla.org.uk



Drop In Clinic	Friday 5 th July	Charing Surgery, Hither Field, Charing, Ashford, TN27 OAW	12:00pm - 2:00pm
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Memory Cafés	Thursday 11 th July	Age UK Lyminge, Everest Court, 63 Station Road, Lyminge, CT18 8HQ	1:00pm - 3:00pm
	Tuesday 16 th July	Age UK Hythe, Sanford House, Stade Street, Hythe, CT21 6BD	1:30pm - 3:30pm
	Friday 19 th July	Age UK Ashford, Farrow Court, Stanhope Road, Ashford, TN23 5RF	1:30pm - 3:30pm
	Wednesday 17 th July	Lighthouse Café, 78 Canterbury Road, Hawkinge, Folkestone, CT18 7BP	10:30am - 12:00pm
	Monday 29 th July	Brickfields Cookhouse, Cherry Garden Lane, Folkestone, CT19 4AP	10:00am - 12:00pm

*Young at Heart	Monday 1 st July	Ashford Library Café, Gateway Plus 1AS, Church Road, Ashford, TN23 1AS	12:30pm - 2:30pm
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*Wonkies	Wednesday 3 rd July	18 Beach Street, Folkestone, CT20 1QW	10:30am - 12:00pm
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*Social Evening	Tuesday 9 th July	Royal Norfolk Hotel, 7 Sandgate High Street, Sandgate, Folkestone, CT20 3BD	6:00pm - 8:00pm
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Walking Group	Monday 8 th July	Kearnsey Abbey, Alkham Road, Dover, CT16 3DZ	11:00 am - 1:00pm
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Carers' Support Circle	Thursday 4 th July	Age UK Ashford, Farrow Court, Stanhope Road, Ashford, TN23 5RF	10:30am - 12:00pm
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**For those diagnosed with Dementia at an early age*

To find out about any of the above activities or events please contact Amy Glen on: 07379 646426, alternatively email: demo@ageukhla.org.uk

UPCOMING FUNDRAISING EVENTS

Fundraising is the bedrock of charity work; it is vital that we raise additional funds to help support the services we provide, but it also gives us an opportunity to give something back by showing the wider community what we have to offer in a fun and, sometimes, winning way!

Please find below our upcoming list of fundraising events.

Event	Location	Date and time
Bingo	Ashford Hub	Tuesday 2 nd July 6.30pm - 9.00pm
Bingo	Hythe Hub	Thursday 4 th July 6.30pm - 9.00pm
Bingo (Everest Base Camp fundraiser)	Hythe Hub	Monday 15 th July 6.30pm - 9.00pm
Country Night (Everest Base Camp fundraiser)	Tin Tabernacle Hythe	Friday 30 th August 7.30pm – 10.00pm
Bingo (Everest Base Camp fundraiser)	Ashford Hub	Friday 6 th September 6.30pm - 9.00pm
Christmas Fair	Hythe Hub	Saturday 30 th November 10.00am - 2.00pm

To find out more or to book on the events listed above, please pop in to one of the centres or call 01303 269602 and our friendly staff will assist you.

Hythe Bandstand Events @ Oaklands Park

7th July - Abbalicious
14th July - Hythe Town Band
21st July – U3a Swingband
28th July – Elvis

Don't forget our café is open for refreshments,
1.00pm – 5.00 pm

Age UK Hythe, Lyminge and Ashford
Sanford House
Stade Street
Hythe
Kent
CT21 6BD

Tel: 01303 269602

Email: co@ageukhla.org.uk

Charity No. 1125274
Company No. 6589817

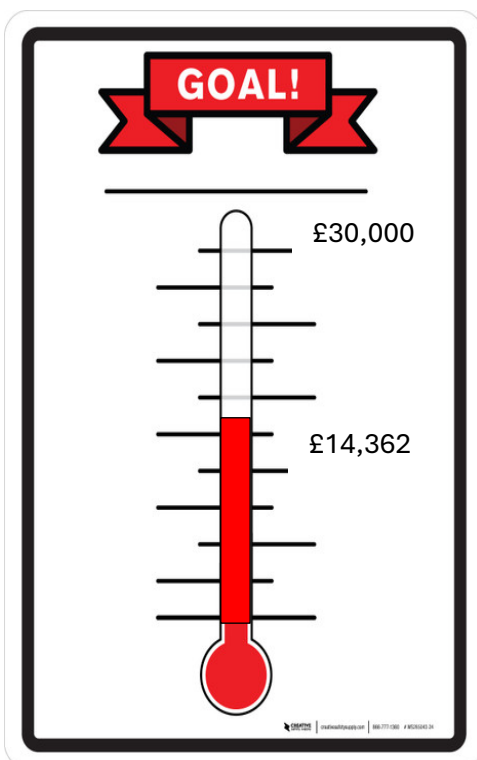


EVEREST BASE CAMP TREK CHALLENGE

As you are aware, in October, Cleo, Emma and Sam, who bravely navigates life with dementia, are gearing up for an adventurous trek to the base camp of Mount Everest, with a fundraising goal of £30,000 for our dementia services.

Look out for our upcoming fundraising events and please give what you can to help us achieve our goal and help support our dementia services. Thank you to all who have given generously already.

See below how we are doing to reach our target:



As featured in 'Pick Me Up!' magazine