

NEWSLETTER

JANUARY 2024



Reduce utility costs - spend time in our Meet up, Warm up hub

MeetUp WarmUp



- A warm & welcoming environment
- Energy saving tips/Information
- Free phone charging points
- Free WiFi
- Free flask (Limited availability)
- Fill up your own flask with hot water (save boiling your kettle)

- Tea and coffee available to purchase
- Light snacks available to purchase (including hot soup and bread & butter £1.00)
- Two course hot lunch £7.70



- Tea time snack pack to take home £3.50 (Sandwich, crisps and cake)
- Opportunity to join in many social activities (for a small charge), meet others and stay warm.



Hythe, Lyminge & Ashford
ageUK
Hythe Community Support Hub
Sanford House, Stade Street, Hythe, Kent, CT21 6BD.
Open Monday – Friday 9.30am – 3.30pm
Saturday 10.30am – 1.30pm

Lyminge Community Support Hub
Station Road, Lyminge, Kent, CT18 8HQ.
Open Monday – Friday 9.30am – 3.00pm

Ashford Community Support Hub
Stanhope Road, Ashford, Kent, TN23 5RF.
Open Monday – Friday 9.30am – 3.00pm

Call 01303 269602 for more information or email admin@ageukhla.org.uk

HYPERTENSION HEROES

Come and get your blood pressure checked at Age UK Hythe:

10.30am - 12.00pm Every Wednesday



SUNDAY LUNCH

£8.95 - HYTHE ONLY

Sunday 28th January

12.30pm

Roast Turkey

To book call

01303 269602

100 CLUB WINNERS

Drawn in December 2023

Double Winnings

1st Rozanne Day £50.00

2nd Carol Eldred £30.00

3rd Anne Shapter £20.00

CLEAR EARS

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

Age UK Hythe:

10.00am - 1.00pm

Monday 15th January 2024

Age UK Ashford:

10.00am - 1.00pm

Friday 26th January 2024



Hi KENT

For Batteries & Tubing

Age UK Ashford:

Tuesday 2nd January

10:00am - 11:00am

Age UK Hythe:

Tuesday 9th January

Tuesday 23rd January

10:00am - 12:00pm

For information or to book any of the activities

please call us on 01303 269602

Registered charity number 1125274. Company number 6589817. © Age UK Hythe, Lyminge and Ashford 2024.

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

| | | |
|--------|--------------------------|-------------------|
| MONDAY | Mandy's Morning Munchies | 9:30am - 11:30am |
| | Dementia Daybreak | 10:30am - 2:30pm |
| | Chair-based Exercise | 10:30am - 11:15am |
| | Monday Gameshow | 11:15am - 11:45am |
| | Music Quiz | 1:30pm - 2:30pm |

| | | |
|---------|--|-------------------|
| TUESDAY | Mandy's Morning Munchies | 9:30am - 11:30am |
| | Chair-based Exercise | 10:30am - 11:15am |
| | Maintenance Cognitive Stimulation Therapy (MCST) | 10:30am - 12:00pm |
| | Scores On the Floor (Floor games) | 11:15am - 11:45am |
| | Tai Chi with Sam | 1:00pm - 2:30pm |
| | CARMS Memory Lane (Reminiscence) | 1:15pm - 2:15pm |
| | Bingo For All (02.01.24) | 6:30pm - 9:00pm |

| | | |
|-----------|------------------------------------|-------------------|
| WEDNESDAY | Mandy's Morning Munchies | 10:00am - 10:45am |
| | Dementia Daybreak | 10:30am - 12:00pm |
| | Chair-based Exercise | 10:45am - 11:45am |
| | Sing with Nina (03.01.24) | 11:00am - 12:00pm |
| | Painting with Sam | 1:30pm - 2:30pm |
| | Boccia (fun interactive ball game) | 1:30pm - 2:30pm |
| | Singing for your Soul | 1:30pm - 2:30pm |

| | | |
|----------|--------------------------|-------------------|
| THURSDAY | Mandy's Morning Munchies | 9:30am - 11:30am |
| | Chair-based Exercise | 10:30am - 11:15am |
| | Tea and Trivia | 10:30am - 11:30am |
| | Simple Baking | 10:30am - 11:30am |
| | Gents' Social Club | 1:00pm - 2:30pm |
| | Laugh and Craft | 1:30pm - 3:00pm |

| | | |
|--------|-------------------------------------|-------------------|
| FRIDAY | Knit & Knatter | 9:30am - 12:00pm |
| | Digital Support (19.01.24) | 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 |

Prices start from £6.00 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 £7.70 is available (when booked in advance before 10.15am Monday-Friday).

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

| | | |
|--------|-----------------|-------------------|
| MONDAY | Seated Exercise | 10:45am - 11:45am |
| | Seated Yoga | 12:15pm - 1:15pm |
| | Bingo | 1:30pm - 2:30pm |

| | | |
|---------|----------------------|-------------------|
| TUESDAY | Ukulele class | 10:00am - 12:00pm |
| | Crafty Tuesday | 1:00pm - 3:00pm |
| | Painting and Drawing | 1:30pm - 3:30pm |
| | Dance Fit | 5:00pm - 6:00pm |

| | | |
|-----------|--------------------------------------|-------------------|
| WEDNESDAY | Low impact aerobics | 10:00am - 10:45am |
| | Walking football | 10:30am - 12:00pm |
| | Seated Exercise | 10:45am - 11:45am |
| | Get Active – Skittles/Curling/Boules | 1:30pm - 2:30pm |
| | Singing with Nina (10.01.24) | 1:30pm - 2:30pm |
| | Boxfit (Non-contact) | 4:45pm - 5:45pm |
| | Book Club (10.01.24) | 5:00pm - 7:00pm |

| | | |
|----------|--------------------------------------|-------------------|
| THURSDAY | Digital Support (11.01.24) | 10:00am - 12:00pm |
| | Seated Yoga | 10:30am - 11:30am |
| | Thursday Thinkers | 10:45am - 11:45am |
| | Get Active – Skittles/Curling/Boules | 1:30pm - 2:30pm |
| | Making with Clay | 1:45pm - 3:45pm |
| | Bingo for All (04.01.24) | 6:30pm - 8:30pm |

| | | |
|--------|---------------------------|-------------------|
| FRIDAY | Low impact aerobics | 10:30am - 11:30am |
| | Specsavers (19.01.24) | 10:30am – 12:00pm |
| | Simple cooking (26.01.24) | 10:45am - 11:45am |
| | Darts and Board Games | 10:45am -11:45am |
| | Shed project | 1:00pm - 2:30pm |
| | Bingo (05.01.24) | 1:30pm - 2:30pm |
| | Men's/Women's Hour | 1:30pm - 2:30pm |

Prices start from £6.00 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 £7.70 is available (when booked in advance before 10.15am Monday-Friday).

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

| | | |
|--------|--|-------------------|
| MONDAY | Maintenance Cognitive Stimulation Therapy (MCST) | 10:30am - 12:00pm |
| | Lyminge Knitters | 1:00pm - 2:30pm |

| | | |
|---------|---------------------------------------|-------------------|
| TUESDAY | Seated Yoga | 9:00am - 10:00am |
| | Painting and Drawing | 10:00am - 12:00pm |
| | Digital Support (09.01.23) | 10:00am - 2:00pm |
| | Dementia Daybreak (starting 09.01.24) | 10:00am - 2:30pm |

| | | |
|-----------|-------------------|-------------------|
| WEDNESDAY | All day Breakfast | 9:00am - 2:00pm |
| | Singing For All | 11:00am - 12:00pm |

| | | |
|----------|--------------------------------------|-------------------|
| THURSDAY | Boxfit (non-contact) | 10:00am - 11:00am |
| | Streetz to Streetz (Fish & Chip Van) | 11:45am - 12:45pm |
| | Dementia Café (18.01.24) | 12:30pm - 2:30pm |

| | | |
|--------|--|-------------------|
| FRIDAY | Pilates with Katherine | 9:00am - 11:00am |
| | Maintenance Cognitive Stimulation Therapy (MCST) | 10:30am - 12:00pm |

Prices start from £6.00 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 £7.70 is available (when booked in advance before 10.15am Monday-Friday).

WEEKLY MENU

| Week commencing 8 th January | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|---|---|--|---|
| MAIN | Sausages in onion gravy, mash, seasonal vegetables | Roast beef, Yorkshire pudding, roast potatoes, seasonal vegetables | Chicken in white wine and mushroom sauce, sauté potatoes, seasonal vegetables | Sliced pork in apple gravy, mash, seasonal vegetables | Minted lamb hotpot, seasonal vegetables | Liver and bacon, mash, seasonal vegetables | Roast gammon, stuffing, roast potatoes, seasonal vegetables |
| DESSERT | Lemon sponge and custard | Angel delight and fruit | Rice pudding with jam | Red cherry cheesecake | Apple crumble and custard | Key lime pie | Jam sponge and custard |
| DIABETIC OPTION | Sponge and custard | As above | Rice pudding | Fruit and cream | As above | Fruit and cream | Sponge and custard |

| Week commencing 15 th January | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|--|------------------------------|---|--|
| MAIN | Lamb stew with dumpling, roast potatoes, seasonal vegetables | Pork steak in peppercorn sauce, mash, seasonal vegetables | Roast chicken, stuffing, roast potatoes, seasonal vegetables | Sausages, bacon, mushrooms, hash brown and baked beans | Lasagne, seasonal vegetables | Chicken and mushroom pie, mash, seasonal vegetables | Roast lamb, Yorkshire pudding, roast potatoes, seasonal vegetables |
| DESSERT | Gateau | Peach crumble and custard | Trifle | Orange sponge and custard | Crème caramel | Sultana sponge and custard | Eton mess |
| DIABETIC OPTION | Fruit and cream | As above | As above | As above | Fruit and cream | As above | Fruit and cream |

WEEKLY MENU

| Week commencing 22 nd January | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|---|---|---|---|
| MAIN | Chicken wrapped in bacon, mash, seasonal vegetables | Mince beef cobbler, roast potatoes, seasonal vegetables | Chicken and leek stew with dumpling, mash, seasonal vegetables | Roast pork, stuffing, roast potatoes, seasonal vegetables | Beef in red wine gravy, mash, seasonal vegetables | Fish fingers, new potatoes, seasonal vegetables | Roast turkey, stuffing, roast potatoes, seasonal vegetables |
| DESSERT | Plum crumble and custard | Red cherry cheesecake | Chocolate sponge and custard | Fruit, jelly and whipped cream | Pineapple and cherry sponge with custard | Banoffee pie | Syrup sponge and custard |
| DIABETIC OPTION | As above | Fruit and cream | As above | As above | Pineapple sponge and custard | Fruit and cream | Sponge and custard |

| Week commencing 29 th January | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|-------------------------------------|--|---|--|---|--|
| MAIN | Sliced gammon with pineapple, mash, seasonal vegetables | Chicken hotpot, seasonal vegetables | Sausages in onion gravy, mash, seasonal vegetables | Sliced pork in BBQ gravy, sauté potatoes, seasonal vegetables | Roast beef, Yorkshire pudding, roast potatoes, seasonal vegetables | Steak and mushroom pie, mash, seasonal vegetables | Roast chicken, stuffing, roast potatoes, seasonal vegetables |
| DESSERT | Vanilla cheesecake | Semolina and jam | Chocolate brownie and cream | Rhubarb crumble and custard | Gateau | Peach crumble and custard | Fruit, jelly and cream |
| DIABETIC OPTION | Fruit and cream | Semolina | Fruit and cream | As above | Fruit and cream | As above | As above |

WEEKLY MENU

| Week commencing 5 th February | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|------------------------------|---------------------------------------|---|---|
| MAIN | Beef stew with dumpling, mash, seasonal vegetables | Roast lamb, Yorkshire pudding, roast potatoes, seasonal vegetables | Sausages, bacon, mushrooms, hashbrown and baked beans | Lasagne, seasonal vegetables | Pork steak, mash, seasonal vegetables | Shredded BBQ chicken, sauté potatoes, seasonal vegetables | Roast pork, stuffing, roast potatoes, seasonal vegetables |
| DESSERT | Orange sponge and custard | Trifle | Rice pudding and jam | Angel delight with fruit | Apricot crumble and custard | Toffee sponge and custard | Lemon sponge and custard |
| DIABETIC OPTION | As above | As above | Rice pudding | As above | As above | Sponge and custard | Sponge and custard |

| Week commencing 12 th February | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---------------------------------------|---|---|--|---|--|
| MAIN | Minted lamb hotpot, seasonal vegetables | Corned beef hash, seasonal vegetables | Roast gammon, stuffing, roast potatoes, seasonal vegetables | Chicken wrapped in bacon, new potatoes, seasonal vegetables | Sausages in onion gravy, mash, seasonal vegetables | Steak and kidney pie, sauté potatoes, seasonal vegetables | Roast beef, Yorkshire pudding, roast potatoes, seasonal vegetables |
| DESSERT | Trifle | Jam and coconut sponge and custard | Crème caramel | Apple crumble and custard | Gateau | Orange sponge and custard | Vanilla cheesecake |
| DIABETIC OPTION | Trifle | Coconut sponge and custard | Fruit and cream | As above | Angel delight and fruit | As above | Fruit and cream |

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 January | Charing Surgery, Hither Field, Charing, Ashford TN27 0AW | 12:00pm - 2:00pm |
|----------------|-----------------------------------|--|------------------|

| | | | |
|--------------|--------------------------------------|---|------------------|
| Memory Cafés | Thursday 11 th January | Age UK Lyminge, Everist Court, 63 Station Road, Lyminge, CT18 8HQ | 12:30pm - 2:30pm |
| | Tuesday 16 th January | Age UK Hythe, Sanford House, Stade Street, Hythe, CT21 6BD | 1:30pm - 3:30pm |
| | Friday 19 th January | Age UK Ashford, Farrow Court, Stanhope Road, Ashford, TN23 5RF | 1:30pm - 3:30pm |
| | Thursday 25 th January | Danemoore, Beachy Path, Tenterden, TN30 6RT | 1.30pm - 3.30pm |

| | | | |
|-----------------|-----------------------------------|---|------------------|
| *Young at Heart | Monday 8 th January | Ashford Library, Gateway Plus 1AS, Church Rd, Ashford, TN23 1AS | 12:30pm - 2:30pm |
|-----------------|-----------------------------------|---|------------------|

| | | | |
|----------|---------------------------------------|--|-------------------|
| *Wonkies | Wednesday 3 rd January | Venue to be confirmed | 10:30am - 12:00pm |
| | Wednesday 17 th January | Age UK Hythe, Sanford House, Stade Street, Hythe, CT21 6BD | 10:30am - 12:00pm |
| | Wednesday 31 st January | Lighthouse Café, 78 Canterbury Road, Hawkinge, Folkestone CT18 7BP | 10:30am - 12:00pm |

| | | | |
|-----------------|------------------------------------|---|-----------------|
| *Social Evening | Tuesday 9 th January | Royal Norfolk Hotel, 7 Sandgate High Street, Folkestone, CT20 3BD | 6:00pm - 8:00pm |
|-----------------|------------------------------------|---|-----------------|

| | | | |
|---------------|------------------------------------|--|-------------------|
| Walking Group | Monday 15 th January | Age UK Hythe, Sanford House, Stade Street, Hythe, CT21 6BD | 10:30am - 12:30pm |
|---------------|------------------------------------|--|-------------------|

*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 2024

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 Night | Ashford Hub | Tuesday 2 nd January 6.30pm - 8.30pm |
| Bingo Night | Hythe Hub | Thursday 4 th January 6.30pm - 8.30pm |
| Quiz and Curry Night | Hythe Hub | Thursday 11 th January 7.00pm - 9.00pm |
| Quiz Night | Ashford Hub | Wednesday 24 th January 7.00pm - 10.00pm |
| Jumble sale | Hythe Hub | Saturday 3 rd February 10.00am - 2.00pm |
| Magic Mike film night | Lyminge Hub | Friday 16 th February 7.00pm - 10.00pm |

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.

Events coming soon include
80s music disco, race night and much more.

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

