

Sentinel Local Matters

August 2025

A The Sentinel Media Group company

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Folkestone - Hythe - Newington - Sandgate



You can either start reading from the beginning or click on the preferred community above to go straight to that section



It is only after considerable deliberation that I have decided that this will be the last monthly edition of The Sentinel magazine. The publication has evolved since its first in 2005 when it served only the Sandgate community and was initially called

The Broadway and produced in conjunction with the Sandgate Society. From 2009 there were two editions a month coinciding with the Sandgate Farmers Markets. Since then it has expanded to include Newington, Peene, Hythe and Folkestone and beyond and has grown from just 8 pages to over a 100. Feedback tells me that it has been a great source of information about local events but all that information can now be found on social media. I am proud to say that since it started, the magazine has never missed a deadline.

I will retain all rights to the imprint and will publish the occasional edition if I think there is something to say. Thank you for your sterling support over the years; it is much appreciated.

Folkestone

and district and beyond



We are a small, friendly art group who meet every Wednesday morning between:

9am and 12 noon, at The Chichester Hall.

If you're interested, do pop in any Wednesday morning and find out more.
Or call Kathleen on 07837 677279.

It's creative and social!

FREE ENTRY
10AM BREAKFAST
10PM - 5PM STALLS
12PM - 10PM ENTERTAINMENT

**KENT'S
1ST TURKISH
CYPRIOT
FESTIVAL
SUNDAY 31ST
AUGUST**

DJ CELIL

**YETENEKLI
KIBRISLILAR -
FOLKLÖR
EKİBİ**

**KELEBEKLER
MUZİK GRUBU**

**AYCAN
SARAÇOĞLU**

SÜREYA

**SCHEDULE TO
FOLLOW**

**THE DUKE OF CUMBERLAND
BARHAM, CANTERBURY, KENT CT46NY**

NOTCO
**YETENEKLI
KIBRISLILAR**

THE DUKE OF CUMBERLAND BARHAM 01227 831396

MSHA.KE/JENNYBOX



SCAN ME FOR
CLASSES AND
BOOKINGS

JENNY HAS BEEN PRACTISING YOGA FOR OVER 20 YEARS, OFFERING INDIVIDUAL GUIDANCE AND ATTENTION TO DETAIL WITH CARE AND PASSION. CLASSES SUITABLE FOR ALL LEVELS AND AGES.

✦ BENEFITS OF IYENGAR YOGA ✦

IMPROVES POSTURE

Learn how to align your body correctly to prevent injuries and improve overall posture.

INCREASES FLEXIBILITY

Gentle stretching enhances your flexibility without straining.

BUILDS STRENGTH

Targeted poses help build muscle strength and endurance.

ENHANCES FOCUS

Concentrating on alignment and breath helps quiet the mind and reduce stress.

Jenny is an amazing yoga teacher, welcoming patients and happy to explain poses for beginners. She makes you feel at ease and has an amazing aura. I so wish I could go 3 times a week :)

CLARE



will you join us?

ONLINE

QI GONG

FOR A SUPPLE BODY, OPEN HEART AND STRONG MIND!

Boost your life force energy with simple movements, conscious breathing and positive mental focus.

EXPERIENCE

- body & mind in harmony
- more energy & less stress
- easier breathing
- better posture & balance
- stronger muscles & bones
- less pain & anxiety
- improved mood

SIMPLE

- convenient from your own home
- in small groups with personal attention
- clear explanations
- accessible to everyone, regardless of age or experience

YOUR QI STUDIO

- free 14-day trial, then you choose what you pay; €29-49/month
- 3 different sessions each week, live via ZOOM + video replays

DISCOVER!

Scan the QR code



or visit:
<https://www.elinekiift.com/qi-gong-membership>



info@elinekiift.com | www.elinekiift.com | Wild Soul Centre



VOLUNTEER DRIVERS MAKE A DIFFERENCE



Become a volunteer driver and provide an invaluable service for your local community

We are looking for volunteers drivers in Thanet, Dover, Folkestone & Hythe

Drive as little or as much as you want

You will be helping people get to their medical appointments

You will receive full training and support

Call 01304 380513 to talk to one of the team
or
Email us transport@kcv.org.uk

We would love to hear from you!

WWW.KCV.ORG.UK

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Clinical Commissioning Group

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The simplest way to save on your household bills

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UW Utility Warehouse

Saving on your household bills is simple when you bundle energy, broadband, mobile and insurance into one monthly bill.

That's because with UW, the more services you take, the more you save. Take two or more services to get the UK's cheapest energy, cash back off all your shopping, and up to £400 towards early termination fees. Join over 1,000,000 people already bundling with us.

Contact me to save a bundle

Name: Claire Snow

Phone: 07588747651

Email: csnow.uw@gmail.com



Authorised UW Partner

Save money. Save time. Save a bundle.

Terms apply. Do contact Claire for a no commitment meeting to discuss your energy needs etc .

Please mention that you saw this advertisement in The Sentinel magazine.






Hello Neighbour!

We are currently offering gutter clearing services in your area to ensure your home is safe from blockages, leaks and potential damage that can occur when gutters are left uncleaned.

Our service includes:

Professional and thorough gutter clearing using a high powered gutter vacuum and extension pole system.

We remove all debris, leaving your gutters free-flowing.
We also offer soffit and fascia cleaning with a soft chemical treatment that destroys mould and algae.

Other services: pressure washing & sealing, window cleaning & Solar panel cleaning.

Best regards,
Lovelace Pressure Washing

📞 07727023977

✉️ info@lovelacepressurewashing.co.uk

🌐 www.lovelacepressurewashing.co.uk

**10%
OFF**

WHEN CHOOSING 2 OR MORE SERVICES, JUST MENTION THIS AD.








**FOLKESTONE HYTHE OPERATIC AND
DRAMATIC SOCIETY PRESENTS**

COME FROM AWAY

**BOOK, MUSIC AND LYRICS BY
IRENE SANKOFF AND DAVID HEIN**


**FRIDAY 12TH & SATURDAY 13TH SEPTEMBER
FRIDAY 19TH & SATURDAY 20TH SEPTEMBER
(TWO PERFORMANCES ON THE 13TH & 20TH)**





TOWERTHEATREFOLKESTONE.CO.UK

This amateur production is presented by arrangement with Music Theatre International
All authorized performance materials are also supplied by MTI www.mtishows.co.uk





MODERN JAZZ

Our modern jazz class sets students up for all of the fundamentals of jazz for their technique, elevation and conditioning to pirouette and leap for dags ! Exploring the amazing choreography that modern jazz brings across the decades of styles

Saturdays 09:00 - 10:00

KB
ACADEMY

6 YEARS PLUS

☎ 07833256314

Hawkinge Community Centre



BOOT FAIRS THE GREEN, HYTHE

REMAINING DATES FOR 2025

Last Chance Animal Rescue - 27 July

Hythe Green Preservation Society - 3 August
Hythe Civic Society - 10 August
South Kent Mind - 17 August

Two extra dates added to replace those cancelled due to bad weather

Folkestone, Hythe & District Lions Club - 7 September
Hythe Rotary Club - 14 September

Entry - Sellers from 7.00am
Public from 8.00am

For pitch fees contact the organisation direct






**Come &
try your first
class at £6.00**

**It's given
me back my
confidence &
vitality!**

**Turn back the clock with our fun
and friendly exercise classes to
improve your**

- ✓ balance & confidence
- ✓ mobility & flexibility
- ✓ strength & independence

**MOVE IT
OR LOSE IT!®**

Goal: To socialise; have fun; rebuild strength; improve balance, mental health and general wellbeing. All routines have variations, progression and regression to suit different abilities. Everyone can join and benefit from the class.

Venues:

Chichester Memorial Hall, 70 Sandgate High Street, CT20 3AR every Tuesday 1.15 to 2.15pm
To book your place, please contact **Mabel Law**, mobile 07789 771 432 or email mabel.law@moveitlorloseit.co.uk



Sandgate Arts & Crafts Sea Festival Craft Fair

**Sunday 24th August 2025
10am until 4pm**

**Chichester Memorial Hall
70 Sandgate High Street, CT20 3AR**

Wide range of handcrafted items including:

Original Artworks, Artisan Glass, Soft Toys,
Keepsakes, Homewares, Glass Etching, Wood
Turning, Handmade Cards, Handcrafted
Jewellery and much, much more.

Cafe

Karen, David & Liz, from The Dog House, Sandgate, will be serving handmade snacks and drinks. Karen's cakes and sausage rolls are legendary and a must have. David serves the very best bacon butty in the south east so get your order in early...before the event early! Liz will welcome you and bring you your order. Come and have a browse, a cuppa and a snack and leave with something beautiful and original.

Contact Florrie on Facebook @Sandgate Arts and Crafts



CJ'S KITCHEN

Don't fancy cooking
but care about what you eat?

At CJ's Kitchen we use quality ingredients to create our freshly made oven-ready dishes, always made from scratch, no preservatives, packed full of flavour and goodness.

So you can eat well and enjoy... completely hassle free!

Simply browse our weekly menu, tap into our Box Deals, choose your dishes & place your order online by 6pm for next day delivery, or earlier if you like to plan ahead!

Our dishes are made fresh on the day, delivered chilled, with a 2 day shelf-life and can be frozen so you can stock up!



HCSC

BOOTFAIR

dates

WEATHER PERMITTING

SUNDAY
1ST JUNE
31ST AUGUST
7TH SEPTEMBER

BOUNCY CASTLE

GATES OPEN 7AM FOR SELLERS
DO NOT QUEUE EARLIER THAN 06:30AM
TO ALLOW FOR VOLUNTEERS AND STAFF
TO ACCESS THE CLUB
GATES OPEN 8AM FOR BUYERS

CAR PARKING- £1 (EXCEPT FROM STARK STREET - PLEASE DO NOT PARK ON THE TARMAC)

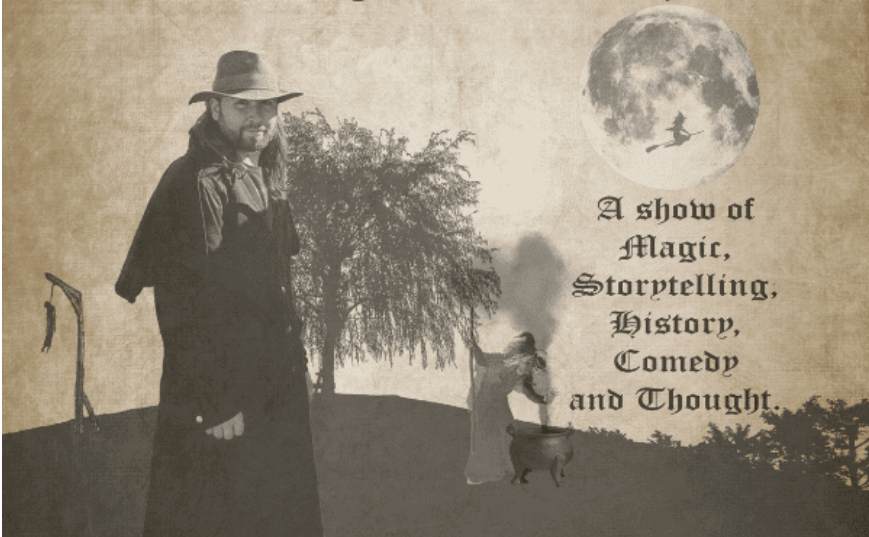
PITCHES: CARS/SMALL VANS-£10 CAR WITH TRAILER- £12 TRANSIT VANS-£15
COMMERCIAL TRADERS- £30 MUST PREBOOK BY EMAIL



hythescsc.com info@hythescsc.com 07395200074 The Grove, Ladies Walk, Hythe, CT21 6AX

Greg and Felicity present...

Greg Chapman's Discovery of Witchcraft



A show of
Magic,
Storytelling,
History,
Comedy
and Thought.

In 1584, Reginald Scott released his book 'The Discoverie of Witchcraft'.

The book aimed to expose the truth behind what was believed to be Witchcraft at the time, including a section detailing the methods used by magicians to create their effects.

He hoped this book would put an end to innocent people being tried, imprisoned, and hanged for Witchcraft.

It would not.

Greg Chapman's new show combines magic, storytelling, history, comedy and more to talk about Witchcrafts from the 15th Century through to the 20th Century, and does so in a way that is entertaining, informative, and thought provoking!

Capel Village Hall, Capel le Ferne, CT18 7LX
Saturday 31st January 2026 at 7:30pm

THE SUNDAY SERVICE



JAZZ CLUB

DOWNSTAIRS AT MARKET SQUARE

HOSTING A VARIED LINE UP OF THE UK'S TOP JAZZ MUSICIANS

FREE ENTRY!

FOOD & DRINK AVAILABLE

EVERY SUN STARTING ON SUN 18TH MAY 2pm - 4PM

EMAIL TO BOOK YOUR TABLE: JOSH.KEOHANE@LANDB-RESTAURANTS.CO.UK



Singing FOR ALL

Funded by the National Lottery, everyone is welcome - no matter your experience! FREE and booking is not required.

For further information call us on 01303 269602

First Wednesday of the month:
11:15AM - 12:15PM

at The Tayne Centre.
70 Palm Tree Way,
Lyminge, CT18 8JN

Then every Wednesday of the month:
11:15AM - 12:15PM
at the Methodist Church.
The Methodist Church, Church Rd,
Lyminge, CT18 8JA

 Hythe, Lyminge & Ashford

Registered charity number 2132274.
Company number 5599317.
* Age UK Hythe, Lyminge and Ashford 2025.



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Installation



General
plumbing



New Bathroom
Installation



Service & Repair

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free boiler quotation

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- Fully fixed quotations
- Highly trained engineers

Free No Obligation Quotation
No call out fees

Call us at 01797 369250
Support@ecoheatph.co.uk

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Where reputation matters.

Trust us to look after your family and home!



WORCESTER
Accredited Partner

Please say you saw this advertisement in The Sentinel




**November 1st
November 29th & 30th**

**Indoor Christmas Markets
by Creative Coast Events**

Get ready for festive fun!



Register exhibitor interest
CREATIVECOASTEVENTS.CO.UK



**2025
ORGAN RECITALS**

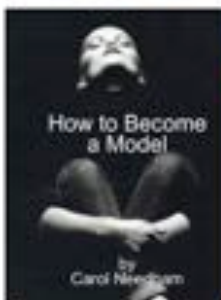
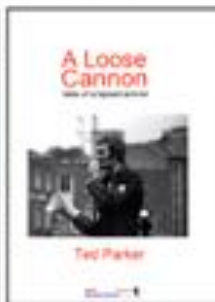
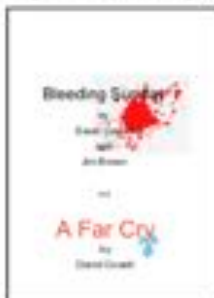
**WEDNESDAY
10th SEPTEMBER
7:30 PM**

DAVID FFRENCH
Organist
Member of the Guild

PROGRAMME

- Chorus and Organ: *Adagio*
- Chorus and Organ: *Andante*
- Chorus and Organ: *Andante*
- Chorus and Organ: *Andante*
- Chorus and Organ: *Andante*
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HOLY TRINITY, FOLKESTONE
Church of England, 100 High Street, Folkestone, Kent, CT19 9JL
www.holytrinityfolkestone.org.uk



Your book could be
here too
email:
david@thesentinel.org.uk

Practical Sports Yoga



Meet your workshop host..

I'm Peter Hickman a passionate runner, a qualified yoga teacher and a Parish Councillor in Sandgate Kent

Over the last thirty years I have competed at every distance from 5k to marathon

During my career working for the MOD I was lucky enough to train with the military and also to study both Chi and Pose running methodology

I have practiced yoga for the last ten years as an additional form of cross training and last year I qualified as a yoga teacher

This workshop has been put together to give you running hints, tips and hacks that I have accumulated over a thirty year running career

Please bring your running kit and an exercise or yoga mat

Let's make this a truly memorable experience!



FOR ALL LEVELS OF FITNESS & ABILITY

WALKING NETBALL

£3

**FOLKESTONE SPORTS CENTRE
RADNOR PARK ROAD CT19 5HX**

MONDAY 5PM - 6PM

TUESDAY 11AM - 12PM

FIRST SESSION FREE



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 or want to try something new and make friends!

Book online: <https://walkingnetballfolkestone.eventbrite.co.uk>

or contact Sharron, call: 01304 372608

Email: sharron.harris@ageukskc.org.uk





"The highlight
of my week!"

"We have such
fun together"

"Alex keeps us so
entertained. I never want to
miss one!"

£5 per week, but
FIRST SESSION FREE!!!

DAYTIME SINGING GROUPS IN KENT

HYTHE - Wednesdays - 1:30pm - 3:00pm

Church Hall, Our Lady Of Good Counsel, 2 Lower Blackhouse Hill
CT21 5LS

FOLKESTONE - Thursdays - 10:30am - 12:00pm

St Joseph's Church Hall and Social Club, Narrabehn Rd, Cheriton
CT21 5LS

DOVER - Thursdays - 1:00pm - 2:30pm

St Mary's Parish Centre, 5 Church Street
CT16 1AA

DEAL - Thursdays - 3:30pm - 5:00pm

St George's Church Hall, High Street, Deal
CT14 6HP

We sing songs old and new, many genres, and we just enjoy singing!
No auditions, no reading music. **JUST THE JOY OF SINGING!**
Come along and enjoy!

Get in touch, or **JUST TURN UP AND SAY HI!**

Phone/Text: 07810 323256 - Email: info@themelodymakerscollective.co.uk



mind South Kent

Charity Shops

We're always looking for new volunteers and clothes donations
for our shops! We currently have shops in Hythe and Dover

Hythe Shop



105 High Street

Dover Shop



44 Biggin Street

If you would like to volunteer with us please get in
touch with us at: contact@southkentmind.org.uk

JUNE & JULY 2025



DANCING FOR JOY

BEGINNERS FRIENDLY DANCE CLASS

An expressive, creative, and joyful dance class
for adults in Folkestone—no experience needed!



THURSDAYS | 6:30 PM

SUNFLOWER HOUSE, FOLKESTONE

PAY WHAT YOU CAN

Sunflower House
community building
building community

BOOK HERE



Free basil seeds

Ready to Grow?
Join the Green Challenge

togetherTV



**Grow your own herbs
Get creative in the kitchen
Come together to make a change!**

New to gardening and cooking? No worries!
TV Chef Rustie Lee will guide you step-by-step
so you can create simple, tasty dishes
with homegrown basil over eight weeks.

How to register for your **FREE** basil seeds
and recipes kit:

Go to www.togethertv.com/greenchallenge

Or Text "Together" and your full name
to 80800 for free

Or call us on 020 3196 1562 and we'll
help you register

Or scan the QR code on the right



Freeview 82 Sky 170 Virgin Media 269 Freesat 164

The Community Channel operating as Together TV is a charitable Community Benefit Society registered with the FCA (06503450).



F O L C A

Folca is the old name for Folkestone
We celebrate all activities in the Folkestone and
Hythe district also known as Shepway

See our comprehensive Directory and Blog pages
folca.co.uk


Julie watt

PILATES CLASS

ALL ABILITIES
WELCOME

Mind
body
soul

Monday, Sandgate 10:00-11:00
Monday Hawkinge 12:00-13:00
Wednesday, Lyminge 10:00-11:00
Thursday, Sandgate, 10:00-11:00
Friday, Alkham, Valley, 10:00-11:00.



Community Gardening

Local History & Nature

We work on tasks in small groups.

All equipment provided: gloves, tools, ...



Meet us on Saturdays in the cemetery,
by Morrisons' bus stop,
between 10.30 & 12.30, if not raining.

Friends of Folkestone Old Cemetery

Email: admin@fofc.uk



*Local produce
Oil*



To commission a painting by talented Sandgate residing artist Malcolm Ritchie costs less than you think and provides a valued, timeless and unique gift. Malcolm has been painting and drawing for most of his life and works in all mediums and subjects. *My subjects*, he says, *inspire me*. You're just a click away from looking at some more of his work and arranging an informal chat about what's on your mind.



You'll find me here
#MalcolmRitchie

This is Me, Full Stop.

Philip Cowell & Caz Hildebrand

participle books

Kindle edition
£9.99
Hardback
£12.50
Great gift

From the cutting-edge London design agency Here Design - writer and poet Philip Cowell, and award-winning designer Caz Hildebrand, author of *The Herbarium*, this playful, original, beautifully designed book brings to life the punctuation marks we use every day, including:

The dashing dash -
So-called "quotation marks"
The colon: and on and on.
The shouty exclamation!
The three dots of...
(Not forgetting the brackets)

And even more

Nothing tells a nation's story like its homes

Become a member today for free entry to more than 300 special, lived-in, historic homes and gardens. [Join here.](#)



HISTORIC
HOUSES

Hundreds of homes,
thousands of stories.





**S & K
Creations**

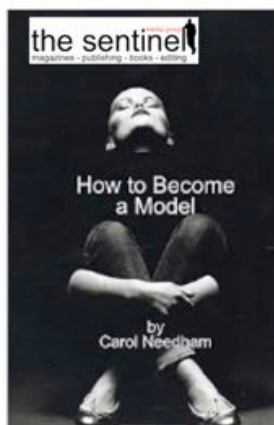
**Food &
craft fair**

Sellindge
Village Hall TN25 6JY
From 1pm
2025

Sunday 28th Sept
Sunday 23rd Nov
2026

Sunday 8th March
Sunday 28th June
Sunday 27th Sept
Sunday 15th Nov
Sunday 6th Dec

Dates for your Diary



I remember Carol Needham as a photographic model in the 70s who adorned our magazines and newspapers at times, it seemed, almost daily. I was delighted then to find out that she lived in Sandgate and when I got to know her I was also pleased to be invited by her to publish her book *How to Become a Model*. Who better to learn the tactics of modelling success from? In her book she has shared her experiences and advises on how to find a modelling agency, how to conduct yourself at auditions and at your first modelling booking.

How to Become a Model is an ideal gift for an aspiring model or anyone who would like to learn about those heady days including, of course, Playboy and the Unipart calendar.

How to Become a Model is available on Amazon in Kindle or paperback version. The paperback version is also available from the publisher. Send £7.50 via Paypal to david@thesentinel.org.uk



SAXON LORE EARLY
MUSIC ENARDINGTON

Church of St. Mary
Kenardington
TN26 2NQ

2025 WINTER SEASON

Saturday 8th November 7pm

Sounds Baroque

Julian Perkins director

The Redoubtable Reverend Mudge

Six concertos in seven parts

An exciting opening concert with no less than nine performers!

Reverend Mudge cultivated a relationship with Handel via his librettist Charles Jennens

One of his concertos is for organ and will feature the 1805 Thomas Elliot organ

Their quality is on a par with Handel and John Stanley but are very rarely performed

Come and hear some outstanding fantastic baroque music!

Sunday 30th November 3pm

Kieran White haut-contre

David Wright harpsichord & organ

The English Orpheus

Henry Purcell & His Contemporaries

With "extraordinary emotional clarity" and "a pure luminous voice"

Kieran White visits the wonderful vocal solo repertoire of Purcell

His special haut-contre voice lends itself to this beautiful unique vocal repertoire

Sunday 14th December 3pm

The Lacock Scholars

Greg Skidmore director

Giovanni Pierluigi da Palestrina born 18th December 1525

Orlando Gibbons, died 5th June 1625

A Great Mystery: Palestrina & Gibbons at Christmastime

What better way to start your Christmas than with a feast of choral gems

Join us as we explore some less familiar Christmas themes, voiced by inexplicably

beautiful music by two of the greatest masters of the Renaissance

FULL DETAILS AND BOX OFFICE FROM 8th SEPTEMBER: www.ssemk.org

Support your local Farmers' Markets in 2025

Hythe Farmers Market

2025/26

Every 2nd & 4th Saturday of the month
Outside the St Michael Methodist/
Anglican Church Centre
Chapel Street, Hythe CT21 5BG

10am - 1pm All Year Round

Great selection of:-

Meat	Vegetables	Cheeses
Game	Fish	Charcuterie
Olive	Juices	Bread
		Fruit

Dates for 2025/26

	2025
May	10 th & 24 th *
June	14 th & 28 th
July	12 th & 26 th
August	9 th & 23 rd *
September	13 th & 27 th
October	11 th & 25 th
November	8 th & 22 nd *
December	13 th & 27 th
	* Extra Monday 22 nd TBC *

	2026
January	10 th & 24 th *
February	14 th & 28 th

* month with 5 Saturdays!

**Quality Fresh Food & Produce
at Competitive Prices**



1st & 3rd Saturday
of each month
10:00am to 12:30pm
Chichester Hall
70 Sandgate High St
Sandgate CT20 3AR

2025 diary

January	February	March
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
April	May	June
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
July	August	September
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
October	November	December
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Farmers Market

Art & Craft Fair

(2025 to be announced)
Great range of fruit & veg, eggs, cheese, savouries
and quiches, cakes, preserves and chutneys, gifts,
jewellery, homewares and plants
(stall holders may vary between markets).

REAL FOOD; REAL CLOSE

Why not hire the Chichester Hall for your
activity or event?

Go to www.chichesterhall.co.uk

Sandgate Centre for Dance

Primary Ballet

Do you have a child in Year 2/3 that would like to
join our Primary Ballet class?

Ballet improves coordination and muscle control,
and boosts creativity, musicality, confidence,
communication and social skills.

Contact us now to book a trial class.

www.sandgatecentrefordance.com sc4dance@gmail.com [@SC4Dance](https://www.facebook.com/SC4Dance)



LEARN KARATE

Thursdays 6pm - 7:30pm (Adults 13+)
 No Monthly Fees! Pay As You Train
 £5 Per Session
 All Levels Welcome

5th Dan Instructor with over 20 Years Experience

Washinkai Karate is one of few styles recognised by the World Karate Federation (WKF) and the Japanese Karate Association (JKA).

Hawkings Community Centre
 Heron Forstal Avenue
 Hawkings, Folkestone
 CT18 7FP

Contact Calum on:
 TEL: 07943 242906
WWW.HAWKINGEKARATE.CO.UK
 Facebook: Kent Washinkai Karate

Photo: www.FoxworthPhoto.com

World Jazz live sessions 2025

Starts 19:30
 (doors open 18:30)

ALAN BARNES QUARTET
 April, Thursday 24th

LUNA COHEN TRIO
 May, Thursday 29th

HEXAGONAL
 June, Thursday 26th

NEIL ANGILLEY TRIO
 July, Thursday 31st

CLARK TRACEY QUINTET
 August, Thursday 28th

DEREK NASH QUARTET
 & Special Guest
NOEL MCCALLA
 September, Thursday 25th

TONY KOFI
 &
The Organisation Update
 October, Thursday 30th

WORLD JAZZ LIVE SESSIONS-2025
@ The Neptune Basement Jazz Club
 The Grand Burstain Hotel
 The Harbour, Folkestone, CT20 1TX, United Kingdom

Curated by *Calum*
 JAZZ
 MUSIC COLLECTION



JUNIOR TROTS
 & THE GYAN SQUAD BAND
THE ESTIMATORS
JOHN O'SHEA
 & THE MOOCHERS UK
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local bagpipers + drummers



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Pilates +



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Mon	Hawkinge Village Hall	12 - 1
Wed	Tayne Centre, Lyminge	10 - 11
Thur	Chichester Hall, Sandgate	10 - 11
Friday	Alkham Village Hall	10 - 11

Payment

Unfortunately due to the cost of living and fuel costs rising, classes are now £8 per class.

Zoom classes will remain £5 per class

Ability

My classes are for all abilities ranging from beginner to experienced.

Information

For more information about attending my classes contact me

Julie : 07825109670

Or email : pilates.mito@gmail.com

Importance of Pilates

To strengthen your core, your entire body and your mind.

To improve your balance and breathing.

To help prevent tight muscles And muscle wastage



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Fundraising Walk

FAQ/Information Sheet

When & where is the Evie Dove Foundation Fundraising Walk?

When: 10:00am start on Saturday 7th September 2024

Where: Unit 1 Riverside Craft Centre, West Hythe, CT21 4NB

How much does it cost to sign up?

We have two events:

The Big Coastal Walk - a 17 mile walk - £10 per adult.

The Little Canal Walk - a 3 mile walk - £5 per child, accompanying adults go free.

What do I get for my entrance fee?

Firstly, you get to join us on the walk, hopefully you will have a fab day!

All adults joining the walk for the first time will also receive an Evie Dove Foundation t-shirt which we would love you to wear with pride on your training walks and on the day (and keep as a souvenir afterwards).

If you would like to have your t-shirt posted out to you there is an additional charge of £2, or alternatively you can collect it from Holiday Extras, Newingreen, Ashford Road, CT21 4JF.

Children will get a medal and some pick n' mix to keep spirits high!

Is this a sponsored walk?

Yes! All we ask is that you each aim to raise £50 in sponsorship.

Please click post for more information



Singing FOR ALL

Funded by the National Lottery, everyone is welcome – no matter your experience!
FREE and booking is not required.

For further information call us on 01303 269602

First Wednesday of the month:

11:15AM – 12:15PM

at The Tayne Centre.

70 Palm Tree Way,

Lyminge, CT18 8JN

Then every Wednesday of the month:

11:15AM – 12:15PM

at the Methodist Church.

The Methodist Church, Church Rd,


Lyminge, CT18 8JA



Registered charity number 1125274.
Company number 6568817.
* Age UK Hythe, Lyminge and Ashford 2025.



2025 RECITAL



WEDNESDAY 17TH SEPTEMBER
PIANO RECITAL 7:30 PM
RAFAEL ORTEG
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SERIES

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Harvard

WEDNESDAY 16TH JULY
ORGAN RECITAL 7:30 PM
PETER DAVIS
Requiem
Shropshire L. Novel Concertos
Harvard

WEDNESDAY 6TH AUGUST
ORGAN RECITAL 7:30 PM
CHARLES FRANCIS
Organ Sonata
Shropshire L. Novel Concertos
Harvard

WEDNESDAY 19TH SEPTEMBER
ORGAN RECITAL 7:30 PM
DAVID FLOOD
Pavane - Friends of The Music
Holy Trinity Church, Folkestone



HOLY TRINITY CHURCH, FOLKESTONE
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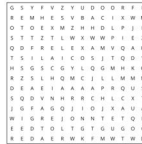
**Laugh and Craft is just £7.30
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Age UK Ashford, farrow Court,
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Ashford, TB23 5RF

Call **01303 269602**
for more information or to book

 Hythe, Lynton & Ashford
Registered charity number 1125274.
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Wednesdays: 9-10pm Senior Mens/Ladies

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Sundays: 5-6pm Mini Polo 9-12yrs

Sundays: 6-7pm Juniors 12-17yrs





**FOLK IN
THE
BARN**

To book click on the logo to the left

FOLK IN THE BARN

AUTUMN - WINTER 2025
ACOUSTIC, FOLK & ROOTS MUSIC IN EAST KENT

To book click on this banner

Gulbenkian Arts Centre

In Association with Folk in the Barn

Cara Dillon - Duo



Cara Dillon, an extraordinary, multiple award-winning Irish folk singer, and renowned musician and producer Sam Lakeman, will captivate listeners once again with their exquisite and enthralling live performance.

When Sat 30 Sep, 7.30pm	Tickets £25 Full / £10 Student & Under 25
Venue Colwyn-Ferguson Hall	

Martha Tilston



With a pure often voice and lyrics that inspire and captivate, Martha Tilston has developed a successful musical career with a large and loyal following. She has performed on some of the world's most prestigious stages and festivals, received and received several critically acclaimed albums.

When Fri 1 Nov, 7.30pm	Tickets £25 Full / £10 Student & Under 25
Venue Colwyn-Ferguson Hall	

Wilson Wakeman Christmas Show



Adam & Damian have put together this special Xmas Show, to spread the good vibs, good music and a few good laughs in the lead-up to Christmas.

When Sun 16 Nov, 7.30pm	Tickets £22 Full / £7.5 Student & Under 25
Venue Gulbenkian Theatre	

Police Dog Hogan



Since coming together in 2010, Police Dog Hogan have fused their country roots, Americana sound with wholly British sensibility.

When Sat 22 Nov, 7.30pm	Tickets £26 Full / £10 Student & Under 25
Venue Gulbenkian Theatre	

Albion Christmas Band



The band return for this heart warming, festive show an unforgettable annual tradition.

When Sat 30 Dec, 7.30pm	Tickets £25 Full / £10 Student & Under 25
Venue Gulbenkian Theatre	

To book click on the logo to the right



Programme Autumn - Winter 2025

FOLK IN THE BARN

Cara Dillon

Saturday 20th September, Colyer-Fergusson Hall, Gulbenkian, Canterbury
Full Price £25, U25 £12

Christine Collister

Monday 29th September, St Marys Arts Centre, Sandwich
Full Price £17, U25 £8

Fairport Convention

Wednesday 22nd October, St Marys Arts Centre, Sandwich
Full Price £32, U25 £16

Martha Tilston

Friday 7th November, Colyer-Fergusson Hall, Gulbenkian, Canterbury
Full Price £20, U25 £10

Wilson-Wakeman

Christmas Show!

Sunday 16th November, Gulbenkian, Canterbury, Full Price £22, Under 25 £11

Police Dog Hogan

Saturday 22nd November, Gulbenkian, Canterbury, Full Price £20, Under 25 £10

St Agnes Fountain

Monday 8th December, Canterbury Cathedral Lodge, Full Price £24, Under 25 £12

Albion Christmas Band

Saturday 20th December, Gulbenkian, Canterbury Full Price £25, U25s £12

To find out more, and book online, and join our friendly emailing list, go to...

www.folkinthebarn.co.uk



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**Contact Care Anchor Kent CIC
on 01303 696516 for tickets**

A portion of the profits
will be donated to the
Maya Nash Cancer Journey



Hythe

Dementia Chorus

with Bright Shadow

From Age UK Hythe, Lyminge & Ashford and Bright Shadow, a **new weekly choir** in Hythe for people living with dementia and supporters, featuring a **wide range of musical genres**. No experience needed.

Wednesdays 2-3.30pm

Free of charge. Refreshments provided.

Hythe Cricket & Squash Club, Ladies Walk,
Hythe, CT21 6AX

Contact Age UK Hythe, Lyminge & Ashford to find out
more: || **01303 269 602** ♦ **admin@ageukhla.org**

New
venue!

01303 269 602



Hythe and Saltwood Branch
Have been supporting our Armed Forces
Community and their families since 1921
And continuing

We will be holding drop- in sessions at the Open
Door Project 101 High Street Hythe throughout
2025

Branch members will be present on the first and
third Tuesday every month from 10am to 1.30pm.

Come and meet us, chat with us and learn about
our activities .

Military veterans especially welcome

VOLUNTEERS JOIN THE TYNWALD HYTHE FAMILY

& Make a Real Difference



Tynwald is the only not-for-profit Residential and Community Care Service for Hythe Kent and surrounding areas, serving the older people of our community for over 60 years.

We are looking for enthusiastic individuals to join our volunteer team. Do you want to give back to your local community, make new friends, share your skills and passions, or have a coffee and a chat to spend quality time together?

We offer a wide range of opportunities, whether you have a lot of time or just a little. We would love to hear from you. If you enjoy helping others and being part of a team, don't hesitate to get in touch with us. We would love to meet you.

Contact Michael srm@tynwaldhythe.org.uk or call
01303267629 www.tynwald.org.uk



Join us for All Day Breakfast

Every Wednesday

9am - 2pm

£4.50 - includes Tea/Coffee

No need to book

AGE UK Lyminge, Everist Court



Registered charity number 1100576. Company number 0000117. Registered office: Hythe, Lyminge and Ashford, Kent.

OVER
55's

Photography Competition



AgeUK South Kent Coast are holding a monthly Photography Competition where the winning entry will be published on our facebook page.

Latest submission date 15th of the month

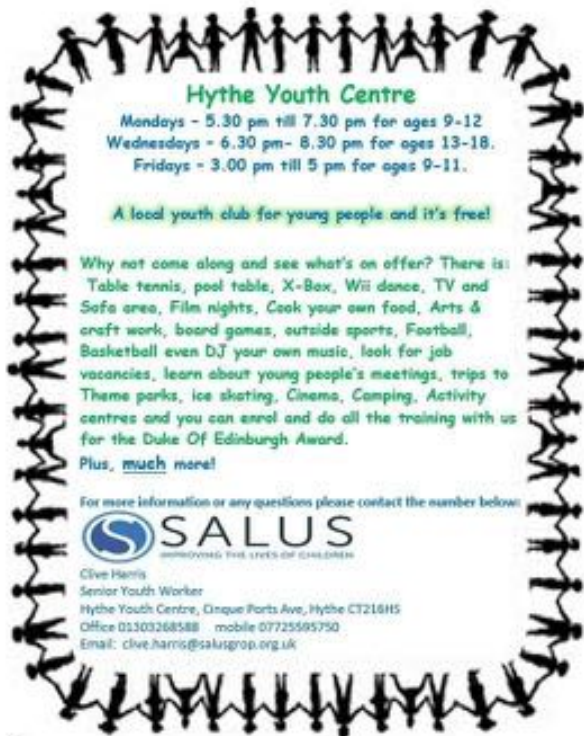
Winner announced 20th of the month

If you fancy your chances of winning, why not send your entry into

sharron.harris@ageukskc.org.uk

***Limited to one entry per person each month**

***First entry will require the completion of a short survey**



Hythe Youth Centre


Mondays - 5.30 pm till 7.30 pm for ages 9-12
 Wednesdays - 6.30 pm- 8.30 pm for ages 13-18.
 Fridays - 3.00 pm till 5 pm for ages 9-11.

A local youth club for young people and it's free!

Why not come along and see what's on offer? There is:
 Table tennis, pool table, X-Box, Wii dance, TV and
 Sofa area, Film nights, Cook your own food, Arts &
 craft work, board games, outside sports, Football,
 Basketball even DJ your own music, look for job
 vacancies, learn about young people's meetings, trips to
 Theme parks, ice skating, Cinema, Camping, Activity
 centres and you can enrol and do all the training with us
 for the Duke Of Edinburgh Award.

Plus, much more!

For more information or any questions please contact the number below:

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IMPROVING THE LIVES OF CHILDREN

Clive Harris
 Senior Youth Worker
 Hythe Youth Centre, Cinque Ports Ave, Hythe CT21 6HS
 Office 01303 268588 mobile 07725 595750
 Email: clive.harris@salusgroup.org.uk



Dance Yourself Fit

Every Tuesday

Age UK Hythe

5pm-6pm

£6



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The charity that supports the RAF family

Hythe & Romney Marsh Branch

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We meet second Thursday of the month at 7.30 pm at the Royal British Legion, St Leonards Rd (now called Hythe Sports Club) for social get together interesting speakers, raffle, snacks

We welcome anyone interested in helping promote our national charity - Wings Appeal - to join us. A RAF family connection would be ideal but is not mandatory.

Please help us by making a donation to



<https://www.rafa.org.uk/get-involved/donation/>



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JACK POUND

As poet John Rice said:

(Jack Pound is) a highly skilled guitarist and songwriter, his bluesy, often quirky style is particularly appreciated by discerning literary audiences.....whilst the rest of us just enjoy the music.

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You can get a taste at his web site at:

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events



Parents Pop in



Wednesday's 1.30-3pm

From bump to school age

A community drop-in group for parents (and parents to be) with children to come along and have a chat and a cuppa, meet new friends, or to have a private one-to-one with Shirley.

No need to book just pop in, we'd love to meet you.

101 Open Door
101 High Street, Hythe
CT21 5JH



Hythe, Lymington
& Ashford

BINGO NIGHT



FIRST THURSDAY OF
EACH MONTH

AGE UK HYTHE, SANFORD HOUSE, STADE
STREET, HYTHE, CT21 6BD

**FREE ENTRY,
£1.50 A BOOK (5 GAMES)**

DOORS OPEN 6.30PM, EYES DOWN 7PM
NO NEED TO BOOK



Registered charity number 1125274. Company number 6589817.
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Every Tuesday at **Age UK Hythe**

£6 per person

5PM - 6PM

**Dancing is a great way to stretch the body,
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All abilities are catered for and some
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Please bring a bottle of water.

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

Please call **01303 269602** for more
information or to book



Registered charity number 1125274.
Company number 6589817.
* Age UK Hythe, Lymington and Ashford 2024.





The Anne Peirson Charitable Trust

Who are We?

We are here for those in Hythe, Kent who need a helping hand - young people, families, older people and local groups such as schools.

How can we help?

We can help with the buying of many things. e.g white goods, beds, supermarket food vouchers etc

We help Hythe groups all year but especially at Christmas

How to apply?

- You can get someone else to fill in the form for you
- We like to work with someone who already knows you e.g a local school, Rainbow Centre, social worker etc.
- Go to our website for an online form or pick up a form from The Open Door Project, 106 High Street, Hythe (you can give it back to us there too.)
- Or write to The Secretary at The Anne Peirson Trust, The Vicarage, Oak Walk, Hythe Kent CT21 5DN (make sure to include your phone number)

For an application form
please email The Secretary:

annepeirsontrust@gmail.com

We are here to help you.

or go to our website for an online form:

 www.annepeirsontrust.co.uk

Join us for BoxFit!

Every Wednesday at
Age UK Hythe
£6 per class
4:45PM - 5:45PM



Suitable for all levels, this non-contact workout will help you improve your agility, strength and overall fitness.



Please bring a bottle of water.

No experience required.

Everyone is welcome, so come along and join us!

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

Please call **01303 269602** for more information or
to book



Registered charity number 1125274.
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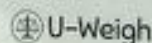
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Contact Details: 01303 266152 / email
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For more information contact Alex McNeice 07810 323 256
or email info@themelodymakerscollective.co.uk



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Artists



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Teaching By:

ABI ORFILA



info@seaviewstudio.co.uk



www.seaviewstudio.co.uk



+44 (0) 7977 233 385

Come along to our Diabetes Support Group!



The last Thursday of each month at Age UK Hythe
1:00PM – 3:00PM

**Come along and talk to others with Diabetes,
gain support with various issues, and get
help and advice.**

This peer to peer support group is free, and
refreshments will be available.

**Age UK Hythe, Sanford House, Stade Street,
Hythe, Kent, CT21 6BD**

Booking is essential. Please call **01303 269602**



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





Guided Walks Around Old Hythe



**every Thursday
June to September**



Discover the secrets of this ancient Cinque Port and soak up the atmosphere amongst its historic architecture. See the Royal Military Canal, built to keep Napoleon at bay. Visit St Leonard's Church (free tour included) and wonder at the bones in the famous ossuary/crypt. Tours of the church (without a walk) start at midday. Allow 1½ hours for walk plus 45 minutes for church/ossuary.

**No need to book, meet Thursday 10:30am at
Hythe Town Hall, High Street CT21 5AJ
Walk £3 per person (Ossuary £5 extra), under 16s free**





Through YOUR Lens

A call for **Black & White** photographs on the theme:

‘HYTHE - MY HOMETOWN’

Its Heritage and Culture

This event is *open to all* and details are available via the Hythe Civic Society or Hythe District Photographic Club websites
<https://www.hythecivicsociety.org/hdpc-photo-upload>
<https://hythedistrictphotographicclub.jimdoweb.com/hythe-my-home-town>

or via the QR Codes



Submit your **Black & White** photographs for online display and possible inclusion at the exhibition during November 2025 at the Hythe Library.

Final date for entries: 31st August 2025

*Get involved, be creative and...
let's see your visual interpretations of:*

Hythe's Heritage and Culture



HYTHE DISTRICT
PHOTOGRAPHIC CLUB

Release the pressure - don't suffer in silence

inflation
uncertainty
COST OF LIVING CRISIS
DEBT
rent
sleep
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problems
anxiety
depression
UNEMPLOYMENT

Text KENT to 86258 for free, or phone 0800 107 0160 for confidential support on any issue 24/7.
For more information visit releasethepressure.uk

A BETTER MEDWAY
Kent County Council

Support is free and confidential, provided by an independent charity and funded by Kent and Medway Health and social care partners.



**Folkestone
Hythe &
Rural**
POWER TOGETHER



CARERS CAFE AT OPEN DOOR HYTHE

101 High Street, Hythe, CT21 5DN

Do you regularly look after a spouse, partner, parent, relative or friend who needs support because of a disability, health condition, mental illness, addictions or dementia?

If this sounds like you, then you are a carer. If you are, then our Carers Café is for you.

An opportunity for a chat and a cuppa with others who have similar life experiences, share ideas and support in a relaxed environment.

There will also be support available from the Social Prescribing Team and professional speakers.

2 - 3:30pm

Every other Wednesday beginning 8th January 2025

**For more information email:
kmicb.fhrpcn.socialprescribing@nhs.net**

FHRPCN.CO.UK



Folkestone and Hythe Cats Protection shop in Hythe is now open: Monday to Saturday 9am - 5pm.

New measures in place to protect customers and volunteers. Stringent cleaning regime and quarantining system to further protect customers and volunteers and only 2 customers in the shop at any one time. Many bargains from £1.

Contact shop on 01303 264285 and general enquiries on 0345 260 1253



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Design-led gifts and
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76 High Street
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Kent CT21 5AL
01303 265340

www.facebook.com/wowhythe



Hythe & Lyminge
ageUK

Ashford
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Are you struggling to look after your home? Here at AGE UK, we have a team of professional, reliable and friendly Independent Living Assistants who are available to help you look after your home, as well as other services such as shopping, laundry and companionship.

www.ageuk.org.uk/hytheandlyminge
www.ageuk.org.uk/ashford

OUR SERVICES

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- ✓ Laundry & Ironing
- ✓ Kitchens & Bathrooms
- ✓ Hoovering & Dusting
- ✓ Interior Windows
- ✓ Tidying Up
- ✓ Shopping
- ✓ Sorting & Organising

Call Us 01303 269 602

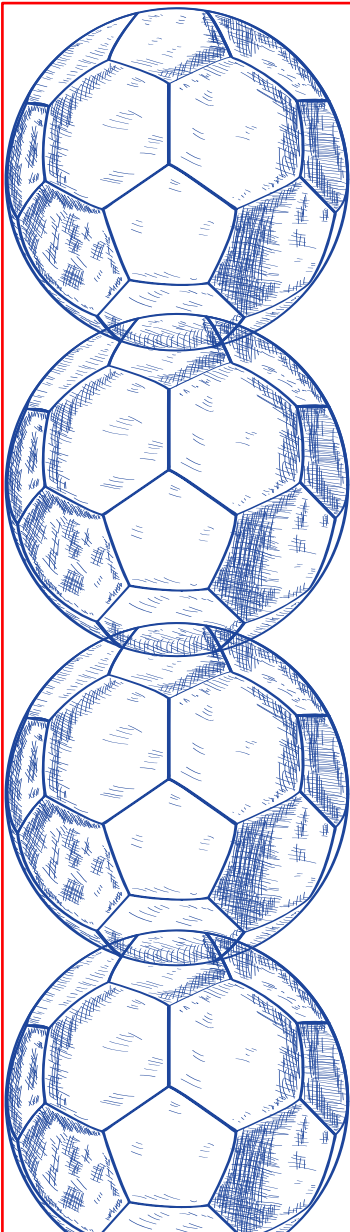


SPOTLIGHT • HYTHE

Trader News and What's On Guide

BUY LOCAL • EAT LOCAL • DRINK LOCAL

A Hythe based group promoting latest **trader offers** and **What's On Guide** in the town... **don't miss out, join in!**

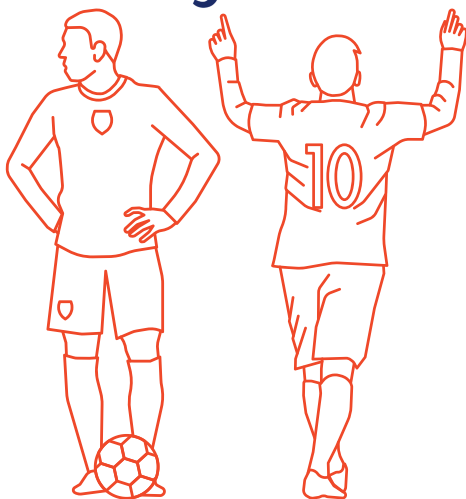


Walking Football

10.30am - 12.00pm

Every Wednesday

Hythe Cricket & Squash Club,
Ladies Walk,
Hythe,
CT21 6AX



Registered charity number 1125274. Company number 6589817.
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FOLCA

Folca is the old name for Folkestone
 We celebrate all activities in the Folkestone and
 Hythe district also known as Shepway

See our comprehensive Directory and Blog pages
folca.co.uk



Ukulele Group

Every Tuesday

Age UK Hythe,
Stade St,
Hythe, CT21 6BD

Booking is essential, please call 01303 269602

10am - 12pm

Bring your Ukulele if you have one, or
you can borrow one for free on the day

£13.20 for 2 hours

Ukulele for beginners or if you want to brush up your
skills. A fun and satisfying activity and a chance to
meet new friends and learn to play.



Social
Enterprise
Kent

Registered charity number 11252194. Company number 5998911. © Age UK Hythe, Lymington and Ashford 2024

militarywives & Choirs®

We welcome all women whose lives are currently impacted by their military connection. You don't have to be a military wife to join, there are no auditions and there is no pressure to perform.



join us

Shorncliffe Military Wives Choir

We meet on Thursdays 7pm-9pm in Folkestone.
Please email for more information

♪ Take time for yourself to make new friends, share experiences and stand side by side with a group who understand.

♪ Whether you're a wife, partner, sister or mother of current serving personnel, serving yourself, veteran or a veteran's wife or widow whose life is still impacted by their military connection, come join us for singing, laughter and cake and lots of exciting opportunities.

Part of the Military Wives Choirs Foundation, registered charity in England and Wales (1148302) & Scotland (SC045217).

shorncliffe@militarywiveschoirs.org



military wives choir-shorncliffe

MONDAY	Clear Ears	10:00am - 1:00pm
	Seated Exercise	10:45am - 11:45am
	Seated Yoga	12:15pm - 1:15pm
	Bingo	1:30pm - 2:30pm

TUESDAY	Hi Kent hearing aid support (12.03.24)+(26.03.24)	10:00am - 11:00am
	Ukulele Class	10:00am - 12:00pm
	Crafty Tuesday	1:00pm - 3:00pm
	Painting and Drawing	1:30pm - 3:30pm
	Dementia Cafe (19.03.24)	1:30pm - 3:30pm
	Dance Fit	5:00pm - 6:00pm

WEDNESDAY	Activity	Time
	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
	Singing with Nina (06.03.24)	1:30pm - 2:30pm
	Bole® (non-contact)	4:45pm - 5:45pm
	Book Club (13.03.24)	5:00pm - 7:00pm

THURSDAY	Digital Support (14.03.24)	10:00am - 12:00pm
	Seated Yoga	10:30am - 11:30am
	Thursday Thinkers	10:45am - 11:45am
	Diabetic peer support group (28.03.24)	1:00pm - 3:00pm
	Get Active – Skittles/Curling/Boules	1:30pm - 2:30pm
	Making with Clay	1:45pm - 3:45pm
	Bingo for All (07.03.24)	6:30pm - 8:30pm

FRIDAY	Low Impact Aerobics	10:30am - 11:30am
	Simple Cooking (29.03.24)	10:45am - 11:45am
	Darts and Board Games	10:45am - 11:45am
	Shed Project	1:00pm - 2:30pm
	Bingo (01.03.24)	1:30pm - 2:30pm
	Men's/Women's Hour	1:30pm - 2:30pm

Hythe Town Hall Craft Fair

Wonderful items made
by local makers and crafters

Saturday 12th July
10.00 - 3.00 PM

**Stalls outside
and upstairs inside**





**HYTHE TOWN COUNCIL
PRESENTS**

BAND AND SUMMER CONCERTS 2025

**LIVE MUSICIANS
ENJOY THE SUMMER SEASON
WITH SPECTACULAR MUSIC!**

**FREE ENTRY
3 - 5 PM
OAKLANDS PARK,
STADE STREET**

MAY

- 18 HYTHE TOWN CONCERT BAND
- 25 GUMBOOTS

JUNE

- 1 ABALICIOUS
- 8 SHINGLE STEPPAZ
- 15 THE NATIVE OYSTERS BAND
- 22 THREE SHADES OF GREY
- 29 HYTHE TOWN CONCERT BAND

JULY

- 6 DAVE FERRA ALLSTARS BAND
- 13 MAJESTIC 12
- 20 HYTHE TOWN CONCERT BAND
- 27 RUBY ROBINSON

AUGUST

- 3 CANTERBURY CITY BAND
- 10 PRETTY CRAP
- 17 UNSHACKLED
- 31 ELVIS

SEPTEMBER

- 7 ONE FOR THE ROAD

SAFETY NOTICE

BBQ'S AND FIRES ARE NOT PERMITTED ON THE PARK

FACILITIES:
CAFE
CHILDRENS
PLAY AREA
TOILETS
LIMITED
SEATING

TENNIS & BOWLS

THE PAVILION, SOUTH ROAD



10 am - Dusk

Please call 07808 645922 to book a tennis court or
bowling green or just turn up on the day to play

Tennis Fee Per Hour - Adult £6.00, Junior £2.50,
Family (2 Adults, 2 Children) £10.00

Bowling £7.00 per game

Hire of wood £3.00 per person

Fun Dance/Exercise Class For Over 50's

YOUNG AT HEART

Low impact exercise to music
with fun and easy to follow
moves

50+

Young at Heart weekly classes:

Hythe, The Pavilion

Mondays: 6:15-7:00pm

Tuesdays: 2:00-2:45pm

Thursdays: 9:15-10:00am (Gentle class)
& 10:15-11:00am

Hawkinge Village Hall:

Tuesdays: 11:45am-12:30pm

Thursdays: 11:45am-12:30pm

**For more info call
Janice @07565 182259
or email janice.klemer@gmail.com**



Ukulele Group

Every Tuesday

Hythe Cricket and Squash Club,

Ladies Walk,

Hythe, CT21 6AX

Booking is essential, please call 01303 269602

12:30pm - 2:30pm

£13.20 for 2 hours

Ukulele for Improvers

Join us for a fun and rewarding session where you can enhance your skills, enjoy playing, and make new friends!



Social
Enterprise
Kent

Registered charity number 11152714. Company number 4088017. 11 Age UK Hythe, Lymington and Ashford 2015.

FOLKESTONE HYTHE OPERATIC AND
DRAMATIC SOCIETY PRESENTS

COME FROM AWAY

BOOK, MUSIC AND LYRICS BY
IRENE SANKOFF AND DAVID HEIN

FRIDAY 12TH & SATURDAY 13TH SEPTEMBER
FRIDAY 19TH & SATURDAY 20TH SEPTEMBER
(TWO PERFORMANCES ON THE 13TH & 20TH)

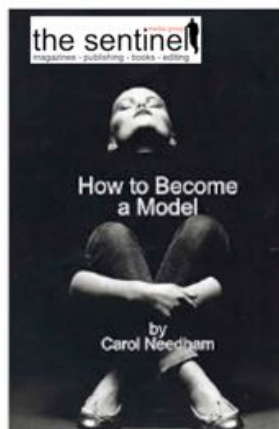


THE
TOWER
THEATRE

TOWERTHEATREFOLKESTONE.CO.UK

This assisted production is presented by arrangement with Music Theatre International
All authorised performance materials are also supplied by MTI www.mtishows.co.uk

AFHOODS
FOOD & DRINK



I remember Carol Needham as a photographic model in the 70s who adorned our magazines and newspapers at times, it seemed, almost daily. I was delighted then to find out that she lived in Sandgate and when I got to know her I was also pleased to be invited by her to publish her book *How to Become a Model*. Who better to learn the tactics of modelling success from? In her book she has shared her experiences and advises on how to find a modelling agency, how to conduct yourself at auditions and at your first modelling booking.

How to Become a Model is an ideal gift for an aspiring model or anyone who would like to learn about those heady days including, of course, Playboy and the Unipart calendar.

How to Become a Model is available on Amazon in Kindle or paperback version. The paperback version is also available from the publisher. Send £7.50 via Paypal to david@thesentinel.org.uk

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Available daily from 10.00am
Turn up and row

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£20



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£20 for adults | £15 for under-12s
One hour trip - Pre-booking required

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Favourite

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Book a skippered electric boat trip for up to
6 people - £100 an hour.



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www.electricboathythe.co.uk

The Boat Hut, Royal Military Canal, Hythe CT21 6AX

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Instagram

Newington

Please support your local Farmers' Markets in 2025

Hythe Farmers Market



2025/26

Every 2nd & 4th Saturday of the month
Outside the St Michael Methodist/
Anglican Church Centre
Chapel Street, Hythe CT21 5BG

10am - 1pm All Year Round

Great selection of:-

Meat	Vegetables	Cheeses
Game	Fish	Charcuterie
Olives	Juices	Bread
		Fruit

Dates for 2025/26

2025
May 10th & 24th *
June 14th & 28th *
July 12th & 26th *
August 9th & 23rd *
September 13th & 27th *
October 11th & 25th *
November 8th & 22nd *
December 13th & 27th *
* Extra Monday 22nd TBC *

2026

January 10th & 24th *
February 14th & 28th *

* month with 5 Saturdays! *

Quality Fresh Food & Produce
at Competitive Prices



1st & 3rd Saturday
of each month
10:00am to 12:30pm
Chichester Hall
70 Sandgate High St
Sandgate CT20 3AR

2025 diary

January	February	March
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
April	May	June
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July	August	September
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October	November	December
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Farmers Market

Art & Craft Fair

Great range of fruit & veg, eggs, cheese, savouries
and quiches, cakes, preserves and chutneys, gifts,
jewellery, homewares and plants
(stall holders may vary between markets).

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Sandgate Cove Bakehouse

3 Encombe, Sandgate - 07444 703752 - covebakehouse@gmail.com

Fresh sourdough bread available every Saturday

Message us to place your order for collection or
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We are a small family run business, trading for over 30 years in the heart of Hythe High Street at number 51 (CT21 5AD) and we pride ourselves on customer service and of a range of products with high quality produce. We cater for all needs, whether it's a small treat for your pet, tapioca to make your favourite nostalgic pudding, or some of our delicious, local, free range eggs, perfect for

cooking, baking and breakfasting!

At U-Weigh we have more than 400 items in store, ranging from cupboard essentials to sweet treats and snacks. We have a large selection of herbs, spices and seasonings to take your meal plans to every corner of the world, and to cater for the home bakers and amateur chefs, some cupboard staples; flours, sugars, cake mixes, pastas and rices. As dried food specialists, we all have a wide knowledge and will not hesitate to help with any queries or questions you may have. Take a look at our many products, write your list and pop into the shop. We're also doing our bit for the planet by introducing paper bags, and don't forget, if you are trying to be more green, you can bring your own tubs, jars and containers to fill up.

www.u-weigh.co.uk

www.facebook.com/uweigh/

Newington & District Gardeners Association

New members welcome

Your local Club promoting interest in horticulture

Discover your next hobby or practice your
passion

We Invite all ages, both those with green
fingers and those who are keen to learn

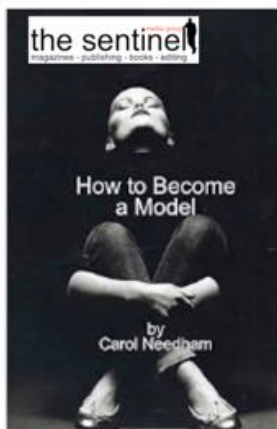
Monthly meetings from
February to November
in the spacious
Newington Village Hall

What we offer:

Seasonal Shows throughout the year
Excellent guest speakers
Meet friends over tea & biscuits
Outings and Garden visits
Supporting local Charities

To join us please get in touch or
alternatively if you have any questions
please feel free to contact our Secretary,

Denise Buckland,
on 07841 669161 or email
denise_blossom@hotmail.com



I remember Carol Needham as a photographic model in the 70s who adorned our magazines and newspapers at times, it seemed, almost daily. I was delighted then to find out that she lived in Sandgate and when I got to know her I was also pleased to be invited by her to publish her book *How to Become a Model*. Who better to learn the tactics of modelling success from? In her book she has shared her experiences and advises on how to find a modelling agency, how to conduct yourself at auditions and at your first modelling booking.

How to Become a Model is an ideal gift for an aspiring model or anyone who would like to learn about those heady days including, of course, Playboy and the Unipart calendar.

How to Become a Model is available on Amazon in Kindle or paperback version. The paperback version is also available from the publisher. Send £7.50 via Paypal to david@thesentinel.org.uk

SAGA IN SANDGATE COMMUNITY GARDEN

Would you like to be part of a
community garden able to grow your
own crops at Saga HQ, Enbrook,
Sandgate?

Contact Leonie
Woolton on
07840138308
for further
details on how
to join this
exciting
community
project



Supported by
SAGA



**The
Sandgate
Society**

Sandgate Parish Council



Newington & District Gardeners Association



Your local friendly Club, ideal for your new hobby & for those already with green fingers!

New members welcomed ☺

For all ages & experience

What? — Monthly meetings February to November, Shows, Guest Speakers, & Garden Visits. Refreshments & social outings.

When? — Please see our Facebook page or contact us for our latest calendar. Meetings usually 3rd Monday of month, 7.15pm

Where? — Newington Village Hall, Folkestone CT18 8AU

Contact us, or come along!

Email; newingtondga@hotmail.com / Telephone; [07841-669161](tel:07841-669161)

Facebook



https://www.facebook.com/groups/661267408328491/?ref=share_group_link

or Facebook SEARCH for **Newington District Gardeners (NDGA)**



FRIENDS OF ST NICHOLAS NEWINGTON

PROGRAMME OF EVENTS 2025

Saturday 6th September, 3.00pm in church.

Behind the scenes of Olympic Ceremonies followed by Afternoon Tea
Join an interactive discussion with St. Nicholas neighbour, Steve Boyd, to find out everything you always wanted to know about the mass spectacle of Olympic Opening and Closing Ceremonies. Steve has contributed to 17 consecutive Olympic Summer and Winter Games spanning Barcelona 1992 to Paris 2024. Other credits include Special Olympics, Commonwealth Games, Paralympics, Asian Games and Super fowl Hftimes, large-scale national celebrations and outdoor mass-theatrical events followed by Afternoon Tea and a Raffle. Tickets £10.

Please book a ticket in advance (for catering purposes). Booking via e-mail: wrigleymel150@gmail.com or Mobile 07543 629 444

Saturday 4th October, 10.30am to 12.30pm

Church Tidy Up - outside and inside the church. Please see 3rd May for details.

Saturday 18th October, 3.00pm in church.

A Life in Guidebooks followed by Afternoon Tea

A talk by Simon Richmond (simonrichmond.com) researches and writes travel guide books, mainly for Lonely Planet, a publisher he's worked for since 1999. In this talk he'll share how he got into travel writing and some of his favourite places and most memorable journeys. Simon is also the editor of the Folkestone Foghorn.

Followed by Afternoon Tea and a Raffle. Tickets £10.

Please book a ticket in advance (for catering purposes). Booking via e-mail: wrigleymel150@gmail.com or Mobile 07543 629 444

Saturday 1st November, 10.30am to 12.30pm

Church Tidy Up – outside and inside the church Please see 3rd May for details.

Saturday 29th November, 10.30am to 2.30pm

Natural Christmas Decoration Making Workshop, make your own door wreath; table decoration; Christmas willow star. Guidance and natural materials provided. Book and pay for a ticket in advance. Limited places

available. Ticket £15. Refreshments to buy. Raffle. In aid of the PCC for church running costs. Last entry 1.30pm.

Saturday 6th December, 10.30am to 12.30pm

Church Tidy Up – outside and inside the church Please see 3rd May for details.

Registered Charity: No: 112265

Raising Funds and running events to maintain the historic building and grounds for now and future generations.

If you would like to become a member to support the cause (we'd really appreciate it) please pick up a form in the church or email: wrigleymel150@gmail.com

Friends of St. Nicholas' Church, Newington, near Folkestone, CT18 8AX

Everyone Welcome.





EK36Q

GET YOUR **BLOOD PRESSURE** CHECKED FOR FREE

We'll be at the Open Door Project, 101 High
St in Hythe

**HYPERTENSION
HEROES**

Every Monday &
Tuesday from
1:30 - 3pm



EVERYONE is welcome, just pop in!



Hythe & Saltwood

Our volunteers are here every
week, and we can show you how
to take your own blood pressure.

VOLUNTEERS JOIN THE TYNWALD HYTHE FAMILY

& Make a Real Difference



Tynwald is the only not-for-profit Residential and Community Care Service for Hythe Kent and surrounding areas, serving the older people of our community for over 60 years.

We are looking for enthusiastic individuals to join our volunteer team. Do you want to give back to your local community, make new friends, share your skills and passions, or have a coffee and a chat to spend quality time together?

We offer a wide range of opportunities, whether you have a lot of time or just a little. We would love to hear from you. If you enjoy helping others and being part of a team, don't hesitate to get in touch with us. We would love to meet you.

Contact Michael srm@tynwaldhythe.org.uk or call
01303267629 www.tynwald.org.uk

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Only
£20



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One hour trip - Pre-booking required

Group
Favourite

Private Boat Trips

Book a skippered electric boat trip for up to
6 people - £100 an hour.



@THE_BOAT_HUT

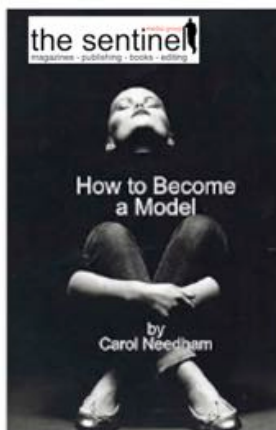
Call 07360 617411

www.electricboathythe.co.uk

The Boat Hut, Royal Military Canal, Hythe CT21 6AX

Follow us on
Instagram

Sandgate



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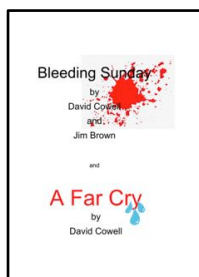
76 Sandgate High Street, Folkestone, Kent, CT20 3BX
Tel: 01303 858010





Set in Folkestone in the heady days of the late 60s.

They say if you can remember it, you weren't there!



Two plays. One an imaginary meeting between Dylan Thomas and Brendan Behan in a Fitzrovia pub. The other is Caitlin Thomas reminiscing after the untimely death of her husband.



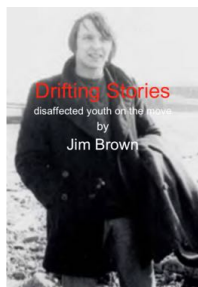
This is the tale of Hana, a young girl who moves from where she was born in London, to the Kent coast. They discover a wonderful area called Prince's Parade which is full of amazing animals, has a beautiful canal and is right next to the sea too! By buying this book you will be helping to protect it. All profits from it will be donated to the Save Prince's Parade campaign which aims to halt plans to develop the area into a housing estate.



Very funny, and surreal story about a man and a woman on their first date: Bolton Brady and Veda, set in London, November 2001. Bolton is forty, not into assets, has never lived with a woman and looked into the future and seen loneliness. So he decides to do something about it. He advertises in a lonely-hearts column, and receives six replies, but after experiencing one disaster after another only Veda remains between him and his sanity. As the day unfolds the line between reality and fantasy becomes blurred, building to a surreal, yet poignant, conclusion.



This walk through the history of Sandgate to the present day was first performed at the Chichester Hall 14 years ago on Wednesday, 9th June, 2010. It is now available on [Kindle](#) or in paperback.



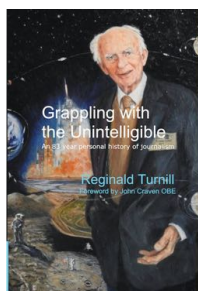
Now available on [Amazon](#). Great evocative yarns of worldly travels.



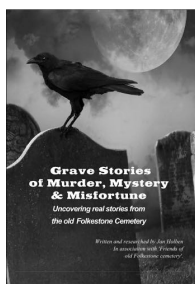
Ted Parker



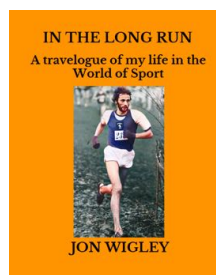
The title of the book hints at how, as a 'loose cannon', Folkestone born Ted's risk-taking got him into trouble on a number of occasions whilst being a considerable advantage in his working life.



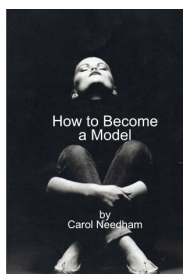
As a young journalist, Reg Turnill met most of the prewar political personalities and later became the BBC's space correspondent being the only one in the press room when the historic *Houston we have a problem* message came from Apollo 11.



Janet Holben. Paperback. Folkestone Cemetery has around 15,000 graves (27,000 people) there are stories of skulduggery and innocence, murder and bravery, grandeur and squalor – but mostly there are stories of everyday people living their lives. This account brings some of those stories back to life and will perhaps bring an understanding of how Folkestone was shaped by terrible wars, widespread disease, the unforgiving sea, the new railway and fashionable society – but mostly, by the people who lived, loved, made their livelihood and finally died here.

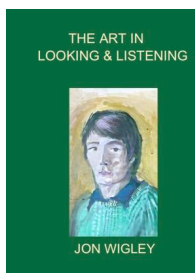


When you run things happen. When you change your environment, things happen. Mostly the details are mundane, but I have been a witness in certain places and moments in time to things that I found interesting, intriguing, amusing, poignant and memorable. Through my career in the global sports industry, mainly in athletics, for the best part of thirty years, I have had opportunities to run and race in some interesting places around the World, in the UK, and close to home. Those thirty “working” years were a unique time of dramatic growth for global sports with many fundamental changes and I wanted to capture the flavour of living in the goldfish bowl of world sport in a unique period of time. I have chosen 160 different locations in which I have run and raced over the years and let them become the framework for the tales that I tell in these pages. I wanted to allow each tale to be a door into memories and associations with a time and place; sometimes quite straight forward, others are more labyrinthine, with connections leading off at tangents. I wanted to share them; I hope you enjoy the journey?



In the wonderful heady days of the often missed 1970s, the apparent glamorous world of modelling was never far from the front pages of national, regional and local newspapers and television which avariciously sought the latest and, at times, sensational stories from this often indulgent industry and Carol Needham was there.

She witnessed the highs and lows and met many of the names associated with it; the infamous page three of The Sun, the notorious Hugh Hefner at Playboy and the much sort after Unipart calendar that adorned the walls of most garages and work places, were all clients that Carol experienced.



The human faculties of looking and listening are too often taken for granted, but when fully developed, enable us to appreciate the arts. To really look is an active, conscious effort. We turn in order to see. We look up from our eyeline to increase our awareness of the surroundings. To really listen is to give heed to a sound with conscious attention. Looking and listening is about being open to your surroundings with eyes and ears wide open, using both senses of sight and hearing in a conscious fusion; being fully engaged.

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If you have any comments to make about this publication please do email me. I would be very interested in the things you like and the things you don't like and the things you'd like to see included.

Thank you.



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Triennial

SANDGATE SOCIETY 25/26



APRIL 5TH QUIZ NIGHT

APRIL 26TH SPRING COFFEE MORNING

MAY 17TH COFFEE CULTURE

MAY 20TH BINGO NIGHT

JUNE 19TH MIDSUMMER'S OUTING WITH LUNCH

JUNE 22ND SANDGATE SAFARI SALE

JULY 3RD VISIT TO GINGERLY GREEN FLOWER FARM

JULY 12TH AN EVENING WITH...

AUGUST CHILDRENS HISTORY TRAIL

AUGUST 14TH CHILDRENS GAMES AFTERNOON

SEPT 18TH DAY TRIP TO LE TOUQUET

OCT 16TH-19TH LITTLE LITERARY WEEKEND

NOV 28TH CHRISTMAS PARTY

DEC 11TH CHRISTMAS COMMUNITY CAROLS

DEC 13TH CHRISTMAS COFFEE MORNING

2026 JAN 15TH MIDWINTER'S OUTING WITH LUNCH

JAN 20TH BINGO NIGHT

FEB 7TH 'GET IN THE SPIRIT' COMPETITION

MARCH 5TH A.G.M.

SATURDAY MORNING COFFEE MORNINGS IN YAPS CYCLE CAFE 10.30AM



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2025/26

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Dates for 2025/26

	2025
May	10 th & 24 th *
June	14 th & 28 th *
July	12 th & 26 th *
August	9 th & 23 rd *
September	13 th & 27 th *
October	11 th & 25 th *
November	8 th & 22 nd *
December	13 th & 27 th *
	* Extra Monday 22 nd TBC *

2026

January	10 th & 24 th *
February	14 th & 28 th *

* month with 5 Saturdays! *

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2025 diary

January	February	March
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
April	May	June
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July	August	September
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October	November	December
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