

Sentinel Local Matters

August 2025

A The Sentinel Media Group company



If you do not wish to receive these newsletters please email
UNSUBSCRIBE to david@thesentinel.org.uk

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
12PM - 1PM SKILLS
1PM - 4PM - LATE
ENTERTAINMENT

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

DJ CELİL

AYCAN SARAÇOĞLU

KELEBEKLER MUZIK GRUBU

SCHEDULE TO FOLLOW

VETENEKLI KIBRİSLİLAR - FOLKLÖR EKİBİ

SÜREVA

THE DUKE OF CUMBERLAND
BARHAM, CANTERBURY, KENT CT4 6NY

YOGA WITH JENNY



IYENGAR YOGA



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, patient and happy to explain poses for beginners. She makes you feel at ease and has an amazing aura. I go with 1 could go 3 times a week! 

CLAIM



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.elinekeift.com/qi-gong-membership>

info@elinekeift.com | www.elinekeift.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
REGISTERED CHARITY NO 103086

SUPPORTED BY 

save a bundle

The simplest way to save on your household bills

Energy + Broadband + Mobile + Insurance uw.co.uk



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](mailto:csnow.uw@gmail.com)

Phone: [07588747651](tel: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

10% OFF
WHEN CHOOSING 2 OR MORE SERVICES. JUST MENTION THIS AD.

07727023977
Info@lovelacepressurewashing.co.uk
www.lovelacepressurewashing.co.uk

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

AFHODS



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 days! 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@moveitorloseit.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!





**10% OFF YOUR 1ST ORDER
WITH CODE SENT10**



HCSC

BOOTFAIR

dates

WEATHER PERMITTING

SUNDAY
1ST JUNE
31ST AUGUST
7TH SEPTEMBER

BOUNCY CASTLE



CAR PARKING- £1
ENTERS FROM STAIR STREET - PLEASE DO NOT PARK ON THE THROW

PITCHES: CARS/SMALL VANS- £10 CAR WITH TRAILER- £12 TRANSIT VANS- £15

COMMERCIAL TRADERS- £30 MUST PREBOOK BY EMAIL



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

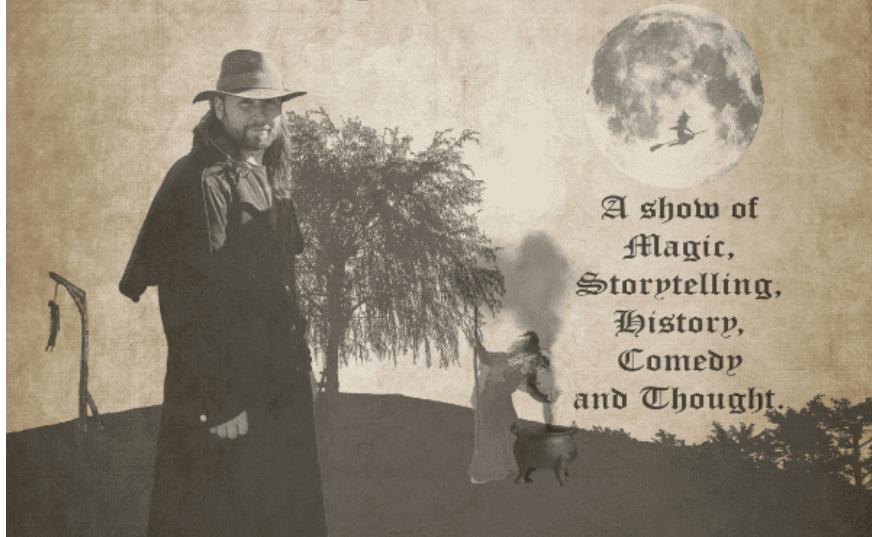
GATES OPEN 8AM FOR BUYERS

hythe cricket and squash club the bar @ the grove

hythecsc.com info@hythecsc.com 07395800074 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 Witchtrials 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.KEDHANE@LANDS-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
age UK

Registered charity number 1125274,
Company number 6599817.
© Age UK Hythe, Lyminge and Ashford 2025.





New Boiler & Bathroom Installation Specialist
www.ecoheatph.co.uk



New Boiler
Installation



General
plumbing



New Bathroom
Installation



Service & Repair

New Worcester boiler From £12.99 per month 0% finance available

*T&Cs apply your quotation will be personalised to yourself, finance acceptance required

- 12 year no quibble guarantee
- Fully fixed quotations
- Highly trained engineers

**Free No Obligation Quotation
No call out fees**



Scan to get your
free boiler quotation

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

Read members of
Checkatrade.com 10/10
When reputation matters

Trust us to look after your family and home!



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

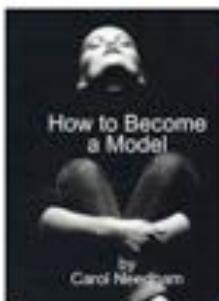
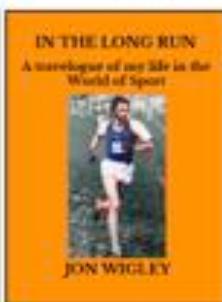
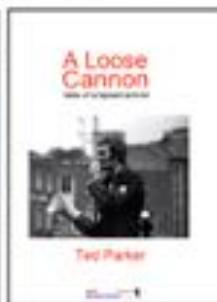
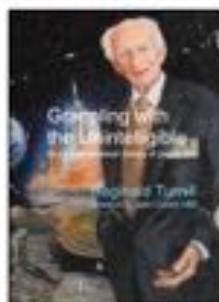
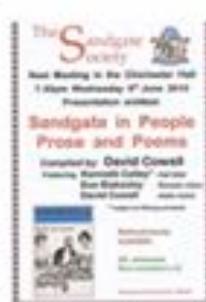
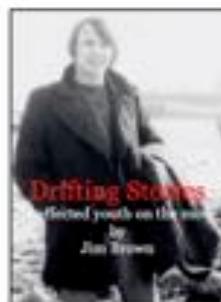
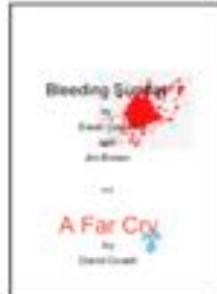
CREATIVECOASTEVENTS.CO.UK

A poster for the 2025 Organ Recitals. The poster features a large, smiling portrait of David Finch, the organist. The title "2025 ORGAN RECITALS" is prominently displayed in gold lettering on a red background. To the right of the title, a list of recital details is provided, including the date (Wednesday 10th September), time (7.30 PM), and the piece "Praeludium" by David Finch. Below this, a list of organ voluntaries is provided, including "Fantasy on 'Adeste Fideles'" and "Fantasy on 'Hark! The Herald Angels Sing'". At the bottom of the poster, there is a small red box containing the text "ISOLO L'ARTE, POLKEMTHORPE" and "Contact: Mr. Alan Morris, 01202 872140, 01202 872141".

Special permission to use
material on the website
of David Finch
is granted.

WEDNESDAY
10th SEPTEMBER
7.30 PM
DAVID FINCH
Praeludium
Fantasy on 'Adeste Fideles'
Fantasy on 'Hark! The Herald Angels Sing'
Fantasy on 'Ivory Tower'
Fantasy on 'The Lord's Prayer'
Fantasy on 'The Hallelujah Chorus'
Fantasy on 'The Lambeth Psalm'
Fantasy on 'The Lord's Prayer'
Fantasy on 'The Lambeth Psalm'
Fantasy on 'The Hallelujah Chorus'
Fantasy on 'The Lord's Prayer'
Fantasy on 'The Lambeth Psalm'
Fantasy on 'The Hallelujah Chorus'
Fantasy on 'The Lord's Prayer'
Fantasy on 'The Lambeth Psalm'
Fantasy on 'The Hallelujah Chorus'
Fantasy on 'The Lord's Prayer'
Fantasy on 'The Lambeth Psalm'
Fantasy on 'The Hallelujah Chorus'

ISOLO L'ARTE, POLKEMTHORPE
Contact: Mr. Alan Morris, 01202 872140, 01202 872141



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

63

**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, Narrabeen 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

DANCING FOR JOY

JUNE & JULY 2025

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



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



Freepview 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 (850074600).

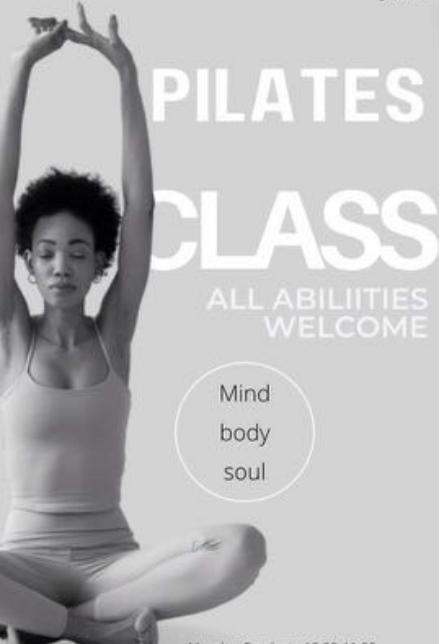


FOLCA

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

Julie watt



**PILATES
CLASS**
ALL ABILITIES
WELCOME

Mind
body
soul

Monday. Sandgate 10:00-11:00
Monday Hawkinge 12:00-13:00
Wednesday. Lympinge 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.

Kindle edition
£9.99
Hardback
£12.50
Great gift

Philip Cowell & Caz Hildebrand

previous books

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.





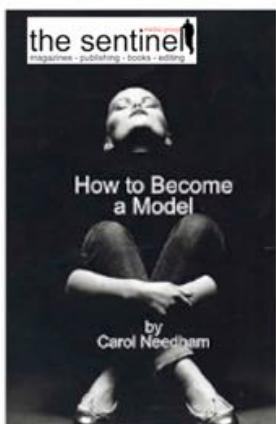
**Sellindge
Village Hall TN25 6JY
From 1pm
2025**

**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 BAROQUE
MUSIC KENARDINGTON

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
Olives	Juices	Bread
		Fruit

Dates for 2025/26

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 22nd TBC *

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
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 31	1 2 3 4 5 6 7
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
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

■ Farmers Market

■ Art & Craft Fair

(2025 to be confirmed)

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.



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Thursdays 6pm - 7.30pm (Adults 13+)
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Washinkai Karate is one of few styles recognised by the World Karate Federation (WKF) and the Japanese Karate Association (JKA).

www.washinkai-karate.com

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

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



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

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Pilates +



Class Times

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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 half costs rising, classes are now £10 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 : 07825 109670
Or email : pilates.mbo@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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THE EVIE DOVE
FOUNDATION

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, Newington, 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



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FREE and booking is not required.

For further information call us on 01303 269602
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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
age UK

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WEDNESDAY 16th JULY
ORGAN RECITAL 7:30 PM
PETER DAVIS
President-elect
Ufford Parish Church, Suffolk

WEDNESDAY 6th AUGUST
ORGAN RECITAL 7:30 PM
CHARLES FRANCIS
Organ Scholar
Eton College, Eton, Berkshire, UK

WEDNESDAY 10th SEPTEMBER
ORGAN RECITAL 7:30 PM
DAVID FLOOD
President - Friends of the Music
Holy Trinity Church, Folkestone

WEDNESDAY 17th SEPTEMBER
PIANO RECITAL 7:30 PM
RAFAEL ORTH
Concert Pianist, Hastings

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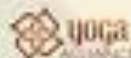
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or: peter@practicalsportsyoga.com

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 KB ACADEMY



Join us for Laugh and Craft

Every Wednesday at Age UK Ashford
from 1:00pm to 2:30pm

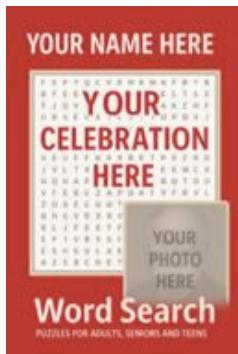
Let your creative side out and meet
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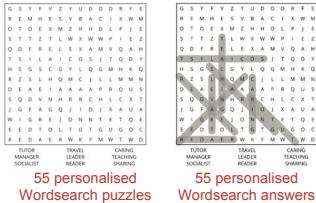
Age UK Ashford, farrow Court,
Stanhope Road,
Ashford, TN23 5RF

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

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Training Session:

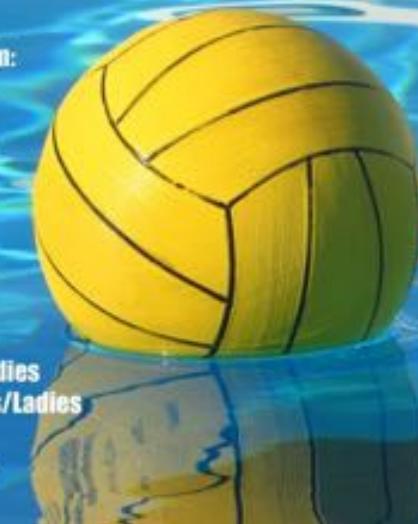
Mondays: 9-10pm Senior Mens/Ladies

Wednesdays: 9-10pm Senior Mens/Ladies

Fridays: 8-9pm Juniors 12-17 yrs

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

Sundays: 6-7pm Juniors 12-17yrs





To book click on the logo to the left

To book click on this banner

Gulbenkian Arts Centre

In Association with Folk in the Barn

Cara Dillon - Duo



Cara Dillon, an extraordinary multi-talented performer, with folk singer, and acclaimed musician and producer Sam Lakeman, will captivate audiences once again with their exquisite and emotive live performances.

Where
Sat 20 Sept, 7.30pm
Venue
Colyer-Fergusson Hall

Tickets
£25 Full / £20 Student &
Under 25

Martha Tilston



With a pure, silken 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 features, recorded and released several critically acclaimed albums.

Where
Sat 7 Nov, 7.30pm
Venue
Colyer-Fergusson Hall

Tickets
£25 Full / £20 Student
& Under 25

Wilson Wakeman Christmas Show



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

Where
Sun 18 Nov, 7.30pm
Venue
Gulbenkian Theatre

Tickets
£25 Full / £20 Student &
Under 25

Police Dog Hogan



Since coming together in 2010, Police Dog Hogan have fused their country rock influences around a wholly British sound.

Where
Sat 22 Nov, 7.30pm
Venue
Gulbenkian Theatre

Tickets
£25 Full / £20 Student
& Under 25

Albion Christmas Band



This band return for this heart-warming, festive show - an unmissable annual tradition.

Where
Sat 30 Dec, 7.30pm
Venue
Gulbenkian Theatre

Tickets
£25 Full / £20 Student
& Under 25

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.folkintthebarn.co.uk



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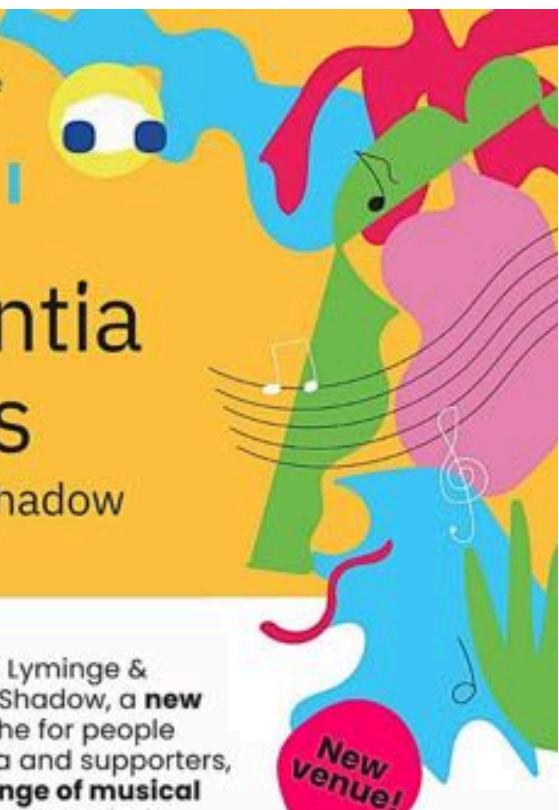


Hythe



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.

New venue!

Wednesdays 2-3.30pm

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Free of charge. Refreshments provided.

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

Contact Age UK Hythe, Lyminge & Ashford to find out
more: 11 **01303 269 602** **✉** admin@ageukhla.org

 BRIGHTSHADOW

www.brightshadow.org.uk



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 1100394. Company number 0800017. © Age UK Hythe, Lyminge and Ashford 2020

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

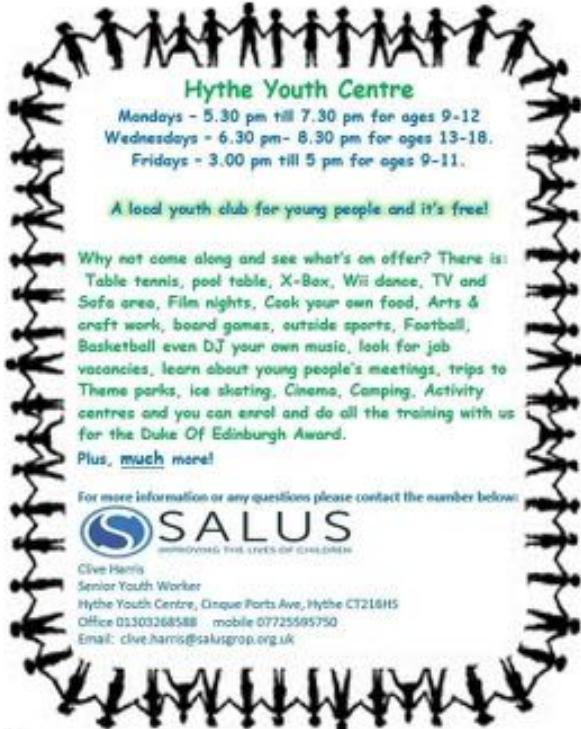
***Limited to one entry per person each month**

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



**Social
Enterprise
Kent**





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:



Clive Harris
Senior Youth Worker
Hythe Youth Centre, Quine Ports Ave, Hythe CT216HS
Office 01303268588 mobile 07725585750
Email: clive.harris@salusgroup.org.uk



Dance Yourself Fit

Every Tuesday

Age UK Hythe

5pm-6pm

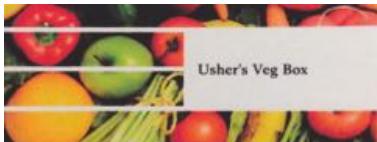
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All abilities catered for, some exercises can be done seated



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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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promoting traders & businesses
in Hythe



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WHATS ON AT HYTHE CHILDREN'S CENTRE

Free Groups every Wednesday

9:30-10:30am
Baby Massage
Must book

11:00-12:00
Bookstart
1-2 years
Must book

1:30-2:30pm
Sensory Play
under 5s
Drop in

Find us in Hythe Youth Centre, Cinque Ports Avenue,
Hythe, CT21 4HS



0300 042 1167

hyteonwardhythe@kent.gov.uk

Follow us on



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, Lyminge
& 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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Dance Yourself Fit!

Every Tuesday at **Age UK Hythe**

£6 per person

5PM - 6PM

**Dancing is a great way to stretch the body,
maintain mobility, and stay in good shape!**

All abilities are catered for and some
exercises can be done seated.

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 659817.
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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, 101 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 CT12 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



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Shop Online with
Bookshop.org**

Hythe Town Hall

Grade Two listed Wedding Venue in the heart of Hythe High Street

The Town Hall is a unique venue which is available during the week and weekends.

The Chamber is situated on the first floor.

Facilities include: separate rooms for the couple to meet the registrar, stair lift, disabled toilets, WiFi to live stream the ceremony, local pay and display car park near by.



Contact Details: 01303 266652/ email
admin@hythe-tc.gov.uk





Do you want to sing?
SING WITH US!!!



This is a group for anyone who wants to have fun singing!
We sing a variety of music, new and old, and you don't have to be
able to read music to join. Just come and have fun!

HYTHE

Wednesdays 1:30pm - 3:00pm - £5 per week
Church Hall, Our Lady Of Good Counsel,
2 Lower Blackhouse Hill, Hythe, CT21 5LS

For more information contact Alex McNeice 07810 323 256
or email info@themelodymakerscollective.co.uk



Starts
26/07/23

SOCIAL CYCLE

Over
55s

FREE

WEDNESDAYS 1.30PM

MEET AT THE FRONT OF THE IMPERIAL HOTEL,
PRINCES PARADE

1 hour cycle and a free
Ice Cream to finish



Special offers from our
neighbours at Activ
Cycles:

- £10 bike safety check
- 10% off bikes
- 10% off accessories
- 5% off e-bikes

Contact Sharron, call: 01304 372608
Email: sharron.harris@ageukskc.org.uk



YIN YOGA & MEDITATION

Fortnightly classes

Thursdays 7.30pm - 9pm

St Paul's church hall, Sandgate

£10 per class - booking essential

Call or text Louise 07841201572

or Janet 07812678124



 [Yogasanas4all](#)

 [Folkestoneyogameditation](#)



www.folkestoneyogameditation.com



CURLY'S CREW

Professional
Pet Sitting/Dog Walking Service

Vicky Brown

Email: curlywurly77@live.co.uk

Tel: 07770 876970



curlyscrew77



Curly's Crew -
Pet Sitting/Dog Walking Service



Fully insured/DBS checked



Pet sitting in owner's home



Dog walking



Feeding visits and overnight
stays for pets



Covering areas from
Dungeness through to
Hythe (including all of the
Romney Marsh and Lydd)



**Craft
Connect
Coffee**

**Wednesdays 1pm -3pm
Open Door
101 High Street Hythe**

**Crafting and Demonstration
space. Learn a skill , share a skill**

**Come along for Coffee and
meet other Crafter's and
Artists**



Discover
our range of
delicious hot food
and our light
dinners at
Our Bistro!



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Wholesale supply to the
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Delivery across Kent

Retail supply direct
to the public





SEAVIEW STUDIO

SINGING & PIANO LESSONS

**EVERY
Tuesday & Wednesday**

Please enquire for times

Abi brings years of experience and passion to lessons at Seaview Studio. Discover the joy of vocal training and performance, building your confidence and skills while crafting your creativity. Abi is currently in the music industry as a Country Rock artist and a vocalist touring with The Americana Revue Live band featuring X-factor finalist Ben Mills.



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, Lyminge and Ashford 2024.

Better Lives Together
East Kent
Health and Care Partnership



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

DEBT

inflation uncertainty COST OF LIVING CRISIS

rent sleep

benefits problems

anxiety depression

depression UNEMPLOYMENT

Text KENT to 85258 for free, or phone 0800 107 0160 for confidential support on any issue 24/7.

For more information visit releasesthepressure.uk

Texts are free and confidential, answered by an independent charity and funded by Boots and Pharmacy Health and Social Care Services.

A BETTER MEDWAY



Folkestone
Hythe &
Rural
Join us online



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



Support local



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

www.facebook.com/wowhythe



Hythe & Lyminge
age UK

Ashford
age UK

Professional
CLEANING
SERVICES

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

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

Call Us 01303 269 602

spend it here
Buy Local
Keep it here

Support local events

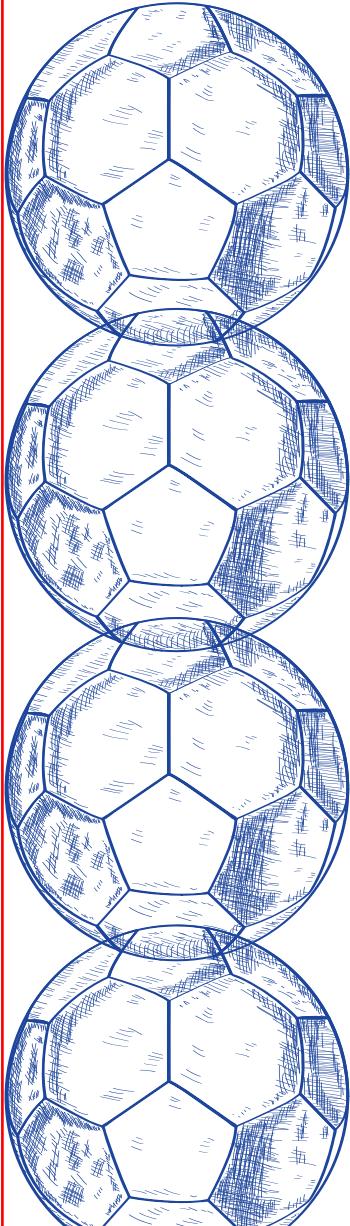
spend it here
Buy Local
Keep it here

SPOTLIGHT • HYTHE

Trader News and What's On Guide

BUY LOCAL • EAT LOCAL • DRINK LOCAL

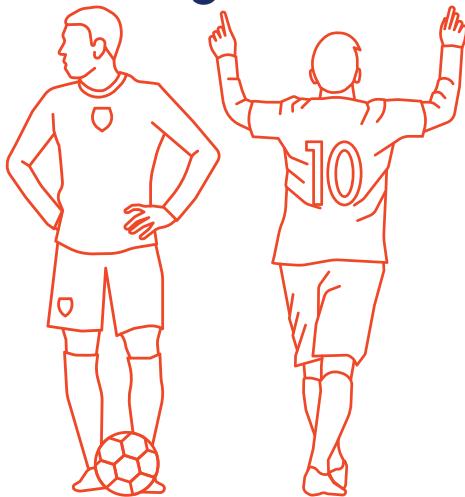
A Hythe based group promoting latest **trader offers** and **What's On Guide** in the town... **don't miss out, join in!**



Walking Football

10.30am - 12.00pm
Every Wednesday

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



Registered charity number 1125274. Company number 6589817.
© Age UK Hythe, Lyminge and Ashford 2023.



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Hillyers Decorating Services
Established 14 Years

**High Quality Interior & Exterior
Painting & Decorating**

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- Paper Hanging
- Plastering
- Coving
- Associated Carpentry



Free No Obligation
Quotations call
01303 264597 or
07812 904465

www.hillyersdecorating.co.uk



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 1122214. Company number 5389917. © Age UK Hythe, Lyminge and Ashford 2014.



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 (1148388) & Scotland (SC045247).

shorncliffe@militarywiveschoirs.org



[military wives choir-shorncliffe](https://www.facebook.com/militarywiveschoir-shorncliffe)

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

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 22nd TBC *

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 5AR

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
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
29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1
26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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31	1</																			

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	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
	Football (non-contact)	4:45pm - 5:45pm
THURSDAY	Book Club (13.03.24)	5:00pm - 7:00pm
	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
FRIDAY	Bingo for All (37.03.24)	6:30pm - 8:30pm
	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
SATURDAY	Men's/Women's Hour	1:30pm - 2:30pm
	Chair Yoga	2:45pm - 3:45pm

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 CRAF
17 UNSHACKLED
31 ELVIS

SEPTEMBER
7 ONE FOR THE ROAD

SAFETY NOTICE
BBQ'S AND FIRES ARE NOT PERMITTED ON THE PARK

FACILITIES:
CAFE
CHILDREN'S
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 (Gentler 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 1113074. Company number 5108901. © Age UK Hythe, Lyminge and Ashford 2025

FOLKESTONE HYTHE OPERATIC AND
DRAMATIC SOCIETY PRESENTS

COME FROM AWAY



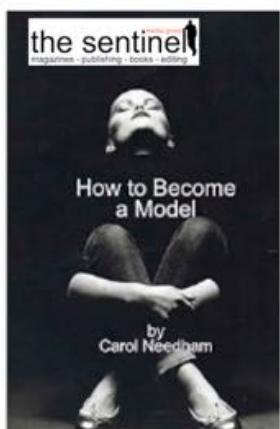
BOOK, MUSIC AND LYRICS BY
IRENE SANKOFF AND DAVID HEIN

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 authorised performance materials are also supplied by MTI www.mtishows.co.uk



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

Boat Hire on the Royal Military Canal, Hythe



Rowing Boats

Available daily from 10.00am
Turn up and row

Only
£20



Electric Boat Trips

Every Saturday & Sunday at 11AM, 1PM, and 3PM
£20 for adults | £15 for under-12s
One hour trip - Pre-booking required

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Private Boat Trips

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

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 =



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					
April				May				June			
1	2	3	4	5	6	7	8	9	10	11	12
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25	26	27	28	29	30	31					
July				August				September			
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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					

■ Farmers Market

■ Art & Craft Fair

©2025 to be confirmed
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

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activity or event?

Go to www.chichesterhall.co.uk

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Fresh sourdough bread available every Saturday

Message us to place your order for collection or
free local delivery



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

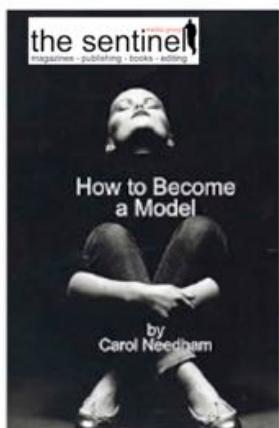


What we offer:

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



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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 Wootton on 07840138308 for further details on how to join this exciting community project



Supported by
SAGA



Sandgate Parish Council



Support local



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

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.





GET YOUR BLOOD PRESSURE CHECKED FOR FREE

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



EVERYONE is welcome, just pop in!



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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£20



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

Group
Favourite

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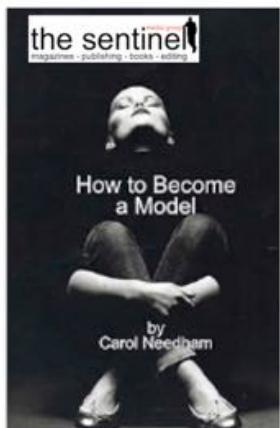
Call 07360 617411

www.electricboathythe.co.uk

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

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Sandgate



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THE VILLAGE SHOP

NEWSAGENT, OFF LICENCE & GENERAL STORE

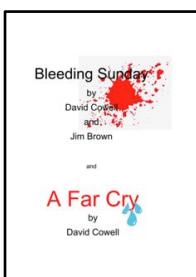
- Cash Machine (Free To Use)
- Royal Mail Postal Services
- Beers, Wines & Spirits
- Chocolates, Sweets & Crisps
- Cards & Wrapping Paper
- Ice Creams & Frozen Foods
- Newspaper Delivery Service
- National & Health Lottery
- Hermes Parcel Drop Off/Pick Up
- Sandwiches & Savoury Snacks
- Cigarettes, Tobacco & E-Vapes
- PayPoint (Top Up's & More)



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!

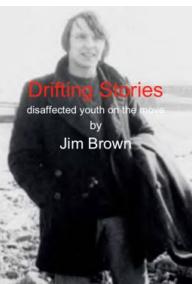
Two plays. One an imaginary meeting between Dylan Thomas and Brendan Behan in a Fitzrovia pub. The other is Caitlin Thomas reminiscing after the untimely death of her husband.

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.

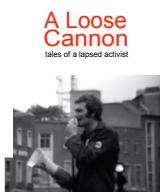
Very funny, and surreal story about a man and a woman on their first date: Bolton Brady and Veda, set in London, November 2001. Bolton is forty, not into assets, has never lived with a woman and looked into the future and seen loneliness. So he decides to do something about it. He advertises in a lonely-hearts 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.



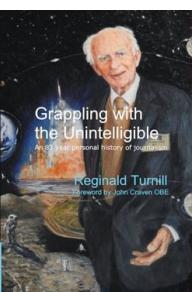
This walk through the history of Sandgate to the present day was first performed at the Chichester Hall 14 years ago on Wednesday, 9th June, 2010. It is now available on [Kindle](#) or in paperback.



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



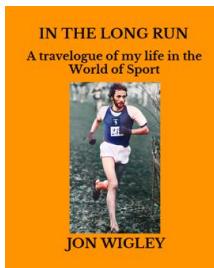
The title of the book hints at how, as a 'loose cannon', Folkestone born Ted's risk-taking got him into trouble on a number of occasions whilst being a considerable advantage in his working life.



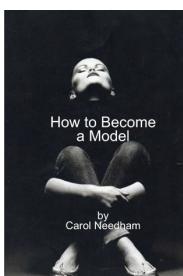
As a young journalist, Reg Turnill met most of the prewar political personalities and later became the BBC's space correspondent being the only one in the press room when the historic *Houston we have a problem* message came from Apollo 11.



Janet Holben. Paperback. Folkestone Cemetery has around 15,000 graves (27,000 people) there are stories of skullduggery 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.

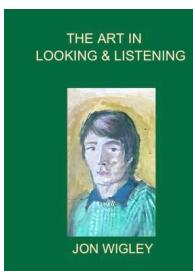


When you run things happen. When you change your environment, things happen. Mostly the details are mundane, but I have been a witness in certain places and moments in time to things that I found interesting, intriguing, amusing, poignant and memorable. Through my career in the global sports industry, 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 straightforward, 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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Only
£20



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Improve posture

Balance

Flexibilty

Concentration

Find Inner
Balance Through
Guided
Mindfulness



Chichester hall Sandgate

Monday and Thursday

10:00-11:00



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@moveitorloseit.co.uk



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thousands of stories.**



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.



Chichester
Sandgate Farmers and Makers Market

1st and 3rd Saturday 10am to 12:30pm

1st & 3rd Saturday of each month.
10.00 - 12.30pm
Chichester Hall, 70 Sandgate High St, Sandgate CT20 3AR

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LET'S GO



Visit our web site by clicking on our logo on the left. Our family includes over 1,600 important historic houses, many with open doors, waiting to be explored. Typically, Historic Houses properties remain lived-in homes, and all of them have fascinating and distinctive stories to tell.

Great Christmas gift.



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Heart warming pet care services for your furry family members.
Your pet will receive all the care and love that they need, so they
feel safe, happy and have a positive experience.

Dog walks £15 per hour, extra dog £5



Call Vanessa on the dog and bone
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Sandgate based



pawsitelyperfectpetpals



pawsitelyperfectpetpals



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OPEN NOW!
GO UP NORTH LANE
BY MR WHIPPETS CAFE
LEFT ACROSS
GRAVEL DRIVE



VISIT NOW!

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HEN MOSAIC DAYS

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PLAY SOCIAL TABLE TENNIS?



There are five sessions at the Chichester Hall
in Sandgate and there is space available at the
Friday morning session
10am to noon

Only £2.20 per session
Just turn up and play



Folkestone

How Lies the Land?
19 July to 19 October

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 MORNING IN YAPS CYCLE CAFE 10.30AM



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

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 22nd TBC *

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 5AR

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 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
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■ Farmers Market

■ Art & Craft Fair

©2025 to the environment

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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• 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, patient and happy to explain poses for beginners. She makes you feel at ease and has an amazing aura. I do wish I could get 3 times a week! :)

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when there isn't a



Sandgate Cove Bakehouse

Rustic white sourdough, wholemeal with sunflower seeds, focaccia, pastries, buns, tea cakes and cookies

Paulina and her wonderful bakes proved a popular addition to our Sandgate Farmers and Makers Market.

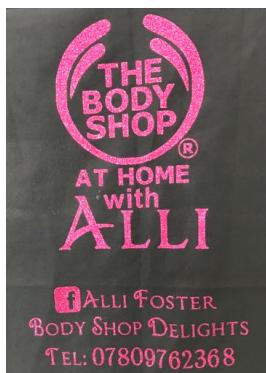
If you would like to order her products between Markets then do email her on covebakehouse@gmail.com

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1st and 3rd Saturday 10am to 12:30pm Chichester Hall

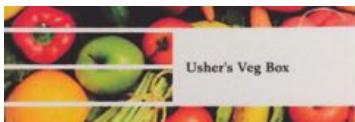
Sandgate Farmers and Makers Market

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