

Sentinel Local Matters

May 2024

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

Get Ready To Party....

MAY DAY CELEBRATIONS

Hythe High Street

4th May
12am - 5pm

Spring Into Summer...
with the Hythe Business & Tourism Association

Full List of Events Coming Soon

SPONSORED BY THE LOOKER NEWSPAPER

Folkestone

and district and beyond

ORIGINALS. *open mic*



4TH SUNDAY OF EVERY MONTH FROM 6PM @ FOLKLORE

singers/songwriters, poets, story tellers and comedians welcome

HOSTED BY AUTUMN WILLOW & JOSEPH HIMBURY



Established 2015

New To Folkestone



- Traditional Pie, Mash, Liquor or Gravy **£4.95!!!!**
- Jellied and Stewed Eels
- Homemade Desserts
- Alternative menu available
[incl. Mac 'n' Cheese, Bangers and Mash, Pizzas]

Online delivery available via Uber Eats, JustEat, Deliveroo

Call: 01227 851279

Visit: 25 Guildhall Street, Folkestone, Kent, CT20 1EB

 [flospiemashfolkestone](https://www.facebook.com/flospiemashfolkestone)

 [flospiemashfolkestone](https://www.instagram.com/flospiemashfolkestone)

save a bundle

The simplest way to save on your household bills

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

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 to get the UK's cheapest energy plus a savings boost of up to £150. Join over 800,000 people already bundling with us.

Save money. Save time. Save a bundle.

Cheapest energy: with energy and one other eligible service vs standard variable tariffs. Based on Ofgem's typical domestic usage. Payment by direct debit. Eligible services means broadband, mobile, insurance (excluding Bill Protector). For sale nationally, excl. existing customer tariffs and Intro offers. Contact: 01103/23. Contact us to verify. Boost available to homeowner new customers who take two or more selected services (energy, broadband, mobile and/or Boiler & Home Cover or Income Protector) and sign up via a UW Partner. Terms apply. Utility Warehouse Limited is authorised and regulated by the Financial Conduct Authority.

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.

Contact me
to save a bundle



Name: Claire Snow

Phone: 07588747651

Email: csnow.uw@gmail.com

Authorised UW Partner



Quiz Night at The Fountain

£5 per Person
inc: grazing
board*



Tuesday 30th April 7.30pm
DOORS OPEN AT 7 PM

Last Tuesday of the Month

RAFFLE

*on completion of a short questionnaire

Contact Jakki 01303 470495/07557 673189 to
book your table





Sandling Park Open Garden



*Teas, coffee,
cake available.
Free parking.*

*10am-5pm
Saturday 11 May
Admission: £6
Children FREE*

**Sandling Road,
Hythe, CT21 4HN**

**Woodland Garden unsuitable for wheelchair access. Sorry no dogs.*



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

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

Proud members of
Checkatrade.com 10/10
Where reputation matters.

Trust us to look after your family and home!



WORCESTER
Accredited Partner

Please say you saw this advertisement in The Sentinel

MASP AT ST. PAUL'S

A Series of 5 Concerts. January to May 2024



Proudly sponsored by
PHARON
Independent Financial Services

April 27

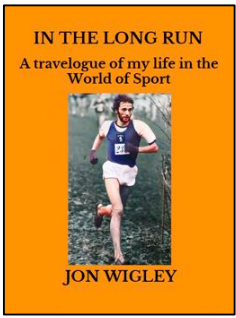
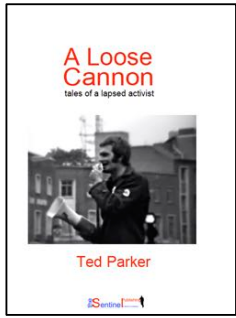
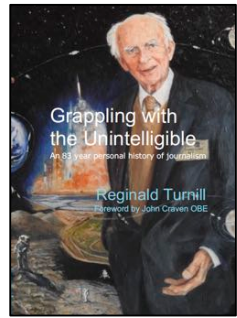
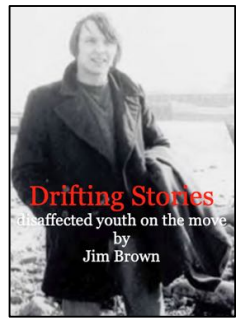
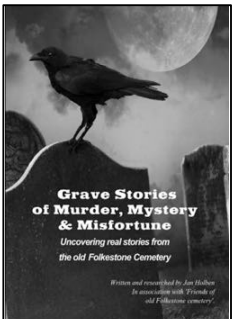
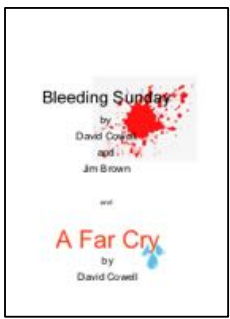
KAMMERPHILHARMONIE EUROPA
(EUROPEAN CHAMBER ORCHESTRA)

May 11

TOBY HUGHES (DOUBLE BASS)
BENJAMIN POWELL (PIANO)

All concert tickets are £20
(£10 for full-time students)
Subscription tickets are £90.00
(£85 before December 31st)

Concerts are held in St Paul's Church, Church Street (St Paul's), Canterbury CT1 1NH and start at 7.30pm
For more details go to: www.musicatstpeters.org.uk or email: masp1811@aoL.com



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

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





Shepway Brass Academy

Calling all 8-21 year olds
- come and try out Brass Banding!

It only costs £3 per teaching session,
including the loan of an instrument
(subject to availability.)



All are welcome, from complete
beginners to accomplished players.
We have a band to suit everyone.

We meet every Saturday during term time at
The Community Hall of Christ Church CE Primary
Academy, Brockman Road, Folkestone CT20 1DJ.

For more information please contact our secretary Michelle at sbebndsecretary@gmail.com
www.shepwaybrassacademy.com <https://www.facebook.com/ShepwayBrassAcademy>

Yoga with Jenny Box

Iyengar Yoga on Monday's 8-9pm at Chichester Hall



[jennyboxyoga](#)



yogabobs@gmail.com



| classes | workshops | 1-2-1 |



"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, Narraborn Rd, Cheriton
CT21 5LS

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

St Mary's Parish Centre, 3 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

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

Slow Walks for Artists



Explore Kent as an artist and discover the fascinating landscape and architecture of the region. The weekly guided slow walks for artists are also suitable for anyone who wants to slow down and record their surroundings. Learn about the local area and landscape. Many walks will include a local church visit.

The walks are limited to 10 and will be no more than 4 miles with stops for 10 minute sketches or a chance to take photographs to record scenes for reference back at the studio.

Duration approx. 2 hours - £12

Most walks will end at a coffee shop and a chance to sit down and chat.



Liz Garnett has been a photographer for over 30 years and is a North Downs Way Ambassador. She is passionate about getting to know the area she photographs. Her art is primarily a mix of digital and film based photography and also includes tapestries.

Contact: Liz Garnett: liz@lizgarnett.com – www.lizgarnett.com

2024 ORGAN RECITALS

WEDNESDAYS AT 7:30 PM



HOLY TRINITY, FOLKESTONE

SANDGATE RD, FOLKESTONE, CTM 20Q TEL: 01393 999616
WWW.TRINITYMUSIC.CO.UK

SERIES PROMOTED BY THE
FRIENDS OF THE MUSIC
OF HOLY TRINITY
FOLKESTONE

JUNE

19TH GREGG SMITH
ORGANIST, SACRED HEART RC CHURCH,
MARTINLARCHER, HEATH TOWN

JULY

10TH DAVID GANNIE
ORGANIST & ASST. DIRECTOR OF MUSIC,
SACRED HEART CHURCH, WILKINSON

14TH CHARLES FRANCIS
ORGAN SCHOLAR
EASTMAN SCHOOL OF MUSIC,
ROCHESTER, USA

AUGUST

7TH IAN HOCKLEY
CONCERT ORGANIST
DUNELM

14TH GEORGE CHITTENDEN
DOMINICAN I
BROAD CATHEDRAL,
NEWCASTLE

18TH ANDREW MORRISON
EXECUTIVE DIRECTOR OF MUSIC,
ST ANDREW'S CATHEDRAL, ABERDEEN

18TH TIMOTHY STEWART
STUDENT,
SERIAL CONSERVATORY, BRISTOL

SEPTEMBER

25TH DAVID FLOOD
PRESIDENT - PARISH OF THE MUSIC
HOLY TRINITY CHURCH
FOLKESTONE

ADMISSION BY DONATION
AT THE DOOR
415 - "FOM MEMBERS 415"
CHILDREN FREE

Free basil seeds

Ready to Grow?
Join the Green Challenge

together **tv**



**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 (065004600).



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



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

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.](#)



Hundreds of homes,
thousands of stories.



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

Folkestone Baroque Players

Walter Reibel (Baroque violin), Lucie da Silva Bull (Baroque flute & recorder),
Henrik Perrow (Baroque cello & viola da gamba) and Robin Walker (Baroque harpsichord).

Concert on Saturday, May 4th 2024, at 7pm

The Green Rooms at The Grand, Folkestone

Programme

Girolamo Frescobaldi (1583-1643): *Canzona I*

Dieterich Buxtehude (1637-1707): *Suite in C Major, BWV 226*

Allemande - Canzona - Sarabande I & 2 - Giga

Anton German (c. 1670): *Suite for Viola da Gamba*

Allemande with variations - Canzona with variations - Sarabande with variations - Giga

François Couperin (1688-1733): *Concert No VII (from Les Grands Bransles)*

Dauphin et perruchon - Allemande - Sarabande-Ouvert - Papillon - Gavotte - Bourrée

Interval

John Sebastian Bach (1685-1750): *From Partita No 2 in D Minor for solo violin*

Allemande - Canzona - Sarabande - Giga

Carl Philipp Emanuel Bach (1714-1788) *Sonata in A Minor Wq 132 for Solo Flute*

Poco Adagio - Allegro - Allegro

George Frideric Handel (1685-1759) *Trio Sonata Opus 2 No 1 in B Min*

Andante - Allegro - Largo - Allegro

Support your local Farmers' Markets in 2024

Hythe Farmers Market



2024

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
		Cakes
		Fruit

Dates for 2024

	2024	
February	10 th & 24 th	* month with 5 Saturdays!
March	9 th & 23 rd	
April	13 th & 27 th	
May	11 th & 25 th	
June	8 th & 22 nd	
July	13 th & 27 th	
August	10 th & 24 th	
September	14 th & 28 th	
October	12 th & 26 th	
November	9 th & 23 rd	
December	14 th	
2025		
January	11 th & 25 th	

**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

2024 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	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

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)

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

LEARN KARATE

5th Dan Instructor with over 20 Years Experience

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

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

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

Image with Permission of Washinkai



Pilates +



Class Times

Mon	Chichester Hall, Sandgate	10 - 11
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 hall 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 : 07825 109670

Or email : pilates.mbs@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.



 **Hawkinge**
Cricket & Social Club

PRESENTS

HAWKINGE MUSIC FESTIVAL 2024

SATURDAY 3RD AUGUST

12:30 TO 22:00

MARYLEBONE JELLY THE GHOOS

LIME PICKLE ROCK OF AGED

THE RATKINZ SINUS RHYTHM BOYS

ROCK PAPER SCISSORS

FUN FAIR | 5 BARS | STALLS | FOOD VENDORS | ENTERTAINMENT

BOOK TICKETS : WWW.TRYBOOKING.COM/UK/DAAH

MEMBERS - £5 EACH
NON MEMBERS - £11 EACH
UNDER 16's GO FREE!
No Tickets Available on the Gates

FOR MORE INFO CALL:
ANDY 07734 862289



01303 764959 (24/7)



01332 844700 - www.channelplumbings.co.uk

SOLV/ELECTRICS

**FOR ALL YOUR
ELECTRICAL WORK**

No job is too big or too small

Domestic & Commercial • Electrical Testing
Condition Reports • Fault Finding
Repairs & Maintenance • House Rewires
Alterations & Additions • CCU Changeover
Lighting Design • & Much More!

Tel: 07870 372795

Email: info@solvelectrics.com

www.solvelectrics.com



the sentinel publishing

www.thesentinel.org.uk

Ever thought about having that memoir, ripping yarn
or volume of poems published?

Changes in publishing and communication techniques makes it
easier, less risky than ever and cheaper than you think.

The Sentinel Publishing offer a range of *mix and match* services
from manuscript typing, first and second readings, copy editing,
submission or publishing.

email david@thesentinel.org.uk for an informal echat about what
you want to achieve and how we can help.

The Folkestone Haven

Are you experiencing a mental health crisis and need immediate support?

Come along to Hestia's Folkestone Haven, a safe and supportive space to help you manage your stress, anxiety and crisis.



The Folkestone Haven
c/o The Rainbow Centre
69 Sandgate Road
Folkestone, CT20 2AF

Mon-Fri: 18:00 - 23:00
Sat-Sun/BH: 12:00 - 23:00

No appointment needed

The Haven at Folkestone and Folke Stone

For more information please email
Folkestone.Haven@hestia.org

Service provided by:



Charity number: 204111 | Company number: 02020102
Hestia.org

HYTHE TOWN COUNCIL

TENNIS & BOWLS

2024

**OPENING EASTER (GOOD FRIDAY)
UNTIL SEPTEMBER**

**RATES
TENNIS
(PER COURT, PER HOUR)**

ADULTS £8.00

CHILDREN (UP TO 16 YEARS) £5.00

FAMILY RATE £8.00 (2 ADULTS, 2 CHILDREN)

BOWLING

£7.00 PER GAME, PER PERSON

HIRE OF WOOD £3.00 PER PERSON

TO BOOK A TENNIS COURT / BOWLING GREEN

**PRE BOOK ON OUR WEBSITE
(WWW.HYTHE-TC.GOV.UK)**

CALL 07808 645922

OR

JUST TURN UP ON THE DAY TO PLAY

**OPENING HOURS
10AM UNTIL 7PM
THE PAVILION,
SOUTH ROAD**





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. 111286

SUPPORTED BY 
Kent and Medway
Clinical Commissioning Group

EVENTS 2024

JANUARY, FEBRUARY & MARCH



SAT 27TH JAN - 8PM UNIT 48 BAND	SAT 10TH FEB - 8.30PM MULLABALOO	TUE 20TH FEB - 7.30PM CLAIRVOYANT NIGHT	SAT 24TH FEB - 8PM COMEDY NIGHT
SAT 2ND MAR - 7.30PM RACE NIGHT	SAT 9TH MAR - 7.30PM ROCK & ROLL BINGO	SAT 16TH MAR - 8PM HARPLEBONE JELLY	FRI 22TH MAR - 8PM GUMBOOTS
SUN 31ST MAR EASTER EGG HUNT (MEMBERS ONLY)		SUN 21ST MAR - 8PM SHING RATS	

APRIL, MAY & JUNE

SAT 6TH APR - 8PM BLIMEY COYOTE	SAT 13TH APR - 8PM THE CHOOS BAND	TUE 16TH APR - 7.30PM CLAIRVOYANT NIGHT	SAT 20TH APR - 7.30PM ROCK & ROLL BINGO
SAT 4TH MAY - 8PM THE RATZKINS BAND	SUN 26TH MAY FUN DAY (Members Only)	SAT 1ST JUNE - 8PM SINUS RHYTHM BOYS	SUN 2ND JUNE - 8PM GUMBOOTS - OUTSIDE
SAT 8TH JUN - 8PM THE HANGOVER	SAT 22ND JUN - 8PM TOTAL RECALL		

JULY, AUGUST & SEPTEMBER

SAT 6TH JUL - 8PM QUEEN TRIBUTE <small>(WITH MULLABALOO DRESS ONLY)</small>	FRI 19TH JUL - 8PM ROCK OF AGED	SUN 21ST JUL - 3PM BLIMEY COYOTE - OUTSIDE	SAT 30TH AUG - 8PM PUBLIC FESTIVAL (Members)
SUN 11TH AUG - 3PM HEROES - OUTSIDE	SAT 24TH AUG - 8PM ABBA TRIBUTE <small>(OUTSIDE 12.00-2.00)</small>	SAT 7TH SEP - 8PM TOP GUNS	SAT 21ST SEP - 7.30PM ROCK & ROLL BINGO

OCTOBER, NOVEMBER & DECEMBER

SAT 5TH OCT - 8PM SINUS RHYTHM BOYS	FRI 11TH OCT - 8PM HEROES	SAT 26TH OCT - 8PM HALLOWEEN PARTY	SAT 2ND NOV - 7.30PM ROCK & ROLL BINGO
SAT 9TH NOV - 8.30PM MULLABALOO	SAT 7TH DEC - 8PM LIME PICKLE BAND	SAT 14TH DEC - 8PM REALM 79 BAND	SAT 20TH DEC - 7.30PM CHRISTMAS DISCO



Proud Supporters of
Hawkinge Cricket & Social Club
Get in Touch | 01303 764 959

EVERYONE WELCOME, APPLY TODAY!
Single Membership £30 Family Membership £40



KB

ACADEMY

MUSICAL THEATRE CLASS

5+ YEARS
FRIDAYS
18:00 - 19:30

HAWKINGE COMMUNITY CENTRE
HERON FORSTAL AVENUE
HAWKINGE,
FOLKESTONE,
CT18 7FP

FOR INFO CALL
07833256314



KB ACADEMY

SAVE THE DATE!

FOLKESTONE EARLY MUSIC

presents the debut concert of

FOLKESTONE BAROQUE ENSEMBLE

on period instruments

Saturday May 4th 2024

in

THE GREEN ROOM @ THE GRAND

femusic2024@gmail.com

SALUTE THE SPITFIRE!

'The best book you will ever read about Britain's greatest warplane'
Patrick Bishop, bestselling author of *Fighter Boys*

JOHN NICHOL

'A rich and heartfelt tribute to this most iconic British machine'
Rowland White, bestselling author of *Vulcan 607*

'As the RAF marks its centenary, Nichol has created a thrilling and moving tribute to some of its greatest heroes'
Mail on Sunday

'A superb journey through the remarkable tale of that British icon, the Spitfire ... Truly stunning'
Beltain at War Magazine

'The best book you will ever read about Britain's greatest warplane'
Patrick Bishop, bestselling author of *Fighter Boys*

SPITFIRE
A Very British Love Story
THE SUNDAY TIMES BESTSELLER

Available from **Waterstones**

Hythe



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 1100276. Company number 0988117. © Age UK Hythe, Lyminge and Ashford 2015.

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**



SALTWOOD CASTLE
**OPEN GARDEN
& PLANT SALE**
Saturday 4th May
10am-4pm
Entrance £6
includes donation to
Pilgrims Hospices
Crafts/Plants/Refreshments
Archery/Free parking
Dogs welcome on a lead
saltwoodcastle.com/CT21_4QU



OPEN MIC SUNDAYS AT THE THREE MARINERS

Thank you everyone for supporting the
Open Mic Sundays over the past six months

We are aiming to re-start the Open Mics in the Autumn

The Three Mariners has a great programme of live
bands lined-up for the Summer in the beer garden,
which is where you will find DeVille & The Razor
relaxing with a beer (if we're not gigging!)

See you in the Autumn!

DeVille & The Razor





Usher's Veg Box

Fresh Fruit & Vegetables Delivered To Your Door

With 5 Boxes To Choose From A Mix Of Seasonal, Exotic Fresh Fruit And Vegetables. Or Create Your Own Box!!

Prices Start From Only £12.00

Sacks Of Local Potatoes From Only £8.00

Order Now
07515 529425
Ushers-vegbox@outlook.com

Find Us On Facebook @ Usher's Veg Box



You can now order on-line at:

<https://www.usherswholesale.com/box>

or by telephone on:

07515 529425

We deliver to Folkestone, Cheriton, Hawkinge, Capel, Alkham Valley, Saltwood, Sandgate, Seabrook, Hythe

* AVAILABLE FOR HIRE *

Wedding Receptions, Theatre-stage shows, Meetings, Corporate Events, Exhibitions

*** ** ** ** *

Tin Tabernacle
Hythe

Portland Road
CT21 6FL

Contact: Peter Jarvis
07775 795 481
www.tintabernaclehythe.co.uk

A GREAT VENUE for YOUR EVENT!



 **ROYAL
AIR FORCES
Association**

The charity that supports the RAF family

Hythe & Romney Marsh Branch

We believe every generation owes a debt of gratitude to the RAF and their families. To protect the peace and safety we enjoy every day, they sacrifice the normal way of life most people take for granted. When someone in the RAF family needs help, the charity they turn to is the Royal Air Forces Association.

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/>



JACK POUND

JACK POUND

I have just been made aware of this very talented singer/songwriter.

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.

You can buy Jack's albums on Spotify, Amazon, iTunes and all download sites.

Support local
events

SPOTLIGHT • HYTHE

Trader News & What's On Guide

Good old fashioned 'read all about it'
promoting traders & businesses
in Hythe



LIKE



SHARE



JOIN

No negativity, just friendly news!

SHOP LOCAL • EAT LOCAL • DRINK LOCAL



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 Town Hall Craft Fair

**Saturday 10th
August
10.00 am -3.00 pm**

(set up from 9.00 am)

**Stall holders
required**



A Musical Concert
in support of
Dementia Awareness in Hythe



The Hythe Town Council Dementia Awareness
Forum, together with the Royal British Legion Hythe
and Saltwood Branch
are proud to present

Here Comes Jo!

from Here Come the Girls

Wednesday 1st May 2024

2.30pm

**Hythe Sports and Social Club, St Leonards
Road, Hythe CT21 6EN**



Everyone is welcome. Free admission.
Refreshments will be available. |



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 6589917.
©Age UK, Hythe, Lyminge and Ashford 2024.



Hythe Civic Society Tues 14th May 2024

a talk by
Guy Bartlett

The Vulcan Bomber



The talk will start at 7.30pm
Hythe Bay C of E Primary School CT21 6HS
members £3 non-members £5



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 6589817.
* Age UK Hythe, Lyminge and Ashford 2024.



Drop-in to Get Digital

at Age UK Hythe, Sanford House, State Street,
Hythe. CT21 6BD

Whether you need support with using your tablet,
the NHS app, or just getting online. **We can help.**



Between 10am and 12pm on the
following Thursdays:

- 14th March
- 11th April
- 9th May
- 13th June
- 11th July
- 8th August
- 12th September
- 10th October
- 14th November
- 12th December

Remember to bring your device along with you!

For more information contact Age UK on 01303 269602.



DIGITAL
KENT



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.
Company number 6589817.
* Age UK Hythe, Lynton and Ashford 2024.



**PLACES
AVAILABLE FOR
ADMISSION**



SEPTEMBER 2024

Ofsted described the children's personal development as 'Outstanding'

PLEASE GET IN TOUCH FOR MORE INFORMATION, WE LOOK FORWARD TO WELCOMING YOU

01303 266058
<https://www.saltwood.kent.sch.uk>
Grange Road, Saltwood, Kent
CT21 4QS

NURTURING THE CREATIVITY IN EACH CHILD, ENABLING THEM TO PUT CHRISTIAN VALUES INTO ACTION FOR POSITIVE CHANGE

We Now Offer...

National Delivery
and a Click & Collect service...


...Check us out at
www.u-weigh.co.uk



- Just visit our web page
- Browse our full product range
- Add items to your basket
- Choose from collection or delivery
- Pay online or on collection!

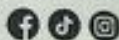
Find us at:



 U-Weigh

51 High Street
Hythe, Kent, CT21 5AD
01303 260745


Email: uweigh@gmail.com
Website: www.u-weigh.co.uk



U-Weigh
EST. 1988

- ▷ DRIED FRUITS -
- ▷ NUTS -
- ▷ SEEDS -
- ▷ BEANS & PULSES -
- ▷ RICE -
- ▷ DESSERTS -
- ▷ SUGAR -
- ▷ SALT -
- ▷ DRIED VEGETABLES -
- ▷ GRAVY & SAUCE MIX -
- ▷ SOUPS -
- ▷ BREADCRUMBS -
- ▷ STUFFINGS -
- ▷ BAKING SUNDRIES -
- ▷ BEVERAGES -
- ▷ PASTAS & NOODLES -
- ▷ CAKE MIXES -
- ▷ FLOUR -
- ▷ CEREALS -
- ▷ CONFECTIONERY -
- ▷ STORAGE JARS -
- ▷ HERBS & SPICES -
- ▷ FREE RANGE EGGS -
- ▷ PET FOODS -

Product Guide

 Bookshop.org

**Support Local Bookshops.
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: 01323 26652 / email
admring@hythe-tc.gov.uk

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

First
session
free



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



St Leonard's Church
Oak Walk, Hythe, Kent CT21 5DN
Saturday 4 May, 6.00pm

Spring Concert

presented by

Friends and Family of John Wright



in a programme of organ, choral, vocal,
piano and other instrumental music

Retiring collection

Hythe United Reformed Church
East Street, Hythe, CT21 5ND



Afternoon Concert

'TRAVEL, YOUTH AND LOVE'

Songs and piano pieces

by

*Chopin, Debussy, Mahler, Quilter,
Sullivan and Vaughan Williams,
plus a selection of songs and ballads
from 'The Forties'*

Introduced and performed by

TAMAR SIMONE FILE, Soprano

and

TONY HALSTEAD, Piano

Saturday 4th May 2024

2.30pm concert, 4.00pm refreshments

Pay what you can: suggested donation £5-£10



St Leonard's Church
Oak Walk, Hythe, Kent CT21 5DN

Thursday 9 May 2024, 6.00pm

Ivan Hovorun - piano




Liszt

Venezia e Napoli, S162; Consolation No 3, S172;

Chopin

*Polonaise Fantasy Op 61; Barcarolle Op 60;
Berceuse Op 57*

 01303 264470 for further details

Tickets £15 (£12 for Friends) from 101 High Street, Hythe
or at church door on day of concert

www.friendsofstleonardshythe.org.uk



SOCIAL CYCLE

Over
55s

Starts
26/07/23

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



HYTHE TOWN COUNCIL DEMENTIA AWARENESS FORUM

will be holding their annual

MEMORY WALK

Friday 24th May 2024

1.45pm



PLEASE COME AND JOIN US

Meet on the seafront opposite the Hythe Imperial Hotel
at 1.45pm for a leisurely stroll along the seafront.

Please address all enquiries to |
info@dementiaawarehythe.co.uk

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, Lydinge and Ashford 2024.



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**



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



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

www.facebook.com/wowhythe





Release the pressure - don't suffer in silence

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

For more information visit releasethepressure.uk

Support is free and confidential, provided by an independent charity and funded by Kent and Medway Health and Social Care Partners.

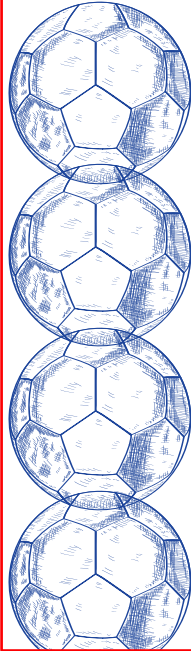
A BETTER MEDWAY
MEDWAY HEALTH AND SOCIAL CARE PARTNERS

Kent County Council

SPOTLIGHT • HYTHE
Trader News and What's On Guide

BUY LOCAL • EAT LOCAL • DRINK LOCAL

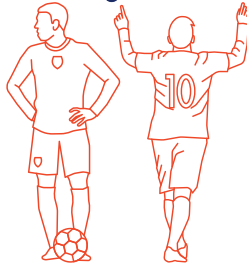
A Hythe based group promoting latest **trader offers** and **What's On Guide** in the town... **don't miss out, join in!**



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, Lymington and Ashford 2023.

THE ONE POUND!

SALE



Saturday 27th April

10.00am to 2.00pm

Summer clothing for men, women & children

Plants & seeds

Bric-a-Brac, Raffle & Refreshments

**At: Our Lady of Good Counsel Church Hall
2 Blackhouse Hill, Hythe, CT21 5LS**

Access to our church hall car park is on Mill Rd

Look forward to seeing you!

HILLIERS
Hilliers Decorating Services
 Established 14 Years

Free No Obligation Quotes call:
 01303 264597 or
 07812 904465

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

Services:

- Painting
- Paper Hanging
- Plastering
- Coating
- Associated Carpentry

www.hilliersdecorating.co.uk

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

Tickets
£ 10
(includes
welcome
drink)

FASHION SHOW

An exciting evening of fashion & fun hosted by
Travelling Trends:



A ladies night out with a difference
As well as a live CATWALK SHOW
there is ample time to try on & buy
this season's High Street & Branded fashion
All at bargain prices!

Tuesday 21st May
(doors open 6.30, show starts 7.00)
**At Tin Tabernacle in
Hythe CT21 6BD**
Booking is essential, please e-mail
alison.wright@pilgrimshospices.org
or call 01233 504111

In aid of
**Pilgrims
Hospices**
Registered Charity Number 209888

www.travellingtrends.com

via
Arrive
At
Hythe
Crude
Creek



Get Ready To Party....

MAY DAY CELEBRATIONS

Hythe High Street

4th May
12am - 5pm



Spring Into Summer...
with the Hythe Business & Tourism Association





Dance Yourself Fit

Every Tuesday

Age UK Hythe

5pm-6pm

£6



Social
Enterprise
Kent

All abilities catered for, some exercises can be done seated

Booking essential by calling 01303 269602

Registered charity number 0419767. Companies number 08188171.

**military wives
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 (114832) & Scotland (SC04247).

shorncliffe@militarywiveschoirs.org

military wives choir-shorncliffe

Please support your local Farmers' Markets in 2024

Hythe Farmers Market



2024

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 2024

	2024
February	10 th & 24 th
March	9 th & 23 rd **
April	13 th & 27 th
May	11 th & 25 th
June	8 th & 22 nd **
July	13 th & 27 th
August	10 th & 24 th **
September	14 th & 28 th
October	12 th & 26 th
November	9 th & 23 rd **
December	14 th
	2025
January	11 th & 25 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

2024 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	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

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





HYPHE TOWN BANDSTAND CONCERTS SUMMER SEASON 2024

The Acts...

Hythe Town Concert Band - 19 May
The Transients - 26 May



Ruby Robinson - 2 June
Kent Police Band - 9 June
Dave Ferra Allstars Band - 16 June
Shingle Steppaz - 23 June
Unshackled - 30 June



LIVE

MUSICIANS FREE ENTRY

3 - 5PM

OAKLANDS, STADE STREET

Abbalicious - 7 July
Hythe Town Concert Band - 14 July
U3a Swingband - 21 July
Elvis - 28 July



Here Come The Girls - 4 August

Skies - 1 September
Hythe Town Concert Band - 8 September
Gumboots - 15 September



**BBQ'S and Fires are
not permitted on the
Park**



Located just 2 mins walk from
the High Street - adjacent to
Oaklands Health Centre & Library
Cancellations & changes of acts may occur
without prior notification

Nearest Car Parks
Mount Street and Portland Road ((By The Green)
Facilities : Oakland's Cafe, Children's Play Area and
Nearby Toilets, Occasional Seating Provided



Hythe & Lyminge
ageUK



Ashford
ageUK

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

Call Us 01303 269 602





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
	Bowfit (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



Musical Bingo

Wednesday 24th April 2024

2.30-4.00pm

Hythe Sports and Social Club
St Leonard's Road, Hythe, CT21 6EN



Tickets £5.00

Pre-booking is essential

To include light refreshments

The bar will be open and a raffle held

*To book your place please contact either by
email to friendsofhythedementia@gmail.com
or by telephone to Susan on 07734 383691*



In aid of Friends of Hythe Dementia Registered Charity Number 209429



NOTICE OF ROAD CLOSURE FOR

HYTHE HIGH STREET
FOR

May day celebrations

SATURDAY MAY 4TH 2024

FROM 11am UNTIL 6 PM

from douglas avenue – malthouse hill

barrier at junction of bank street
and chapel street

MORE DETAILS TO FOLLOW

MEMBERS OF THE HBTA ARE THANKED FOR THEIR
SUPPORT OF THIS EVENT
THE LOOKER AND WARDS FOR THEIR
SPONSORSHIPS

HYTHE TOWN COUNCIL
COUNCILLOR SURGERY

WANT TO KNOW WHAT IS HAPPENING IN YOUR
COMMUNITY?
HAVE A QUESTION FOR A LOCAL COUNCILLOR, OR WOULD
LIKE TO MEET THOSE REPRESENTING YOU?

HYTHE TOWN HALL
SATURDAY 11 MAY
1000HRS - 1200HRS



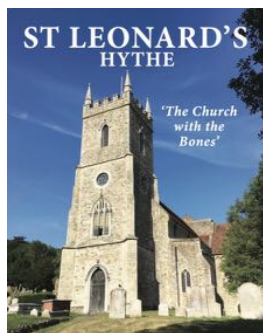
SALTWOOD VILLAGE SOCIETY

THURSDAY 16th MAY 7.15 FOR 7.30PM
THE LADS' CLUB, RECTORY LANE

ST LEONARD'S CHURCH AND ITS BONES...

THE ILLUSTRATED TALK PROVIDES BACKGROUND ON
ST LEONARD, OUTLINES THE ARCHITECTURAL HISTORY OF
THE CHURCH AND ITS CONTENTS, AND FOCUSES ON THE
COLLECTION OF HUMAN BONES AND SKULLS HOUSED IN
THE OSSUARY....

By Brin Hughes



BRIEF AGM/VILLAGE NEWS/RAFFLE/FREE REFRESHMENTS

MEMBERS £3, NON-MEMBERS £8. ALL WELCOME
FREE PARKING AT THE CHURCH

HYTHE BOOT FAIR DATES 2024

THE GREEN, HYTHE

MAYOR OF HYTHE - 19 MAY

SALUS GROUP - 26 MAY

ROYAL BRITISH LEGION - 2 JUNE

HYTHE RAINBOWS & BROWNIES - 9 JUNE

HYTHE CIVIC SOCIETY - 16 JUNE

AGE UK - 30 JUNE

KENT (MARINE) CADET FORCE - 7 JULY

HYTHE BAY PRIMARY SCHOOL - 14 JULY

1ST HYTHE SCOUT GROUP - 21 JULY

HYTHE ROTARY CLUB - 28 JULY

FOLKESTONE, HYTHE & DISTRICT LIONS CLUB - 4 AUGUST

HYTHE GREEN PRESERVATION SOCIETY - 11 AUGUST

MACMILLAN CANCER SUPPORT - 18 AUGUST

FRIENDS OF SAMARITANS - 1 SEPTEMBER

SEABROOK PRIMARY SCHOOL - 8 SEPTEMBER

HYTHE TWINNING ASSOCIATION - 15 SEPTEMBER



SELLERS FROM 7.00AM, PUBLIC FROM 8.00AM

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 (Gender 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

Newington

Report from your County Councillor for Newington

KCC has launched another round of SolarTogether which is a collective buying scheme for solar panels and battery storage open to Kent homeowners, small businesses and community owned buildings. A reverse price auction is held with pre-vetted installers and individual quotes then sent to those who have registered. Individuals benefit from the 'bulk buying' price and the installers have a guaranteed pipeline of work which benefits them. Over 3,000 SolarTogether installations have gone ahead in earlier rounds. There's a link for registration via the KCC website and the district councils in Kent are promoting the scheme.

Consultations are currently being held on Early Years Education in Kent (universal, targeted and specialist) and on the school term dates for the next three years. You'll find these at letstalk.kent.gov.uk and if you register to take part, you'll be alerted to future KCC consultations. There are also continuing opportunities to get involved in 'Making Space for Nature' which is creating a Local Nature Recovery Strategy for Kent and Medway. This is part of a nationwide effort to identify land that is important for biodiversity and how best to create wildlife corridors as well as reward landowners for their role in making space for nature.

KCC is currently very close to safe limits for the number of young people we have in our care. There is still only a voluntary system for transferring Unaccompanied Asylum-Seeking Children arriving in Kent to other local authorities to share the burden. The courts have ruled that the Government needs to put in place a better system, but they have also ruled that KCC must accept responsibility for the UASC that arrive in Kent and we cannot differentiate between care offered to them and our own citizen children. Eight homes are being set up around Kent to house the UASC and recruitment is taking

place for more social workers. However, as I've reported before, the numbers involved are more than any one council can reasonably accommodate.

The UK Health Security Agency (UKHSA) has declared a national incident following recent outbreaks of measles in the West Midlands and London. Measles is highly infectious and can make both children and adults seriously unwell. Two doses of the Measles, Mumps and Rubella (MMR) vaccine provides lifelong protection and people (whatever their age) are being urged to catch up on missed doses. The current UK vaccination rate is 83.3% - well below the 95% level that the World Health Organisation says is needed to prevent outbreaks of the disease. Information on symptoms is on the NHS website and anyone who thinks they may have measles should telephone their GP Surgery or the NHS 111.

Susan Carey
Member for Elham Valley,
Kent County Council



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

MeetUp WarmUp

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



- Free hot water bottle (Limited availability)
- Tea and coffee available to purchase
- Light snacks available to purchase (including hot soup and bread & butter £1.00)
- Two course hot lunch £7.50



- Tea time snack pack to take home £3.50 (Sandwich, crisps and cake)
- Opportunity to join in many chargeable activities, meet others and stay warm



Age UK Hythe and Lynnhaye – Bedford House, Stone Street, Hythe, Kent, CT21 4BB

Open Monday – Friday 9.30am – 3.30pm
Saturday 10.30am – 1.30pm
Sunday 10.30am – 1.30pm

Age UK Lynnhaye – Station Road, Lynnhaye, Kent, CT16 9HQ

Open Monday – Friday 9.30am – 3pm
Age UK Ashford – Stannock Road, Ashford, Kent, CT21 8SD

Open Monday – Friday 9.30am – 3.00pm

Registered charity number 110074. Company number 020017. © Age UK Hythe and Lynnhaye 2017. Registered charity number 110074. Company number 020017. © Age UK Ashford 2017.

Call 01303 269602 for more information

Please support your local Farmers' Markets in 2024

Hythe Farmers Market



2024

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
		Cakes
		Fruit

Dates for 2024

2024	February	10 th & 24 th
	March	9 th & 23 rd
	April	13 th & 27 th
	May	11 th & 25 th
	June	8 th & 22 nd
	July	13 th & 27 th
	August	10 th & 24 th
	September	14 th & 28 th
	October	12 th & 26 th
	November	9 th & 23 rd
	December	14 th
2025	January	11 th & 25 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

2024 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	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

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



FOR ALL YOUR ELECTRICAL WORK

No job is too big or too small

Domestic & Commercial • Electrical Testing
Condition Reports • Fault Finding
Repairs & Maintenance • House Rewires
Alterations & Additions • CCU Changeover
Lighting Design • & Much More!

Tel: 07870 372795

Email: info@solvelectrics.com
www.solvelectrics.com



FRIENDS OF ST NICHOLAS CHURCH, NEWINGTON, FOLKESTONE CT18 8AX

2024 EVENTS PROGRAMME

Friday 26th April, 7pm, 'Wolf By The Hearth and Aurochs by the Gate - How the Prehistoric Domestication of Animals changed our lives - and theirs.' This will be a fascinating two-part talk in one evening presented by Anna Beecham. Refreshments, Raffle. Tickets £3 per person at the door.

Saturday 4th May, Church Yard Tidy, 10.15am to 12.30pm. Details as above.

Saturday 11th May, Folklore Festival, 10am for 10.30am start to 4.30pm. Guest Speakers will entertain you with their astonishing Folklore knowledge. Tealcoffees, and soup and sandwich lunch. Price £25. Tickets in advance from Joy Miller 07842 426751 and Greta Raja 01303 488091 or email greta.raja@talktalk.co.uk

Friday 26th June, 7.30pm, Modern Amateur Astronomy Talk presented by Ben Harding. Join a relaxed evening to hear about how the hobby has developed over the years. Ben will showcase some amateur images, explain the latest equipment and touch on Citizen Science. Refreshments, Raffle. Tickets £5 per person at the door.

Saturday 29th June, Church Yard Tidy Task, 10.15am to 12.30pm. Detail as above.

Saturday 20th July, Church Yard Tidy, 10.15am to 12.30pm. As above.

Saturday 3rd August, Art In The Yard, 10.30am to 3.30pm. Come and enjoy an art workshop with tuition/guidance from Helen Hall. Bring your own paper, materials and equipment. If weather is poor, it will be held inside the church. Bring your own packed lunch and drink. Tickets £5 per person at the door.

Saturday 31st August, Church Yard Tidy, 10.15am to 12.30pm. Details as above.

Saturday 14th September, 7.30pm, Talk Title: Exploring Switzerland. Presented by Paul Sampson. Paul has stunning photographs. Enjoy an enthusiastic talk about the trains and scenery of Switzerland. In St. Nicholas' church, Newington, near Folkestone. Refreshments, Raffle. Tickets £5 at the door.

Saturday 28th September, Fish and Chip Supper followed by board and card games, 6.30pm in the church. Refreshments and Raffle. Ticket price to be confirmed nearer the time in advance by from Greta Raja 01303 488091 and Melanie Wingley 07543 629 444 or Greta # greta.raja@talktalk.co.uk

Saturday, dates to be arranged, October and November Church Yard Tidy Task, 10.15am to 12.30pm (details as above)

Saturday 30th November, 2024, Make your own Natural Christmas Decorations workshop. Make a door wreath, table decoration and/or willow Christmas Star. Please book a place in advance by Thursday 21st November, www.event101.co.uk so we can provide the right quantity of materials. Thank you. £10 per item door wreath, table decoration willow Christmas star. In aid of the PCC (for the running costs for the church building).

All events at St Nicholas Church Newington Folkestone CT18 8AX

On Bus Route 17

Toilet available.

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
free local delivery



In the Church this May 2024

May 12 Eucharist 9.00a.m

May. 26. Morning service. 9.00 a.m

Do look at the church notice board for further
announcements.

Friday 26th April, 7pm, 'Wolf By The Hearth and Aurochs by the Gate - How the Prehistoric Domestication of Animals changed our lives - and theirs.' This will be a fascinating two-part talk in one evening presented by Anne Beecham. Refreshments. Raffle. Tickets £5 per person at the door.

The Friends of St Nicholas Church Newington Folkestone

Sauniere Society
We Seek the Truth

Folklore Festival

Saturday 11th May 2024 10am-5pm

Tickets £25 including
Lunch of Soup & Sandwiches & Refreshments

St Nicholas Church
Newington nr. Folkestone
(All profits go towards upkeep & renovation of this 12th century church)

Speakers include:

- ! James Frost - author, researcher, lecturer will give an entertaining talk on the 'The Hooden Horse and the Folkestone Folk Revival' including a real Hooden Horse
- ! Geoff Doel - author and researcher will discuss 'The Arthurian Legends in the Landscape'
- ! Jeremy Harte - author and researcher will speak on 'Golden Gates to the Past: Treasures of Legend'
- ! Other speakers to be announced

Folklore, esoteric & speakers' books together with CD's & DVD's will be available to purchase throughout.

For further details, to buy tickets or to enquire about joining the Sauniere Society please contact The Secretary on 07842426751 or email: saunieresociety1@gmail.com and Greta Raja 01303 488091, greta.rajadhyaksha@tiscali.co.uk



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/

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



Sandgate Parish Council

COUNSELLOR TRAINING PROGRAMMES

We offer core and advanced vocational training in psychotherapeutic counselling

- Qualified, highly experienced staff.
- A variety of courses from introductory to advanced.
- Competitively priced with payment plans available.
- Based in Sandgate, Kent
- A person-centred, nurturing learning environment

FIND OUT MORE
longvalleytraining.uk



LONG VALLEY
TRAINING



@LONGVALLEYTRAINING



EK360...

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.

Sandgate

To advertise in The Sentinel please email me
at:

david@thesentinel.org.uk
for a rate card.

Thank you.



THE VILLAGE SHOP

NEWSAGENT, OFF LICENCE & GENERAL STORE

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



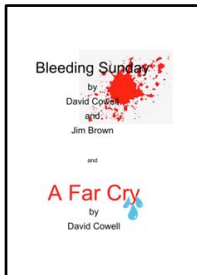
76 Sandgate High Street, Folkestone, Kent, CT20 3BX
Tel: 01303 858010





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.



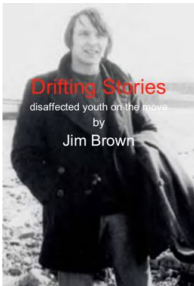
This is the tale of Hana, a young girl who moves from where she was born in London, to the Kent coast. They discover a wonderful area called Prince's Parade which is full of amazing animals, has a beautiful canal and is right next to the sea too! By buying this book you will be helping to protect it.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



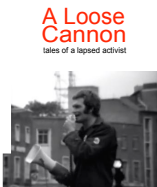
Very funny, and surreal story about a man and a woman on their first date: Bolton Brady and Veda, set in London, November 2001. Bolton is forty, not into assets, has never lived with a woman and looked into the future and seen loneliness. So he decides to do something about it. He advertises in a lonely-hearts 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 a decade ago on Wednesday, 9th June. It is now available on [Kindle](#) or in paperback.



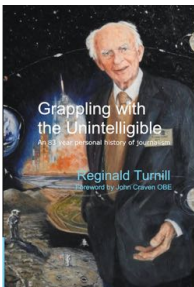
Now available on [Amazon](#). Great evocative yarns of worldly travels.



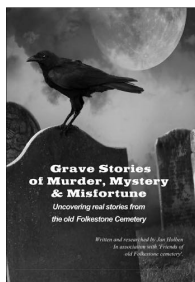
Ted Parker



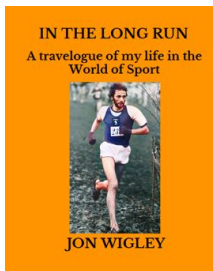
The title of the book hints at how, as a 'loose cannon', Folkestone born Ted's risk-taking got him into trouble on a number of occasions whilst being a considerable advantage in his working life.



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?



Want to help us raise even more for FREE? Well, now you can just by shopping via Give as you Live Online!

When you shop at over 6,000 top stores including John Lewis & Partners, Expedia and Marks & Spencer via Give as you Live Online, they'll turn a percentage of your spend into free funds for the

Chichester Hall!

Simply sign up, search for the retailer and start shopping. It's that simple!

Click on the logo above to get started today!



Our thanks to the Sandgate Parish Council and the Community Gardeners for allowing us to reproduce this diary page. We hope to make this a monthly feature in the magazine but you can read all the diary entries by clicking on this box.

We must have pricked out more than three hundred marigold seedlings this week.

We were all feeling quite optimistic last week that the weather had taken a turn for the better and it was going to get warmer.

Unfortunately that did not last too long before we were back to showers and biting cold winds again, with no respite on the horizon for at least a week!

We have the luxury of sheltering our tender plants such as the tomatoes

in a greenhouse on Pent Farm, however the growing pace has slowed down and some of them are showing signs of being too cold as there is no heating. At times the temperature has gone down to four degrees during the night. You can see from a picture below that the indigo tomatoes (a black variety) on the left, are showing their true colour, which they would not do ordinarily. Our fingers are crossed that they can survive and



The plot this week



Cold tomato plants

perhaps pick up again soon. It makes you realise how precarious it can be growing food at times because to lose all of our tomato stock at this stage would be not quite disastrous, because we do not have to rely on the food we grow, but a real shame. There is nothing finer than home grown

tomatoes picked fresh from the plant.

Another issue with greenhouse growing is that mice have an amazing ability to be able to get inside somehow, and find the more substantial seeds such as squashes and courgettes. So it is that we shall have to sow more seeds found and eaten in this way. There is always something that wants to eat whatever you are growing. Remember this fact when buying



A nasturtium survives the compost bin

fruit or vegetables from the supermarket how much in the way of chemicals have gone into producing that perfect product and the cost to wildlife and the soil.

We must have pricked out more than three hundred marigold seedlings this week for both Pent Farm and Enbrook.

Used as a companion plant, they add great colour to a site and can be as tough as old boots once they get going, able to flower until the first frosts. There were also lots of zinnias and cosmos to tackle too and still plenty more that need potting on later next week. One of the pictures below shows a nasturtium plant growing merrily away at the end of one of our compost bins. The seed must have been composted but had the conditions to sprout and grow on probably because of all the rain.

What's next?

- Still jobs carried over from last week such as lemon balm removal and repotting the pot plants.
- Prick out more seedlings
- Take out the last of the celeriac
- Put some compost on a couple of beds



HISTORIC HOUSES

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.](#)

Hundreds of homes, 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.



Sandgate Farmers and Makers Market

Chichester

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

GO EURO

BOOK YOUR NEXT ADVENTURE.

LET'S GO



HISTORIC HOUSES

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.

*The runner you want to be
is just a step away...*

non spiritual

Practical Sports Yoga **for runners**



- Recover more quickly
- Reduce injuries
- Run stronger
- Run faster
- Run longer

Want to find out more?

Yes! For details, schedule & availability:

peter@practicalsportsyoga.com | 07554 663895

instagram: @practicalsportsyoga

Lessons delivered by Peter a fully qualified and
insured yoga teacher

* *Private sessions available*



SANDGATE | KENT





LOOKING FOR VOLUNTEERS?

Kent Coast Volunteering are collating volunteering opportunities to support our communities over the festive season.

Perhaps you are running a festive event to support older isolated people, a Christmas day lunch or need support for a Winter Shelter or foodbank?

Please do get in touch if you would like to promote your opportunities.

**Email details to:
volunteering@kcv.org.uk**



Kent Coast Volunteering

Connecting Communities in
Dover, Thanet, Folkestone & Hythe



JIMMY'S JAM

Open Mic Night

First Thursday of the Month
The Fountain, Seabrook
Full PA
& Drum Kit
7PM+

BRING AN
INSTRUMENT &
JOIN THE JAM!!

Jimmy
and the
Riddles

© stone@stonefree.org

You can still buy even 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
 Trade enquiries welcomed To collect or home delivery

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

THE BODY SHOP
 AT HOME with ALLI
 ALLI FOSTER
 BODY SHOP DELIGHTS
 TEL: 07809762368



Anji's Interiors
 01303 248658
anjiid@ntworld.com
 Curtains | Blinds | Soft Furnishings
 Private and commercial work undertaken
 complete measuring and fitting service



NEEDHAMSTREET
 ART & FOSTER ART TO WEAR CLOTHING AND ART

Great original cards, t shirts, hoodies, prints, tote bags, sweatshirts and much much more.
 DM Carol on her Instagram page @needhamstreet for more information or call her on 07855494678
 The perfect gift for a yoga loving friend, relative, colleague or yourself.

Promote your business here

You can still buy even when there isn't a

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



Unique gifts - Gill makes only one piece
Commissions accepted
Gill can bring broken jewellery back to life
Unusual combinations of colours and styles
Gill uses precious, semi precious gems,
freshwater pearls, glass and crystal beads
Beautiful handmade jewellery
by Gill Thompson, Tele: 07954 33 22 54



Usher's Veg Box

Fresh Fruit & Vegetables Delivered To Your Door

With 5 Boxes To Choose From A Mix Of Seasonal, Exotic Fresh Fruit And Vegetables.
Or Create Your Own Box!!
Prices Start From Only £12.00
Sacks Of Local Potatoes From Only £8.00
Order Now
07515 529425
Ushers-vegbox@outlook.com

Find Us On Facebook@ Usher's Veg Box



You can now order on-line at:

<https://www.usherswholesale.com/box>

or by telephone on:

07515 529425

We deliver to Folkestone, Cheriton, Hawkinge, Capel, Alkham Valley, Saltwood, Sandgate, Seabrook, Hythe

*You are fitter than you think you
are.....*

non spiritual

Practical Hatha Yoga

suitable for all abilities



- Reduce aches & pains
- Reduce injuries
- Develop strength
- Develop flexibility
- Calm the mind

Want to find out more?

Yes! For details, schedule & availability:

peter@practicalsportsyoga.com | 07554 663895

Instagram: @practicalsportsyoga

Lessons delivered by Peter a fully qualified and insured yoga teacher

* Private sessions available



SANDGATE | KENT



Weekly on Thursdays

BINGO night

SNOWBALL & LUCKY NUMBER
AND OTHER GAMES

CASH ONLY NO CARDS,
HOT & COLD DRINKS AND SNACKS, RAFFLE
WITH FOOD BOXES

St Joseph's Church Hall
Narrabeen Road Cheriton. CT19 4DD

DOORS OPEN: 6.45 FOR
7.45PM EYES DOWN

FOR MORE INFO: CALL
07734834088

Yoga classes at the Chichester Hall



Jenny Box trained in India and now brings her Iyengar yoga skills to Sandgate.

This class is suitable for complete beginners and students with experience. We focus on detail, precision, alignment and with the use of props, helps those with less strength or flexibility to work correctly and achieve their full potential.

Three Monday evenings a month. 8pm to 9pm

Only £10 per session

Call 07805 495422 or

email boxjen@gmail.com

Yoga is like music. The rhythm of the body, the melody of the mind, and the harmony of the soul creates the symphony of life.

B.K.S. Iyengar

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 free local delivery





Sandgate Arts & Crafts Spring Craft Fair

**Sunday 5th May 2024
10am until 4pm**

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

Wide Range of Handcrafted Items Including:

**Artisan Glass, Original Art Works,
Soft Toys, Handmade Cards,
Handmade Jewellery, Eco Food
Wrap and much, much more...**

Cafe



Karen and her wonderful team from The Dog House, Sandgate will be providing delicious homemade cakes and snacks all beautifully served on vintage china. Come and browse the stalls, enjoy a cuppa and a natter and leave with something delightfully original.

Contact: Florrie on Facebook @ Sandgate Arts and Crafts

Please support your local Farmers' Markets in 2024

Hythe Farmers Market



2024

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
		Cakes
		Fruit

2024	
February	10 th & 24 th
March	9 th & 23 rd
April	13 th & 27 th
May	11 th & 25 th
June	8 th & 22 nd
July	13 th & 27 th
August	10 th & 24 th
September	14 th & 28 th
October	12 th & 26 th
November	9 th & 23 rd
December	14 th
2025	
January	11 th & 25 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

2024 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	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

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



Chichester Hall
chichesterhall.co.uk



70 Sandgate High Street, Sandgate, Kent CT20 3AR
 Charity number: 802173

Annual General Meeting
 Wednesday, 29th May at
 6pm in the Hall

All welcomed



Ever thought about having that memoir, ripping yarn or volume of poems published?

Changes in publishing and communication techniques makes it easier, less risky than ever and cheaper than you think.

The Sentinel Publishing offer a range of *mix and match* services from manuscript typing, first and second readings, copy editing, submission or publishing.

email david@thesentinel.org.uk for an informal echat about what you want to achieve and how we can help.



If you would like to submit an article or letter please email it to me. I will print almost anything as long as it's not libellous, racist or unkind. Name must be supplied but can be withheld if requested.

Please put your articles etc in plain text or Word and images should be in .jpg, .tiff or .png.

My contact details are:

Address: Clyme House, Hillside Street, Hythe, Kent CT21 5DJ

Mobile: 07771 796 446; email: david@thesentinel.org.uk