

**All clubs are run by Shepway Volunteer
Centre**

Contact Details

Donna

United Reformed Church, Castle Hill
Avenue, Folkestone, CT20 2QL.
Tel: 01303 259007

donna.dryland@volunteershepway.co.uk

Centre Club and Déjà Vu are run on
alternate Fridays in the Community Hall
and run from 10-12.30

Movers and Shakers is held every other
Monday 1.00 – 3.00

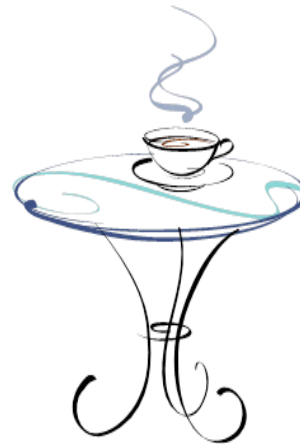
**If you would like more details regarding
any of the clubs listed please contact**

the office

**where we will be happy to help answer
questions you may have including dates
and fees if they apply**



Déjà-Vu



**Centre
Club**

Déjà-Vu

**Movers
And
Shakers**

Movers and Shakers



Movers and Shakers meet every other Monday

in the Community Hall at the United Reformed Church
from

1.00 til 3.00

For people who would like to enjoy some
light exercise and an opportunity to take part in
some indoor sports

Contact Donna or one of the team on:

01303 259007

donna.dryland@volunteershepway.co.uk



Registered charity 276145



Centre Club

is For older or disabled people who may
feel socially isolated and would like to
make some new friends.

Come along and have a cup of tea
before you decide if you would like to join

You can be sure of a warm welcome
with lots of different activities to enjoy, guest
speakers, outings, quizzes, games and lots
more. For more details on any of the activities
on offer please contact Donna or one of the
team.

New members

are always welcome

Déjà-Vu

- Do you worry about your memory ?
- Are you concerned about someone you care for ?
- Would you like the chance to chat to people who feel just like you?
- You'll find there's a big hearted welcome with refreshments provided at no extra cost.
- Friendly helpful people will be on hand to help with activities and games.
- Healthcare professionals will also be available to answer any questions you may have.
- Help with transport can also be arranged please ask a member of the team.

Families & Carers

are also very welcome