

## Romney Marsh

To Book Call:-

Romney Marsh Community Hub 01797 363888

<u>Activity</u>	<u>Day &amp; Time</u>	<u>Frequency</u>	<u>Cost</u>	<u>Location</u>	<u>Description</u>	<u>Provider</u>
<b>Make the Most of Mondays – Dance Fit</b>	Monday 9:30 – 10:30	Weekly	£7 per session and must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	Start your week with a boost of energy. Come along to this fun lively class to socialise and get fit with friends. Booking essential as a very busy class.	RMCH
<b>Make the Most of Mondays – Seated Exercise</b>	Monday 11:00 – 12:00	Weekly	£7 per session and must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	Along with improving strength and flexibility, exercise can help keep you as healthy and well as possible. These exercises, carried out on a chair with support, are an excellent option after a fall or illness, or if you have limited mobility.	RMCH
<b>Make the Most of Mondays – Crafty Club</b>	Monday 1:30 – 3:30 pm	Weekly	£3.50 per session (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	Why not join us for a friendly afternoon of making and creating! Crafty club is on every Monday (except bank holidays) Materials provided, there is something for everyone, including quilling card making knitting and needle work. Workshops take place regularly and must be booked in advance.	RMCH
<b>Make the Most of Mondays – Games Club</b>	Monday 1:30 – 3:30 pm	Weekly	£3.50 per session (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	Come and join us for a pleasant afternoon playing games of your choice including: Bridge, Crib, Dominoes, Cards, Monopoly, Scrabble and many more.	RMCH
<b>Sunflower Memory Café</b>	Monday 10:00 – 12:00	Every 2 <sup>nd</sup> and 4 <sup>th</sup> Monday Each Month	Donations Welcome	The Old School Church Lane New Romney TN28 8ER	This a sociable get together for those with dementia and their carers. There will also be memory games and activities, and at times, day trips.	RMCH
<b>Friendship Group</b>	Monday 10:30 – 12:00	Weekly	Free	Sunflower House Rolfe Lane New Romney TN28 8JR	A weekly social gathering for tea and chat.	RMCH
<b>Walking Group</b>	Tuesday 10:00 – 12:00	Weekly	Free (donations appreciate)	Sunflower House Rolfe Lane New Romney TN28 8JR	Come and join the walking group; enjoy social conversations and then come back to the Hub for a well-earned cup of tea and slice of cake! All walking abilities welcome.	RMCH

			Please contact the hub for more details-booking (01797 363888)			
<b>Yoga</b>	Tuesday 11:00 – 12:00	Weekly	£7 per session and must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	This is a gentle class and ideal for beginners. Yoga is a great exercise for the body and mind as it improves strength, balance, flexibility and reduces levels of stress. It can also ease pain and improve mobility for people with lower back issues; as well as ease discomfort from tender, swollen joints for people with arthritis.	RMCH
<b>Memory Lane</b>	Tuesday 11.00-12.00	Weekly	£7 per session and must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	A chance for a get together to recall and look back on themed events. Led by experienced members of our team.	RMCH
<b>Pilates</b>	Tuesday 3:00 – 4:00 pm	Weekly	£7 per session and must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	With our Instructor Sarah. This is a gentle class with an emphasis on building your core strength. Pilates can improve posture, muscle tone, balance and joint mobility as well as relieve stress and tension. Pilates, like yoga, can help with back pain and also help those who suffer with anxiety and depression.	RMCH
<b>Seated Exercise Tailored for those with Arthritis, Stroke, Parkinson's</b>	Wednesday 9.30-10.30	Weekly	£7 per session and must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	A specific seated exercise class to music for those living with arthritis, Parkinson's and effects of a stroke. The instructor is a qualified occupational therapist with years of experience of teaching. The class is a more bespoke session focused on the individuals needs and capabilities.	RMCH
<b>Seated Exercise</b>	Wednesday 11:00 – 12:00	Weekly	£7 per session and must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	Along with improving strength and flexibility, exercise can help keep you as healthy and well as possible. These exercises, carried out on a chair with back support, are an excellent option after a fall or illness, or if you have limited mobility. Join our instructors for fun and friendly exercise to music.	RMCH
<b>Busy Hands Craft Club</b>	Wednesday 2:00 – 4:00	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday Each Month	Free-Donations Welcome	Sunflower House Rolfe Lane New Romney TN28 8JR	An opportunity to come together with other likeminded people to share knitting and crocheting skills.	RMCH

<b>Book Club</b>	Wednesday 2:30 – 4:00	2 <sup>nd</sup> Wednesday Each Month	Free-Donations Welcome	Sunflower House Rolfe Lane New Romney TN28 8JR	A fun way to enjoy books, meet new people, learn new perspectives and participate in some healthy debate.	RMCH
<b>Diabetic Peer Support Group</b>	Wednesday 1.30-3.30	Last Wednesday of every month.	Free-Donations Welcome	Sunflower House Rolfe Lane New Romney TN28 8JR	A peer support group for those living with diabetes. The last Wednesday of the month. All welcome including those that are pre diabetic or newly diagnosed. We have diabetic nurse and other professionals visiting on occasions	RMCH
<b>Totally Shredded</b>	Thursday 6.00pm- 7.00pm	Weekly	£7 per session and must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	A new class for the hub focused on those that like to keep fit to music. All muscle groups worked on and a good work out with qualified instructor. Good fun and laughter had by all.	RMCH
<b>Tai Chi</b>	Thursday 9:30 – 11:00	Weekly	£7 per session and must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	Studies have shown that regularly practising this Chinese martial art benefits seniors in several ways; it can improve flexibility, reduce symptoms of arthritis, effectively reduce stress and provide overall pain relief. It is a great choice if you are looking to improve your overall wellbeing.	RMCH
<b>Seated Tai Chi</b>	Thursday 11:00 – 12:00	Weekly	£7 per session must be booked in advance (01797 363888)	Sunflower House Rolfe Lane New Romney TN28 8JR	Studies have shown that regularly practising this Chinese martial art benefits seniors in several ways; it can improve flexibility, reduce symptoms of arthritis, effectively reduce stress and provide overall pain relief. It is a great choice if you are looking to improve your overall wellbeing.	RMCH
<b>Sunflower Memory Café (St Marys Bay)</b>	Thursday 10.30 – 12:00	3 <sup>rd</sup> Thursday Each Month	Donations welcome	St Marys Bay Village Hall Jefferstone Lane	This a sociable get together for those with dementia and their carers. There will also be memory games and activities, and in time, day trips.	RMCH
<b>Sunflower Memory Café (Dymchurch)</b>	Thursday 10.30-12.00	1 <sup>st</sup> Thursday Each Month	Donations welcome	Village Hall, Orgarswick Avenue, Dymchurch	This a sociable get together for those with dementia and their carers. There will also be memory games and activities, and in time, day trips.	RMCH
<b>Art Club</b>	Thursday 10:30 – 12:00	Weekly	£3.50 per session (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	Our weekly art club is for everyone, regardless of artistic skill or experience so why not join us and learn a new skill or develop your talents! Materials are provided.	RMCH
<b>Line Dancing</b>	Thursday 4:00 – 5:30 pm	Weekly	£7 per session and must be booked in	Sunflower House Rolfe Lane New Romney TN28 8JR	Join us on Thursday afternoons and very soon you'll know the difference between the two-step and the Cowboy Cha Cha! Not only is line dancing a huge amount of fun, it is also great for your physical and mental wellbeing.	RMCH

			advance (01797 363888).		Though you are moving constantly during the dances, it is easy on the joints and it can reduce stress levels, increase energy levels, improve strength and decrease blood pressure.	
<b>Yoga</b>	Thursday 4.00 – 5.15	Weekly	£7 per session must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	Our Second Yoga class of the week with instructor Alex, allows you to continue with your practice and build your strength. Very relaxing and with a mindfulness focus.	RMCH
<b>Feel Good Fridays- Legs, Bums and Tums</b>	Friday 9.30-10.30	Weekly	£7 per session must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	This class focussing in on specific areas of the body. Working on core strength and building strength and flexibility in the lower half of the body. Come and join this activity that is all done to music.	RMCH
<b>Feel Good Fridays- Seated Exercise</b>	Friday 11.00-12.00	Weekly	£7 per session must be booked in advance (01797 363888).	Sunflower House Rolfe Lane New Romney TN28 8JR	Our third session of the week for our ever-popular seated exercise workout. Along with improving strength and flexibility, exercise can help keep you as healthy and well as possible. Join our instructors for fun and friendly exercise to music.	RMCH
<b>Ex Armed Forces Veterans Drop In</b>	Friday 10:00 – 12:00	2 <sup>nd</sup> Friday Month meeting. 4 <sup>th</sup> Friday of month for Breakfast club.	Donations Welcome.	Sunflower House Rolfe Lane New Romney TN28 8JR	Come along for a chat and a coffee and cake. We meet monthly on the 2 <sup>nd</sup> Friday advice and help is available. Breakfast club every 4 <sup>th</sup> Friday 20% off breakfast for all Ex armed Forces. Come and join our friendly group. Friends and family welcome too.	RMCH
<b>Cancer Support Group</b>	Friday 2.00-3.30	1 <sup>st</sup> Friday of Each Month. 2.00-3.30	Donations Welcome.	Sunflower House Rolfe Lane New Romney TN28 8JR	If you are living with or beyond cancer, you are welcome to come along to our support group to meet others who have had similar experiences. Carers/family welcome Fridays may have speakers and information and advice provided and Wednesdays provides more of a chance to chat over coffee and cake! All welcome.	RMCH

<b>Hub On the Beach</b>						
<b>Dance Fit</b>	Monday 6.00-7.00	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	With Jade. This is class to get you moving to the beat. All abilities welcome with our professional dance instructor. A great way to get fit.	RMCH
<b>Yoga</b>	Monday 7.30-8.30	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	Evening class with Jules. All abilities and levels welcome.	RMCH
<b>Salsa</b>	Tuesday 6.00-7.00	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	Salsa with Jess a class for all abilities. This is a great class with a fun atmosphere where you can learn cross body salsa and other styles too.	RMCH
<b>Seated Exercise</b>	Tuesday 3.00-4.00	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	Along with improving strength and flexibility, exercise can help keep you as healthy and well as possible. These exercises, carried out on a chair with back support, are an excellent option after a fall or illness, or if you have limited mobility. Join our instructors for fun and friendly exercise to music.	RMCH
<b>Legs Bums and Tum</b>	Wednesday 9.30-10.30	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	This class focussing in on specific areas of the body. Working on core strength and building strength and flexibility in the lower half of the body. Come and join this activity that is all done to music.	RMCH

<b>Finess Pilates</b>	Wednesday 11.00-12.00	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	Fitness Pilates with Christine = This is a gentle class with an emphasis on building your core strength. Fitness Pilates can improve posture, muscle tone, balance and joint mobility as well as relieve stress and tension. Fitness Pilates, like yoga, can help with back pain and also help those who suffer with anxiety and depression. Everyone welcome, from beginners upwards.	RMCH
<b>Seated Tai Chi</b>	Wednesday 3.00-4.00	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	Studies have shown that regularly practising this Chinese martial art benefits seniors in several ways; it can improve flexibility, reduce symptoms of arthritis, effectively reduce stress and provide overall pain relief. It is a great choice if you are looking to improve your overall wellbeing.	RMCH
<b>Zumba</b>	Wednesday 6.30-7.30	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	Zumba with Jess- all welcome to this fun class where you can improve your fitness to music. Please wear loose fitting clothing and bring some water with you. BOOKING ESSENTIAL. Starts 16 <sup>th</sup> July.	RMCH
<b>Yoga</b>	Thursday 9.30-10.30	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	Join our experienced Yoga teacher Beki for a positive class of yoga for all- beginners welcome as well as those more advance in the practice.	RMCH
<b>Seated Exercise</b>	Thursday 3.00-4.00	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	Along with improving strength and flexibility, exercise can help keep you as healthy and well as possible. These exercises, carried out on a chair with back support, are an excellent option after a fall or illness, or if you have limited mobility. Join our instructors for fun and friendly exercise to music.	RMCH

<b>Sunflower Singers</b>	Friday 1.30-2.30	Weekly	Free until end of September session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	Sunflower Singing Group with Rebecca Lodge Birkebaek. Come and join our friendly group, beginners welcome. Singing really helps with any breathing conditions including COPD and our instructor is trained to support those with issues around this.	RMCH
<b>Karate</b>	Saturday 10.30-12.00	Weekly	£7 per session and must be booked in advance on Bookwhen.com or (01797 458876).	103 Coast Drive, Greatstone Kent Tn28 8NR	This class is led by Neil a 7 <sup>th</sup> Dan instructor to all over the age of 5. Great for coordination, strengthening agility and flexibility. A disciplined martial art that grows confidence and helps with balance and overall fitness as well. Come and join our friendly group and learn some self-defence along the way.	RMCH
<b>Vestibular and hearing loss Peer support group</b>	Tuesday 1.00-2.00	Monthly - Last Tuesday of every month	FREE Phone - 01797 458876 for more info	103 Coast Drive, Greatstone Kent Tn28 8NR	A peer support group to help those with hearing loss or any of the conditions that can affect your hearing. Everyone welcome, including family and friends.	RMCH
<b>Stroke Peer Support Group</b>	Wednesday 1.00-2.00	Monthly First Wednesday of month	FREE Phone - 01797 458876 for more info	103 Coast Drive, Greatstone Kent Tn28 8NR	If you or a loved one has been affected by stroke or living with the after affects, come and join our friendly Peer Support Group for a tea/coffee and chat. We will have information and advice on hand and can share experiences with others	RMCH
<b>Arthritis Peer Support Group</b>	Wednesday 1.00-2.00	Monthly Second Wednesday of month	FREE Phone - 01797 458876 for more info	103 Coast Drive, Greatstone Kent Tn28 8NR	If you have arthritis and are struggling with the effects or living with the difficulties that it can cause, come and join our friendly Peer Support Group to share tips that help and advice from those going through similar experiences. We will have information and advice on hand to share over tea and coffee.	RMCH
<b>Bereavement Support group</b>	Wednesday 1.00-2.00	Monthly Third Wednesday of month	FREE Phone - 01797 458876 for more info	103 Coast Drive, Greatstone Kent Tn28 8NR	If you are struggling after the loss of someone close and would like to come and chat to others that are going through the same process, please some and join us for tea/coffee and a chat. Finding ways to cope after a loss is not easy and everyone's journey is different. It can be good to seek out others that know how you feel and can be supportive at this difficult time.	RMCH

<b>EVENTS</b>					
<u>Activity</u>	<u>Day &amp; Time / Frequency</u>	<u>Cost</u>	<u>Location (Inc postcode)</u>	<u>Description</u>	<u>Provider</u>
<b>Friday Breakfasts</b>	<b>Every Friday from 9.00-11.00</b>  <b>Weekly</b>	<b>Varies depending on menu choice</b>	Sunflower House Rolfe Lane New Romney TN28 8JR	Friday breakfasts at the Hub. Menu varies from full English to bacon baps and gives local people the chance to come in and meet for breakfasts, vegetarian option available. Last Friday of the month there is an opportunity for our Ex Armed Forces group to come in and meet as a group for breakfast with 20% off.	<b>RMCH</b>
<b>Creative Writing</b>	Wednesday 18 <sup>th</sup> March Wednesday 15 <sup>th</sup> April Wednesday 20 <sup>th</sup> May Wednesday 15 <sup>th</sup> July Wednesday 19 <sup>th</sup> August Wednesday 16 <sup>th</sup> September Wednesday 21 <sup>st</sup> October Wednesday 18 <sup>th</sup> November	1.30-3.30 £8 per session must be booked in advance (01797 363888)	Sunflower House Rolfe Lane New Romney TN28 8JR	With local author Emma Batten- Suitable for beginners. Join as for all or any of the workshops this year. Different workshops hosted by Emma. Creative Writing inspired by 13 <sup>th</sup> Century storms. We are lucky to be holding these workshops and the places are limited so please book to avoid disappointment. Payment on booking. 1.30-3.30	<b>RMCH</b>
<b>Digital Support</b>	<b>Wednesday 25<sup>th</sup> March</b> <b>Wednesday 15<sup>th</sup> April</b> <b>Wednesday 27<sup>th</sup> May</b> <b>Wednesday 24<sup>th</sup> June</b> <b>9.30-12.00</b>	Free but must be booked (01797 363888)	Sunflower House Rolfe Lane New Romney TN28 8JR	A free face to face half hour slot with Digital Kent to help with any area of your digital device including phones, laptops and I pads. Help with learning new skills as well as setting up new devices.	<b>RMCH</b>

<b>Digital Skills Workshop</b>	<b>26<sup>th</sup> March 2.00-3.00</b>	Free but must be booked (01797 363888)	Sunflower House Rolfe Lane New Romney TN28 8JR	A chance to learn about NHS app-booking appointments, scams and internet safety. Emails and how to shop online.	RMCH
<b>Parkinsons Drop-in session</b>	<b>Mondy 9<sup>th</sup> March 10.30-12.30</b> <b>Monday 15<sup>th</sup> June 10.30-12.30</b>	Free	Sunflower House Rolfe Lane New Romney TN28 8JR	Local advisor for Kent available to chat to all those affected by and living with Parkinsons.	RMCH
<b>Makaton Workshops</b>	<b>Friday 20<sup>th</sup> March 1.30-3.30</b> <b>Friday 24<sup>th</sup> April 1.30-3.30</b> <b>Friday 29<sup>th</sup> May 1.30-3.30</b>	Free- Booking essential on 01797 363888	103 Coast Drive, Greatstone Kent Tn28 8NR	Come along and learn the basics of Makaton. Workshops are themed and held in a fun way so that you hopefully retain all that you learn.	RMCH
<b>Taste of Itay meal</b>	<b>Friday 20<sup>th</sup> March- from 12.00</b>	£15 and must be booked in advance on 01797-363888 or go to rmch.org.uk	Sunflower House Rolfe Lane New Romney TN28 8JR	A chance to get together with others and celebrate the Italian cuisine. Everyone welcome.	RMCH
<b>Death Café</b>	<b>11<sup>th</sup> March 2.30-4.00</b> <b>5<sup>th</sup> May 1.00-2.30</b>	Free to book see pilgrim's website or contact he hub.	Sunflower House Rolfe Lane New Romney TN28 8JR	Conversations around death are hard to have and these workshops give you chance to chat to others about anything and everything to do with the subject. All welcome but booking is needed.	RMCH
<b>Crafty club workshop</b>	<b>Monday 30<sup>th</sup> March 1.30-3.30</b> <b>Monday 8<sup>th</sup> June 1.30-3.30</b>	£8 Must be booked in advance	Sunflower House Rolfe Lane New Romney TN28 8JR	A chance to make and everlasting Easter wreath on 30 <sup>th</sup> March - all materials supplied. June workshop is recycling.	RMCH
<b>Spring Fayre</b>	<b>Saturday 28<sup>th</sup> march 10.00-2.00</b>	Free entry	Sunflower House Rolfe Lane New Romney TN28 8JR	Come and enjoy food and drink in our café. numerous craft stalls and things to buy. Tombola and easter gifts available.	RMCH

<p><b>Warm Hub</b></p>	<p><b>1st October 2025– 31<sup>st</sup> March 2026</b></p> <p><b>From 9.00-2.00</b></p>	<p>Free Wifi Free Phone charging Free Newspapers to read Subsidised Soup and roll</p>	<p>Sunflower House Rolfe Lane New Romney TN28 8JR</p>	<p>All welcome to come into the hub as part of warm welcome spaces. Excluding weekends and bank holidays.</p>	<p>RMCH</p>
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