

Keep Fit

We have approximately 14 regular members. The music is supplied by Allan Roles the ,instruction by Lin Roles. Allan and Lin don't have money for their work so it is given to charities. This year we have donated money to Riding For the disabled at Cobbe's meadow at Chartham. Daphne Mullet and I were asked if we would like to stay and watch. It was a moving experience to see the children, who could hardly walk unaided, sitting upright , smiling broadly, walking round the ring on the ponies. The poly fibro myalgia group at Whitstable received a donation. The League of friends for Kent and Canterbury hospital received a £ 400 donation towards the Radiotherapy Treatment Centre Appeal .Crossroads was also a recipient. We enjoy the class and the benefits of exercise for us all are well known

Sue Larkins

Kingston Coffee Morning.

This is an informal get together for members of the village community to have a chat and a cuppa plus a choice of chocolate biscuits. Its been running for over twenty plus years and meets every other Tuesday morning in the Barn. Hours 1030 1200 midday. Every one is welcome, whether young or more elderly. Bring your friends.

The next meeting is on the Tuesday 9th.June 2026.

All the best,
Mary Moss.