

Hattie-Webb House Basketball Staff v Service Users

Hattie Webb House staff, hosted a wheelchair basketball match which was staff v service users, the event was organised by Steve Andrews in February and all who attended and took part really enjoyed themselves.



All feedback was very positive. Steve is now looking into planning another event in the near future, so watch this space.



Lee Burton taking part (direct left photo) with Ann Everett, KASBAH

If you would like to visit us at Hattie Webb House or would be interested in any of our services that we have to offer, then please contact Dawn Varley, House Co-ordinator for further information on 01634 404468 or dvarley@kasbah.org.uk.

Hattie Webb House are also looking forward to Spring and the nicer weather, we have had some decorating done in the house and added new pictures. This has brightened up the feel of the house and made it even more inviting to our guests. Now that the nicer weather is approaching, the day service users are busily planning their timetables and looking at new activities outdoors. This will include any community based events going on where they can help out.

Ross & Amber have been busily preparing for their love ceremony this is the very first KASBAH service users ceremony, this is a very exciting time for them both, however they have selected for a small event with family and friends only for their special day.

One of our house tenants Emma went to London at the Hammersmith Apollo, this was to see Kieran (formally of Westlife) perform, a good time was had by all. Ross has been busy researching and booking his wrestling events for the forthcoming months.

Dawn Varley, Steve Andrews & Jane Candler

A message from Emma...



Hi From Me

It is so nice to see the sun finally shining and boosting all of our moods. It has been a busy period at KASBAH but also very worthwhile with great team effort and enthusiasm.

The cafe now has a regular trade and is proving to be a great meeting point for ex and current service users as well as families and friends, if you haven't been already please do call in to The Meeting Place, 70 High Street (Heritage Quarter) in Gravesend.

We have a couple of ideas for social events for members this year, if you would like to be involved or have some great ideas to share please do contact me.

Best Wishes

Emma Carver (Chief Officer)

Goodbye from Veronica Higgwe...



I started my placement with KASBAH in September 2013, as a Student Social Worker.

When I first started, it took me a while just to be able to differentiate the two roles, but I eventually did and I have thoroughly enjoyed shadowing Karen.

During the past months I have observed how Karen expertly juggles both roles (Advisor/ Carers Development Officer), whether it be going on home visits to inform and advocate or setting up and facilitating carers' support groups.

From the home visits during the Advisory role and also the carer' groups, I have learnt that starting and ending visits and interviews require excellent interpersonal skills!

Overall, I have learnt that preparation is the key, in order to be ready to answer the varied questions that our members sometimes have.

I have greatly enjoyed my time and wish everyone at KASBAH the very best.

Best Wishes

Veronica Higgwe

Seabrooke House Update

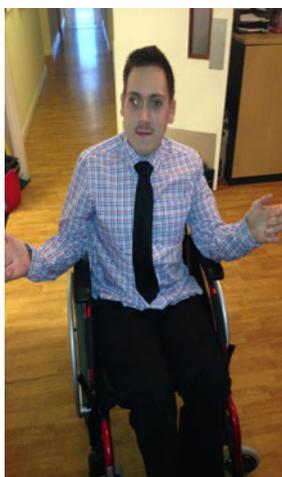
We would like to send a big welcome to Christopher Diedo and Katie Austin (right hand photos) to our day service. They are learning new skills, socialising and making excellent progress.

In the below left photo, Katie is busily learning new cooking skills with assistance from staff member Ashley Pidwill. See Christopher also proudly showing off some delicious cup cakes that he prepared earlier!



A huge well done to Lee Burton who is determined to build up his strength to enable him to get out and about on his frame - see Lee practicing in the far right photo.

In February, Lee started his job with the Ellenor Lions Charity shop in Gravesend. Lee meets and greets people which he enjoys. He has completed his customer service course at Bluewater and is very proud of his certificate.



Bluewater Safety Store

The Safety store offers crime prevention and safety advice.

Kent Police has launched its 2014 safety store at Bluewater where officers have been allocated a retail space for the one-stop crime prevention initiative. SBH trainees went to meet the guide dogs for the Blind and were also able to talk and find out information from St Johns Ambulance, police crime prevention unit and the Fire & Rescue team.



Maddison House Update

Hello everyone from Maddison House!

We've had quite an exciting few months at Maddison; we have been on a long weekend break to Butlin's in Bognor Regis. It was an 80's weekend and we had a brilliant time. There was a Bon Jovi tribute act, Dan Storey got sang to by the cabaret artist and we dressed up in fancy dress for the Saturday night. We chose a Onesie theme, Natalie was Spyro the Dragon, Simon was a Lion, Graham was a giraffe, Tom was a crocodile,

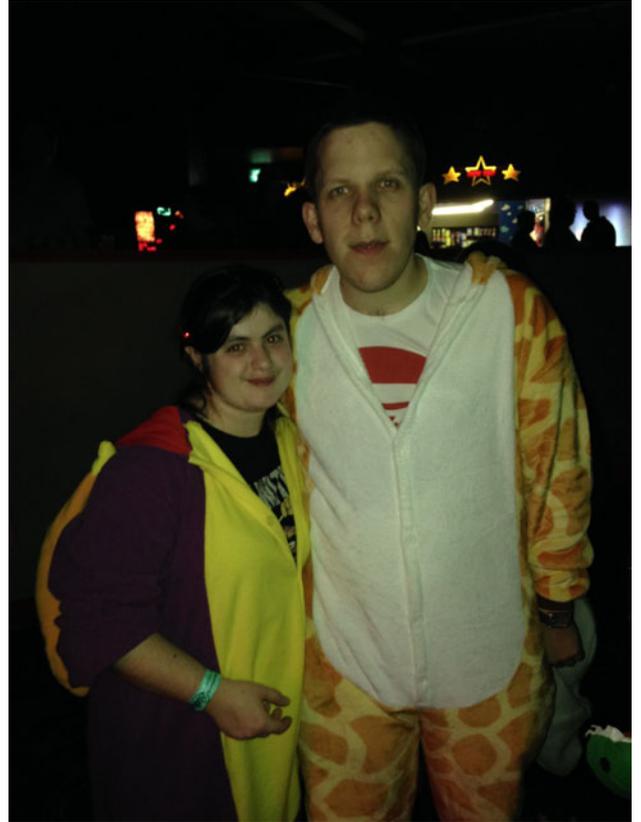


Mark was a monkey and Dan was a Panda! The staff got involved too, Becky was a rabbit, Victoria was a raccoon and Scott...

we're not quite sure about Scott but he was wearing a pig mask! Every night we boogied away into the small hours and during the day we went swimming, played pool and relaxed! Great fun was had by all!

In other news Mark has had his bedroom decorated, he went for a coffee and cream combination, it's looking lovely.

Simon has also had his room decorated and it also looks lovely, he has gone for plumb and lilac! We've also been up to London again for social skills, we went to Frankie and Benny's with Scott up at the O2, yum!



The Meeting Place Cafe

The Meeting Place will be serving a range of hot dogs in April, English hot dogs, German hot dogs and chilli hot dogs.

We look forward to seeing you for coffee or a cold drink and a munch over lunch.

Becky

PS Please tell your friends to come along!



Press release

A code of practice for travel (2) on buses has been developed by the Confederation of Passenger Transport (CPT) (3). Scooter users are allowed on the bus if all of the following apply:

- the local bus company is running a scooter permit scheme
- the scooter is a Class 2 type and has maximum dimensions of 600mm wide and 1000mm long and a turning radius of no more than 1200mm
- the bus company has assessed you in safely using your scooter on the bus.

The CPT current list of bus companies with permit schemes are:-

| | |
|--------------------------|--------------------------------------|
| 1. Quality Line | 13. Yellow Buses |
| 2. Reading Transport Ltd | 14. Arriva |
| 3. Safeguard | 15. Blackpool Transport Services Ltd |
| 4. Southern Vectis | 16. Bluestar |
| 5. Stagecoach | 17. Centrebus |
| 6. Thamesdown Transport | 18. Country Bus |
| 7. theSussexBus.com | 19. Firstgroup |
| 8. Transdev Blazefield | 20. Ipswich Buses |
| 9. trentbarton | 21. Metrobus |
| 10. Western Greyhound | 22. National Express |
| 11. Wilts and Dorset | 23. Nottingham City Transport |
| | Prentice Coaches Ltd |

News from the Advisor Service

Karen Heath
KASBAH Advisor
& Carers Development Officer

Email kheath@kasbah.org.uk
Office: 01474 532950
Mobile: 07795 231546



Hi All,

Did you know we are offering Carer Support Groups at our meeting Place Cafe, High Street, Gravesend?

This takes place every Third Friday of the month from 10.30 a.m. until 12.30 p.m., for carers of someone with a learning disability and every last Wednesday of the month from 1.00 until 3.00, for carers of someone with a physical disability.

Please come along and join us. For more information contact Karen (Advisor/Carers Development Officer).

Sitter Service

KASBAH is also offering a sitter service for carers in the North West Kent area.

We are building a team of dedicated volunteers who are able to come and sit with the person you care for, for up to 3 hours per week, to give you a regular much needed break. Please note this is a voluntary service so the volunteer will not be able to be left in your home alone but they can entertain the cared for to enable you to catch up on some rest, have a soak in the tub, get on with some of the jobs that you may never have time to do.

Alternatively the volunteer can accompany you out in the community so that you can have an extra pair of hands or shop without having to juggle your caring tasks at the same time.

Volunteers are still needed to provide the above service. For more information, please contact Karen Heath on 01474 532950.

Karen

Short Breaks Update

Short Breaks young people and staff thoroughly enjoyed the pantomime, Cinderella, at the beginning of January. Everyone joined in the banter and for some, it was the first time they had been to a pantomime and we have had many requests to book up again for this year.

Our session in January saw Karen Clifford returning to teach signing; Catherine Wilson came along to introduce the young people to more arts and crafts and a number are learning to knit which is proving popular with girls and boys. Karen Heath, KASBAH Adviser, was able to help a number of parents on benefits, moving on etc.

Continued.....

In the middle of February we visited Renaissance Pottery in Maidstone. The young people were able to choose an item of pottery and paint it in their own design. These were then glazed and fired in a kiln. The end products were very impressive and were presented to the young people by Richard Barker, formerly of Aiming High, when he came along to the session in February. The young people also received their AQA certificates for tasks they had completed.



We are planning a trip to the Hollywood Bowl at the beginning of April. This activity was very popular last year and gives the young people a chance to socialise and have fun. We are also going back to B & Q in April where the young people will be able to make a hedgehog house. Our sessions run on the fourth Saturday of the month at the Millennium Hall in Rainham from 11am until 2pm. We are always happy to welcome new members.



If you are aged 14 to 25 years old, do please come along to



see what we have to offer. Forthcoming sessions are on 26th April, 24th May and 28th June 2014. Please contact Rachel, Co-ordinator on 07505 489049 or e-mail us at shortbreaks@kasbah.org.uk.



Rochester Road

Since Christmas, Rochester Road have been doing lots of different activities. Abigail went to Kent Life in Maidstone for the day - the sun was shining, she enjoyed a nice picnic and also enjoyed feeding and holding different animals. Abigail, Nicola and Ash are to go on holiday in April to Poole, Dorset. They have picked many activities to do while away such a visit Monkey World and the Sea Life Centre to name a few, which is a really exciting time for them.



We have also celebrated Ross's birthday. The trainees at Rochester Road took Ross to the Harvester Restaurant for a birthday meal - this was a really nice evening for them to all go out and have a laugh. See photo left:

Abigail has started horse riding lesson at Knights Place in Strood every Friday which she loves. Ash will be taking up horse riding lessons as well in the Summer and Nicola is still enjoying herself at Luncheon helping out the elderly.

As we have had lovely weather this month the trainees have started to do some gardening and have planted lots of flowers for Summer time. Abigail found what she called the biggest worm she has EVER seen and asked to keep it as a pet in her bedroom.



Other Events, Information & Interest....

(Please note all the below are organised by a third party, please contact them directly)

Murder Mystery Evening

Fancy yourself as a bit of a super sleuth? Hands & Gillingham Volunteer Centre are hosting a Murder Mystery evening at 7pm for 7.30 on 29th March 2014 at Dobbies Garden World, Courtney Road, Gillingham. The evening will be presented by 'Alternate Shadows' drama company. Tickets are £10 and include a buffet supper (please bring your own drinks). All proceeds will go to support the work of the Volunteer Centre. To book call Ann on 01634 815430 or Wendy on 07816 159668.

Free Anger Management Coaching from Medway Mediation

Following a successful application to 'The Kent People's Trust' Medway Mediation are now offering Anger Management Coaching.

Anger Management Coaches work with both adults and young people who have identified that they have 'Anger' issues, over a 6 to 8 week period. Using various techniques, the Anger Management Coach helps them address their Anger 'habit' using approaches of Method, Logic, Physiology and Psychology,

Vulnerable young people and adults are empowered to break their anger habit, learn alternative strategies and approaches in dealing with conflict and violence and enable them to get the most out of their lives, improving their health and well being. Learning how to better manage their anger is a useful life skill, benefiting not only the client, but also their family and the wider community.

To introduce this new service, Medway mediation are offering a limited number of client referrals totally free of charge, (thereafter the cost will range from £15 to £40 per session).

For further information or to request a referral form, please contact:
Medway Mediation – 01634 832285 or by email mediationoffice@bopenworld.com

Medway Men's Health Project

The Medway Men's Health Project supports men who want to reduce isolation or anger, providing a safe place to discuss their needs, concerns and to develop positive activities in their lives.

The group meets every Thursday between 5pm-8pm at The Sunlight Centre, Richmond Road, Gillingham, ME7 1LX.

Meetings are free and you can just go along.

If you want to know more, call Steve Gill on 07553 385 989 or by e-mail him on steve.gill@rethink.org

Muddy Wellies, Maidsmorton Farm Sunday 10 - 1 gardening club, Muddy Wellies with Johnathan and Pete. There are lots of new projects taking place at Muddy Wellies now the weather is warming up. Preparing the allotments, planting the poly-tunnel beds and keeping an eye on the wormeries! One particular project our volunteers are working on is our show gardens. We have 3 gardens that have been displayed at the Kent County Show being reconstructed at Muddy Wellies. This is for visitors and participants to enjoy our prize winning gardens. If anyone has any spare green or brown stain for fences we would be grateful to receive it for painting our fences.

Ashford Gateway +

Cooking up Ideas club; - teen club is from **10 - 12 for 14 - 18 year olds;** on Saturday with Rachel and Ben.

Brogdale Farm Saturday 10 - 1 gardening club, Growing for the future with Kelly and Laura

We look forward to seeing all soon, if there is anything you need to know please contact us. Sarah—Brogdale CIC

Items Needed for a Member in Medway

We have been contacted by a member who is shortly moving out of residential accommodation into the community in Medway. If anyone has a working washing machine or oven they are able to donate, please contact the office on 01474 536501 or email admin@kasbah.org.uk. Thank you.

What's at One Big Day Glow, Bluewater?

One Big Day at Glow, Bluewater offers you the chance to see a large range of vehicles for disabled people. It provides the perfect opportunity to discover everything you need to know about worry-free motoring with Motability.

The event will showcase a large display of vehicles available through the Motability Scheme, including:

- Over 50 cars from 12 different manufacturers
- Over 30 scooters and powered wheelchairs
- Adaptations from a wide range of adaptation companies
- Over 20 Wheelchair Accessible Vehicles

You can also:

- Test drive adapted and non adapted cars
- Chat to our Motability advisors who are on hand to answer your questions
- Meet our Scheme Partners - Kwik Fit, RAC and RSA Motability
- Get advice from The Forum of Mobility Centres and Disabled Motoring UK

Plus, there's:

- A free hot or cold drink for every visitor
- Children's entertainment including Billy the Bear!
- A chance to win an iPad mini in our free prize draw

The free Event Guide will give you a full list of all the cars, scooters and powered wheelchairs on display. This will be available to pick up on the day and will be available to download nearer to the event.

All events open at 9am, and finish at 4pm.

If you are interested in visiting this event then please do let Kate know and she will send you all the details. Please email kate.obrien@sirencomms.com or call 020 7759 1150 to let her know what you need. Please also let Kate know if you are interested in coming along to an event as a group but have transport issues, as in some cases she may be able to help with this.





**BRAND NEW
COURSE**

Accredited Course Children & Young People Trusted Assessor

This course is unique to Disabled Living and is considered by statutory sector services as essential in supporting best practice and cost efficiencies. A 'trusted assessor', when trained, will be able to assess for and prescribe a simple solution or a basic piece of equipment to meet the needs of the individual.

This course has been designed for therapy assistants, support workers, teaching assistants – any unqualified staff who are involved in supplying equipment to children and young people to give them the training required to be competent in the assessment process.

Courses are available in May and October

For further information visit: www.disabledliving.co.uk/training
or contact the Training Department on 0161 607 8200

Gravesham Street Lights

Gravesham is the 5th District in Kent to have its KCC street lights in selected areas switched off between midnight and 5.30am. 75% of those who responded to KCC's recent consultation on the proposed hours of switch off and the exclusion criteria, supported the proposals. This will save around £1million per year on energy bills, help protect the environment and reduce light pollution. The 12 - 5.30 turn off in Gravesham will commence shortly and continues throughout the month.

For further information and to find out start dates for other districts visit www.kent.gov.uk/streetlights. You can also contact Kent highways directly on **03000 418181** or email highways@kent.gov.uk

Residents in Gravesham can find out which street lights will be affected by entering their postcode in the [online interactive map](#). Input a postcode into the 'My Location' box in the top left hand corner of the web page and the results will be shown. Click on the 'Legend' tab towards the top right of the screen to identify the key to the symbols displayed.

KHS have done a full assessment of the local area and potential impacts but are still looking for local people to use their local knowledge in their area to identify any streets where it is felt a vulnerable group or community may be adversely impacted by the changes

Fun Page - as requested by the members:

Two Facts of the month:

- ◆ The surface of the human skin is 6.5 square feet (2m).
- ◆ Shaquille O'Neal (an American retired basketball player) wears size 22 shoes. He put on a brand new pair before every game.

Easter Quiz:

1. In which ocean is Easter Island?

- a) Pacific b) Atlantic c) Indian d) Arctic

2. Of which country is Easter Island a province?

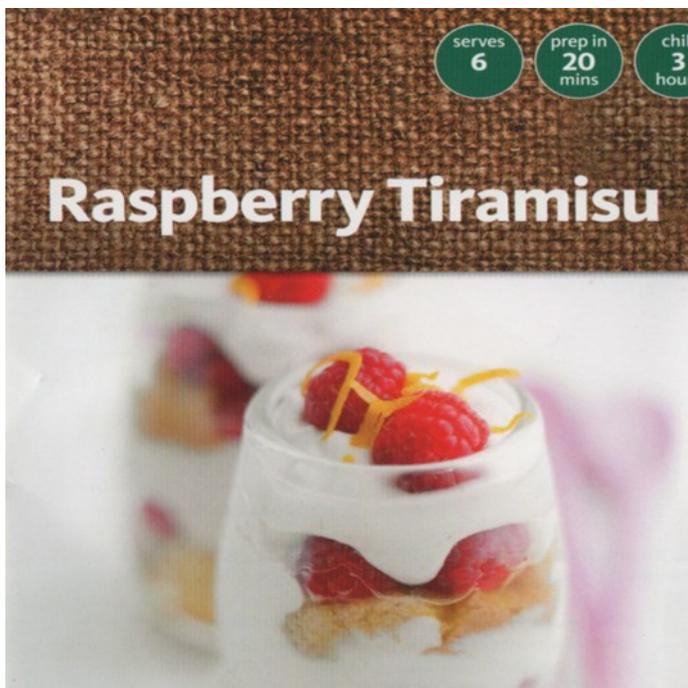
- a) Peru b) Chile c) Kenya d) Norway

3. Why is the airplane runway on Easter Island so long?

- a) To enable planes flying in different directions to land at the same time
b) It is an emergency space shuttle landing site
c) The builders mistook feet for metres
d) It is also used for land speed record.

(Answers at the bottom of the page)

Spring Dessert



Raspberry Tiramisu

"A lighter twist on this Italian dessert. The fresh raspberries work perfectly with the creamy mascarpone" - *Graham Mairs, Head Chef, M Kitchen*

prep in 20 mins | chill 3 hours | serves 6

- * Juice and finely grated zest of 1 orange + extra zest to decorate
- * 4 tbsp orange liqueur (optional)
- * 250g mascarpone
- * 500g NuMe Natural Fromage Frais
- * 3 tbsp seedless raspberry jam
- * 375g raspberries

- 1 Place the orange juice and liqueur in a shallow dish. Drizzle the orange juice and liqueur over the top and toss well.
- 2 Beat together the orange zest, mascarpone, fromage frais and raspberry jam.
- 3 Divide half of the soaked sponge fingers between the bases of 6 individual glass serving dishes, top with some fresh raspberries and a generous dollop of the mascarpone mixture.
- 4 Continue building the layers, finishing with a few fresh raspberries on top. Chill for 2-3 hours, then decorate with a little grated orange zest before serving.

One serving provides: calories 334 (17%), sugar 23.2g (26%), fat 18g (26%), saturates 11.9g (60%), salt 0.1g (17%) of your guideline daily amount

Stay in touch...

Remember the staff at KASBAH are here to support you. We can be contacted at our main office at **7 The Hive, Northfleet, Kent, DA11 9DE**

- by phone on 01474 536501
- or email admin@kasbah.org.uk

Or if you have any suggestions or comments for up and coming newsletters, please do let us know.

Quiz answers - **1a 2b 3b**