

## Merry Christmas from all at KASBAH

On behalf of KASBAH we wish you a safe and wonderful Christmas filled with love and joy (and presents of course)

Best Wishes from Emma, the Board of KASBAH, the Staff Team and Volunteers x



The office will be closed from 4pm on Friday 22nd December 2017 and will be reopening on Tuesday 2nd January 2018. DIAL will be closed from Thursday 21st December 2017 and will be reopening on Tuesday 2nd January 2018. We can't wait to see you all again in the New Year, here's hoping 2018 is a great year for all.

# A message from Emma...

Hi from me,

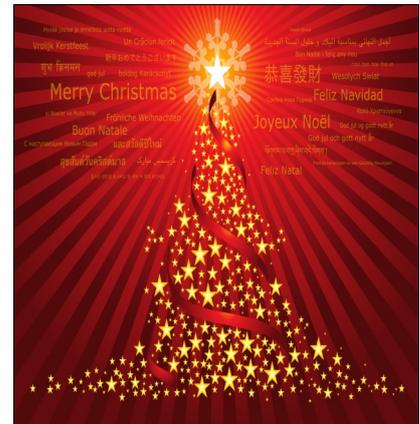
Hi Everyone,

Seasonal greetings to you all, I hope you are all enjoying the run up to Christmas and are not too sick of the Christmas songs playing just yet. We are all busy making our Christmas preparations here at KASBAH, we are fully aware that along with all of the Christmas cheer this can be a difficult and isolating time of the year for some, you don't have to be on your own.

Although the office is closing over the Christmas period, we will check our office voicemails intermittently. May I take this opportunity to wish you a prosperous New Year for 2018!

Best Wishes

Emma



## KASBAH's many faces

**K for kindness always to be found in abundance in working and supporting trainees and service users**

**A is for awareness of the many complex decisions and challenges faced by staff to make KASBAH a safe and great place to live and work**

**S is for the support shown by all staff across all the sites and the board and outreach and the office from management to staff**

**B is for boldness from ideas rattling around in Emma Carvers head never afraid to forge ahead and grow as a company supporting the communities**

**A is for administration always keeping us reminded of the up to date policies required And the many mundane jobs that we need to fulfill as a company and a charity.**

**H is for happiness found by smiling faces greeting each other to be found as you walk round the sites and houses and on service users faces.**

# News from the Advisor Service

Karen Heath - KASBAH Advisor & Carers Development Manager  
Email [kheath@kasbah.org.uk](mailto:kheath@kasbah.org.uk) Office: 01474 536 202

Hello Everyone,

An update from your Advisor, I have been working closely with DIAL, and now have a static day within this project on Tuesday's. Helping with benefits advice, information and guidance. Our team of volunteers at DIAL do stiring work for our members and clients within NWK, I would like to say a massive thank you, we could not run this project without them. The army of volunteers at KASBAH are growing both within DIAL and other projects of KASBAH. If anyone is interested in joining us, please do not hesitate to contact me for more information. We continue to work closely with Carers First, identifying and supporting existing and new carers. The partnership has been extremely successful, we have received many membership/service user referrals, we work closely together to offer family support in all aspects of disability. I would like to take this opportunity to personally wish all our members, service users and their carers a very Happy Christmas and a healthy and prosperous 2018!  
Kind regards, Karen Heath



## Christmas Cookies

**PREP: 35 MINS COOK:**

**15 MINS  
MAKES 15 COOKIES**

### Ingredients

**1 Large Egg**

**140g Butter**

**100g light soft brown sugar**

**3tbsp golden syrup**

**½ tsp vanilla extract**

**350g Plain flour (Plus extra for dusting)**

**1tsp bicarbonate of soda**



## Method

Heat oven to 200C/180C fan/gas 6. Line 2 baking trays with baking parchment. Melt the butter, sugar and syrup in a small saucepan. Mix in the vanilla, remove from the heat and leave to cool for 10 mins.

Sieve the flour and bicarbonate of soda into a bowl. Pour in the melted butter mixture and the egg, and stir together to form a stiff-ish dough. Pop the dough in the fridge for 10 mins to chill and firm up.

Roll the dough out on a floured surface to 5mm thick, then stamp out 15 circles using a 7.5cm round cookie cutter; you may need to re-roll the trimmings to get 15 cookies.

Place on the baking trays and bake for 12 mins until golden, swapping the trays around halfway through. Cool on a wire rack. Decorate the cookies and enjoy!

# News from KASBAH Services

**Rochester Road-** October has been a busy month for RR, we visited the Sikh Temple to celebrate Diwalli. Nicola said she enjoyed seeing the fireworks and everybody wearing beautiful coloured Saris. Amber was very proud of herself when she joined in with social skills at the Cyclo Park. She said it was the first time she was able to ride a bike in years! Steph has been practicing her culinary skills and has started to learn how to cook Paella with Ashley. Well done Steph, it looked and smelt lovely! Whilst there's been lots of cooking within the house, Karen was supported to cook a carrot cake the slimming world way. Everyone really enjoyed it and you wouldn't have been able to tell it was a "diet cake". Watch this space, Rochester Road have a jam packed next couple of months leading up to Christmas. We're super excited for this year's come dine with me at Seabrooke House! To start off the festive season, Abigail and Natalie had a girl's night out trip to the Woodville Halls to see the Take That experience. Both ladies thoroughly enjoyed it.



**Maddison House-** We have had a very busy time here at Maddison House. We have all been enjoying the Halloween celebrations. We attended the Gingerbread House party and G-Beatz, with Natalie winning the dance competition as well as going to the prom for the fireworks. We also went to watch The Russell Howard Hour being recorded in London film studios; we gave plenty of smiles for our screen debuts! Everyone here have now brought their tickets for The Leather Bottle for the New Years Eve party, we're hoping as many of the staff and service users can join us as possible. The tickets are available for £8, this needs to be brought in advance. We would also like to say a MASSIVE thank you to Mr and Mrs McDermott who have donated enough money to allow everyone at Maddison House to attend a boy band tribute night at the end of November, we are all very excited!



**Gingerbread House-** Gingerbread has been super busy again over the last month, we've had numerous successful respite stays and day sessions. Day service have been busy completing different activities; they have recently been to Southend by ferry and a fun day was had by all. Gingerbread House hosted an awesome Halloween party too, it was great to see everyone made effort getting into scary characters and enjoying themselves. Now we are beginning to get in the Christmas spirit and looking forward to some festive fun.



**Short Breaks—** The sessions have been busy with dance and drama workshops and even an animal interaction workshop. The young people also faced each other for some sumo wrestling. They slipped into their padded suits and wrestled each other and staff. Not sure what was more difficult, wrestling in huge padded suits or getting up after falling over in the suits! The young people also had their annual Halloween party with lots of spooky activities and food. Our friend of Short breaks – Catherine Wilson provided the craft activities each session.

**Hattie Webb House-** All at HWH said a heartfelt goodbye to Rachel Bowman. All the staff and service users would like to wish Rachel well for the future. Dawn Varley (previous HWH Co-ordinator) is filling in the House Co-ordinator position. Overall all at HWH have been very busy planning for Christmas, we all find this time of year exciting. There are lots of Christmas activities and of course lots of Christmas fun. We are currently giving the lounge a make over, the service users are busy coming to an agreement on the colour it should be. Some prefer pink and some prefer blue. Day service continue to plan a varied timetables ensuring all areas of independent living are incorporated. They are currently planning their Christmas activities, which include a meal out together, for this they have planned transport, budgeting, time and social interaction. During October they had planned numerous seasonal events, pumpkin carving, country walks, and also gathering ideas for the garden make over in the spring of 2018.



There is going to be a potential live in vacancy at HWH in the new year, if you are interested then please contact Dawn Varley, Hattie Webb House Co-ordinator  
01634 404468, [dvarley@kasbah.org.uk](mailto:dvarley@kasbah.org.uk).

**Seabrooke House-** Over the last few months Seabrooke House has been very busy. We have been on winter walks to promote healthy living, even though it's been a bit chilly! At Seabrooke House we love Halloween! Seabrooke House went pumpkin picking



and took them back home to carve, Kieran at Seabrooke House showcased his carving talents, he is considering next year taking personalised orders. SBH then enjoyed a wonderful Halloween party held by Gingerbread House. All the guys dressed up and enjoyed themselves thoroughly. Jim and the guys made another wonderful woodwork addition to the garden, a wishing well flower. We are getting booked up quickly for 'Come Dine With Us' so make sure you don't miss out!



## **Seabrooke House Day Service-**



Day Service has joined on in on the walks with Seabrooke and has helped promote healthy living. Along with the guys at the house, day service had picked their own pumpkins and carved them with the house, they are all very talented. Both Seabrooke House and day service have enjoyed long winter walks through Shorne Country Park. This was to encourage gentle exercise and physical activity. With Christmas coming up I'm sure we'll be busier than usual and we are all very excited for the festive season.

## **PAT Testers Wanted**

**We are looking for a qualified PAT tester to volunteer once a month to test our electrical donations for the charity shop, that way we are able to sell them. If you are interested please email [officeadmin@kasbah.org.uk](mailto:officeadmin@kasbah.org.uk) or call us in the office on 01474 536 501**

## KASBAH AGM Feedback

Here is the feedback from the AGM held on Wednesday 4th October 2017. The day, time and finish were popular with a high percentage of attendees picking Wednesday mornings as their preferred day and time. Unfortunately there was restricted wheelchair access on the boat resulting in us receiving poor feedback in that area. Sunday, Monday, Tuesday and evenings were the most unpopular preferred days / times with 0 votes for the days and 3 votes for evenings. The most positive feedback was for the image of staff, the day of meeting and the staff accessibility. Everybody enjoyed the boat trip around the Allington Lock after the meeting. The preparation of this years AGM was done many months beforehand. Feedback is always welcomed as we work towards improving and providing interesting AGM's year after year. A big thank you to all involved at KASBAH.

## Christmas Word Search Puzzle

D M J S C P S Y O T R A T S O  
M A V I X E N L R A J P F R M  
O H N T R E E L Q R E G N A M  
P Y N C O D D O S M C A X Q E  
T R X Z E O F H I A M A V W R  
B Q A J N R Y S R E H S B C U  
B B S N X Y T O N T G B P D D  
L A E H C L L T A N Y R B D O  
I R Y B E E S E I T E S A B L  
T S E T R S R K S S C S W W P  
Z L O S N W C O E O H V K H H  
E E L O J O R N M E O H P C M  
N G W B T F T E R D I P U C S  
J N W S E S T D S L I G H T S  
O A K K K D P T I N S E L B F

ANGELS PRESENTS  
BLITZEN RUDOLPH  
CAROLERS SNOW  
COMET STAR  
CUPID STOCKINGS  
DANCER TINSEL  
DASHER TOYS  
DONNER TREE  
FROSTY VIXEN  
HOLLY WREATH  
LIGHTS  
MANGER  
MISTLETOE  
ORNAMENTS  
PRANCER

# TALK TO US

If things are getting to you

116 123 **FREE**

This number is **FREE** to call round the clock

**SAMARITANS**

A registered charity



**Medway Voluntary Action**

Welcome to the Medway Voluntary Action Newsletter

Don't forget to book your place for the [Medway Trustees Seminar](#), and make your nomination for the [Barry Clout Award](#)

For more information please visit <http://www.mva.org.uk/>

**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 [officeadmin@kasbah.org.uk](mailto:officeadmin@kasbah.org.uk)

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

**Newsletters are edited by Lauren Gee**