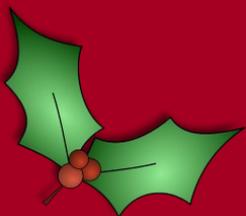




KASBAH News

December 2015



Dear Member/Carer

Welcome to the new look KASBAH newsletter. We have listened to our Member's vital feedback and have changed the newsletter format. Members asked for a shorter newsletter with less information regarding the KASBAH houses, as well as news and information for the more mature readers. Any information that you may like to read about in future editions can be sent to the editor, Catherine Kemp (ckemp@kasbah.org.uk or post to 7 The Hive, Northfleet, Kent, DA11 9DE) and we will endeavour to print these articles. Alternatively if you have any real life experiences that you wish to share, these can also be sent to Catherine. See what you think of the new 'short, sharp and sweet' KASBAH newsletter. We do hope you enjoy reading and please remember, your feedback is important to us! Merry Christmas and wishing you all a prosperous New Year.

Best Wishes,
Sophie Aiken

PS The KASBAH office closure for the Christmas period will be 4.00 p.m. on Thursday 24 December 15 and re-opening on 9 a.m. Monday 4 January 2016. The DIAL service will close as of Friday 18 December and re-open on Monday 4 January 2016.



A message from Emma...

Hello from me



I would like to wish you all a very Merry Christmas and a Happy New Year! We have listened to your feedback, I hope you like the new look and shorter version of our newsletter. Although the office will be closed from 4pm on Christmas Eve until Monday 4th January 2016, we will have an emergency contact number available on the office answer machine for urgent issues. Best Wishes, Emma

Congratulations to all those who received an award at KASBAH's first annual awards evening which was held on the 27th November 15, we celebrated the success of the hard work and commitment from service users and staff, it was lovely to see everyone make an effort to attend. A big thank you to Richard Chapman for hosting the awards and to Dean Kilshaw and Gary Heath for being the DJ's for the night.



Shorne Wood Country Park no longer allows free parking for Blue Badge Holders. The charge is either £2.00 per day Monday to Friday or £3.00 on Weekends and Bank Holidays. However, the signage now states:- Disabled visitors displaying a Blue Badge can apply for concessionary parking rates. Please call 03000 41 72 72. Euro Car Parks Ltd informed us that if we wish to park at this site, you must purchase a yearly permit at the cost of £3.00 directly from KCC and that this permit will allow unlimited parking at all KCC sites for 1 year.

News from the Advisor Service

Denise Kilshaw- KASBAH Advisor & Carers Development Officer. Email—dkilshaw@kasbah.org.uk
Office: 01474 536 501 / Mobile: 07795 231546



KASBAH Take a Break Respite Service:

We are currently running a Carers respite service in Dartford, Gravesham and Swanley. We've organised three sessions which are being held on a monthly basis to enable family Carers to take a break. The sessions are being held for the 'cared for person' and include arts and crafts, games, social interaction with others and fun based activities. We are delivering these sessions in partnership with Northfleet School for Girls A' level students. They have kindly volunteered their support to gain experience of working with vulnerable people. Our sessions are being held at: The Meeting Place Cafe, High Street, Gravesend. On: Thursday 17th December from 10am-12pm, which will be a Christmas special. For further information please call Denise Kilshaw.



Arts and Crafts Session at The Meeting Place in Gravesend



Arts and Crafts Sessions

News from KASBAH Services.

Hello from everyone at **Maddison House**, here is a picture of us (see page 5) from our cultural evening. We cooked homemade, low fat Chinese together! It was lovely. During the half term some of us volunteered at the MAGIC play scheme and we also had a spooktacular night at Rochester Road's Halloween Party. We are really looking forward to our Butlin's trip in December, our costumes are nearly ready! This year we are hosting a New Year's Eve party at Maddison House, we hope to see everyone there!

Gingerbread House have been taking advantage of the great outdoors before the weather turned too cold. The trainees have enjoyed light exercise on tricycles and explored the play areas at Cyclo Park, squeezed in ice creams at Gravesend Promenade, fed the ducks and also some horses. During the evening the ladies have snuggled up in warm pyjamas and taken part in pamper evenings with face masks. Gingerbread House are currently going through the early stages of assessment with a potential respite placement, this is looking promising and we are very happy with how he has settled in. Sophie Heath runs an educational day service at the Meeting Place on Tuesday's, there are currently four service users attending.

"I like coming here, I like trying to make my brain work" (feedback from a trainee).

Hello from **Rochester Road**! Our Halloween fundraiser and party went really well in October and thanks to everyone that attended. We are looking forward to the Christmas hustle and bustle when we can all start getting into the Christmas spirit, enjoying pantomimes and when the big guy comes down the chimney and brings us all our presents. In November RR started to work at Northfleet School For Girls to build a new farm, which everyone is enjoying.

Short Breaks have had a number of trips over the last couple of months including ten pin bowling; watching ice skating professionals at the Ice Bowl in Gillingham and a trip to London where we visited the Science and Natural History Museums.

The young people enjoyed the Interactive activities, including the dinosaur exhibits and experiencing a 3D simulation on what it would be like to land on the moon. We have trips planned before the end of the year to watch an ice hockey game, Christmas shopping; visiting a Christmas market and a Pantomime in the New Year. Our sessions run on the fourth Saturday of the month in the Millennium Hall, Rainham from 11am to 2 pm. The first session of the New Year will be held on Saturday, 23rd January 2016.



Visiting The London History Museum with short Breaks

Hello from **Seabrooke House**, we have a new service user Alex Baker, who joined us in November. With his love of Football and PS4 gaming he has settled in well with the rest of the house. We enjoyed attending the Halloween party at Rochester Road and are planning 'Come Dine With Us' again this year. We have also said "See you later" to Chris Yusuf who is returning to Nigeria for 6 Months, he has worked for KASBAH for many years and he will be missed by us all. Day Service have enjoyed taking part in a number of activities, especially going to the cinema to see James Bond!

Hello from **Hattie Webb House** we are very happy to have Amber back in the house after a short break away at her mums. She enjoyed spending time with her family and her mums dog Harry. She had some much needed R+R but is now ready to get back to her normal routine. We as a house have missed having the ray of sunshine that brightens our day and makes us all giggle. Welcome home Amber, from all at Hattie Webb House. Day Service, Moya Clear and Emma Shires took part in a gymnastics Competition with their club, and both won Gold, Silver and a Bronze for Floor, Beam and Bars. Well done to you both. Day Service have also enjoyed attending Squires Riding Stables in Chatham.



Down at the Farm



Katie enjoying a pamper night



Maddison House enjoying a home cooked meal



Emma and Moya with their awards



Pick Your Own Pumpkin



Katy at Cyclopark



Dressed up for Halloween

Meet the Trustee's



Christine Taylor Says Hello...

Christine has for many years been commissioning services for disabled children, for both Medway Council and the NHS. She delivered the Aiming High for Disabled Children Programme in Medway and has developed community services, short break services and developed the Kent Education, Health and Care Plan for disabled children. At present, she is working to develop the Health Help Now app, a digital tool that aims to help people find the right local services to meet their health needs.

Married with three grown up children, Christine is celebrating the birth of their first granddaughter who is really cute.

The invitation card features a black background with gold glitter stars and a large, elegant gold cursive script that reads "Party". Above the word "Party" is the text "NEW YEAR'S EVE" in pink. Below "Party" is the text "YOU ARE INVITED" in pink. The event details are listed in white: "Date: Thursday, 31st December", "Time: 07:30pm", "At Maddison House", and "Optional Fancy Dress". At the bottom, it says "Please bring your own drink and some nibbles!" in pink and "Family and Friends Welcome!!" in white. The card is framed by two vertical blue banners with white swirls and stars, each containing the text "Happy New Year!" in white and a martini glass icon.

Happy New Year!

NEW YEAR'S EVE

Party

YOU ARE INVITED

Date: Thursday, 31st December
Time: 07:30pm
At Maddison House
Optional Fancy Dress

Please bring your own drink and some nibbles!

Family and Friends Welcome!!

Happy New Year!

MAGIC offer activities, events and support groups on a regular basis, and also list activities happening around the ASD community too through our website: medway-magic.org

There is always something going on in the world of MAGIC or generally in the world of Autism, and below are a couple of upcoming events that MAGIC are involved in:

Carol Concert in aid of MAGIC

On **Saturday 12th December, at 6:00pm**, the Rainham Ladies along with The UK Paper Band will be holding a Carol Concert with part of the evening, including a raffle with some great prizes and the sale of refreshments, both of which shall be in aid of MAGIC.

The event takes place at GILLINGHAM METHODIST CHURCH, Third Avenue, Gillingham, Kent, ME7 2LU and tickets are **£7 for adults** and **£3 for children under 12**.

For more information please call 01634 370797 or 01634 613715 or alternatively email secretary@rainhamladies.org.uk.

(Please note that this is an event promotion only, and has not been organised by MAGIC. All responsibilities are with the operating organisation)

MAGIC have also, with the help of KASBAH, arranged a trip to the Robin Hood panto on Saturday 19th December at 3pm.

The trip has been part funded by Medway Council which has enabled us to offer the children's spaces free of charge, with the adults paying £10.

MAGIC have booked a small fleet of mini buses to arrive at their HQ where the families have been offered free transport to and from Woodville Halls to enjoy the panto and also socialise as a group on route.

A good time should be had by all, if you are interested in attending, please contact the office but please be aware that spaces are limited.



Name:
 Number of tickets:
 Adult:
 Children:.....
 Total Paid:
 Contact:

MAGIC are going to the Panto!
 Saturday 19th December 2015
 To see Robin Hood @ Gravesend, Woodville Halls
 Coaches leaving 2pm from MAGIC Cliffe Woods
 Receipt for ticket(s)
Please retain this receipt and bring to the panto

Fun Page - Winter

Fun Facts about Winter

- The coldest temperature ever recorded was -128 in Antarctica in 1983.... and we complain about the cold weather here in Britain!
- The biggest hailstone recorded fell in 2010 and was the size of a ball, weighing almost 2 pounds!
- Average snowflakes fall at 3.1MPH.



Chocolate Brownie Mix In a Jar - A perfect homemade gift.

Ingredients

In the Jar:

1/2 tsp salt

1/2 tsp baking powder

95 g plain flour

35 g cocoa

75 g plain flour

135 g brown sugar

150 g sugar

100 g chocolate chips

100g white chocolate chips

50 g walnuts or pecans (optional)

Plus:

150g melted butter

3 beaten eggs

Method

1. Layer the dry ingredients in a one litre jar, following the order above, from top, starting with the baking powder and flour. Press each layer down before adding the next. The amounts given should exactly fill a one litre jar.

2. Give to your friend :) Remember to include a tag with the following instructions

3. For the tag: Combine the contents of the jar with 150g melted butter and 3 beaten eggs. Mix well, and pour into a lined 9 x 9 inch tin. Bake at Gas 4 / 180 C (160 fan) / 350 F for 25-35 minutes.



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.

Newsletters are edited by Catherine Kemp