



## VOLUNTEERS' WEEK

This year is the 30<sup>th</sup> anniversary of Volunteers' Week and it's time to celebrate!

Last year was hugely successful thanks to all of you who took part and we want to make this year bigger than ever!

# **KASBAH says a massive thank you to all the volunteers**

who have helped us in some way over the last year, Chris Ajmi, always so patient and ready to collate, organise the inserts and Frank the newsletters (over 400 by post alone) and assist with all DIAL administration—the DIAL team for their huge contribution to the community and people with disabilities (Sheila Stringer, Jon Juniper, Jo Stringer, Vanessa Frazer, Julie Moy, Carole Dickins, husband and wife team Andy Wright & Liz Haskell Wright). Including our new volunteers for the Short Breaks team—Tina Jeffrey & Christine Langford.

To all staff who go over and above their hours and last but not least—the KASBAH Board of Trustees.

Without Trustees, lots of non-profit organisations would not exist. Taking ultimate legal responsibility for governance, meeting standards and financial regulations is just a small part of their important role!

In fact, all volunteers give their time, their skills, support and commitment. Many organisations would cease to exist without the valuable help of these people.

## Volunteers' Week

Volunteers' Week is an annual celebration of the fantastic contribution millions of volunteers make across the UK – and it's taking place from the 1-7 June 2014.

# **A Message From Emma...**



## **Hi From me**

KASBAH is working hard to meet the demands of the end of the financial year, our Annual Review will be available on the KASBAH website from Monday, 16th June 2014 so please take the time to have a look at what we have achieved over the last year.

The new Carers' services are growing from week to week, if you would like to access our support groups or would like a sitter to watch your loved one while you get on with that task that never gets done (the Carer will still need to be in the house or accompany the volunteer when out so can do their own thing. Their presence is needed in cases of emergency and to reduce the potential level of risk to the volunteer), please give Karen a call on 01474 532 950.

If you have any requests for items to be added to the agenda and /or proposed speakers, please contact the office by 16 July 2014. I hope to see you all at the upcoming AGM. Please remember we are here to help.

## **Goodbye From Sally Cochran**

After almost six years at KASBAH, Sally has decided to move on to a new challenge and will be taking on a development role with another local charity.

Sally has been a great asset to the KASBAH team and has worked hands-on at the KASBAH office, Hattie Webb House and Rochester Road, she was a jack of all trades.

We all wish Sally the very best in your new job and will definitely keep in touch.

Kind Regards

Emma Carver, Chief Officer



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## **KASBAH Head Office To Relocate**

You may have seen the recent press of the Hive rent increases set by Gravesham Borough Council.

We are fighting to reach a compromise on the KASBAH Charity Shop rent. The local community has backed us 100% with volunteers and supporters writing to the council, arranging meetings and getting a petition signed with over 180 signatures just from the local residents!

Unfortunately the KASBAH head offices will need to relocate (somewhere close to Northfleet) due to such vast rent increases and ill state of the offices (for which we have had many issues over the years). We aim to move by early September 2014. All services will remain the same and we will keep you all updated on any new details and circumstances regarding the charity shop. Please continue to bring your donations to the office and shop. We rely on all support to keep the shop continuing. Thank you.

# AGM Notice Summary Of Findings..

**The next KASBAH AGM is scheduled to take place on Friday 10 October 2014 at 11.30 a.m. in the Medway area! The venue will be included in the next newsletter along with an agenda, directions, attendance slip and postal/proxy vote. Watch this space!**

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Here is the feedback from the AGM that took place last September 2013 – the day and start time suited a high percentage of attendees. **Autumn, Tuesday and in the morning** being the most suitable and Saturday, Sunday and evenings being the most unsuitable. Monday, Wednesday, Thursday, lunchtime, afternoons being on average the next best day & time.

**Image of staff** came out as one of the most positive which is fantastic for all staff involved.

The negative aspects were the sizing of the room and lack of parking.

The organisation of the AGM starts many months beforehand. Constructive feedback is always welcome and we have put some actions in place to address any negative comments. Unfortunately the AGM venue room was changed at the last minute, which was out of our control, we also had more attendees than expected, but no excuses for next time! Meetings will start on time and finish on time.

A big thank you to all staff, volunteers, Board of Directors and the DIAL team who managed all the hot refreshments. Special thanks to Chris Ajmi, Sheila Stringer & Jon Juniper who came as attendees and stepped into help, worked really hard and were not even asked!

**Please remember to complete and get your KASBAH feedback survey enclosed completed and sent back to the office by the end of June (7 The Hive, Northfleet, Kent, DA11 9DE).**

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## Seabrooke House

We'd like to give Michelle Craggs a warm welcome to Seabrooke House. Michelle had been living at Froggnall Farm House in Teynham but has now moved into Seabrooke House to complete her training to enable her to live independently.

She is making excellent progress is enjoying her training and developing her skills. Emily and Cassie had a joint birthday party at Seabrooke House,

many family, friends and trainees from others houses attended, a big thank you to everyone who helped out and joined in on the celebration.

Day service this month has included bowling, arts and crafts, cooking apple crumble, making cakes, shopping and budgeting, getting out and about in the community.



# Rochester Road

It has been a busy time over the last few months at Rochester Road with many changes being made. The guys have helped convert the old Live in Role sleepover room into a bright and colourful lounge creating more communal space. Everyone has worked together to make the garden more welcoming, this is now a tranquil place with solar lights and new plants.

Abi and Nicola have been on holiday recently with staff support from Naomi and Andrea; they travelled to Dorset and stayed in a caravan. Whilst there they visited the Sea Life Centre, Monkey World and enjoyed many of Dorset's finest restaurants.

Ash also went away with family to Sheerness for a week; he thoroughly enjoyed his time there and can't wait to go away again at the end of the month.

Ross is making a new start in Deal - he still phones for a chat from time to time and is enjoying all the ladies on the beach.

Richard has moved on from Rochester Road to develop more skills at Seabrooke house.

We are pleased to say that Rochester Road is now full with 5 Service users. Our newest trainees are Katie and Daniel (respite), they have both settled well and their personalities are shining.

Unfortunately we have to say goodbye and good luck to House Manager Sally Cochran - we wish her all the best with her new job. We now have a new full time Life skills coach who has transferred from Seabrooke House, Sophie Heath, stating "Rochester Road is an enjoyable house to work in with the guys constantly keeping me on my toes".



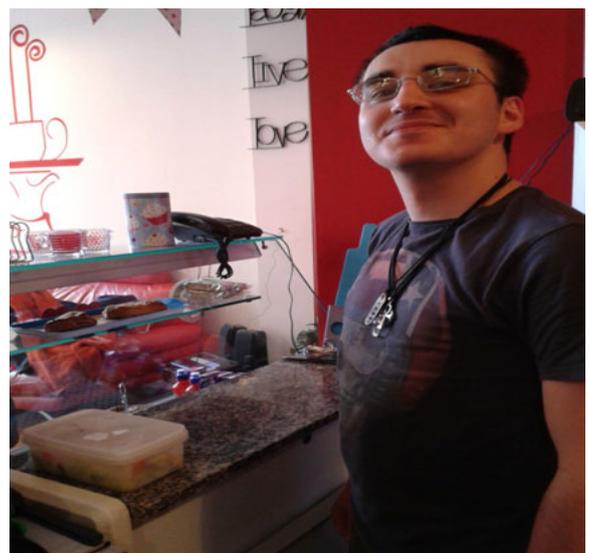
# The Meeting Place Cafe

It has been great to see the development in the service users who have been using The Meeting Place cafe for meaningful work experience.

We do need your support to keep this service viable, so pop in for a cuppa and please tell your friends.

Becky Glibbery

PS If you need somewhere to hire for a meeting with or without refreshments, please contact me. Depending on numbers, we are prepared to let our members and supporters hire the café exclusively (with one staff member always on site).



Andrew busily working in the café above.

# For Sale

Stannah stair Lift, only used for four months previously. It is in good condition but needs a new battery. Contact Sue Harnedy, Associate for Disabled Children, Child Health and Maternity Commissioning, Ashford or email: [susan.harnedy@nhs.net](mailto:susan.harnedy@nhs.net)



Shine's Lifelong Opportunities Programme 2014



## Hydrocephalus - Understanding Your Child in the 21st Century

An opportunity for Parents and Guardians to develop a greater understanding of the effects of hydrocephalus and how it may impact your child's development and learning.

**Tuesday 10th  
June 2014**

Venue

**Jury's Inn  
Brighton BN1 4DJ**

Time 10.00am - 3.30pm

### This event will include:

- Information sessions for **Parents/Guardians** to help understand the behaviour of a child with hydrocephalus.
- Strategies to assist a child's development in the 21st century.
- Learning through interactive play.
- Workshops for **Parents/Guardians** to experiment with resources to help with learning.
- The opportunity for a question and answer session in an informal and confidential environment.



Fully accessible facilities.

All day bar snacks and lunchtime restaurant available.

**Cost £5 per person**

(to include unlimited tea/coffee and refreshments)

All day parking available at Brighton railway station (opposite venue)

Closing date for applications 19th May 2014

To book a place contact **Joanne Taylor**

T: 01959 534618 or E: [joanne.taylor@shinecharity.org.uk](mailto:joanne.taylor@shinecharity.org.uk)

# News from the Advisor Service

Karen Heath  
KASBAH Advisor  
& Carers Development Officer

Email [kheath@kasbah.org.uk](mailto:kheath@kasbah.org.uk)  
Office: 01474 532950  
Mobile: 07795 231546



On Tuesday 13 May, myself and Sophie Aiken attended a holistic fund raising event in Ashford. This was organised by long time KASBAH member Lucy Snow. The event was well attended with a steady flow of visitors all evening.

Lucy organised the whole event and worked extremely hard raising funds (as well as raising awareness of KASBAH) –

she managed to raise nearly £170 in one evening! Thank you so much again Lucy, your support and donation is very much appreciated by KASBAH.

Please note the poster underneath advertising support groups which may be of interest to you—please contact me for more information.

*Karen*

**Support Group poster to the right**



## Short Breaks

At the beginning of April, Short Breaks young people and staff visited the Hollywood Bowl in Rochester for a fun evening of ten pin bowling.



This trip was organised in response to requests for a return visit. The evening was enjoyed to the full by the young people and staff alike. We returned to B & Q in April, for a DIY session where the young



people made a hedgehog house. This was a challenging project but all the young people did a great job.



We were pleased to have several new faces with us together with a number of regulars. This is very clearly a popular activity and we are due return at the end of May when they will be making a wheel barrow planter.



**KASBAH** SUPPORTING DISABLED PEOPLE TOWARDS INDEPENDENCE  
SAIL SUPPORT - Advice - VISITS - LEADERSHIP - TRAINING - ADVICE - SERVICES  
LOTTERY FUNDED

**Support Groups - Swanley venue**  
**\*joint group with KASBAH**

For parent/carers of children with ASD, ADHD and other disabilities

Allsworth Court, 40 St Davids Road,  
Hextable. BR8 7RJ  
10.00 am - 12.00 pm

Monday 23<sup>rd</sup> June 2014  
Monday 21<sup>st</sup> July 2014

For further details contact SAIL at  
The Parents Consortium on 01322 668501 (option1)  
Email: [sailadmin@parentsconsortium.co.uk](mailto:sailadmin@parentsconsortium.co.uk)

the parents consortium  
supporting disabled children & their families

## Continued..

On the 19<sup>th</sup> April several of our young people helped the staff at Wilkinson store in Rainham with their fund raising collection for their chosen charity – the Air Ambulance Service. They helped out with bag-packing and stocking the shelves. The staff at Wilkinson were very grateful for all their help and are keen for them to return in the future to give them a hand!

Our session in April was very well attended and the young people had the chance to pot up plants which they then sold to their parents – all proceeds going towards a trip out in the future. Barclays Bank very kindly awarded us a grant which enabled us to purchase plants, compost, tools etc and several members of their staff from the Rainham branch came along as volunteers to help us out. We very much appreciate their ongoing support for the project.

At the beginning of June we have a speedboat trip arranged which will take in sights along the Medway such as – the Historic Dockyard, Upnor Castle, Cookham Fort and the estuary islands. Such is the demand for this trip we have already booked another date! Our sessions run on the fourth Saturday of the month at the Millennium Hall in Rainham from 11 am to 2 pm. We are always happy to welcome new members. Please come along to see what we have to offer. Forthcoming sessions are on 28<sup>th</sup> June, 26<sup>th</sup> July and 23<sup>rd</sup> August. Please contact Rachel, Co-ordinator on 07505 489049 or e-mail us at [shortbreaks@kasbah.org.uk](mailto:shortbreaks@kasbah.org.uk)

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## Hattie-Webb House

Hattie Webb House has had its makeover inside the house and we are now focusing on the outdoors. We are planning on a mini garden makeover and this will be a joint

effort with input from service users and day service. This will include identifying suitable plants and promoting personal choice. We are looking to buy some new evergreen shrubs as well as roses, which is what the residents have decided on. We just need the nice weather so that we can complete our makeover. Look out for before and after photos in the next newsletter. Steve recently supported Amber, Emma & James to



visit Riverside Country Park, on the Easter weekend. They were hosting a farmers market and everyone enjoyed the event.



Day service continue to have full and active timetables and have recently enjoyed accessing the gym, KASBAH café and outings to the zoo and Eagle Heights. Day service are planning on travel training, picnics, trips to Leybourne Lakes and Leeds Castle in the coming weeks. We are hoping for good weather!

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## Update On The Current Situation With The Independent Living Fund (ILF)

- You may be aware that, on 6 March 2014, the Government announced that the ILF will close on 30 June 2015. From this date, responsibility to meet the support needs of ILF users will be passed to local authorities in England and the devolved administrations in Scotland and Wales. Funding for ILF users in Northern Ireland is currently the responsibility of the Department for Social Development.

We have therefore started a new programme of activity, similar to the transfer review programme we were previously undertaking. These are designed to review the needs of our users and make preparations for their transfer on 30 June 2015.

We have written to all our users to explain this to them and a copy of the letter and the information sheet can be seen on the [website](#). We are aware that this new position may cause concern for our users and stakeholders and we will continue to support our users to try and minimise this concern. We have also been in touch with local authorities, to discuss the detail of the new programme with them.

ILF users will continue to be supported until June 2015 as long as they continue to meet our eligibility criteria. We will continue to maintain user awards and are focused on maintaining excellent customer services.

If we can assist in answering any questions, please don't hesitate to get in touch.

Sarah Roach, Communications Officer (Events and Publications)

Independent Living Fund, Equinox House, Island Business Quarter, City Link, Nottingham, NG2 4LA



## Gravesham Citizens Advice Bureau

### New Citizens Advice Bureau Drop-in

Venue: Northfleet Veteran's Club, The Hill,  
Northfleet, DA11 9EU

Every Friday morning  
10.30-12.30

First session on Friday 2nd May 2014

No appointment needed!

Help with Employment, Housing, Consumer,  
Relationships, Benefits, Debt problems... and much more

Free, independent, confidential and impartial advice.

[www.graveshamcab.org.uk](http://www.graveshamcab.org.uk)



Thursday 12th June 2014  
Rivermead Leisure Complex  
Reading RG1 8EQ  
9.30am - 4.30pm

#### FREE ENTRY TICKET

Complete the registration slip  
on the back and hand in on entry

Free Entry  
Easy Access  
Accessible Parking

Information on:

- Funding • Seating • Beds
- Mobility • Accessible Vehicles
- Communication • Transition
- Sensory • Toys • Bathing
- Wellbeing • Sports and Leisure and much more....



An event for children and young adults  
with disabilities and special needs,  
their families, carers and professionals.

[www.kidzsouth.co.uk](http://www.kidzsouth.co.uk)

Call:0161 607 8200

Email:[info@disabledliving.co.uk](mailto:info@disabledliving.co.uk)

#### Dates for your Diary

- Royal Highland Exhibition Centre  
Edinburgh  
11/09/2014
- EventCity  
Manchester  
20/11/2014
- Ricoh Arena  
Coventry  
TBC March 2015



Organised by



**Looking For A Great Day Out This Summer?** - dgsmyourchoice are  
arranging a coach trip to **Blenheim Palace on Friday 5<sup>th</sup> September 2014.**



The day includes coach travel to and from Blenheim Palace (pick up at Gravesend Overcliff at 8.00am and Dartford Market Square at 8.15am)  
Once at the Palace we will have a welcome tea/coffee and a talk about 'Blenheim Palace and Victorian Passions and Pursuits'. The private guide will then take us on a tour of the Palace, followed by free time to visit gardens, restaurants and shops at our leisure, leaving at around 3.30pm.

Tickets are £45.95 which includes admission, talk with tea/coffee and coach travel. Places are limited so please book early to avoid disappointment.

Kind regards

**Marisha Messer** Community Fundraiser, Direct Line: 01322 425995, Switchboard:  
01322 281833 [www.dgsmyourchoice.org.uk](http://www.dgsmyourchoice.org.uk)

# Maddison House

## Happy 1st Birthday!

This month Maddison House celebrated its first birthday by having a gathering of friends, family and residents!

Everyone embraced the sunshine and sat outside in the Maddison House garden chatting and reminiscing about this time last year when our 7 individuals moved in (Graham, Dan, Danielle, Tom, Natalie, Mark and Simon).

Staff & Residents from Maddison House give their many thanks to those whom came to celebrate on the day!



# KASBAH Support In Sport In The Local Area

Gravesend Rugby Football Club have been very supportive of the work KASBAH as a charity provides and made the decision this year to use KASBAH's logo on their 'Dynamite' team (wheelchair rugby) as opposed to a business sponsor in recognition of their support for our work alongside another registered charity - The Ben Johnson Forget Me Not Foundation, a charity which fund raises to support individuals, families and Carers who are affected by blood cancers. To find out more and support this great cause please visit

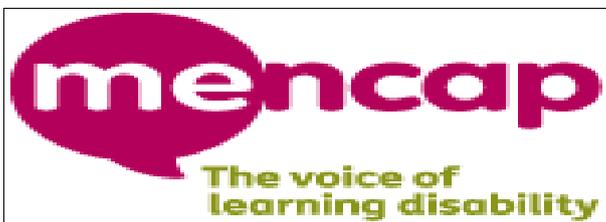
[www.bensfoundation.co.uk](http://www.bensfoundation.co.uk).

KASBAH in turn have sponsored a gazebo for the club to promote both our services alongside the logo of Gravesend Rugby Football Club, this is a great collaboration and we encourage anyone who is interested in taking up rugby to make contact with the club on 01474 534840.

If you require any further information about joining GRFC, call Barry Andrews (Membership Secretary) on 07789 994048 or Teresa Gray (Mini & Youth Membership) on 07851 183739.

Gravesend Rugby Football Club also became the first Rugby Football Union club in the UK to offer wheelchair rugby league as a rugby playing option for all in the local community. If you'd like to play wheelchair rugby then please contact Jason Owen via [wheelchair.rugby@yahoo.co.uk](mailto:wheelchair.rugby@yahoo.co.uk). The club is open to all (male, female, mini, youth, adult, disabled, able bodied, etc all participating together) and runs at North West Kent College, Gravesend from 4.30pm till 6pm on Wednesdays with an evening session planned if there is sufficient interest. Email Jason if you would like to give this rugby a 'try'!





Mencap recently advertised some information about some free wills and trusts events we are holding in your area in the near future. I hope you have received it.

These Planning for the Future events are a chance for families and carers to get face-to-face advice from a legal professional about writing wills and setting up trusts for the benefit of someone with a learning disability.

After attending an event, one parent said **“it seems such a complicated subject that you tend to put it off, but Mencap introduces it in an informative and friendly way.”**

As you are in contact with people who may benefit from this information, I would really appreciate your kind support in promoting the events. You can [download a flyer](#) and some [additional details](#) about the events that you might find useful in passing the information on.

To see the calendar of events for the year, please visit [www.mencap.org.uk/pffe](http://www.mencap.org.uk/pffe). If anyone wants to book a place, all they need to do is call the team on 020 7696 6925, fill out and return [our booking form](#), or [use the online booking system](#).

Best wishes,

Lina Baki  
Wills and trusts team coordinator

P.S. If anyone is unable to make the event, they can contact the team on 020 7696 6925 to get free legal advice and order our helpful guides.

Please note these events are to provide advice to families and carers about making provision for their child or family member with a learning disability, and not designed for people with a learning disability.

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## **Personal Independence Payment (PIP)**

PIP is not an easy benefit to claim successfully. So far, according to the DWP's own statistics, **just 37% of claims for PIP have been successful** where the claimant is not terminally ill.

### **PIP SELF TEST -**

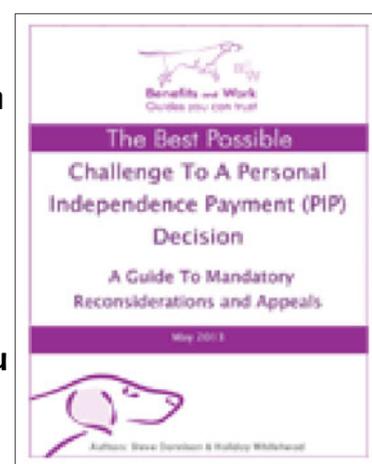
The handy PIP self-test allows you to score yourself for the daily living and mobility components of PIP with a few clicks of your mouse. It will do the maths for you, tell you what components you assess yourself as qualifying for and even email you a copy of your results if you want it to.

<http://www.benefitsandwork.co.uk/PIP/indexxx.php>

### **Personal Independence Payment (PIP) Timetable**

Current DLA claimants have already started to be reassessed for personal independence payment (PIP) in some areas. By October 2018, it is intended that all current DLA claimants will have been assessed for personal independence payment (PIP) instead.

Published by Benefits & Work website



## **MA\$H Ashford**

**Lego and arts club** from **4.30 – 6pm**, we will have the use of both the sensory and soft play rooms.

## **West Faversham Community Center**

**Monday Youth club 5.30 - 7.30** with Jonathan and Kelly for 11-25 year olds.

**Wednesday 5.30 - 7 for 8-12 year olds**, the Jr youth club for both disabled and mainstream young people.

**Teen club 7 - 9 for 13 -19 year olds**, anyone can attend. On the 5th March in the Jr club we will be having a **pancake race** (weather permitting) The teen has cookery time each week.

**Friday from 7 - 10** we have our other youth club for anyone to attend . All clubs 50p

## **Ashford Gateway +**

**Cooking up Ideas club** - teen club is from **10 - 12 for 14 - 18 year olds**. The Jr club is from **1.15 - 2.30 for 8 - 13 year olds**. Saturday with Rachel and Ben.

## **Brogdale Farm**

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

## **Maidstone Farm**

**Sunday 10 - 1** gardening club, Muddy Wellies with Jonathan and Pete.

These clubs are only £3 each.

# Horse Riding

We are very pleased to confirm the dates for our horse riding sessions at Whiteleaf Stables. We will be booking 15 minute sessions for each rider more than one date can be booked.

**These sessions must be booked in advance as the stables need to know who is coming to prepare the horses.**

For further information or to book your slot please contact me, Sarah. We look forward to seeing you there.

Kind regards

Sarah—Brogdale CIC

**healthwatch**  
Medway

Your spotlight on local services

Healthwatch Medway is the independent consumer champion of Medway people (Adults and Children) who use health and care services. Healthwatch exists to give people in Medway a stronger voice to influence and challenge how health and social care services are provided within their locality. It will provide information or signpost people to enable them to make choices about health and care services.

It will also signpost people to organisations that can assist them when health or social care provision has been less than satisfactory. The Healthwatch Medway Newsletter will be coming out soon and include lots information about Healthwatch Medway (including volunteering opportunities). If would like you to sign-up to the newsletter please go to <http://www.healthwatchmedway.co.uk/>



**Brogdale**  
CIC

COME JOIN US FOR

# HORSE RIDING

AT WHITELEAF STABLES

Sessions run 3pm – 5pm on

18th May, 25th May, 8th June, 15th June,  
29th June, 6th July, 20th July, 10th August,  
24th August, 14th September,  
21st September, 5th October

at Whiteleaf Stables  
Lower Road  
Teynham  
Sittingbourne  
Kent, ME9 9LR

**£3 A SESSION**

Brogdale CIC will be running a series of Horse Riding sessions for disabled young people and their families during May, June, July, August, September and October. If you would like further details or to book a place, please contact [sarah@brogdalecic.co.uk](mailto:sarah@brogdalecic.co.uk) or call 07812 416344

FOR MORE INFORMATION VISIT  
**WWW.BROGDALECIC.CO.UK**

## June Quiz:

1. June was named after the Roman goddess Juno. She was the goddess of what?
2. "All June I bound the \_\_\_ in sheaves, Now, \_\_\_ by \_\_\_, I strip the leaves." What flowers does Robert Browning Hamilton refer to?
3. Which month of the year always starts on the same day of the week as June?
4. Who was Kamehameha, whose day is celebrated on the 11th of June in Hawaii?
5. Which of the following countries does NOT celebrate its Independence Day in June - Philippines, Slovenia or Hungary?
6. Meitheamh is the name for June in which country?
7. The first day of June in Iceland is Fisherman's Day. Who is the saint patron of fishermen?
8. What is the zodiac sign for June 22nd to July 22nd?

(Answers at the bottom of the page)

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**Strawberries and cream brioche** - *About this recipe:* Sweet brioche topped with cream cheese, honey and strawberries. A sandwich treat that is perfect for afternoon tea or a lazy Sunday afternoon.



### Ingredients

#### Serves: 2

- 4 slices brioche
- 15g Flora Buttery
- 25g low fat cream cheese
- 4 strawberries, finely sliced
- 1 teaspoon runny honey

#### Prep: 5min Ready in: 5min

First toast the brioche and then spread with Flora Buttery. Now to build the open sandwich, spread the brioche with cream cheese evenly (you could also use fat free Greek yoghurt). Add the strawberries on top in a pretty pattern. Finally add the pièce de résistance a generous drizzle of honey.

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## 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](mailto:admin@kasbah.org.uk)

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

**1.** Marriage & household, Juno took special care of Rome. She was the wife of Juniper. **2.** Roses **3.** No other month – March ends on the same day of the week as June every year. **4.** The King of Hawaii – Kamehameha. Kamehameha Day on June 11 is a public holiday of the state of [Hawaii](#) in the [United States](#). It honors [Kamehameha the Great](#). **5.** Hungary **6.** Ireland (Meitheamh means mid summer in old Irish) **7.** Saint Peter **8.** Cancer