

# News

APRIL 2011

7 The Hive, Northfleet  
Kent, DA11 9DE  
Tel: 01474 536501/536202.  
Fax: 01474 536202  
Email: [admin@kasbah.org.uk](mailto:admin@kasbah.org.uk)

## More Good News!

KASBAH continues to develop and expand, and it has all been happening so fast! Fred Benson our Deputy Chief Officer has completed his induction, and is now identifying areas for improvement and taking ideas forward for development.

What are your thoughts and ideas? Do you see any gaps in the market in your area? Please share your ideas about the ways in which KASBAH might develop - not just the 'safe' options of expanding housing and support services, but also looking at new directions such as becoming a training provider for support staff, setting up a social enterprise, a catering based service, or even a petting zoo!

Please call Fred or I (01474 536501) with your ideas.

The new office is now open and looking great. The Advisors are enjoying the luxury of an office window and the DIAL clients have more space (and peace) - the main office was becoming a little crowded!

We are now making progress with our plans for East Kent. We are hoping to increase our presence in East Kent, make our services and capabilities better known in the area and start to assess what services are needed there. An Advisor? A housing scheme? A support network? Training opportunities? Please help us by sharing your views.

A local office has been located and a short term tenancy set up from the 4th April. This will be at the Leads Centre in St Peters. Contact details will be available from the KASBAH office in the near future.

The KASBAH team are all fully motivated and in the next financial year we want to maximise our impact by providing the best possible services for you.

Call, e-mail or write and tell us your thoughts and views.

Emma Carver, Chief Officer

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**We love to hear from you! Please don't forget to send in your news and views and respond to items on pages 2, 7, 9 &12.**

### PLEASE NOTE:

Information in this newsletter is provided in good faith & although we have taken every care in its preparation, KASBAH & its employees or volunteers cannot be held responsible or liable for the accuracy of information or materials, or for any errors or omissions that may have occurred, especially where supplied by other organisations or sources. In using this information, you assume all risks associated with its use or misuse.

## ADVANCE NOTICE KASBAH's AGM

**Our AGM will be held on 7<sup>th</sup> July 2011 (Time to be advised)**

**At the Ulcombe Village Hall Function Room**

**(Museum of) Kent Life, Lock Lane,  
Sandling, Maidstone, Kent  
ME14 3AU**

(There will be **Free Admission** beforehand for members to look around).

<http://www.kentlife.org.uk>

**Could members with items for the Agenda please send them in to the Office as soon as possible?**

## A WORD FROM EMMA ...



Hi Everyone

It has been a busy couple of months at KASBAH, inducting our new Deputy Chief Officer, Fred Benson, setting up the new office at 14 The Hive (- Fred did the hard work!) and working on KASBAH's plans for the future. It has been extremely busy, but has also been very worthwhile.

The Development Officer's post has now finished (see below) and I feel the feedback from Paul's surveys had both positive and negative aspects, indicating that KASBAH members feel they are able to ask for help when they need it, but due to the low levels of response to the surveys it is hard to say if you all feel that way.

I want to ensure KASBAH is constantly monitoring its service provisions to meet your needs, so please, please keep me and the team updated on how and where we can improve.

Bye for Now

Emma Carver (KASBAH Chief Officer)

## "Access To Work" Scheme - Please give us your views...

Do you, or have you used the Government's "Access to Work" scheme?

If yes, what has been your experience of the scheme? - Good or Bad?

I am trying to gather as much information as possible from our members to discover if this scheme is working for you. Please let me know.

You can call the office on 01474 536501

write to me at KASBAH, 7 The Hive, Northfleet, Kent DA11 9DE

or email [ccunningham@kasbah.org.uk](mailto:ccunningham@kasbah.org.uk)

I really do need your help with this, so please contact me

Thank you, Christine.

## Goodbye From Paul . . .

When I started working at Kasbah, it was all a bit daunting. Not having worked in the voluntary sector before, I didn't know quite what to expect, how the charity operated or what my colleagues actually did during their working day. But I needn't have worried, after all, they're only human (well most of them!). KASBAH has a dedicated staff team which is always willing to help. Now, six months later, I feel I am a much wiser and more knowledgeable person.

During my time here I carried out surveys, attended events and met many members. My experience at Kasbah indicates that the majority of members are very happy with the services provided by the charity and that many rely on these services.

A small number of members would like to attend more regular social events, but as members reside all over

In March we said goodbye to our Development Officer Paul Williams after his six-month contract expired. He gives us his view of his time with us.

We wish him every future success.



Kent and it is hard to find a day on which everyone can attend, it is difficult to organise an event convenient for everyone, which often results in a low turnout. The charity cannot do everything, but it does everything it possibly can for its members through its committed team of staff and volunteers. It is also constantly looking for ways to improve in this fast changing world.

I found the staff and volunteers to be a friendly, helpful & committed group of people who work well together as a team and I have also found the members to be a friendly and inspiring group of people. I would like to thank all of you for making me feel so welcome.

# Inside KASBAH

## Hattie Webb House

We've had some fun times recently at Hattie Webb House. Sarah and Amy, two of our day service clients, visited Renaissance Crafts in Maidstone where they painted pottery of their choice. This was then fired and collected a week later. The staff at the workshop were really welcoming and helpful, and we would certainly recommend it as an activity for anyone looking for something a little different. Our other day service clients are looking forward to going horse riding soon;

not only is this great fun, but helps with core stability and balance, and gets us out in the fresh air! We've also enjoyed pancakes this month – flipping great they were!

Ross enjoyed a trip to the O2 in Greenwich recently, and went to see his favourite comedian, Russell Howard. He also got to meet Gillingham FC this month, he watched them train and will be going to see them play soon.

We also had a visit from Hattie Webb, and she brought us a fantastic gift – a framed Leonard Cohen

tour poster signed by Leonard, Hattie, her sister Charley and all the band from the tour. This now has pride of place in our lounge. It was great to catch up with Hattie while she is in the UK – she has been away on tour for the best part of 18 months.

Hattie Webb House are pleased to welcome their new resident, Amber, who has just recently moved in, and Kim, a new day service client.

*Sally Cochran  
House Co-ordinator*

## Seabrooke House

### Chinese New Year at SBH!

Seabrooke House had the pleasure of seeing the dragons used for Chinese New Year parades up close. The trainees enjoyed trying them out and dancing around the house. We talked about who is what animal.

*Here are some of our pictures:*



**gung hei faat choih \***



**恭喜發財 \***

**gōng xǐ fā cái \***



## What Else Have We Done?

Some of us are going to an ABBA sing-along at Dartford's Orchard Theatre on Mon 21st March. Should be a good night. Dressing up will be optional!

Our guys have been doing really well with their healthy living. Well done **Abi**, who has lost  $\frac{1}{2}$  stone!

**Ash** has now returned to Wednesday club. He says: "Everyone was surprised to see me back, especially the staff. I am enjoying being back. There has been a mixture of things at the club since my first week back, and there are some new people at the club. People in the local shops were surprised to see me back as well. I am hoping things will continue to be good."

**Mark** writes:

"Just to let you all know that I have now passed my Level 2 Food Hygiene Qualification. Next I go on to my basic fire awareness course, and am then going to learn a few interview techniques. After that I am going to do a PAT testing course. At the moment I don't know where all this will lead, so please watch this space!"

Well done Mark!

\* *New Year Greetings in Cantonese, Traditional Chinese Written Characters, and Mandarin*

# Inside KASBAH

## Short Breaks

The Short Breaks Team had a busy end to February with three sessions in the Millennium Hall in Rainham. The young people are all very interested in taking part in the AQA Accreditation scheme. This scheme will enable all of our young people to gain an accreditation at their own level. We are running AQA's in recycling, managing money, baking cakes, making fajitas, bed making and travelling on public transport.

We run the units in a safe environment and the young people have enjoyed the fun of incorporating a duvet challenge with learning how to make a bed. There was much hilarity while they tried to beat each other against the clock.

Two ladies from Barclays Bank visited one session to talk about money management. They inspired the young people with their talk and interacted with them to such an extent that they offered to become involved in helping with the AQA for budgeting and managing money!

**See Picture (Right) >>>**

Rachel and Jane attended a coffee morning at Bradfields FE to promote Kasbah and have been invited back for another session. Rachel has also visited the

Trinity School to spread the word. Rachel and Barbara attended the AGM of the Medway Parents and Carers Forum to promote Kasbah and the Short Breaks Project. We are pleased to report that we have had several new inquiries regarding the project and have three new young people who have joined us. We now have fifteen regular members.

For information about our project please telephone our mobiles: **07505 489049** or **07758 703627**.  
or e-mail: [shortbreaks@kasbah.org.uk](mailto:shortbreaks@kasbah.org.uk).

### MONEY MANAGEMENT / BANKING SESSION



**For the rest of the year the project will run monthly on the dates shown below:**

All sessions will be take place in the Millennium Hall, Rainham, except March, July and December.

March 26<sup>th</sup> (trip to River Valley Golf Range, Upchurch)  
April 23<sup>rd</sup>  
May 28<sup>th</sup>  
June 25<sup>th</sup>

July 23<sup>rd</sup> (trip out) August 27<sup>th</sup>  
September 24<sup>th</sup>  
October 22<sup>nd</sup>  
November 26<sup>th</sup>  
December (Xmas Dinner)

## Meet The Team!

We thought members might like to see a rare view of almost all your KASBAH Board Members, Office, Seabrooke House, and Hattie Webb House staffs, Advisors, DIAL, Short Breaks and Outreach Teams and many of our invaluable Volunteers, who had a rare chance to meet face-to-face at a very successful 'Communications' course run recently by our hard working Chair Betty Hague-Smith.



## DIAL

After another busy period we are finally taking appointments in the new office at 14 The Hive.



We are currently looking for DIAL volunteers to assist with form filling, benefits advice and/or taking telephone messages - we have a backlog of clients waiting for our services and a cancellation waiting list, so help is really needed!

If you would like to find out more about volunteering with the Dial Team, please speak to Sheila on **01474 356962**, or leave a message and we will be in touch.

*Sheila Stringer, Dial Team Coordinator*

**DON'T FORGET to find out what is going on at KASBAH. Visit:  
[www.kasbah.org.uk](http://www.kasbah.org.uk)**

# Fundraising

## Primary School Raises £733 for KASBAH !

KASBAH would like to thank [Stelling Minnis C of E Primary School](#) near Canterbury, which recently held a marathon 'Dancethon' dance session which lasted all day! The pupils danced for 20 minute periods over the course of the event, while their teacher, Miss Pilkinson (or 'Miss P' as she likes to be known) danced all day!

Our Deputy Chief Officer Fred Benson attended the school's final half term assembly on Thursday February 13<sup>th</sup> to thank the school for its efforts on behalf of KASBAH and receive the donation. During the assembly pupils entertained the gathered parents and guests with music and singing, interspersed with a short series of very amusing 'Roman Age Adverts' - very useful if one needs to obtain the latest fashions in togas or those difficult to find gladiatorial supplies!

Callan Jackson (4), who has Spina Bifida and Hydrocephalus, is a pupil at Stelling Minnis school and through his 'Dancethon' efforts and those of fellow pupils, parents and members of staff, the event was a tremendous success, raising the magnificent sum of £733.00. This was presented by Mr Gray the Head Teacher.

Mr Benson thanked Mr Gray, the children and the assembled parents and gave a brief introduction outlining the type of work KASBAH does and the support it can offer. It was explained that KASBAH is an organisation that works with individuals and families affected by Spina Bifida and Hydrocephalus, offering information, help and advice, and that we can use this type of donation to purchase small items of equipment such as specially adapted bicycles or specialised computer equipment - in fact anything that could make an individual's life a little bit easier!

Once again a big thank you to Callan, and the pupils, parents and staff of Stelling Minnis Primary School.

## £1000 From Liberty Mutual Insurance Europe Ltd !

Thank you to Liberty Mutual Insurance Europe Ltd for their very generous donation of £1000. Each year, instead of sending Christmas Cards they ask their employees to nominate charities to receive a donation instead. KASBAH were very fortunate to be nominated by Antony Cutts (father of member Sam Cutts) and we are very, very grateful for their support.

## Simon's Marathon Run

As reported in the last issue, Simon Appleby is running this month in the London Marathon (17th April) on behalf of KASBAH. He is training 3 times a week and is very much looking forward to the challenge of completing the course on the day. If you would like to sponsor his endeavours, please contact the office on 01474 536501 or email [admin@kasbah.org.uk](mailto:admin@kasbah.org.uk). If you have a paypal account, you can make a donation directly through:

[www.paypal-donations.co.uk](http://www.paypal-donations.co.uk).

Type in "Kent Association" in the 'Find a charity search box' and KASBAH should appear. Thank you for your support.

## 'KIDZ' EXHIBITION DATES FOR YOUR DIARY:

*FREE UK exhibitions totally dedicated to disabled children, their families and carers, and the professionals who work with them.*

**Kidz South – Thursday, 9<sup>th</sup> June 2011 - Rivermead Leisure Complex, Reading**  
**Kidz Up North – Thursday, 24<sup>th</sup> November 2011 – Reebok Stadium, Bolton**

For more information on any of these Kidz events please contact the Kidz Team at Disabled Living:  
Redbank House, 4 St Chad's Street, Cheetham, Manchester, M8 8QA

Tel: 0161 214 5959

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

Website: [www.disabledliving.co.uk](http://www.disabledliving.co.uk)

Disabled Living is a Registered Charity No 224742. Established 1897

# From Our Advisor Service



**Christine Cunningham**  
KASBAH Advisor

Email: [ccunningham@kasbah.org.uk](mailto:ccunningham@kasbah.org.uk)



**Gill Reynolds**  
KASBAH Carers' Advisor

Email: [greynolds@kasbah.org.uk](mailto:greynolds@kasbah.org.uk)

To Contact Us: Telephone: 01474 536501 or Write to 7 The Hive, Northfleet, Kent, DA11 9DE

## Success For Ryan !

**K**ASBAH Member, Ryan Gilmurray, aged 6, has recently discovered a new talent - carriage driving - after joining the Alkham Valley Community Project (AVCP), Hougham, near Dover.

Ryan joined in October 2010 after learning about the Project and has not looked back. Centre Instructor, Amanda Grasspole (pictured here with Ryan) has high hopes for him as he shows natural ability.

AVCP is currently bidding for an award as part of 'The People's Millions' featured on Meridian TV's SE Regional news programme in which Ryan and his dad Jason appeared. To see the clip please go to;

<http://www.itv.com/meridian-east/disabled-riding-centre04597/>



(Current at the time of publishing, April, 2011)

## About AVCP . . .

Amongst other objectives the AVCP strives to provide safe, supervised access to equines and facilities to learn skills relating to horses, horse riding and carriage driving. both to promote health and well being for disabled and disadvantaged adults and children, and also to promote community participation in healthy recreation. Access can also take the form of work experience placements or educational courses.

It provides horse care and small animal care awards as part of the [ASDAN](#) Towards Independence Programme and provides a course working towards the horticulture ASDAN and Community Volunteering ASDAN Award. The project runs British Horse Society courses and currently has three students working towards NVQ 1 and 2. It is an approved [ASDAN](#) and [KEITS](#) \*\* assessment centre.

To learn more about the Centre visit [www.avcp.co.uk](http://www.avcp.co.uk)

If you have any questions then please contact AVCP via the website, or telephone:

Jo	<a href="mailto:jo@avcp.co.uk">jo@avcp.co.uk</a>	07816664529
Amanda	<a href="mailto:amanda@avcp.co.uk">amanda@avcp.co.uk</a>	07723607220

(\*ASDAN is an educational charity awards body. \*\* KEITS - ('Keeping Excellence In Training Standards'), is a private training provider).

## Choose Your Friends Carefully!

KASBAH was recently saddened to hear about a Service User of a different organization who had given a so-called 'friend' over £15,000 in a period of nine months!

When the family of the person concerned became suspicious and learnt what had happened, they immediately informed the Police and Social Services. However, according to the law, even though the person concerned is vulnerable, no crime was committed by the recipient as the money was given willingly, and they cannot be made to

pay it back!

Social Services said that as the person concerned is competent and has 'mental capacity' they were not able to pursue the POVA route (ie 'Protection of Vulnerable Adults'). This story brought to light cases that other advisors are aware of, where even more money has 'willingly' been given to people who were taking advantage of the vulnerable person's kind nature. In these cases, credit cards, pin codes and bank account details had been disclosed, but legally no crime had been committed so no prosecutions could be made.

We would urge you to please be

very vigilant and check out any circumstances where 'vulnerable' persons who manage their own money, but appear to have much less than they should, may be being taken advantage of.

In such circumstances please report the situation to the local Safeguarding Team so that a record of the occurrence can be kept, as a much better case can be built up if repeated instances are all reported. This in turn may lead to more proactive interventions by Police or Social Services to safeguard the adult who is at risk.

## **Do You Know A Child Or Teenager Who Needs A Big Hug?**

**Project Linus** is a voluntary organisation providing new home made patchwork quilts and knitted/crocheted blankets free of charge to children and young people who are going through a particularly bad time in their lives, whether through illness, disability or they just need a bit of reassurance following a difficult experience.

These quilts give a sense of security to a child and can be a great comfort – if you know of a child or young person who may benefit from one of these special quilts contact the Linus Project on 01304 619519 or via [www.projectlinusuk.org.uk](http://www.projectlinusuk.org.uk). Kent has a number of co coordinators who cover specific areas but in the first instance please contact Ann Fordham.



If you are able to knit, crochet or sew you may be able to help support the Linus Project. Visit the website to find out more about how your skills may be used to help support the project by enabling them to continue delivering their quilts and blankets to children and young persons in need.

## **Living Made Easy**

Living Made Easy is an impartial advice and information website about daily living equipment and other aspects of independent living.

It has been developed by the [Disabled Living Foundation \(DLF\)](#), a national charity with 40 years' experience in providing independent advice about independent living for disabled adults and children, older people, their carers and families.

DLF is the UK's leading source of expert information, advice and training on independent living for older or disabled people. Our mission is for every older or disabled person to have the impartial information and expert advice they need to make choices about their daily lives – and for front-line staff to be well trained and well informed. DLF is a founder member of the [Information Standard](#), a certification scheme for health and social care information.

Living made easy's core value is impartiality. The website aims to provide comprehensive and independent information about daily living equipment available to the public from national suppliers. This product information is supported by expert advice created by DLF's team of occupational therapists.

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

## **Pressure Sores & Ulcers**

Persistent pressure sores and ulcers need to be checked regularly by a health care professional. Any pressure sore or ulcer which seems unusual in appearance, such as mixed pigmentation of wound bed, a nodular wound bed and irregular rolled wound edges needs to have a biopsy taken to rule out complications. If in doubt, consult your GP or Consultant.

(Information from Pract Diab Int Jan/Feb 2011 Vol 28. No.1)

**Do you have a story to tell? We are always interested to hear about things that have enhanced your life and may be beneficial for others to know about. It could be something you have achieved, a service or piece of equipment you have used, or a place that you have visited.**

Please get in touch and send your story to us at the KASBAH office.

## **Enjoy Britain With Award - Winning Accessible Days Out ...**

Packed with 180 inspiring days out, all reviewed by an enthusiastic and dedicated team of disabled visitors, the Rough Guide to Accessible Britain is an invaluable travel guide for anyone with accessibility needs.

A new section is the [Rough Guide to Accessible Britain Awards](#). Five categories, including Best Family Venue and Readers' Choice Venue, showcase exceptional attractions that make a day out as easy and enjoyable as it should be.

If you hold a Blue Badge or a Disabled Persons Railcard then the Accessible Guide is FREE. To order a copy, visit [www.accessibleguide.co.uk](http://www.accessibleguide.co.uk) or telephone 0800 953 7070. You must give the name of your Blue Badge issuing authority, or Railcard number, when you place your order. The Guide is £6.99 (inc p&p) if you are not eligible for a free copy. An audio version is available to download free!



# News, Events, Information



5-7 April 2011  
NEC Birmingham

NAIDEX, held at the NEC, Birmingham, is the UK's largest homecare, disability and rehabilitation event.

Over 360 exhibitors display the latest products and services to aid independent living.

Entry is free, (as is parking for blue badge holders); you can register for tickets when you turn up, but better still register via the event website, (which contains lots of further information) at:  
<http://www.naidex.co.uk/naidexbir11/website/default.aspx?refer=1>

Please quote priority code EKAS when registering!

- ◆ Get information and advice on products, employment and benefits
- ◆ Discover and find out about a multitude of items - from Access equipment to Wheelchairs
- ◆ Touch, test and compare products - offers, prizes, information and advice galore
- ◆ Get the latest information on independent living

**Ticket registration and visitor enquiries hotline:**

Tel: 0844 588 8076

E-mail: [naidex@emap.com](mailto:naidex@emap.com)

**Show Opening Times:**

Tuesday 5th April: 10.00 - 17.00

Wednesday 6th April: 10.00 - 17.00

Thursday 7th April: 10.00 - 16.00



## What our customers say about us:

"We lost everything in a house fire but the neighbourhood furniture store's prices have helped us start again."

"There's so more choice than I expected, I got exactly what I needed."

"I didn't just want to destroy my old sofa, there was nothing wrong with it. I'm glad the neighbourhood furniture store can find a new home for it."



NEIGHBOURHOOD  
FURNITURE STORE  
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NEIGHBOURHOOD  
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Sittingbourne  
ME10 2PG

Call on 01795 478 550

Charity registration No. 1091627

Fresh Visions is the charitable arm of Amicus-Horizon Ltd and is a limited company registered in England and Wales No. 4155343

AmicusHorizon

## Supplying affordable furniture for people on a low income

Are you looking for good quality furniture at a low price?

Do you have any furniture you no longer need?



Fresh Visions

## About the Neighbourhood Furniture Store

The Neighbourhood Furniture Store is a not-for-profit community project.

We supply comfortable and affordable furniture to people on low incomes in Swale and Medway. This is an environmentally friendly alternative to throwing good quality furniture away.

We use the money we make to support the long term future of the project.

The store is managed by Fresh Visions People Ltd, a charity founded and supported by AmicusHorizon.



There are hundreds of items in stock – all at reasonable prices. We have:

- TVs
- Single and double beds
- Wardrobes and cabinets
- Chests of drawers
- Tables and chairs
- Sofas and armchairs
- Washing machines
- Cookers

If you would like to buy any furniture, why not get in touch? You'll find our contact details on the back of this leaflet.

We will deliver your furniture to your home within one week (usually 2 – 3 days).

## Thinking of donating?

Let us know. We will ask you a few questions about the furniture you want to donate. If it's something we can accept, we'll collect your items free of charge. Just let us know what time is convenient to you.

After we have collected your furniture we will clean, repair and refurbish it. Sometimes drivers are unable to take away certain items if they see they won't be suitable.

All furniture should be in reasonable condition and working order. Soft furnishings must carry a fire safety label in accordance with the 1988 Fire Safety Regulations.



# News, Events, Information

a LOCAL INVOLVEMENT NETWORK



## What is a LINK?

A Local Involvement Network (LINK) is about listening to and gathering views on local health and social care services. The LINK allows people to help influence, improve or change the way services are planned and delivered. Anyone can join and have their say.

The government is carrying out a major overhaul of the NHS; your doctor will be responsible for deciding what local hospital services will look like and your County Council will get more responsibility for local health services.

At the moment, joining the LINK is the way you can have your say about this and what local services look like. But in April 2012, every LINK is transforming into a new 'HealthWatch', a body which will continue to help you have your say and monitor local services. It will also be able to help you have an influence nationally – through a national body, HealthWatch England.

There are still a lot of unanswered questions about how this will work. Kent LINK will keep you posted through its newsletter, monthly bulletin and website:

<http://www.thekentlink.co.uk/>

## **Improved Blood Testing In Medway**

From 1 March, people needing blood tests in Medway can go to any of 29 clinics, including 22 GP surgeries and branch surgeries across the Towns, to have blood samples taken for testing. A further 11 surgeries and branch surgeries can take blood samples for their own patients. This is a significant opening up of the service. Previously, around 20 GP practices offered a blood taking service for their own patients but none routinely offered the service to patients registered with other practices. The majority of people in Medway attended clinics run by Medway NHS Foundation Trust or Medway Community Healthcare.

The change has been made at the request of patients. When NHS Medway asked people needing regular blood tests where they would like them to be provided as part of its drive to improve local health services, the overwhelming majority favoured GP practices. They said this would improve convenience and cut down on travelling times.

The service provided by Medway NHS Foundation Trust at Medway Maritime Hospital continues. However, satellite clinics at Rochester Healthy Living Centre in Delce Road, and Keystone Centre in Strood are ceasing. Some locations offer a drop-in service, while others are by appointment only.

Full details are available on the NHS Medway website at  
[www.medwaypct.nhs.uk/A-Z](http://www.medwaypct.nhs.uk/A-Z).

## Joining Kent LINK

There are a number of benefits to becoming involved with the Kent LINK. They include:

- helping to influence those who make decisions about new or existing health and social care services
- giving communities a stronger voice
- highlighting neglected ideas or issues

We welcome attendance from LINK members at any of our meetings. Please contact the LINK office if you want any more information, would like to join, book a place, or find out future meeting dates and venues.

**Contact:** The Kent LINK  
FREEPOST NAT17761  
Folkestone, Kent CT19 4BR  
email: [info@kentlink.org](mailto:info@kentlink.org) phone: 01303 297050

## Local contacts:

**West Kent:** Clive Brock  
(Dartford, Gravesham, Sevenoaks, Tonbridge and Malling and Tunbridge Wells)  
email: [clove@kentlink.org](mailto:clove@kentlink.org) phone: 07976 596410

**Mid Kent:** Cate Boland  
(Ashford, Maidstone, Shepway and Swale)  
email: [cate@kentlink.org](mailto:cate@kentlink.org) phone: 07976 596709

**East Kent:** Rebecca Barraclough  
(Canterbury, Dover, Shepway and Thanet)  
email: [rebecca@kentlink.org](mailto:rebecca@kentlink.org) phone: 07976 596797

## **Are You Interested In Free PC or IT Training Sessions?**

KASBAH is considering organising a free monthly training session on all things PC related, trouble shooting as well as the opportunity to increase knowledge on a variety of IT related issues.

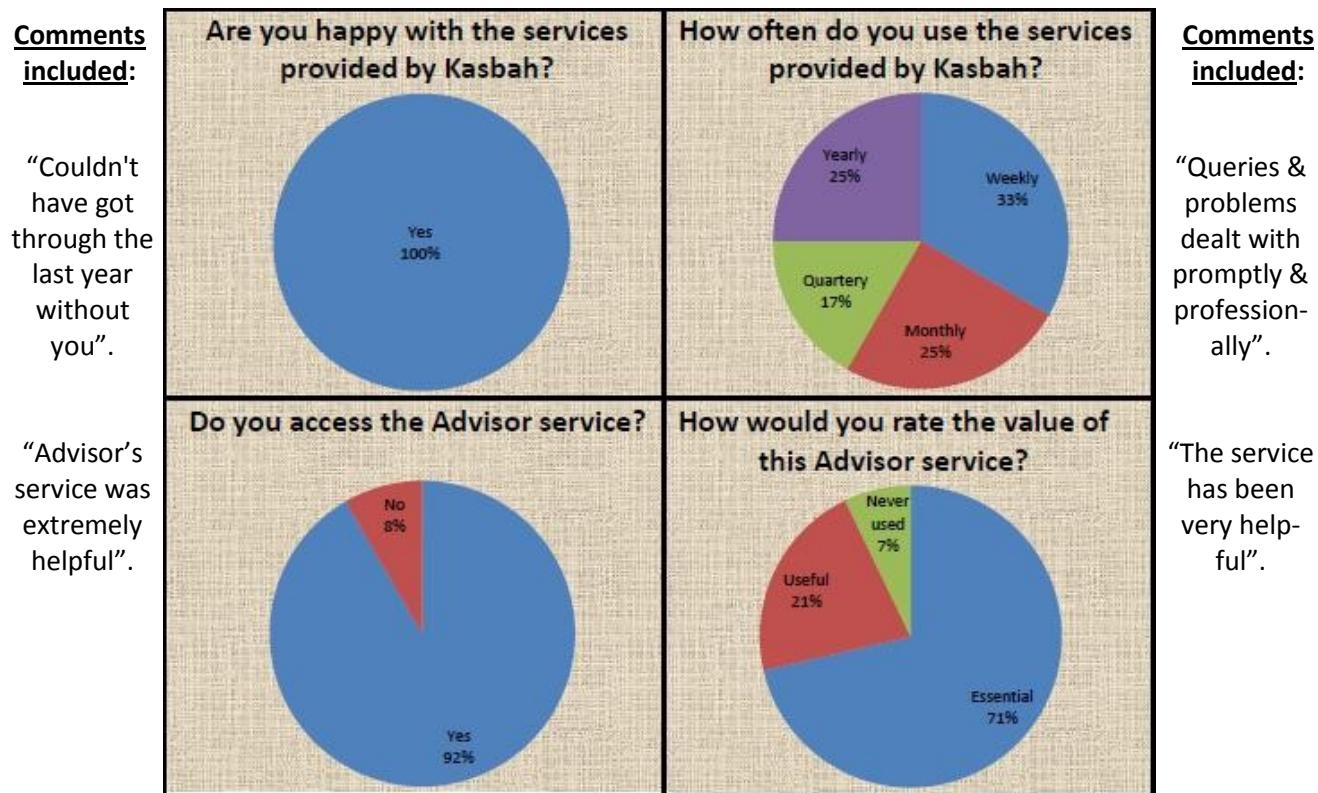
The workshop would be held at a KASBAH location and would offer our members an opportunity to learn new skills, refresh old skills and increase personal knowledge to allow you to maximise your use of your PC and its programmes.

If you would like to attend a workshop please confirm your interest by telephoning the office on **01474 536501** or email Gill at [glenolds@kasbah.org.uk](mailto:glenolds@kasbah.org.uk) and let us know what types of activities and skills you would like to learn or improve.

# News, Events, Information

## Results Of Our Latest Members' Survey

The results have shown some similarities with the previous survey. Once again, 100% of all respondents say they are happy with the services provided by Kasbah. 58% use our services at least once a month and 92% of those who responded rate the Advisor service as either essential or useful.



### 'The Bungalow' Available for You

'The Bungalow', about  $\frac{1}{2}$  mile from the sea front in Westgate upon Sea, is a fully accessible semi-detached bungalow, which sleeps up to seven people.

During summer, priority is given to families, but anyone is welcome!

#### Classed as category B, accommodation comprises:

- 1 double bedded room, 1 room with 2 single beds (1 with hoist), 1 room with bunk beds and single bed.
- Freeway ceiling hoist available in the 2 single bedded room (own sling required)
- 2 bathrooms, (one is a fully accessible wet room)
- Kitchen designed for wheelchair users
- Large lounge/diner with TV and gas fire
- Central Heating & Hot Water
- Large garden and private drive
- It has duvets etc - take sheets, towels & pillow cases

**Currently, £295 per week (Sat-Sat) / £75 per weekend.**

For a brochure / more information please contact Hazel & Keith Waghorn on 0208 854 4399.

### 'Socialize' In Tunbridge Wells Thurs 5<sup>th</sup> May 11.30am – 2.00pm



Join us for an informal social get together with "Socialize", a Tunbridge Wells Social Club which runs a weekly drop in event at the Centre Point Community Café at Tunbridge Wells Christian Fellowship Church.

Come for an informal cup of coffee or light lunch - say hello - stay for 10 minutes, an hour, or longer - the aim of the afternoon is to give KASBAH members the opportunity to meet other local members - and you can find out about the Socialize Club, and its day and evening activities programme if you wish!

At: Tunbridge Wells Christian Fellowship Church

Christian Centre, Hanover Road  
Tunbridge Wells TN1 1EY

[www.twcf.org](http://www.twcf.org)

Phone: 01892521320

Blue Badge parking is available outside the church.

For more information call Gill Reynolds on **01474 536501**.

# Kent Disability Sports News

STARTING  
12 MARCH 2011



## PARALYMPIC ATHLETICS

**Medway & Maidstone Disability Athletics Club**

Saturday mornings  
11.45am-1.15pm, Medway Park, Gillingham ME7 1HF  
For anyone aged 10 years +. Adults and children welcome.  
Coaching in a variety of Paralympic athletics disciplines. Club open to athletes with all disabilities.  
For more information email: [sportsdevteam@medway.gov.uk](mailto:sportsdevteam@medway.gov.uk) or call 01634 338763

**M&M**  
Medway & Maidstone Athletic Club

**Aiming High MEDWAY** **KentSport** **MEDWAY PARK** **Medway Serving You**



## Hard-hitting wheelchair rugby Super Series - Medway

Come and have a look for yourself

Saturday 19th & Sunday 20th March 2011  
Medway Park, Kent  
Games start at 9am  
[www.gbwr.org.uk](http://www.gbwr.org.uk)

**GBWR**

STARTING  
2 MARCH 2011



## WHEELCHAIR RUGBY LEAGUE

**Medway Dragons RLFC**

Wednesday evenings  
7pm-9pm, Medway Park, Gillingham ME7 1HF  
For anyone aged 10 years +. Adults and children welcome.  
Wheelchair Rugby League is not a disabled sport, but a sport which disabled people can play on equal-terms with non-disabled people.  
Sports wheelchairs available to use at the centre.  
For more information visit [www.medwaydragons.com](http://www.medwaydragons.com) or call 01634 579790 / 07766 441974

**MEDWAY DRAGONS**

**LEAGUE FOR ALL** **RFL** **Aiming High MEDWAY** **KentSport** **MEDWAY PARK** **Medway Serving You**

STARTING  
3 MARCH 2011



## WHEELCHAIR BASKETBALL

**Maidstone Rebels Club**

Thursday evenings  
5pm-7pm, Medway Park, Gillingham ME7 1HF  
For anyone aged 10 years +.  
Club open to both wheelchair users and able-bodied players.  
Sports wheelchairs available to use at the centre.  
For more information email: [sportsdevteam@medway.gov.uk](mailto:sportsdevteam@medway.gov.uk) or call 01634 338763

**Rebels**

**change 4 life** **Brown SG Ltd** **Aiming High MEDWAY** **KentSport** **MEDWAY PARK** **Medway Serving You**

## Seabrooke House Summer Fete. 30th July:

We are planning this year's Summer Fete which is to be held on the Sat 30th July. We would be very grateful for donations for the Tombola, Hook a Bottle and Raffle Stalls. Please telephone us on 01322-386841.

Thank you in anticipation. Becky Glibbery, House Manager

# Changing Place in Kent



Disabled toilets no longer meet the requirements of people with disabilities or the needs of carers. This is for people of all ages with profound physical and multiple learning disabilities or other serious challenges such as spinal injuries, muscular dystrophy, multiple sclerosis or an acquired brain injury. Fully equipped Changing Places can meet your needs. Changing Place provides those extra facilities that allow people to use a toilet in comfort and safety.



Changing Place provides a standard range of equipment with space for two carers to operate in a safe and clean environment. Hoists only work safely with slings that are attached with loops and not with slings attached with plastic clips.



Changing Place

Changing Place within a Gateway

Opening June 2011 Sheerness, Ashford and Deal

### Changing Place locations in Kent.

For details of the standard equipment specification please visit  
[www.changing-places.org](http://www.changing-places.org)

#### Each includes:

- a height adjustable adult-sized changing bench with shower
- adjustable sink
- a tracking hoist system, or mobile hoist if this is not possible
- adequate space in the changing area for the disabled person and up to two carers
- a centrally placed toilet with room either side for the carers
- a screen or curtain to allow the disabled person and carer some privacy.

#### Bluewater Shopping Centre

Greenhithe, Kent  
DA9 9BT  
0870 777 0252  
Mon - Fri: 10am - 9pm  
Sat: 9am - 9pm  
Sun: 11am - 5pm

#### Gravesend Gateway

Civic Centre / Woodville Hall  
Windmill street  
Gravesend  
DA12 1AU  
Mon - Sat: 8am - 8pm  
Sun: 10am - 6pm

#### Thanet Gateway

Cecil Street  
Margate  
CT9 1XZ  
Mon, Tues, Wed & Fri:  
9am - 6pm  
Thurs: 9am - 7pm  
Sat: 9am - 1pm

#### Dover Gateway

71 Castle Street  
Dover  
CT16 1PD  
Mon - Fri: 9am - 5pm  
Sat: 9am - 1pm

#### Maidstone Gateway

King Street  
Maidstone  
ME15 6JQ  
Mon - Wed & Fri: 8:30am -  
5:30pm  
Thurs: 8:30am - 7pm  
Sat: 9am - 1pm

#### Tonbridge Gateway

Tonbridge Castle  
Castle Street  
Tonbridge  
TN9 1BG  
Mon - Fri: 8:30am - 5pm  
Sat: 9am - 5pm

#### Edenbridge Leisure Centre

Stangrove Park  
Edenbridge  
TN8 5LU  
01732 865665  
Mon - Fri: 6.15am - 11pm  
Sat: 9am - 8pm  
Sun: 9am - 5pm

#### Tenterden Gateway

2 Manor Row  
High Street  
Tenterden  
TN30 6HP  
Mon - Fri: 9am - 5.30pm  
Sat: 9am - 4pm

#### Tunbridge Wells Gateway

8 Grosvenor Road  
Tunbridge Wells  
TN1 2AB  
Mon - Wed & Fri: 9am - 5pm  
Thurs: 9am - 6.30pm  
Sat: 10am - 4pm

For all

Gateway enquiries please phone: 08458 247 202

Issued November 2010