



7 The Hive, Northfleet, Kent, DA11 9DE
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**DECEMBER
2010**

News

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All Change As KASBAH Services Develop !

Over the last few months there have been some significant staff and role changes in KASBAH.

In July 2010 the Short Breaks Scheme was implemented in Medway. This is a series of life skills workshops offered to young people aged 14+ during the school holiday periods. Dean Bowman, employed as the Short Breaks Co-ordinator, made fantastic progress in publicising and promoting the new service, recruiting fifteen young people and producing a person centred activities plan.

Since the beginning of the year, Seabrooke House has been re-structured. A needs analysis, conducted to establish how well service users' needs were being met, identified the need for more flexibility in the rota, more evening and weekend activities to enable full and active lives, and a Deputy House Manager to ensure consistency and assist with the management of the service.

Some difficult decisions had to be made, with a more flexible working shift pattern introduced and the Senior Support Worker role made redundant, and thus we have had to say a sad goodbye to Catherine Kemp, Zoë Fowler and Ray Goldsmith. All three members of staff have been hard working, committed and fully supportive of the long term direction of KASBAH. Thank you all and good luck in your future endeavours!

Dean Bowman has now been recruited as the new Deputy House Manager at Seabrooke House and is already settling into the team and sharing his knowledge and skills, whilst the Short Breaks

scheme is now being co-ordinated by two other members of the team; Rachel Bowman and Jane Candler, and continues to flourish, with excellent team spirit and enthusiasm. We have also recruited two new bank staff; Leo Liew and Lewis Walker, who we would like to welcome.

In September KASBAH was able to recruit Paul Williams as Development Co-ordinator, who is working hard to identify the needs of KASBAH members. With this issue you should receive a questionnaire which we hope will be another tool in discovering and addressing your needs and opinions. Please try to complete this survey and make your views count.

DIAL has been a welcome addition to KASBAH and is now a firm part of the team. Its volunteers have great enthusiasm and dedication and KASBAH is reaping the rewards with the additional skills and manpower available.

However office space is now very limited, so the Chief Officer has been 'hot-desking' pending the acquisition of another office in the Hive which is soon to become vacant. This enabled DIAL volunteers to conduct benefit reviews in the confidentiality of her office, but took a lot of forward planning and limited the time available to use office resources. We will have to make some important decisions about the ways our office spaces are to be used in the future, as we need better facilities for interviews and meetings, and are considering re-locating our Advisors to enable them to work more closely with DIAL.

Although this has been a period of great change, we feel that it is positive change which will result in a better quality service for you, the KASBAH members.

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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.

A WORD FROM EMMA ...

Dear All

Hi; I hope you are wrapped up tightly as the cold weather is here. KASBAH is working hard to continue developing its services even in this uncertain climate but changes have been made to our Five Year Vision. To view a copy please call the office or look at the revised version on the KASBAH website: www.kasbah.org.uk.

DIAL has been a very welcome addition to KASBAH. It is already in high demand and has a considerable waiting list. If you have a question regarding disabilities do remember DIAL can be accessed as well as the Advisor Service.

Our Development Co-ordinator has now been in post two months. A questionnaire to help us identify areas for improvements should accompany this edition of KASBAH News. Please do your best to complete and return it - either by email or using our freepost address:

(KASBAH, Freepost SEA13792, Gravesend, DA11 9BR).

We look forward to hearing from you.

Have a Very Merry Christmas and Best Wishes to All.

(KASBAH Chief Officer)

From Emma Carver



The KASBAH Office will be closed from 4.30pm on Christmas Eve and will re-open on Tuesday, 4th January 2011.

A Merry Christmas to you from all of us at KASBAH.

DON'T FORGET:

If KASBAH's main line (01474 536501) is engaged, please try our other line - 01474 536202

Advisors' Days And Times

CHRISTINE:

Monday 9-4.30
Tuesday 9-4.30
Friday 9-4.30

GILL:

Monday 10-3
Wednesday 10-3
Thursday 10-3

What's Happening In KASBAH?

Hattie Webb House

Hattie Webb House is waving a sad goodbye to Steve Andrews, who has been working with us as a Life Skills Coach for the last 18 months. Steve is also a KASBAH member and has been a fantastic role model for our service users, as well as always having a friendly face and a ready smile, no matter what. We will all miss Steve but hope he'll stay in touch and visit us when he can, and we wish him the best of luck in his new venture.

We are pleased to welcome Gemma Flegg to the Hattie Webb House team. Gemma replaces Steve and has already volunteered with the Short Breaks team. Good luck Gemma!

Hattie Webb House has undergone a bit of a makeover this month. We have repainted the hall and lounge in bright fresh colours chosen by the service users. We've also added some new pictures and accessories and it feels really homely now.

We are going out for our Christmas meal later this month; twenty-four service users and their families will be taking over a local restaurant and enjoying turkey, pigs in blankets, and of course lots of sprouts!

Finally we would like to send our best get well wishes to Ross who has been poorly recently. Get well soon Ross, Hattie Webb House is too quiet without you!

*Sally Cochran
House Co-ordinator*

Seabrooke House

Seabrooke House would like to begin by welcoming Dean Bowman who has moved on from KASBAH's Short Breaks Scheme to become Seabrooke's new Deputy.

We continue by wishing Claire Armstrong good luck in her new home. Claire has a lovely flat in Gravesend and already it looks like her own little art gallery.

Our annual **Halloween Party** was the biggest and best yet, with over 40 people in attendance. Stacey, Lucy and Cat supported the trainees in transforming the house with cobwebs in every room and jars of potions and pickled eyes!

Our next big event is '**Come Dine With Me**' as Seabrooke House opens its doors for two weeks (6th Dec – 16th Dec). Tickets are £6.50 for Christmas

Dinner and a choice of two desserts. We guarantee you a really warm welcome and hope to see you there.

(A flyer should be enclosed).

As well as raising money, this is an excellent training programme, as it provides the trainees with a wealth of experience, as well as being a great team building exercise.

Becky Glibbery

Win £25 John Lewis Shopping Vouchers!

Hello Everyone.

It's the time of year again when we are preparing for Christmas, and the last edition of the newsletter before 2011!



Please take the time to complete and return the accompanying survey (postage free) to: (KASBAH, Freepost SEA13792, Gravesend, DA11 9BR).

You could be the lucky winner of £25 worth of John Lewis shopping vouchers!

This information really does help KASBAH to recognise where we could possibly improve upon our current services or activities and also gives fresh ideas as to what our members may want from KASBAH, either now or in the future.

We thank everyone in advance for completing the survey and wish you all a Merry Christmas and prosperous New Year.

Paul Williams, Development Co-ordinator

From Our Advisor



Christine Cunningham, KASBAH Advisor, 7 The Hive, Northfleet, Kent, DA11 9DE
Email: ccunningham@kasbah.org.uk or Telephone: 01474 536501

Hi from the Advisor Service

We hope that this Newsletter finds you well and that, with the cold, dark evenings (and Christmas approaching rapidly), you are not feeling that summer is too much of a distant memory! What summer I hear you say? Did I miss something? It's a fact that the days, weeks, months and years just seem to fly away, particularly the older you get – or so it appears!

It's hard to believe that our Carer's Advisor, Gill, has been with us for over a year now. Since her arrival she has been very busy learning about the conditions of Spina Bifida and Hydrocephalus, taking on lots of case work, and meeting as many of our Service Users as possible. Not to mention some of the activities that she has organised. She is a very valuable member of staff and a pleasure to work with. I would like to congratulate her on reaching her first year with KASBAH.

Both Gill and I would like to take this opportunity to wish you all a very Happy Christmas and a good New Year. Please remember that we are here to give support and advice on many topics, so don't hesitate to contact us if you think we may be of help.

Best Wishes *Chris & Gill*

Trouble with your computer? Free assistance for disabled people

Freephone (and minicom); 0800 269 545 or email: help@itcanhelp.org.uk

If you have a disability and need IT help, we will respond as quickly as we can. We are able to solve most issues by visiting disabled adults in their home.

Requesting help is simple; it can be done by phone or email; there are no forms to complete.

Our volunteers are recruited with care and all have undergone enhanced disclosure checks. Each volunteer carries an IT Can Help identity card.

Check us out at: <http://www.itcanhelp.org.uk/>



IT Can Help is a programme of BCS, The Chartered Institute for IT
(Registered Charity 292786)

Kent County Council Specialist Children's Services Group

The Specialist Children's Services Group is responsible for a range of services for vulnerable children, both strategically and operationally. It includes:

- Preventative Strategy and Preventative Services Managers
- Area Children's Social Services
- Corporate Parenting Services
- SEN and Resources
- Disabled Children's Services
- The Education Psychology Service
- Attendance and Behaviour Service

For more details about these teams visit www.kenttrustweb.org.uk

From Our Carers' Advisor



Gill Reynolds, KASBAH Carers' Advisor, 7 The Hive, Northfleet, Kent, DA11 9DE
Email: greynolds@kasbah.org.uk or Telephone: 01474 536501



If you would like to find out more information about what technology and adaptations are available to support disability computing then the Aidis Trust may be of interest to you.

Aidis Trust is an organisation that provides an informative website and technical helpline supporting disabled people with using technology and adaptations.

The Aidis Trust was founded in 1975 to help disabled people communicate more easily and effectively through technology and has two main services – a technical helpline and the website www.aidis.org.

www.aidis.org provides information and advice on adaptations for disability computing, including links to lots of free software to download and basic installation and user guides. The website also has a technical support section, offering advice on what to do when something goes wrong with your computer and how to keep your computer healthy.

The technical helpline can assist with advice on special needs computer equipment for all disabled computer users as well as general problems with using your computer.

Call 0845 120 3719 (LoCall number) Monday – Friday 9.30am – 5.00pm or email support@aidis.org



0800 33 66 99

The Home heat Helpline is a **free** service, set up to help British energy customers who are struggling to pay their fuel bills and keep warm.

The service provides specially trained Advisors who can talk to you about benefits, grants for free home insulation, reduced tariffs and special payment options your energy supplier provides to help those struggling with their fuel bills.

You can visit the website www.homeheathelpline.org.uk or you can call free Monday to Friday 9am-8pm and Saturdays 10am-2pm.



www.yoodo.org is a new disability resource and information website that aims to provide “the knowledge you need to live life your way”.

Yoodo is an initiative from Leonard Cheshire Disability and aims to be a voice for people with accessibility and equal opportunity concerns. It provides information on numerous topics including the latest accessibility news and reviews, advice on the support available to you and your carers, friends, employers and families, as well as guidance on finding jobs and living independently. You can register free and share your experiences, opinions and concerns through blogs and discussion forums. Yoodo also enables you to advise others on your encounters with services in your area by submitting reviews, as well as keeping you up to date local, national and even international issues.



Listening books

Do you love to read a good book but sometimes find it difficult to read the print?

Listening books www.listening-books.org.uk is a UK charity that provides a postal and internet-based library service, offering a fantastic selection of high-quality audiobooks to people who find it difficult or impossible to read due to illness or disability. Audiobooks are either sent through the post on CD or they can be downloaded or streamed via the internet, and membership starts from as little as £20 per year.

The audio library is quick and easy to use and has a huge range of fiction and non-fiction titles for adults and children, as well as supporting the National Curriculum from Key Stage 2 to A-Level.

For information on how the service works and what membership includes visit www.listening-books.org.uk, email an enquiry to info@listening-books.org.uk or telephone 020 7407 9417 for an informal chat.

HELLOs And GOODBYEs...

DIAL - Introducing Sheila Stringer



I am Sheila Stringer; I have been a Senior Advisor with DIAL for 13 years. Since joining KASBAH, I have been employed as the Project Coordinator for DIAL, responsible for co-ordinating the volunteers and assisting with the client forms and the Advice line.

We are able to assist clients to complete benefit forms at the Hive and we also provide a weekly Outreach Service in Medway on either Thursday or Friday. We operate on an appointments system and have an active waiting list of clients.

We are recruiting new volunteers and I have been out publicising DIAL and KASBAH. Last week I spent time on the Big Purple Bus in Dartford & Gravesend promoting volunteering in the community. Please contact the office if you are interested in finding out more about volunteering with DIAL.

If you are a member of KASBAH and would like some information or assistance with issues regarding benefits or any issues connected with disability, **we can be contacted directly on 01474 356962.**

I am very pleased that I have been given the opportunity of paid employment with KASBAH as I have been unable to work due to a long term injury. I would hope that this would provide a positive example to others that it is possible to gain paid employment even after many years. I am really enjoying the role and I look forward to getting to know you over the coming months.

Hello From Our Short Breaks Team . . .



Hi, I am Rachel Bowman. I have recently taken on the role of Short Breaks Coordinator. I live in Rainham with my husband Dean and our two children Megan aged 13 and Bethany aged 9. I am very much enjoying delivering this service as the young people are great fun.

My name is Jane Candler. I work on the KASBAH Short Breaks Project which I really enjoy. I live with my partner in Rainham and have 2 children, Sophie who is 11 and Adam who is 6. I like listening to music, reading and gardening ...
... and I don't like spiders!



The Short Breaks Team has been busy. We have been finding out what hobbies our young people can get involved in. We recently visited Renaissance Craft in Maidstone where we were made very welcome. The young people chose a piece of pottery to decorate and get creative with. The pottery was professionally glazed and fired in a kiln. Everyone enjoyed the experience; it was very relaxing and the young people produced some wonderful pieces.



HANNAH BURFORD enjoys the tobogganing trip!

We also organised a tobogganing trip at Capstone Ski Centre. We were so pleased the young people braved cold and rain to enjoy tobogganing. The trip was on a school night, and everyone thought it was great to go out during the week instead of watching TV! Our future plans include learning to play golf and having a Christmas Meal.

Rachel Bowman

Sadly, we say GOODBYE to the following staff:

**From Hattie Webb House:
Steve Andrews**

**From Seabrooke House:
Zoë Fowler
Ray Goldsmith
Catherine (Cat) Kemp**

We thank you all most sincerely for your past efforts on KASBAH's behalf, and wish you all the best for the future.

New To Our Outreach Team . . .

Hello, I'm Leo, Liew, originally from Malaysia. I came to England in 2002. I have been involved in helping people with autism and learning disabilities since my early youth. My professional background was quantity surveying and currently I'm undertaking a part-time Open University degree in psychology, and hoping to pursue a new career in the healthcare sector.

I love reading, playing guitar, motorbikes, exercise; used to be involved in many diving and gymnastic competitions and won few gold medals for my state! Enough said about myself. I'm glad to join KASBAH and hope to meet all of you, one of these days.



News, Events, Items Of Interest

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.



Gateway

- 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



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 9ST
0870 777 0252
Mon - Fri: 10am - 9pm
Sat: 9am - 9m
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

Maldstone Gateway
King Street
Maldstone
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

Disability Hate Crime Network

Keeping safe is a priority. The Disability Hate Crime Facebook site was set up (by Stephen Brookes MBE) with an original target of 250, but has now gained 1600 members!

Do have a look at what is now seen as a valuable national resource. It has discussion and information, aids, links and references to reports and information

See it at:

<http://www.facebook.com/?ref=home#!/group.php?gid=304401563986>



DO YOU HAVE A MOUNTWAY BATH OR TOILET LIFT WITH A SMART BATTERY CHARGER?

KCC Community Equipment Services has recently advised people who they have supplied with a bath lift on behalf of Kent/Medway Social Services that an Urgent Field Safety Notice has been received from the manufacturer (Mountway) informing them that the smart battery charger plug on some equipment does not fully meet the requirements of British Standard 1363-1 and is potentially unsafe! Affected chargers may have been supplied with the Mountway Solo Toilet Lift, and 'Splash', 'Aquila' and 'Neptune' Bath Lifts, or as replacements, between Dec 2008 and Jul 2010.

THEY SHOULD STOP USING THEIR BATH LIFT IMMEDIATELY!

The Manufacturer is in the process of supplying replacement chargers and Community Equipment Service Engineers are contacting affected clients by telephone over the next few weeks to arrange a convenient visit as soon as possible to replace them. Due to the large number of clients affected by this issue CES asks for their patience.

There are two dedicated CES helplines available *which should only be used in extreme circumstances*, or if your bath lift has been returned recently and records have not been updated.

These are: **01732 525216** or **01622 605331** and will be open between the hours of 10.00am – 4.00pm.

Alternatively you can contact Mountway direct via its dedicated freephone number **0800 014 7589** or email plughelp@mountway.co.uk.



Medway Youth Trust (MYT) is a local young people's charity run by local people for the young people and communities of Medway. It has a very simple reason to exist - to improve young people's life chances.

MYT delivers the Connexions service in Medway free to all young people aged 13 -19 (up to 25 for young people with learning difficulties and disabilities).

MYT Connexions is recruiting volunteers. Some of the roles required are: Meeter and Greeter, Community Champion, 'Door Knocking' Support, and Employment Liaison Support

For more information contact Sue Torrison

MYT Connexions, 205 -217 New Road, Chatham,
ME4 4QA

Tel: 01634 335502 or email:

Sue.Torrison@mytconnexions.org.uk



Disability Swim at Tides Pool, Deal

On the 1st Friday of every month from 6.30pm to 8.30pm Price - £2.50 per swimmer (Tides will donate £1 to charity)

This swimming activity is for those with disabilities, their families, carers and friends.

For more information please contact Tides Leisure Centre, Park Avenue, Deal, CT14 9UU on 01304 373 399.

NEW LEAFLETS AVAILABLE FROM KENT COUNTY COUNCIL

A large number of new leaflets are available from Kent County Council, providing summaries of the services available to support children, young people and their families throughout Kent.

These leaflets are available to print from:

www.kent.gov.uk/education_and_learning/childrens_services_leaflets.aspx

HATTIE WEBB HOUSE DAY SERVICE

As you may know we offer a day service for clients wishing to improve their independent living skills, and we currently have a couple of vacancies. The service has been developed for clients aged 18-35 with mild learning and/or physical disabilities. We aim to empower them and promote choice and independence. The project gives them the chance to experience independent living skills in a house setting, and trained staff are on hand to provide support, guidance and training. The house is fully adapted for all abilities.

Our training programme includes health and safety, food preparation and cooking, healthy lifestyle, shopping, money and budgeting skills, using a bank account, travel training, personal safety, problem solving, grooming, sexual health, using the telephone, domestic skills, finding a job, housing matters, acceptable behaviour and social skills, literacy, numeracy and IT skills - but it is entirely up to the individual which skills they want to enhance - we will work with them to produce a timetable with achievable goals.

The working day for clients undertaking our day ser-

vice is 10am to 3pm with an hour's break for lunch. The cost is £35 per day, and can be funded from direct payments, invoiced monthly to you.

Please note we do not provide transport to and from the project, and regret we cannot accept clients with personal care issues or displays of challenging behaviour.

If you are interested in this service, please give me a call and I will be happy to arrange a suitable time for you to visit the project. We ask that you complete a self assessment form and if you meet our criteria, I will arrange a "taster day" for you to attend to ensure the service is right for you before making a regular commitment.

If you have any questions about our service, please do call or email.

Sally Cochran, House Co-ordinator
Hattie Webb House, 1 Weatherly Close
Rochester, Kent ME1 1AD
01634 404468 / 07795 231547

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

DATES FOR YOUR DIARY:

Kidz in the Middle – 10th March 2011 – Ricoh Arena, Coventry

Kidz Up North – Thursday, 24th November 2011 – Reebok Stadium, Bolton

Kidz South – Thursday, 9th June 2011 - Rivermead Leisure Complex, Reading

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

Website: www.disabledliving.co.uk

Disabled Living is a Registered Charity No 224742. Established 1897

VAT relief on products and services for disabled people

Disabled people may not have to pay VAT when they buy equipment that has been designed solely for disabled people, or on the adaptation of equipment so they can use it.

Also, VAT may not be charged on certain services provided to disabled people, including some building work to adapt a disabled person's home and the hire of disability equipment like wheelchairs. Goods and services on which you may not have to pay VAT are often referred to as 'zero-rated' or 'eligible for VAT relief'. The rules about VAT relief for disabled people are complex. Not everything that is supplied to disabled people is zero-rated for VAT. To find out more visit:

http://www.direct.gov.uk/en/DisabledPeople/FinancialSupport/Taxreliefandreductions/DG_10028495



**Brainwave
Spring Ball**

7pm on Saturday 9th April 2011
At the
The Ashford International Hotel

Welcome drinks
Three course meal
Auction, raffle & live band
Tickets £40 each

Contact Anita Croucher on 07944 711057

All in aid of  Brainwave
Unleashing Children's Potential

Reduced rate rooms available Dress code: black tie Sponsored by 

Short Breaks for Disabled Children 

**Camp Whizz-Kidz
4 day residential**



Are you:

- using a wheelchair or other mobility equipment?
- in year 9 or above at a mainstream school?
- living in Kent or Medway?

If the answer to all three questions is yes, then we would like to invite you to Camp Whizz Kidz. Come along, make new friends and try a range of fun activities:

- Life Skills Training modules
- Drama workshops
- Sports and games
- Practical skills and tasks, cooking,
- Write and record a song

22 - 25 February 2011, The Dorton Campus, Seal near Sevenoaks

There is a small charge of £50 towards accommodation and food.

Places are limited so hurry and book now!

For more information contact:

Phillippa Gillespie (Whizz Kidz) tel: 020 7798 6125

Email: p.gillespie@whizz-kidz.org.uk

Short Breaks Transformation tel: 01233 652125

For all your printing needs
SB Printing Ltd

Unit 8, Swanscombe Business Centre
17 London Road, Swanscombe, Kent. DA10 0LH
Tel: 01322 385068 Fax: 01322 384786
Contact Steve and Paul for more information

Sports In Kent

SPORTS FOR DISABLED PEOPLE:

For information about all types of Sport for Disabled People in Kent, view the Sports Development Website:

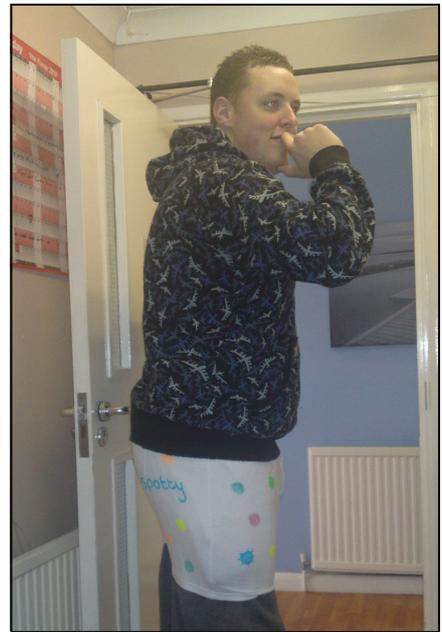
www.kentsport.org

Or contact KCC's

Sports Development Officer: Mike Bishop:

Tel No: 01732 525389

Email: mike.bishop@kent.gov.uk



Our newest member of bank staff Lewis Walker, wore his spotty pants on the outside to raise money for Children in Need. Well done Lewis!

GET INTO VOLLEYBALL
Looking for a sport with a difference?

volleyball for All
Sitting and Standing volleyball
for players with or without a disability
Mondays 7 - 9 pm
Maidstone Leisure Centre
in Mote Hall

For more information contact:
Lauren Neve:
lauren.neve@leisure.seroo.com
07718194243

For Ages 16+

Fundraising

KASBAH thanks both the Friends of Southfleet and Peter Mills of Lydd Golf Club for fundraising activities in aid of KASBAH this year. We are very appreciative of their support, both in raising funds and KASBAH's profile.

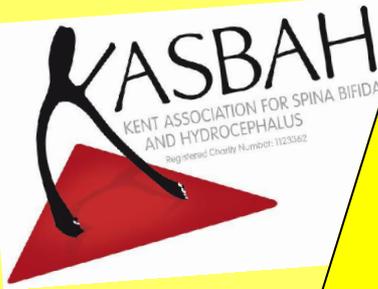
**Please Don't Forget
Let Us Know If Your
Details Have Changed**

E.G.
Address
E-mail

Telephone Number
Mobile Number

Contact the Office right
away!

01474 536501 or
admin@kasbah.org.uk



THESE TWO SPECIALLY HAND CRAFTED DESIGNS ARE AVAILABLE FOR SALE AT THE BARGAIN PRICE OF £3.50 FOR 10.

Wonderful KASBAH Christmas Cards For Sale:

Only £3.50 for 10!

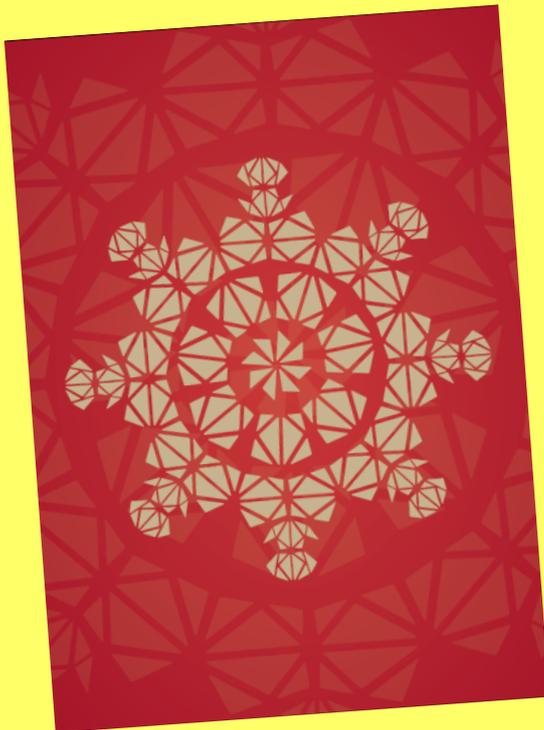
Please call, write or e-mail us as soon as possible to order your KASBAH Charity Christmas Cards Stating how many of each design you require!

7 The Hive, Northfleet, Kent, DA11 9DE

Tel: 01474 536501

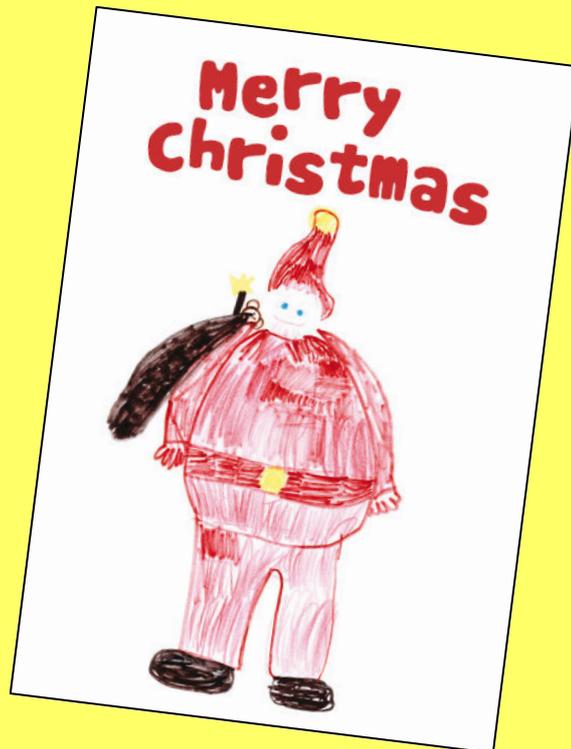
Fax: 01474 536202

Email: admin@kasbah.org.uk



DESIGN 1 SNOWFLAKE.

**Message reads:
"Best Wishes"**



DESIGN 2 SANTA

**Message reads:
"Merry Christmas and
a Happy New Year"**

OUR SINCERE APOLOGIES!

Due to increased print costs we have had to increase the price of our Christmas Cards advertised in last month's KASBAH NEWS to £3.50 per pack of 10 or 35p each.