

## Happy New Year from all of us at KASBAH

It is that time of the year again, time for a membership renewal. Please complete the form enclosed with the newsletter and return it back to us as soon as you can.

We wouldn't want to have the incorrect details.

Even if you cannot pay the full £6 voluntary fee

not to worry as we

appreciate any contributions.

**Karen Heath - KASBAH Advisor & Development  
Manager— [Kheath@kasbah.org.uk](mailto:Kheath@kasbah.org.uk)**

Dear All,

As you are aware, Karen Heath is available to help any KASBAH members (and carers/family of KASBAH members) with a listening to ear, offer advice, advocacy and attend professional meetings should there be a need. Karen is available to assist anyone that has a disability in the Kent region, if you have a friend with a disability in the need of some advice, why not point them in the direction of KASBAH? The membership fee is voluntary so what is to lose? Karen can be emailed at [kheath@kasbah.org.uk](mailto:kheath@kasbah.org.uk) Or download a membership form at [www.kasbah.org.uk](http://www.kasbah.org.uk) and Karen will make contact when we receive the form. Karen does offer home visits or why not arrange a visit with her at the office for a nice cupper?



# A message from Emma...



Hi from me,

I hope you are well, if you need our help or know someone else who does please do call or e-mail [admin@kasbah.org.uk](mailto:admin@kasbah.org.uk). We offer flexible and person centred support in all areas of life and disability, please help us to raise our profile. If there is a networking opportunity near you, we would love to hear about it.

Best Wishes, Emma

## New Day Service

**We hope to have a new day service venue soon —watch this space!**



1 in 9 adults in Kent are Carers, looking after a family member, partner, friend or neighbour who due to physical or mental illness, disability, age related difficulties or addiction cannot cope without their support. Being a Carer can be a positive experience but it can also be challenging and exhausting, which can impact on a Carer's mental and physical health or well-being.

Five Carer organisations in Kent have joined to launch Kent Carers Matters, a county-wide campaign to:

- raise the profile of Carers in Kent
- increase access to Carer services
- support health and social care professionals to identify and refer Carers to services earlier
- provide more opportunities for Carers to engage with and have their say about local and national issues that affect them.

For more information about Kent Carers Matter, to find support available in your area and to get involved in the campaign visit [www.kentcarersmatters.co.uk](http://www.kentcarersmatters.co.uk)

Follow us on Facebook – Kent Carers Matter  
Use #kentcarersmatter on Twitter

Kent Carers Matter is a campaign developed by five Carer organisations in Kent – Carers FIRST, Carers' Support – Ashford, Shepway, Swale, Carers' Support – Canterbury, Dover & Thanet, Crossroads Care Kent and Involve Kent.

# In Memory of Terjinder Thandi

Thank you to the family and friends of Terjinder Thandi, a KASBABH member with Spina Bifida, who recently passed away. Donations in his memory raised a staggering £327.37 + \$50 note, gratefully received and a big thank you for thinking of us. Terjinder has a very close, loving, caring family, his sister Narinder has kindly offered to be contacted by other members. She would like to share Terjinders story, and have discussions around health issues arising from the condition. Narinder's email is [nsaluja26@googlemail.com](mailto:nsaluja26@googlemail.com), if you wish to make contact.

## KASBAH Holiday Play scheme

Do not forget KASBAH is running a play scheme in the school holiday period throughout the year by (Gingerbread House Coordinator) Sophie Heath with help from Barbara and Tina and other KASBAH staff.

## A Big hello to our new social work

**Placement student Tope!** My name is Tope. I am a



social work student on a 70 day placement and I am here to learn and work with everyone for the next few months. I am happy to be here as part of the team in all the KASBAH services and I am looking forward to building my knowledge to support my learning as well as to support all the service users and members. You may be speaking to me soon at the end of the phone. If you see me around please say hello!

**Charity Shop Mother's Day Sale!** Do not miss the super Mother's day charity shop sale on Monday 5th March 2018 from mid day, everyone here at KASBAH is looking forward to it and we hope to see you all there.



# News from KASBAH Services.

## Rochester Road-

Hi Everyone, Rochester road would like to wish you all a very happy new year. We have been very busy so far. Our Michael from Rochester Road is moving onto Seabrooke House and we will all miss him very much. We will also be welcoming a new resident to Rochester Road called Matthew and hope that he fit in well with the other guys which we don't see being a problem at all! The weather has been very cold however this gives us the opportunity to have social meals roast dinners, shepherd's pie, fish

pie and homemade pizzas. Remember to wrap up warm outside, its cold out there! We also have a new addition to our family in the form of Alice, our beautiful house cat.



## Hattie Webb House—

This year is a big year for HWH as we are planning on celebrating our 10<sup>th</sup> Birthday, yes it really has been 10 years since KASBAH opened HWH. KASBAH officially opened HWH on the 19<sup>th</sup> June 2008, we are currently in the process of discussing ways in which we can celebrate this lovely date with everyone involved at HWH, as soon as we have chosen our theme we will set a date and send out invitations. HWH now have 2 lovely bunnies living with us, Dexter and Jack. They are real characters and provide their owners with pet therapy and responsibility of being a pet owner. All at HWH enjoy interacting with the bunnies and they are very much a big part of our little family. At this time at HWH we're are focusing on empowerment and partnership working, ensuring all of our staff and service users are included in make choices and decisions that involve them.



### Day service:

HWH day service have celebrated Amy's birthday recently, Amy chose bowling and lunch out for her celebration, Amy had a good win at bowling against staff which was very impressive. We have prepared and cooked some lovely dishes recently these were, sausage pasta, shepherds pie, cheese scones and homemade pizza's. The day service guys choose what they would like to cook, then with staff support they plan and follow recipes, incorporating daily living skills such as budgeting, food hygiene, measures and weights and most importantly team work. Day service have also been out and about taking part in various planned activities, which are incorporated with health and well being. These include trampolining sessions, horse riding and travel training to Bluewater. There is currently a residential live in vacancy at HWH, if you are interested or would like to pop in and visit us then please contact the following further information, Dawn Varley, Hattie Webb House Co-ordinator 01634 404468, [dvarley@kasbah.org.uk](mailto:dvarley@kasbah.org.uk).



**Gingerbread House-** Here at Gingerbread we've had a busy start to the year. After months and months of trying to practice, Katy Shaw found the confidence to ride a horse and achieve one of her goals, we are all so proud of her here at KASBAH and can't wait to watch her continue to grow more confident in all she does. Katie Austen now attends Zumba on a Tuesday for adults with disabilities which she absolutely loves - everyone is welcome to join, just ask Katie for the details! The girls also had a great time splashing Claire with water balloons in the garden which was really funny to watch! Overall both girls have really enjoyed this year so far what with all the activities and even making Gingerbread Houses and we hope this continues throughout the year moving forward.

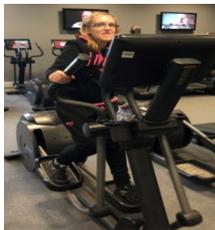


**Maddison House—** Hi everyone, It's been a busy start to the New Year at Maddison House. We hosted Come Dine at Seabrooke House just before Christmas, it was a roaring success and we had great fun. We used the money raised to have a "Christmas day" at Maddison House and had a Christmas dinner and exchanged gifts. Everyone spent time with family over Christmas then we went to the New Year's Eve party at The Leather Bottel pub, it was a brilliant night. Everyone has completed new Goal planners here so we have fresh challenges and things to look forward to this year. We have enjoyed a trip to London already and have lots of other exciting things planned. We are going to be saying goodbye to Scott Jones shortly as he will be moving out to live in the community; we wish him lots of luck and happiness in his new home. Let's see what other exciting times and opportunities 2018 brings. We're ready and we hope you are too!



**Seabrooke House-** Seabrooke House has had a busy month of learning and leisure. We have learnt this month about the dangers of Facebook fake friends, how telling tales is dangerous and why its important to stay clean and healthy. We enjoyed a health walk, visited the Natural History Museum and had an Australian Culture Day, where we ate Crocodile and Buffalo! The Seabrooke gym now has a multi gym, so we are getting fit for Summer.

**Seabrooke House Day Service-** Day Service have enjoyed participating in a variety of activities and training exercises (it's been a great start to 2018!). We have tried out the recently opened Gravity trampoline park at Bluewater, in addition to a Swimming session at Cascades. We have learnt about energy and recycling during a workshop carried out by Chantal. During this month we have also found out about Australian culture and cooked/tasted lots of different meats during our Australia Day. We are looking forward to making additions to our planner as the weather is slowly starting to get better! See you all soon.



**Short Breaks—** In December we took our young people to Bromley for Christmas shopping. We travelled by train giving them some travel training experience and they enjoyed choosing presents for their family. We also had our annual Christmas party with lots of games and party food. The young people always enjoy the party atmosphere and Catherine Wilson came along with Christmas crafts which they all got involved in. We are building up numbers again of young people coming along to our sessions. Catherine Wilson has come along to do arts and crafts with the young people according to what season or festival is coming up e.g. Christmas, Valentine's Day and next session we will include Easter crafts. We are encouraging more young people to 'have a go' in the kitchen and they are now choosing and voting on between three recipes of what they would like to cook for the next session. We are meeting up with the other Kasbah projects at the bowling centre in Gravesend in February. This will give our young people and staff a chance to meet other service users and integrate in an activity which they are all really looking forward to In March we are hosting a Quiz night at the Millennium Hall in Rainham and we have invited other KASBAH projects and parents to come along. This follows on from a very successful quiz night we had last year. Our young people will be hosting the night and as well as the quiz we will have a draw and craft table, plus snacks and drinks. We are very pleased to have received a £2,000 grant from Tesco – Bags of Help grant – for the purpose of 'connecting young disabled people'. We are very proud of Linda Gillham, one of our team, who instigated the application and who works tirelessly attending boot fairs to collect funds for the Short Breaks project.



# Respite and Carer's Holidays

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Guidance

## Help available from the Department for Work and Pensions for people who are victims of domestic violence and abuse

Published 5 January 2018

Domestic violence and abuse is still a huge problem in our society, with far-reaching and devastating impacts.

The cross-government definition of domestic violence and abuse is: any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality. The abuse can encompass, but is not limited to:

- psychological
- physical
- sexual
- financial
- emotional

Find out more about the cross-government definition of domestic violence and abuse. The government is fully committed to the prevention of abuse and the Department for Work and Pensions (DWP) has a range of measures designed to support people who flee violent and abusive households.



Don't Like

If you don't want it  
If you don't like it  
If you don't use it  
If you don't wear it

**Please donate it**

**to the Kasbah Charity Shop at The Hive,  
Northfleet, Kent**

**We need clothes, shoes and bags**



**We need ornaments, clocks and pictures**



**We need stuff for the kitchen**



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**We have a new DIAL twitter page please follow us  
You can still find us on Facebook on the KASBAH group**



**@NWKDIAL**



**@KASBAH**

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

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

**Newsletters are edited by Lauren Gee**