

NEW PROJECT – NEW FORMAT! **SHORT BREAKS ON THE GO**

Following on from our established Short Breaks Life Skills Project, we are very pleased to offer young people with moderate learning and physical disabilities, living in Medway and aged 14 +, the chance to come along and join in our new project. Membership would be subject to assessment. We run trips once a month and young people will have the chance to make new friends and try out new activities and challenges, visiting a different venue each time.

‘Short Breaks on the Go’ is no longer hall based, but we aim to offer skills which are beneficial to our young people out in the community, which can entail travel training, monetary skills, socialising with the wider community and trying out new activities they may not have had a chance to try before. All this in a friendly, safe environment with staff who have many years of experience working with young people.

So far this year we have had trips out to Bluewater for crazy golf, a trip on a boat cruising on the River Medway, a cinema trip, a beach trip and a trip to the local tenpin bowling alley.

Trips are self-funded by the young people which includes travel, refreshments and any expenses for the various activities planned. We also ask for a £2 subscription per person, per trip. This goes towards subsidised trips in the summer or at Christmas time and the occasional treat when out in the community.

We have various trips planned for the coming months, including a trip to a local trampolining venue, Christmas dinner and a Pantomime trip in the New Year.

If any young person would be interested in coming along, please e-mail us on shortbreaks@kasbah.org.uk or text/telephone mobile 07432 363859.



A MESSAGE FROM EMMA.....

Hi Everyone

We are seeing a really positive change in our recent office move and a take-up of the Advisor/DIAL services so if you think we can help please do give us a call on 01474 536501.

Julie and Sophie have now moved off-site to focus on their functions so the best way to get in touch with them is via e-mail at

jappleby@kasbah.org.uk or saiken@kasbah.org.uk.

I have also seen an increase in the number of calls on medical conditions relating to Spina Bifida and Hydrocephalus of recent, we are always happy to advise but will also always suggest getting specialist advice from SHINE, the national charity formally known as ASBAH, their contact details are E-mail: firstcontact@shinecharity.org.uk, or call the main office on Tel: 01733 555988.

We hope to hear from you soon.

Best Wishes

Emma Carver
Chief Executive Officer



DIAL Advice Line

Hello everyone

I would like to update you on how things are going within the DIAL project. We have now truly settled into our new office space. We welcome a new volunteer, Sam. He is proving to be a great addition to our team. We are always looking for new volunteers to enhance the services we provide. We offer training and ongoing support to every volunteer within the project. Please do not hesitate to contact Karen if you can spare a few hours a week. Email k.heath@kasbah.org.uk or tel 01474 536501.

A little bit of useful information for you all.

Have you ever heard of the Sunflower Lanyard Scheme?

Being introduced into many of the UK airports, train stations and visitor attractions. Wearing the hidden disabilities Sunflower Lanyard indicates to staff that there maybe some hidden difficulty or disability, which may require help and support as and when it is required. This could be as simple as needing a little more time. Anybody with or without a diagnosis who's daily life is made more challenging by their hidden disability, can access this scheme.

If you have difficulty or are unable to have a conversation with a staff member due to your condition, consider writing down the type of help you may need and hand it to a member of staff.

Lanyards are available for free and can be ordered in advance from your chosen airport or picked up from some major Sainsburys stores. They can also be ordered from join@hiddendisabilitiesstore.com

I would like to wish everyone a healthy, happy Christmas and very best wishes for the new year.

Karen Heath

DIAL Advice Line Manager



Karen Heath - KASBAH Advice Manager

Email kheath@kasbah.org.uk

Office: 01474 536 501

Outreach

Outreach have had a difficult few months, after the loss of Jill but everyone is doing well and looking to the future. Linda S has now taken on the position of the Outreach Coordinator has been busy making sure everything is running smoothly.

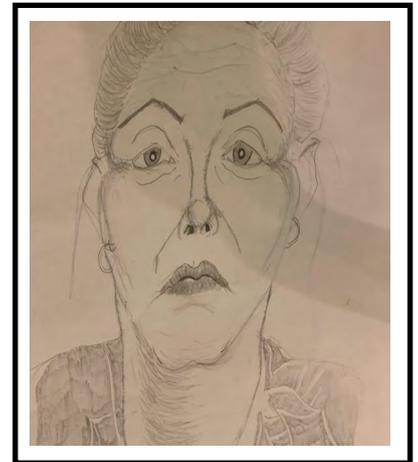
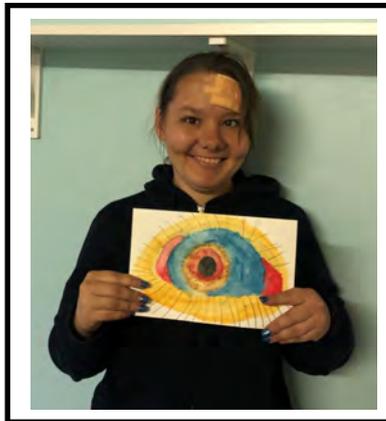
Sadie, has had support with getting her flat decorated and buying some beautiful new furniture. She worked really hard to save up the money for it and It looks great! Sadie has also been going to art classes every Thursdays. She is really enjoying it. Her class has recently had an exhibition at the Woodville Halls in Gravesend where Sadie displayed a picture that she had drawn of the Big Brother Eye. It sold straight away. Congratulation Sadie!

Paul, another of our Service Users is also enjoying art. He has recently drawn a portrait of Julie a member of staff here at KASBAH. He is very proud of his work and I'm sure you will agree he is very talented. Well done Paul!

Outreach all enjoyed some interesting social skills days during the summer. We have visited the Kent Life Museum, Shorne Country Park, The Romney, Hythe and Dymchurch Railway and been crabbing at the seaside besides many more enjoyable day out.

The new Outreach Office is up and running at Glenview Common Room. It's a nice space where tenants, outreach service users and staff can enjoy social time together and get to know each other with a cuppa. We will be making good use of this space, that's for sure.

Can you believe it! it's time to get ready for the Christmas festivities. How time flies when you're having fun. Merry Christmas to all.



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Rochester Road

Hello from everyone at Rochester Road.

Abigail and Matthew enjoyed the last of the warm summer days with a trip to Wingham Wildlife Park. There were lots of animals to see including bears, penguins, meerkats and tigers. They really had a great time and recommend it to others, should you get a chance to visit.

Thomas enjoyed his first ever weekend at SASBAH, he enjoyed getting to know others from different KASBAH houses and joining in with all the activities, he particularly enjoyed riding the bikes.

Nicola, Matthew, Thomas, Abi and Karen enjoyed a cultural day out and visited the Angel of Knives in Rochester. The sculpture was 8 metres tall. They also visited Paulo's Circus which was very entertaining.

Rochester Road would like to congratulate everyone from KASBAH that were involved in the Phab Club's talent show, with lots of members from Rochester Road and other KASBAH houses in the final.

We have lots planned for our Wednesday social skills for November and December, especially as Christmas is coming. Watch this space!



Maddison House

Hi everyone! It has been a busy time as usual at Maddison House, Dan, Nat and Simon have been on the SASBAH activity weekend in Sussex. There were so many things to do but the zip wire and the bikes were particular favourites. It was an amazing action-packed weekend. We would like to thank Becky, Scott and Courtney for being such fun.

We have all been enjoying our social skills activities such as Bingo and nice pub lunches.

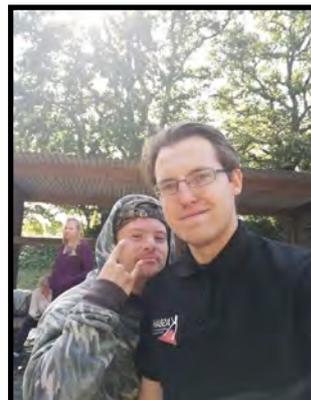
We have also been to celebrate Sophie W's 21st Birthday at Shortbread House. Everyone had a great time. Happy Birthday Sophie.

We have had a few staff changes here at the house. Lauren has now gone to work at Shortbread House, we would like to wish her all the best.

We have also welcomed back Sam Williams. Our first activity on Sam's return was a trip to watch the filming of Celebrity Catchphrase. We didn't realise but it was their Christmas special! The celebrities were Jarvis Cocker, Davina McCall and Jo Brand. Keep your eyes peeled and look out for us on TV in amongst the Christmassy crowd.

Speaking of Christmas we have lots of fun things planned for Christmas and New Year, we can't wait!

Merry Christmas everyone and a Happy New Year.



Gingerbread House

Here at Gingerbread House, we have lots of exciting things happening. Jake has had a birthday. He had a lovely meal out with his housemates and his friends from Maddison House. They all enjoyed a meal at a local Turkish restaurant. He also had a tea party with his family who bought him a special chocolate cake. Although Jake is now 28, he still insists on telling everyone he is only 27. Victoria has also had a birthday and probably received the best present ever, when Jake proposed to her down on his bended knee. She didn't keep him waiting long before agreeing to becoming Mrs Ross. Congratulations to you both.

During the summer we have had some lovely days out. We visited the coast where we all enjoyed walking along the sea front soaking up the sun. We also had a trip to Christmas Tree Farm where we got to feed the goats.

Another particularly eventful day was the Russian cultural day held at Seabrooke House. We all learnt some Russian phrases, listened to

Russian music and tried some Russian cuisine, (that was very interesting) and best of all, we sampled some Russian vodka.

Now we are starting to get very excited about Christmas. It will be here before we know it so we would like to wish everyone Merry Christmas.



Hattie Webb House

Here at Hattie Webb House we have been very busy discussing Halloween and Christmas. This included planning activities such as pumpkin carving, seasonal recipe searching and Christmas dinner planning. Everyone here really enjoys this time of year, spending cosy days in when the weather is bad with a nice hot chocolate and a naughty snack whilst watching our favourite films or programmes.

We have also started making traditional homemade winter warmer meals, stews, casseroles, shepherds pies and soups, everyone really enjoys this kind of homemade hearty meal.

Day Service:

Although the weather is very unpredictable this time of the year, we always ensure that the service users have plenty to do to keep them busy. We have been discussing a wide range of activities that can be done inside.

Our Service Users are very much enjoying utilising the Woodlands Gym. Every Monday they have been successfully travel training to and from the gym. By accessing public transport more, they are gaining confidence in a range of independent living skills that are important life skills.

Bunny Updates:

Our furry family here at Hattie Webb House are all well, they certainly do keep us all very busy, with trips to the vet and their cheeky behaviours. Each one of our furry friends has a unique personality and loads of character, they are very entertaining for all but most importantly they do a fantastic job being therapy animals, they teach the service users how to be responsible pet owners as well as reducing stress and depression.



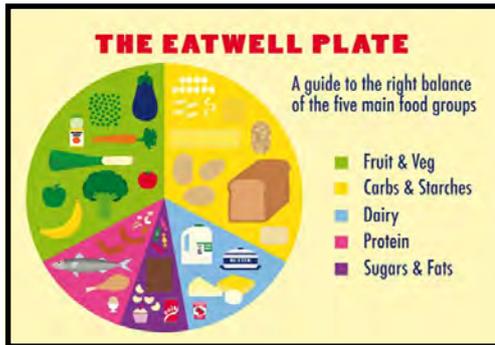
Seabrooke House

It's been a busy month at Seabrooke, with lots of learning and laughter. All trainee's including day service, attended training on CPR, where they received certificates for their training on how to resuscitate a person.

The trainees also attended a Healthy Eating Course, where they learnt about the Eatwell Plate.

Everyone has had plenty of time for some well deserved relaxation, before we start to plan our annual Come Dine Christmas. We all help to prepare a full Christmas dinner for our friends, family and staff here at KASBAH. We are looking forward to seeing everyone there.

Merry Christmas everyone and a Happy New Year.



Shortbread House

Hello from Shortbread House!

We have had lots of fun with seasonal activities recently, Halloween parties, going to Broadditch Farm Hauntfest, pumpkin carving and much more.

Shortbread House are making a return to G.Beatz Nightclub in Gillingham, if anyone would like to join us, these events are bi-weekly on a Monday evening, and are always good fun with different themes for each party.

We have also enjoyed making a return to PHAB Club on a Wednesday evening at Gravesend Rugby Club.

Our house has had two birthdays in quick succession. Katie turned 31 in September and Sophie turned 21 in October, both had birthday arrangements of their choice to celebrate their special days.

Katie A is now being supported to run her own pampering service. This is helping Katie gain skills similar to ones she may have developed if she was going to work experience elsewhere.



We are looking forward to seeing what the rest of the year has in store for us. We intend on keeping busy, learning new skills and enjoying ourselves to the max. Especially with all the up and coming Christmas events, and of course the big day itself. See you all soon!

Hello and Goodbye

Here a KASBAH we would like to welcome Ian Grimley, who has joined us as a Senior Life Skills Coach at Shortbread House. Sam Pitcher, who has joined Gingerbread House and Sarah Ringer, who has also joined us as a Senior Life Skills Coach at Gingerbread House.

We would like to say goodbye and good luck to Stacey Williams who is going on Maternity leave shortly. We wish you all the best with your new addition.

We would also like to say goodbye to Lorraine Clark, who has worked at KASBAH for the last couple of years as part of our Outreach team, we will miss you very much. Good luck in your new Job.



TALK TO US

If things are getting to you

 **116 123**  **FREE**
This number is **FREE** to call round the clock

SAMARITANS

A registered charity

Everyone here at
KASBAH
wishes you a very
Merry Christmas
and a
Happy New Year



 **Choice Support**

Freedom Nightclub



An exclusive club in Dartford for adults with learning disabilities and autism. Freedom offers a safe environment for adults over 18 to enjoy a night out

Dates for 2019

26th June	31st July	28th August
25th September	30th October	27th November
18th December		

7.00 - 11.00pm
Entry £5.00 Carers £1.00

Venue:
Wig and Gown
Spital Street
Dartford, DA1 2DX



Contact: Maxine Gobbett 01322 293 312 Maxine.Gobbett@choicesupport.org.uk

We are on Social Media



Follow us on Twitter and Facebook!

@kasbah_kent

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

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

