

TIME FOR A CHANGE

After over eleven and a half years, I have decided to call time on my career at KASBAH- where not only have I learnt to become a professional but to personally have transitioned from a boy to a man.



I have been both privileged and lucky to have played my part in what is a growing organisation, helping so many vulnerable individuals fulfil their aspirations and dreams. In addition to this, I have worked alongside some great colleagues, gained meaningful memories, experienced many incredible opportunities, as well as meeting my soulmate in Rhianna.

I assure you all that I will continue to give my utmost best efforts to KASBAH in the time I have left in my role. Although this has been an emotional and tough experience, I want to celebrate my time with KASBAH and in true KASBAH tradition- to end things on a positive.

I say 'end' loosely, as I aim to continue to be affiliated with KASBAH at the bare minimum this will be as a life-long follower and supporter of the charity.

A special thank you to Emma Carver for giving me the chance to work for KASBAH and go on to wear its badge and represent the organisation for the length of time that I have done.

I wish all the guys, the staff and the charity as a whole, all the very best for the future. I will never forget where I grew up and where I came from, or the people I have shared many memories and experiences with.

With Gratitude and Many Thanks.
Scott Mathews Gingerbread and Shortbread Manager.

Everyone here at KASBAH, would like to send their best wishes to Scott and good luck thoughts as he starts his new adventure. May you tackle this with the strength, determination and commitment you have shown all of us.

A MESSAGE FROM EMMA..

Hi All

How are you? We are feeling the isolation ourselves with the on-going impact of Covid-19 so if you just want a chat or to have a video call, let us know we are here to help.

We are trying our best at KASBAH to keep our daily support and structure as normal as possible, although a lot of support has moved to a remote or video call model, the KASBAH offices remain open and available to you all.

We hope to get day provisions and respite placements back in place as soon as restrictions lessen, and have plans to tender for the new Disability Information, Advice and Guidance Services in West Kent when this becomes live to keep our Advisor Service open and active.

Take care
Emma



DIAL Advice Line

We hope everyone is well and like us, feeling a little light relief now the evenings are becoming lighter. We have found it a struggle to get up in the mornings whilst it was dark, as I know some of our members have but we have found something that has really helped and would like to pass this information on to you.

Body clock lamps are designed to simulate sunrise. Before your alarm it will fill your bedroom with natural light helping you to wake up easily and naturally every morning. The lamp has certainly made us feel brighter and happier about starting our day and definitely got rid of our winter blues. Sometimes called Seasonal Affective Disorder lamps or SAD for short, these lamps start from around £25 from all good retailers.

Here at DIAL Office, we are continuing our service, even if it looks a little different to before. This does not come without its challenges as we recognise that not everyone feels confident talking on the phone, some even struggle to write but our volunteers have been doing an amazing job working remotely from their homes and being as patient as possible. We miss all of our volunteers at the office but are very grateful and thank them very much for their time and dedication. We really couldn't do it without you! Stay Safe
Karen and Sarah



Outreach

The outreach staff have been doing an amazing job. I am incredibly proud of them all and being hands on myself, I understand the difficulties we are faced with daily during this pandemic. I would personally like to thank each of you for your dedication and hard work.

I am please to say that we have all now been offered a vaccine and most of us have taken the opportunity to have it administered. This has certainly made me feel more confident in my role, but I still cannot express how important it is to follow the government guidelines of keeping your distance, covering your face and washing your hands.

Our Outreach Service Users have been very pleased to see us during this lockdown. Lexie and Michael who are Neighbours, recently shared a socially distanced birthday cake as their birthdays are very close together.

The staff gave Lexie a piñata that was full of cosmetics. She loved it so much that she didn't want to destroy it to see what was in it. She very carefully managed to get the bits out the bottom, so the piñata is still intact. The confetti did make a bit of a mess, but it all added to the excitement of the day.

Linda Shaw

Out reach Co-ordinator



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Gingerbread House

At Gingerbread House, despite being in Lockdown, we are all following a good healthy routine and managing to find lots to keep us entertained.

At the beginning of the year, it was Sam's birthday, everyone played games, baked cakes and in the evening had a fish and chip supper and cake for dessert. The day was enjoyed by all and especially Sam.

Throughout January, Sophie was transitioning ready for her move to Gingerbread House. Sophie has been incredibly excited about this and finally at the beginning of February moved in permanently. She has settled in very well and is really enjoying life with her new house mates. Time outside has been a must to keep the spirits up and everyone at Gingerbread has been taking part. During the snow days last month, we all enjoyed playing in the snow and having snowball fights. We even made a snowman that we named Simon. We have been to Deer Park and enjoyed a takeaway hot chocolate and most recently been to Greenwich park to take in the scenery and enjoy a picnic. We are all very much looking forward to spending more time outside, now the evenings are getting a little lighter.



Maddison House

We hope you are all keeping well. We have all tried to keep active at Madison House during this unsettling time and have found plenty to keep us busy.

We had a lovely Christmas and New year, celebrating with friends then family and in true Mads style, we celebrated the New year with a party, enjoyed by everyone that could attend, there was lots of singing, dancing and letting loose!

We have really been enjoying playing all the new board games we got for Christmas, such as EastEnders, Jumanji and Doctor Who to name a few.

The girls especially have been enjoying scratch art, this has kept them entertained for hours.

We have all been enjoying local walks and cooking lots of new recipes, tasty!

We have now turned to getting fit as we have some fitness equipment including as weights and a punch bag!

Although we are missing normality we are also coping well and looking forward to summer.



Shortbread House

The past few months Shortbread House have had lots of fun. On the lead up to Christmas we did what we could to make the end of a strange year enjoyable for everyone, this included having lots of in-house activities such as arts and crafts days, where all the girls made Christmas cards for their families & loved ones, baking Christmas cookies, watching lots of Christmas movies and dance to all the Christmas songs. The local garden centre was a favourite attraction with the Service Users as it was full of beautiful decorations and lights. All the girls wrapped presents for their loved ones and many FaceTime calls were made to nans, grandads, mums & dads.

On New Year's Eve in true Shortbread style, we had our own little party with lots of food & music and we even had sparklers.

We have been going out for lots of health walks, we have had trips to Danson Park, Ingress Park, The Prom in Gravesend and many more. We have also spent lots of time in the kitchen baking cakes and cooking lots of homemade meals to warm us up during the winter months.

Both Shortbread and Gingerbread House gained some new friends in the form of chickens! The boys from Gingerbread House have helped to create a new chicken pen for all 4 chickens and both houses have especially enjoyed the fresh eggs every morning for breakfast.

At the beginning of February, Sophie moved next door over to Gingerbread House to continue learning new life skills, Sophie is very happy with her move. She helped sort and organise her new room and is settling in well, although Sophie is only next door she will be missed at Shortbread and we would like to wish her all the best.



Rochester Road

Rochester Road have been trying to stay healthy by cooking new healthy eating recipes. We not only enjoying cooking them but eating them and we still have made the odd naughty treat too. Daily health walks are keeping us busy and sometimes Thomas and Abigale go out on their scooters. Abigale has also been taking part in the MENCAP Round the World Challenge and getting active with her dance DVD.

Everyone at Rochester Road is missing Karen. She has chosen to be in lockdown with her mum and brother but will be back with us as soon as the current restrictions are lifted. Once a week we all gather to FaceTime Karen. She really enjoys listening to everything we have been up to. She is also keeping active by joining in with the KCC Music club via Zoom.

Thomas was extremely pleased to have had some snow, he really wanted to build a snowman but decided it was too cold. He was very helpful though, when he help the staff to clear all the paths to make it safe for everyone to go outside.



Seabrooke House

At Seabrooke House this month we have all managed to keep ourselves occupied and in good spirits.

The guys here love a social meal and the last one went down a treat. It had a Turkish theme and everyone ate kebab and tried something new, including Turkish tea and sweets.

We have recently started group training again. This involves lots of role play and discussion involving real life situations. I am pleased to say everyone is enjoying these sessions and gaining lots of new skills.

One of our favourite evenings recently was when we had a special treat from Treats the ice cream shop. We all treated ourselves to a yummy dessert. Now we need to do a few extra walks to shed those extra calories.

V Norris



DIAL
NORTH WEST KENT

Run by disabled people,
For disabled people

DIAL provides free confidential information and advice on all aspects of disability to the residents of North West Kent (Dartford, Swanley and Gravesham), and to KASBAH service users and members across Kent.

Call the advice line to arrange and appointment

01474 536501

Available

Monday to Thursday 10am - 4 pm

Unfortunately we are not able to arrange face to face appointments due to the current situation with Coronavirus. Please ring for a telephone appointment.

dialnwk@kasbah.org.uk

Hattie Webb House

All at Hattie Webb House would like to wish you all a Happy New Year, although we are still very uncertain times hopefully 2021 will be a better year than 2020. Christmas at here was very different this year for various reasons, however we treasured what we have and made the most of an uncertain and strange situation. As we are all facing yet another lockdown, to keep us all safe we are aiming to remain positive. HWH would like to give a very warm welcome to Rachael, Rachael has recently moved into Hattie Webb and is settling in very well.

KASBAH staff have all been having their first COVID 19 vaccinations and hopefully it will not be long now until our Service Users can have theirs too, although the vaccine does not stop the spread, it will prevent people becoming seriously ill. As a community we still need to follow the guidelines of only going out if its essential, wearing a mask where required, good hygiene and most importantly social distancing. I know that our Service Users struggle without interaction from those that they are close to so here we trying to keep busy and maintain positive interaction within the house.



Day Service: Day service currently remains closed due to COVID 19 guidelines. Hattie Webb House are always here if anyone would like a chat or catchup. We are hoping that we can re-open very soon and return to some form of normality. If anyone requires support or information, please do not hesitate to contact Dawn or Janine at HWH 01634 404468 we are always here to help.

Hello and welcome

2021 brings some new changes to KASBAH. We would like to welcome and wish Brendan Walsh good luck. Brendan took up his new post as Chairman of the board at the beginning of the year.

We would also like to extend a warm welcome to Amos, Tope, Anastasia, Charmaine and Lauren S. Good luck everyone in your new career at KASBAH. We look forward to working with you all in the future.



Brendan
Walsh



If lockdown is making you feel isolated and alone, please remember that KASBAH is here to support all of our members. The KASBAH Office is open from 9 – 4.30pm Monday to Friday so please pick up the phone to hear a friendly voice.

01474 536501

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

27—27A East Kent Avenue, Northfleet, Kent. DA 11 (HU

by phone on 01474 536501 or email officeadmin@kasbah.org.uk

If you have any suggestions or comments for up and coming newsletters, please get in touch

