



# Come in... we're open!

The Meeting Place Café is now open for business!

The café is located in Gravesend High Street, in the attractive Heritage Quarter. Whether you want a cake to treat yourself, or a relaxing cup of coffee or pot of tea, the Meeting Place has it all. It's relaxing atmosphere suits all needs and is wheelchair accessible.

We would like to say thank you to Muriel Parsons, the previous owner, and Gillian Smith at Places for People, for their support in the café handover, and a huge well done and thank you to all the KASBAH staff who have been involved in decorating and setting up the café ready for opening.



The service users from our housing projects have now had their training induction and are working at the café with support from our own staff. The café provides an engaging and meaningful workplace experience for our service users, which we hope will stand them in good stead to find employment as well as learn practical skills.

We are having a grand opening event throughout the day on **Saturday, 27th April 2013** and we would love to see you there! As well as lots of lovely food and drink there will be entertainment including musicians and alternative circus acts.

Below you will find a 10% off discount voucher for any purchase made at the café until the end of June, this can be used at the grand opening but if you can't wait until then, please do pop in and see us whenever you're next in Gravesend town centre.

The café is open Monday-Saturday from 9am to 4pm and is located at 70 High Street, Gravesend, DA11 0BH. The café also takes orders for sandwiches and rolls for lunchtime pick-up as well as catering for business lunches, to order please call 01474 320829, please also see our website [www.kasbah.org.uk](http://www.kasbah.org.uk) and click on "A Place to Meet" on the right hand side of the page.

*10% off voucher*

*For any purchase*

*Valid until July 2013*



# Thank you to the Lions



We would like to offer our sincere thanks to the Northfleet & Ebbsfleet Lions who have again this year generously supported KASBAH with a donation of £350.

This donation will be used towards the setting up of the children's area in our new project at The Meeting Place Café in Gravesend.

Senior Officer Julie Appleby attended the presentation evening on 6 March and thanked the Lions for their support on behalf of the organisation.

(pictured L-R Lions District Secretary, Jackie Robinson, KASBAH's Julie Appleby, Lions President Trevor Irvine)

# Red Nose Day Fun!



The guys at Seabrooke House and Rochester Road had a day and night full of fun on 15 March - Red Nose Day! The much-awaited Staff v Trainees football match took place, which included a ballet-style warm-up session followed by a thrashing by the Trainees. In the words of Becky Glibbery, "they whooped us!".

Then in the evening the guys all met at Seabrooke House for a Pyjama Party - as you can see they all stepped up to the challenge and came in their PJs and onesies! An impressive £140 was raised for Comic Relief, well done everyone!



# A message from Emma...

Hi Everyone

I hope you are keeping warm and safe in this extended cold weather.

There are lots of changes occurring within KASBAH with a new Seabrooke House Manager joining the team – Denise Kilshaw.

Our High Street cafe in Gravesend is now open to the public Monday to Saturday, this has been a huge achievement for KASBAH and has been a real team effort to get to this point, thank you to everyone involved.

KASBAH has also been recruiting for new supported housing staff which is in progress with Maddison House opening on the 8th April, KASBAH are seeking experienced support staff to add to the existing KASBAH team, if you feel you have the necessary skills please do contact me.

By the end of April I will be able to introduce all of the new staff members, including some unexpected changes which mean we have been able to keep our very experienced Advisors; Christine Cunningham and Gill Reynolds in new positions within KASBAH from 1st April 2013, so although their job remits will have altered their experience and knowledge remains within the organisation.

*Emma*

KASBAH Chief Officer



# Seabrooke House Update



## **An Introduction from Denise**

I'm very pleased to introduce myself as the new Manager at Seabrooke House. I've worked within the health and social care sector for many years. Most recently I worked for NWK Carers Support Service as a Senior Support Worker developing services for unpaid Carers which included giving advice, information and guidance, working with NHS professionals to identify and support Carers and managing the Volunteer short breaks team.

Most of my work experience has been managing community care projects which have included domiciliary care contracts and working with Carers Choice (Learning Disability specific) both regulated by the Care Quality Commission. I've gained various qualifications including NVQ4 Health and Social Care and the Registered

Manager's Award. I hope to continue my development with the Open University.

I look forward to working with the KASBAH team to provide and develop quality, person centred services.

I'd be pleased to arrange a meeting to personally introduce myself, please contact me at Seabrooke House on 01322 386841 if I can assist in any way.

Denise Kilshaw—Seabrooke House Manager

**An Update from Becky** In April I will no longer be based at Seabrooke House as my new role as Supported Housing Area Manager means I will be spending equal amounts of time at all of KASBAH's homes and of course The Meeting Place. I am sure I will meet you on my travels, however if you would like to contact me my office will be based at Maddison House and I will endeavour to circulate the new telephone number once I have it.

Becky Glibbery



# Hattie Webb House Update



As part of the staff restructure within KASBAH, there have been some staff changes at Hattie Webb House. Sally Cochran, Medway Development Manager, has left this site and is now managing the supported living project Rochester Road in Gravesend. Dawn Varley is now House Co-ordinator and she is joined by Steve Andrews, Jane Candler and Christine Cunningham who make up the rest of the team. We are very pleased to welcome Steve to the staff team, he has worked with us before as bank staff and is a KASBAH member who we know will bring experience and knowledge to the role.

We are all looking forward to becoming involved in KASBAH's latest venture, the Meeting Place café. All our service users will have the opportunity to visit the café and learn the relevant job skills, which include food and drink preparation, food hygiene, health and safety, as well as taking money and dealing with members of the public.

Our day service continues to work alongside MAPS, by providing training and learning opportunities for our own service users as well as MAPS members, such as cooking, ironing, problem solving

and social skills. This has the benefit of being able to reach out to other people within the disability community in Medway and enable and empower them to achieve a level of independence.

If you are interested in finding out more about our services please call Dawn Varley on 01634 404468 or email [hattie-webbhouse@kasbah.org.uk](mailto:hattie-webbhouse@kasbah.org.uk) - or pop in and have a tea or a coffee with us, to see what we do, and meet some of our guys. We currently operate a waiting list for residential placements, but do have some day service vacancies.



# Short Breaks Update

In January Wendy Daws, local photographer and artist, visited our session to show our young people how to make concertina pictures. This activity was very well received and they proudly displayed their pictures on the wall to show their parents. Wendy is a popular visitor to our sessions. She introduces the young people to many new and exciting projects.

In February we had a visit from Karen (Vision Communication – [www.visioncommunication.org.uk](http://www.visioncommunication.org.uk)) who came to teach the young people the basics of sign language. The young people all enjoyed taking part in the activity and were very keen that Karen should come back again soon. She is keen to teach them a song in sign language. Another popular visitor at the session was Catherine (Pamper and Sparkle) who helped the young people with craft activities. A Chinese dish was on offer for lunch to celebrate the Chinese New Year.

We will be returning to B & Q in April with eleven of our young people. They will have the chance to make a boat starting from scratch. Due to us being frequent participants in the DIY lessons, we will be able to take part in this activity at no cost to us.

Barclays Bank asked us to submit a bid for their community grant scheme and we were pleased to bid for a gardening project which the representatives of the local branch will be coming along to help with if we are successful. Our local Wilkinson's store manager is very keen on members of his staff volunteering at our sessions and we look forward to them visiting us.

We are very proud of our team member, Dean Bowman, who has been nominated for the Pride of Medway Award for Services to Youth and Community Work. Well done Dean from everyone at KASBAH!

Our sessions run on the fourth Saturday of the month at the Millennium Hall, Rainham. We are always happy to welcome new members.

To contact us please call Rachel, Short Breaks Co-ordinator, on 07505 489049 or e-mail us at [short-breaks@kasbah.org.uk](mailto:short-breaks@kasbah.org.uk). We are happy to be contacted on a Monday or Tuesday.



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## Drop in disability advice service coming soon at The Meeting Place

If you have any disability questions or need disability advice, you can pop in and see an advisor at The Meeting Place on the following dates:

Tuesday 30 April 13 - 10.30 until 2.30 p.m.

Thursday 30 May 13 - 10.30 until 2.30 p.m.

Tuesday 25 June 13 - 10.30 until 2.30 p.m.

(Please note it is a first come first served basis)

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## Employing a personal care worker

Recruiting a carer can be empowering as it gives people choice and independence, but it often sets up a unique and sometimes quite intimate employment relationship. Direct Payment budget holders, or their relatives, can find themselves taking on the role of employer for the first time, and be uncertain or unaware of many of the responsibilities and legal obligations that being an employer entails.

Personal assistants or care workers can also be uncertain about their employment status and how that affects their rights and responsibilities. There may also be a lack of clarity about the nature of the duties to be performed in such a personal relationship in a domestic setting.

The ACAS Helpline is available Monday-Friday, 8am-8pm and Saturday, 9am-1pm on 08457 47 47 47. Their advisors can talk you through any issues relating to employment of a personal carer. They can also help explain the law and share best practice. This service is free.



# Rochester Road Update



It has been an exciting time again at Rochester Road; all the guys had a great time getting glammed up and attending Kelly Oldham's leaving party at Seabrooke House (see picture). The boys were in their best suits and the girls really enjoyed having their hair and make-up done for the party. Everyone looked brilliant. We will miss Kelly and wish her good luck for the future in her new home!

Big congratulations go to the glorious Simon Bindra; he will be starting a new job soon at Peppercorns offices in Dartford! Simon says: "I am very excited about starting my new job. It will be like when I worked in the office at The Hive with Julie, I like working in the office. If it goes well they said they might make it permanent and pay me."

Football has started up again on Thursdays at Seabrooke House. Ash, Simon and Natalie were there ready to begin training hard in preparation for the Staff vs Trainees football match on the 15<sup>th</sup> March!

Ash was very excited at participating this time; "Bring it on!" he said.

Natalie and Simon are busy making preparations to move into

Maddison House in the beginning of April and are excited about living with friends and having the opportunity to live more independently. Both already have planned colour schemes for their bedrooms. Victoria Norris, Rochester Road's House Co-ordinator, is also preparing for her move to Maddison House where she will take on a similar role. Sally Cochran (previously at Hattie Webb House) took over the day to day management of Rochester Road from 1 April.



A welcome from **Shine** and introducing Benny the Bear.

Speaking to Emma Carver at KASBAH recently, I asked if KASBAH members were all aware of the resources and support that **Shine** were able to offer.

Emma was happy for me to write a short introduction to **Shine** and Benny

Bear in this newsletter and I hope as a result, Benny will have even more members and be a useful learning tool within families and schools.

Hydrocephalus can be difficult for both children and parents, but hopefully, Benny Bear, who also has Hydrocephalus, can help alleviate that concern with his Benny Bear stories. Benny has a series of 5 books all about a special bear with a shunt. Follow his stories, Benny Going to School, Benny Going on Holiday, Benny's Team Wins, Benny's New Shunt and Benny Gets Better. Benny also has his own 'Be Brilliant' Club and Blog, where children can write in, send their drawings and pictures – and as a member, will also receive a birthday card and mini Benny Bear and stickers. The Benny Bear Club is free to join, just log onto [shinecharity.org.uk](http://shinecharity.org.uk) and click on Benny's Blog.

Many schools have found Benny a useful learning tool when they have a child with Hydrocephalus in their class. They are able to use Benny as a class activity, holding Benny Bears picnic, (where children all take in their own teddy bear), a Benny colouring competition or just reading Benny Bear books together in class. Sometimes, as a school fund-raising activity for **Shine**, Benny will actually visit a school and host his very own birthday party, with lots Benny activities.

For schools and other professionals, **Shine** in conjunction with Children in Need; have produced a DVD, Tips for Teachers, which contains a resource booklet and DVD to explain and offer strategies to help with learning within schools. **Shine** is also able to offer a Support and Development Worker who will support schools, children and families within education.

If your child would like to become a Benny Bear member, or to order a set of his 5 books (£8.00), or DVD (£6.95), then please contact Sharon Saville, on 01273 419022 or e-mail [sharon.saville@shinecharity.org.uk](mailto:sharon.saville@shinecharity.org.uk).



# News from the Advisor Service



Gill Reynolds  
KASBAH Advisor

Email [greynolds@kasbah.org.uk](mailto:greynolds@kasbah.org.uk)  
01474 532950

Public Information Exchange have recently published the revised (*2nd edition*) UK Road Atlas for Blue Badge Drivers; a unique spiral bound, handy sized, 256 paged customised atlas. If you are a Blue Badge Holder this is an excellent publication to keep in the car as it is a customised atlas that includes all the additional information a Blue Badge driver needs, such as: Accessible beaches and accommodation, Disabled friendly caravan sites, Shop-mobility locations, Restricted motorway junctions, Blue Badge bays, Accessible Petrol stations, Public toilets & National Key Scheme facilities, Accessible car parks, Motorway service information, Road Tolls with discounts.



The road atlas usually costs around £9.99, however thanks to Public Information Exchange, if you are a Blue Badge Holder, you can get it for free. To claim your free copy online, simply visit the Pie Guide's website [www.thepieguide.com](http://www.thepieguide.com) and add the Concise UK Blue Badge Road Atlas to your basket. At the checkout, type in the code "BBUK11" and the cost of the atlas will be discounted from your total. Proceed and enter payment details for any delivery charges.



As we move into spring and weather is starting to improve you may be thinking about getting back outside in the fresh air and possibly trying out a new activity or setting yourself a challenge – have you thought about cycling? Did you think it was not accessible?

Wheels for Wellbeing is an organisation which supports disabled people to cycle and aims to provide a safe, off-road environment to enjoy cycling without the danger of going on main roads. Whatever impairment, long term health condition or disability you have Wheels for Wellbeing can help you with your cycle query and offer you the opportunity to have a go a cycling.

Wheels for Wellbeing run sessions all year round in Croydon Arena, at the Herne Hill Velodrome and the Ladywell Arena. Cycle instructors and a wide variety of adaptive cycles, from tandems to hand cycles are available at each session. The sessions are also good for people who lack road safety awareness and for people who can't deal with traffic by themselves, for example some people who have a visual impairment. (Please note that hoists are not available.)

A session is just £3.00 which includes entrance for one supporter/family member.

Visit the website [www.wheelsforwellbeing.org.uk](http://www.wheelsforwellbeing.org.uk) for more information.



The aim of Saga Respite for Carers Trust is to give carers a break, by providing hundreds of free holidays a year for carers and their companions. Saga knows that issues around care are extremely important to the over 50s. More than six million people in the UK provide unpaid care to their loved ones, many provide much needed care 24 hours a day with little or no opportunity for a short break let alone a holiday.

The Saga Respite for Carers Trust was launched to try and help redress the balance for as many carers each year as possible by providing a much needed holiday for the carer and a friend. The award also includes spending money and if required, respite care for their loved one to ensure a continuity of care.

You can nominate yourself or a carer by completing a nomination form, closing date is 31<sup>st</sup> August 2013. To qualify as a nominee you must be over 50, have been caring for someone for more than a year, not taken a significant holiday away from your caring responsibilities within the last year and not be a professional carer. See [www.saga.co.uk](http://www.saga.co.uk) or call 01303 774421 for more information.

## Changing Places

Changing Place toilets have extra features to meet the needs of people with a range of disabilities and their carers. Changing Places toilets provide enough space and the right equipment, including a hoist and height adjustable changing bench.

The Good Day Programme is part of KCC's response to 'Valuing people Now' a cross-government strategy to improve the lives of people with a learning disability. Part of the work carried out by the Good Day Programme is about working with community partners and organisations to provide a range of Changing Place toilets across Kent. Changing Place toilets are available to everybody who needs the use of these facilities.

Information on Changing Places that are available in Kent can be found on the Good Day Programme website:

[http://www.kent.gov.uk/adult\\_social\\_services/your\\_social\\_services/services\\_and\\_support/learning\\_disability/good\\_day\\_programme.aspx](http://www.kent.gov.uk/adult_social_services/your_social_services/services_and_support/learning_disability/good_day_programme.aspx)

Information will be updated when other changing places are available in new locations.

## Goodbye from Sandra

My placement with KASBAH has now come to end. I have been working with KASBAH from September 2012 right up until February 2013. It's been a pleasure being given the opportunity to experience the work here, which has expanded my knowledge into the adult social care sector. I have thoroughly enjoyed meeting everyone and being apart of the team of staff at the different sites.

I have learnt a variety of skills and knowledge that inform adult services, which I can apply to my practice in the future, to be a competent social worker. I will now be progressing to be a qualified social worker by 2014! I am not certain into the field I want to go in as yet, but please wish me luck!

Thank you all for accommodating me, and treating me as a valued member of the team. KASBAH is a fantastic organisation, and I have no doubt that it will have dozens of successful projects. It's sad it's come to an end, I will miss you all. I will keep in touch to hear all the exciting KASBAH news!

Goodbye everyone and Best wishes,  
Sandra Fofie

## Stairlift Recycling

Without doubt, having a stairlift installed can be truly life changing, allowing you to fully enjoy your home without the expense and disruption of having to extend or make structural changes, and for some people, it can make the difference between remaining in their home or moving. We have often witnessed the joy felt when a stairlift is installed. In time, however, there may come a time when a stairlift is no longer needed, such as if you decide to sell your house, and removing a stairlift has not always been straight forward. But now, getting rid of an unwanted stairlift couldn't be easier. Once we receive a request for the removal of your stairlift we will call you to arrange a date for the removal. On the day we will professionally dismantle the stairlift **free of charge**, with the minimum disruption to you, leaving the power supply capped and safe. That's it.



We don't just provide a service to the community by removing unwanted stairlifts, we are responsible in the way we handle and dispose of stairlifts. When a stairlift is removed, it is returned to our warehouse where it is separated into three categories: Firstly, stairlifts which are reusable are stripped down and cleaned, safety sensors, switches and circuits are tested under load, damaged panels, covers and batteries replaced, as and any missing parts are also replaced from our huge stock of stairlift parts. Secondly, any obsolete stairlifts are stripped for parts and saved for repairs. Thirdly, unusable stairlifts are stripped and disposed of in accordance with the **Green Achiever Scheme**, of which we are a registered member, reducing the cost of landfill and helping to save the environment.

For more information, please see [www.stairliftrecycling.com](http://www.stairliftrecycling.com)

# InstructAbility

Fitness Industry Training for Disabled People



**FREE**  
**Level 2**

**Gym Instructor  
training course  
designed specifically  
for disabled people**

(Including additional Level 3 Disability &  
Exercise Module)

## Eligibility:

- ✓ Disabled
- ✓ Unemployed
- ✓ 16yrs + (no maximum age)
- ✓ Gym user experience
- ✓ Able to attend selection day and all course dates
- ✓ Able to commit to minimum 12 weeks instructor volunteering



**VENUE - Maidstone YMCA, Melrose Close, Maidstone, Kent ME15 6BD**

**SELECTION DAY- APRIL 30, 2013**

**COURSE DATES - MAY: 7, 9, 14, 16, 21, 23, 28, 30**  
(9.45am-3.45pm) **JUNE: 4, 6, 11, 13, 18, 20, 25, 26**  
**JULY: 9, 11, 16 and AUGUST 13**

**VOLUNTEERING- JUNE TO SEPTEMBER**

See website for details: [www.aspire.org.uk/11instructability](http://www.aspire.org.uk/11instructability)

Enquiries contact Hilary Farmiloe

Email: [instructability@aspire.org.uk](mailto:instructability@aspire.org.uk) Tel: 07917 822977

**Aspire**

Supporting people with spinal injury

**YMCA  
fit**

**Places People Play**



## Stay in touch...

Remember the staff at KASBAH are here to assist you.

We can be contacted at our main office at 7 The Hive, Northfleet, Kent, DA11 9DE

by phone on 01474 536501

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

The office is open from 9am to 4.30pm weekdays.

## FOR SALE

Playstation 2 Slim with 23 games including Guitar Hero guitar and games, wireless controller + one additional controller and memory card.

Boxed with manual.

**£50 or very near offer**

Please contact Hattie Webb House for more details on 01634 404468



## Thanet Disability Forum

Join us every 2<sup>nd</sup> Tuesday, every month at St Marks Church, Pysons Road, Ramsgate from 12-2pm.

For further information please visit our website at [www.thanetdisabilityforum.weebly.com](http://www.thanetdisabilityforum.weebly.com)

or contact

Judith on 07784 913444 or Liz/Graham on 07858 426084

