

Love is in the air....

We are very pleased and excited to announce our first evening event at The Meeting Place Cafe! On Friday 14th February the Meeting Place will become The Dating Place as we kick off an evening of food, drink, music and romance!

Tickets are just £5 a head and this includes buffet food, cold drinks and entertainment from Paul Cook who'll be singing songs to get you in the mood for love. Our cute and cosy cafe is the perfect place for romance!

If you'd like to come along please contact Sally Cochran on 01474 745738 or email scochran@kasbah.org.uk and let her know how many tickets you would like (ticket cost payable on the door). Everyone is welcome!

Don't forget you can use The Meeting Place for your own events too, maybe you have a children's birthday coming up and need somewhere to hold a party? The cafe is ideal and we can provide the catering for you too. Perhaps you need to hold a meeting with colleagues, either formal or informal. The cafe has free wi-fi access and a wheelchair accessible toilet so is perfect for business meetings or just as a place to meet friends or have lunch. If you have any special requirements just let us know, either call Sally as above or ring the cafe directly on 01474 320829 between 10am and 4pm Monday to Saturday.



Wheelchair Basketball Match

The first Staff vs Service Users Wheelchair Basketball Match is now scheduled for Sunday 16th February at Woodlands Gym, Woodlands Road, Gillingham. This event is being planned not only to raise funds for KASBAH but also to raise awareness of sport for disabled people and encourage everyone, disabled or not, to get involved!

Steve Andrews, Life Skills Coach at Hattie Webb House, is a wheelchair user himself and has arranged the event. Steve is keen for our wheelchair users to take part in a team sport as well as for non-wheelchair users to join in and have fun, as it's a sport that anyone can play regardless of their ability.

Everyone is welcome to come along either to watch or take part, so if you find yourself being stuck indoors on a miserable winter's day why not come and join us, have some fun and get some exercise or just cheer on those taking part!

It's just £2 to take part and £3 to watch - with all funds going to KASBAH. Refreshments will be provided. We hope you can make it.

For more details please give Steve a call on 01634 404468 or email sandrews@kasbah.org.uk



Buss Pass Information

Just a quick note for anyone with a disabled person's bus pass. If you have the kind that doesn't scan when you board the bus, you will no longer be able to use it after 1 March. They should be automatically renewed but if you haven't received yours then please contact Kent County Council for a replacement. You can call 03000 418383 or email buspass@kent.gov.uk.

Disability Hate Crime Tackled

Research in Medway has shown at least a third of people with a learning disability have been a victim of hate crime or bullying because of their disability. A year-long pilot scheme has been introduced to help reduce incidents, with police, carers and transport workers being trained to help raise awareness, and local GPs will monitor the welfare of patients who might be affected.

KASBAH sponsors GRFC teams

We are pleased to announce that Gravesend Rugby Football Club's wheelchair rugby team will be displaying KASBAH's logo on their team shirts. The team, known as GRFC Gravesend Dynamite, play at both junior and senior levels. The senior team will have the KASBAH logo on their shirts, while the junior team will be displaying the Ben Johnson Forget me Not Foundation logo.

The wheelchair teams meet and train at North West College in Gravesend on Wednesday evenings at 4.30pm and welcome new players, although places are limited. If you are interested in playing or supporting the club please contact them by email wheelchair.rugby@yahoo.com

We hope to be able to show you one of the new rugby shirts in the next issue of KASAH News.



New CVS website

CVS Medway have launched a new website which offers advice, support, funding matters, news and events, training courses and various resources. The website is still under construction in some areas but they would appreciate feedback from users to make it as accessible and useful as possible.

The website can be found at www.cvsmedway.org.uk



A message from Emma...

Happy New Year to all! I hope you have enjoyed the festive period but I am also very aware that this can be a very lonely and sad time for others.

I am sure you are aware that KASBAH has recently started to set up support groups for Carers in North West Kent, this is a valuable opportunity to get relevant support and understanding from people in similar situations, if you would like further information please contact Karen on 01474 532950 or e-mail kheath@kasbah.org.uk.

Please remember we are here to help and are always looking for volunteers; experienced board members, volunteers to assist carers in having short breaks, support in the housing schemes, befrienders. If you have some spare time and would like to help, please do get in touch.

Best Wishes

Emma

KASBAH Chief Officer



Seabrooke House Update



Emily Knight, trainee at Seabrooke House, tells us about the Come Dine with Me experience that she helped with in December:

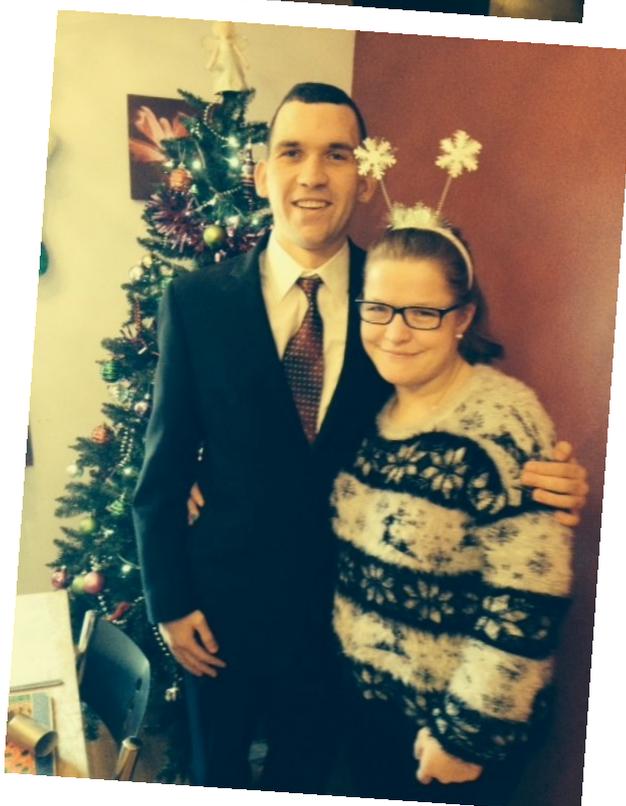
“At Christmas we did a thing called Come Dine with Me; we did it for four sessions two days a week for two weeks. It was about cooking Christmas dinner for family and friends. We would start in the morning by prepping the vegetables and getting the turkey ready to cook and getting the tables ready for the customers to come in. Everyone had different jobs, someone would be head chef while others answer the door to our customers and putting their coats away, washing up, drying up and putting away, and selling raffle tickets. These are just some of the jobs we did, I

thoroughly enjoyed it. We never had any complaints and all the customers thanked us. I’m hoping we do it again this year. It was a good experience as I have never cooked Christmas dinner before but now I know how!”

The trainees and staff from Seabrooke House went to see the Michael Jackson Thriller Live show at Christmas. Here Emily tells us about it:

“For our Christmas outing we went to see Thriller Live, we had to get up early to get ready to go to London. We went from Dartford station to Charing Cross, from there we had a 10 minute walk. We had lunch at the Steak Angus Restaurant, I thought the food was delicious! We then headed to the Lyric Theatre where we watched the Michael Jackson show; this involved all his different songs. It was great fun and very entertaining, they got us on our feet to clap and dance. There was 13 of us all together, we all had smiles on our faces”.

- Top left : Emily helps out in the kitchen
- Above right: Steve waits on tables
- Below: Elisabeth and Fiona enjoy their meal
- Right: Luke and Cassie



Rochester Road Update

We had fun at Christmas! We went to a tribute night at a local hotel where we had a three course meal, disco and watched an Abba tribute act who were really good and had us all singing along. Then a few nights later we went to the pantomime at The Orchard in Dartford where we saw Cinderella with Bradley Walsh, he was absolutely hilarious! As well as that we had dinner at



Seabrooke House

(see page 3 for details of Come Dine With Me) and we also went to a carol service at Chalk Church. Abigail also went to the O2 with others from Maddison House to see The Big Reunion concert. Busy times and great memories.

The Rochester Road crew are all doing well and giving something back to the community by doing voluntary work. Ash and Abigail both do afternoon shifts at The Meeting Place Cafe, waiting tables and helping with cleaning, and Nicola helps at a lunch club for the elderly where she lays the tables, hangs up coats and helps with the washing up. This gives them a sense of belonging and helps them feel valued.

The guys have just booked their first holiday together and are looking forward to a spring break in Dorset, fingers crossed for great weather!

If you are interested in a placement at Rochester Road and would like to know more, please contact Sally Cochran, House Manager, on 01474 745738 or email scochran@kasbah.org.uk.

Maddison House Update

Maddison House have had a great Christmas and hope everyone else did too! It was our first Christmas at Maddison so we all went out to buy a tree and choose decorations, we had a great time decorating the tree and the house for the first time. We went on two Christmas trips, the girls Danielle and Natalie were accompanied by Abigail and Rosie P and we went to the O2 in London to watch The Big Reunion tour live. Our favourite acts were Liberty X and Five. The boys went to Garfunkels and for an evening taking in the sights of London, they had a great time too, Mark has written a review of the evening (see page 9). We also went for our House Christmas meal at the Harvester in Gravesend. Everyone really enjoyed getting together again in the New Year after spending Christmas with our families.



For more details about Maddison House please contact House Co-ordinator Victoria Norris on 01474 335840 or email vnorris@kasbah.org.uk



Hattie Webb House Update

All at Hattie Webb House would like to wish you all a Happy New Year.

Here at Hattie Webb House we had a busy time in the run up to Christmas; James and Steve attended one of the Come Dine with Me lunches at Seabrooke House, this was very pleasant and both enjoyed it, and even better Steve won a bottle of wine in the raffle.

The day service guys went to see a pantomime at Maidstone, they saw Dick Whittington, a very good pantomime which all enjoyed. The day service guys also made mince pies and took them home for their families to sample. On the last day before they went off for Christmas they were supported by staff with starting a new timetable for when they returned to Hattie Webb House in the new year. Activities they have chosen include bowling, a visit to Howlett's Zoo, cooking, travel training to the cinema to see a film and the opportunity to have a go at making bird boxes and plant pot holders for their family gardens at B&Q in Gillingham.

Hattie Webb House is undergoing a makeover starting with the redecoration of some communal areas. All of the service users are having their input with choosing colours and new accessories.



If you would like further information about Hattie Webb House please call Dawn Varley, House Co-ordinator on 01634 404468 or email dvarley@kasbah.org.

The Meeting Place Update



This year will see some exciting new ideas at the cafe! Once a month we will be having a themed week where we'll introduce some different specials to the regular menu.

Our Mexican Week in January was very successful, with our homemade sweet chilli chicken and meatball salsa proving very popular, as well as cheesy nachos and chilli con carne.

In February we'll be focusing on Valentine's Day so look out for our special love potion, Red Velvet cake and our love-heart themed cup cakes. See the front page for details of our Valentine's Day evening event.



We now have loyalty cards for our customers - next time you come in and buy a hot drink we'll give you a card

which we'll stamp each time you buy a hot drink. When the card is full you'll receive a free hot drink of your choice! It's a great reason to keep coming back and of course, if you've been in already you know how great our coffees and cakes are!



News from the Advisor Service



Karen Heath
KASBAH Advisor
& Carers Development Officer

Email kheath@kasbah.org.uk
Office: 01474 532950
Mobile: 07795 231546

'Sitter Service' for Dartford, Gravesham and Swanley

KASBAH are in the process of developing a team of dedicated volunteers who are able to sit with the person being cared for, for up to 3 hours a week, to give a regular, much needed break. Because this is a voluntary service the volunteer will not be able to be left in the home alone, but they can entertain the cared for person to enable the carer to catch up on some rest, have a long soak in the tub, or simply get on with some of the jobs they never have time to do. Alternatively the volunteer can accompany the carer and cared for person out in the community so that the carer can have an extra pair of hands or shop without having to juggle caring tasks at the same time.

Could you give a few hours of your time to someone who would really appreciate it? Are you someone who is looking for a voluntary position working in the community that would be really rewarding? Or do you know someone who has some spare time and would like to help?

Please contact me for a job description and application form, or simply to find out more information. My contact details are as above.

Thank you.

Need help with getting healthy?

We all know that the onset of the new year often means making resolutions to lose weight, cut down on smoking or drinking, get more exercise and we're probably all guilty of breaking these very easily !

NHS Local Health Trainers can support you with:

Healthy Eating, exercise, quitting smoking, alcohol or drug issues, stress, emotional well-being, advice on using local services.....and more.

NHS Health Trainers are local people who have the time to spend with you, listen and provide a friendly, confidential service that is free.

Health Trainers are based in Ashford, Canterbury, Dover, Shepway, Swale and Thanet.

They can give free guidance and support, have one-to-one meetings or go with you to new places and groups. They also speak a number of languages and can communicate in sign language.

If you are ready to make changes big or small, or if you would like to know more about the service then please contact on **FREEPHONE 0800 849 4000**

A similar service is also offered to people living in Medway. The Health and Lifestyle Team health trainers provide free and confidential one-to-one support to people wanting to make a lifestyle change. They will help you set achievable goals around healthy eating, increasing exercise, smoke-free living, drinking sensibly and emotional wellbeing. They offer up to ten free 30-60 minute sessions held in community settings, including their base at The Sunlight Centre, 105 Richmond Road, Gillingham, ME1 1LX. Contact the HALT Team on 01634 338892 or email halt@sunlighttrust.org.uk



Short Breaks Update

In November we had a Christmas themed art and craft activity and Karen from Vision Communication came along to help the young people with the signing choir presentation they were going to put on for their parents at the Christmas party in December.

We had a shopping trip to Bromley at the beginning of December so the young people had a chance to buy Christmas presents for their family. It proved a good day out and gave



the young people an opportunity for travel training on the train up to Bromley. They all enjoyed choosing presents and we finished off with a well earned lunch before setting off back home. Our Christmas party had the young people putting on their presentation of signing Christmas songs for their parents helped along by Karen and her own signing choir. There wasn't a dry eye in the house! We all had great fun with lots of games and

much hilarity. Even some of the parents joined in. Not to forget a great buffet where there was hardly a crumb left on the plates!

We went along to the pantomime 'Cinderella' with the young people in January put on by the Rainham Amateur Players.

We are looking forward to offering more trips out during the year and activities for the young people in the Millennium Hall with outside agencies coming along and welcoming back Catherine Wilson with her imaginative arts and crafts activities and Wendy Daws, a local artist, who always surprises us with her innovative ideas. We are planning a visit to a pottery in Maidstone for February and a trip back to B & Q in the near future so the young people have a chance to try their hand at DIY.

Our volunteer team member, Barbara, was delighted that Rachel had nominated her for a Pride in Medway Award and was invited to a buffet at the end of the month to receive a certificate.

If you are aged 16-25 with additional needs, why not come along to see what we have to offer? Forthcoming sessions are on 22 February and 15 March (re-arranged). Please contact Rachel, Short Breaks Co-ordinator on 07505 489049 or e-mail at shortbreaks@kasbah.org.uk.

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 shortbreaks@kasbah.org.uk. We are happy to be contacted on a Monday or Tuesday.

silent world[®]
sans frontières

Deaf Services without Barriers

SPECIAL OFFER FEBRUARY 2014
£25 PER PERSON
Deaf Awareness Workshop
12th February and 19th February 2014
9.30am - 12.30pm
at The Northfleet Veterans Club
The Hill, Northfleet, Kent DA11 9EU

Through interactive and engaging workshops, people can gain an insight to the barriers that the deaf and hard of hearing face in their everyday lives. These workshops are presented by Gary Harding who is profoundly deaf himself. Using his and other people's life experiences, slideshows, videos and demonstrations Gary is able to really bring an incredibly special, inclusive and engaging workshop.

Learn how to fingerspell and practice British Sign language!
Learn how to communicate with someone who is deaf!

We make it fun!

The Workshops take 3 hours and are appropriate for people who are not deaf aware.

please contact us for more information about our training courses

Signature **UnLtd** **DIAMOND SOCIAL ENTERPRISES**

For more information • Tel 01474 327 845 • www.silentworldsansfrontieres.org.uk
email: garyswsf@gmail.com • dianeswsf@gmail.com

Junior disability archery

Starting on Tuesday
28th January 2014
Ashford Leisure Trust
in association with
Sportivate, will be
running an eight week
archery course for
young people with a
disability.



Learn the basics of archery using soft archery equipment led by a qualified instructor and involving a range of activities related to archery. Suitable for young people aged 11 years and over.

Time: 1700 – 1800 every Tuesday until 25th March 2014
Venue: Main Hall, Stour Centre
Cost: £1.00 per session

For more information please call the
community development manager on
01233 667125 or e-mail
pete.lerossignol@ashfordleisuretrust.co.uk




www.ashfordleisuretrust.co.uk

Free Information Workshops

The national charity Contact a Family will be holding 3 workshops for parent carers who have children with a disability and/or additional needs.

Wednesday 22nd January, Behaviour that challenges us

- Understanding challenging behaviour
- The impact on family life
- Top tips
- Sources of help, advice and support

Wednesday 5th February, Transition

- An overview of the process
- To explore hopes, fear and aspirations for young people
- Sources of help, advice and support

Wednesday 19th March, Coping and support

- Understanding what causes stress
- How it impacts on the family
- Top tips
- Sources of help, advice and support

All 3 will run from 12noon -2.30pm

At

Hand in Hand Children's Centre
Twydall Lane, Gillingham, Kent, ME8 6JS

Booking to be made with Medway Parents and Carers Forum

Email: medwaypcf@googlemail.com or phone mobile 07813123984

Or Twydall's, Hand in hand Children's Centre

25 places are available.

Kent Community Health NHS Trust - becoming a member

KCHT is on a journey to become a foundation trust and are recruiting members of the public who care about local healthcare services and want to become involved in shaping its future. Here are some reasons why you might consider becoming a member:

You get to have your say on local NHS services

If you feel passionately about your local NHS, becoming a member gives you a real opportunity to have your say on how they run healthcare services. The NHS want to know what they're doing well and where they need to improve, which you can contribute to.

The NHS get more financial freedom to spend money on service you need

At the end of the year, instead of money going back to the government, the leftover money can be spent on services you need.

You will get NHS discounts

It's free to join and members enjoy discounts usually reserved for NHS staff, at a wide range of high street stores, restaurants and attractions.

You'll be kept up to date with improvements and changes to local NHS services

You will be sent a quarterly magazine with lots of news and advice on local health services.

You can be involved as much or as little as you want

Governors are elected by the members in their council area to represent their interests to the Trust Board and feedback their views. As a member, you will be invited to two local meetings a year with your governor to make sure your views and comments are shared.

How to join

Visit www.kentcht.nhs.uk or phone 01233 667827

Maddison House's Trip to London



Just before Christmas Scott decided to take all his little jolly boys from Maddison House up to Garfunkels one evening for dinner.



As we got near to London Bridge Station the train went over London Bridge which we all know was supposed to be falling down as mentioned in the nursery rhyme (which is still standing to this very day). After leaving Garfunkels both Connor and Scott led us through the Streets of London this is where I can feel another song coming on here as this is something that Ralph McTell did in his song the Streets of London.



When we got to Trafalgar Square we saw a big wooden shed with the manger all laid out in it. Oh no I just hope that there is not a Christmas Carol coming on here. We also saw hundreds of flowers all laid out for Nelson Mandela.

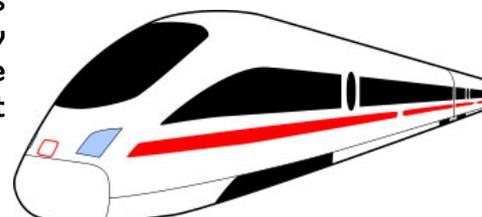
After leaving Trafalgar Square we then walked past the bottom of 10 Downing Street and the policeman even let us look through the fence so that we could all see the Christmas tree standing at the top of 10 Downing Street.



After leaving 10 Downing Street we then walked along the Victoria Embankment where we were then able to stand and have a look over and see Big Ben and the House of Commons and of course the London Eye.



It was then time for us to walk back to Charing Cross Station to catch our train back to Northfleet Railway Station which is known to millions of fans as the home of Ebbsfleet United football ground and also Ebbsfleet International Railway station.



Our thanks go to Mark Axford from Maddison House for writing this article and providing the pictures to go with it.



Subscriptions to KASBAH

Dear Member, it is now time to renew your subscription to the KASBAH membership (remember to complete the Gift Aid declaration if applicable). Please inform us of any changes to your personal details and let us know if you would prefer the newsletter to be sent to you by email by completing the membership forms printed at the back of the newsletter.

The subscription payment is £6.00 per year (or any amount you can donate would also be appreciated). If you prefer not to complete the membership form, please send a cheque into the office with your details clearly written on the back. See below for other methods of payment also.

Please aim to get your forms/payment back to the office by the 29 February 2014. Thank you.

Gift Aid

Gift Aid provides a great opportunity for you to increase the value of the donations you make to KASBAH. Provided you are a UK taxpayer, however you make your donations, KASBAH can reclaim the basic rate tax from the Inland Revenue, boosting the donation of every £1 to £1.25.

There are several different ways you can make a donation:

By Post

Donations can be made by cheque, postal order or cash and should be posted to: KASBAH, 7 The Hive, Northfleet, Kent DA11 9DE.

Please make cheques and postal orders payable to KASBAH. We recommend that cash payments should only be sent using a secure mailing system (i.e. registered mail).

By Standing Order

If you want to make regular donations, payments by standing order are an effective way of doing this. You can make payments weekly, monthly, quarterly or yearly to suit. Once the initial forms are completed, please return them to the KASBAH office for documenting, we will then forward them to your bank who will do the rest.

Payroll Giving

Many employers now operate Payroll Giving schemes. These schemes are tax efficient as they enable you to make a donation directly from your salary before tax has been deducted. This means that if you pay the basic rate of tax, for every £1.00 you give to KASBAH, it only costs you 78 pence. (For higher rate taxpayers the scheme has even greater advantages.)

For more information about Payroll Giving please email us at admin@kasbah.org.uk

Legacies

Legacies are an effective way of making sure that your good intentions and our vital work continues into the future. Naturally, your first concern will be for your family and loved ones, but please consider helping us by including KASBAH with your will.

Legacies are tax-free and simple to set up even if you do not currently have a will.

For more information regarding legacy giving please email us at admin@kasbah.org.uk

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 admin@kasbah.org.uk

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

www.facebook.com/groups/125477702659/ or search "KASBAH"



Don't forget you can donate your good quality unwanted items to our charity shop, which is run by a small team of volunteers. Items can be dropped off at the shop or at the Office next door. We also undertake house clearances, please call the Office for more details.

Gift Aid Declaration

Name of charity: **KENT ASSOCIATION OF SPINA BIFIDA AND HYDROCEPHALUS**

Please tick the appropriate box

Please treat

- The enclosed gift of £..... as a Gift Aid donation; **OR**
- All gifts of money that I make today and in the future as Gift Aid donations; **OR**
- All gifts of money that I have made in the past 4 years and all future gifts of money that I make from the date of this declaration as Gift Aid donations.

You must pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April one year to 5 April the next) that is at least equal to the amount of tax that the will reclaim on your gifts for that tax year.

Donor's details

Title..... Initial(s).....Surname

Home address.....
.....

Postcode.....

Signature..... Date.....

Please notify the charity if you:

Want to cancel this declaration

Change your name or home address

No longer pay sufficient tax on your income and/or capital gains.

Tax claimed by the charity

- The charity will reclaim 28p of tax on every £1 you gave up to 5 April 2008.
- The charity will reclaim 25p of tax on every £1 you give on or after 6 April 2008.
- The Government will pay to the charity or CASC an additional 3p on every £1 you give between 6 April 2008 and 5 April 2011. This transitional relief for the charity or CASC does not affect your personal tax position.

If you pay Income Tax at the higher rate, **you must include all your Gift Aid** donations on your Self Assessment tax return if you want to receive the additional tax relief due to you.



KASBAH Membership Renewal Form 2014 – 2015

Please note that there is a voluntary membership fee of *£6.00 - any contribution that you can afford is appreciated, cheques to be made payable to KASBAH

Please complete this form and return to the KASBAH office or hand to a member of staff.

Member name.....

Contact/parent/carer name (if different).....

Address.....

..... Post Code.....

Phone No(s):-..... Mobile No

Are you willing to receive KASBAH correspondence by email? Yes / No

Email address.....

Living Status:
(i.e. With parents/independently/residential)

Please circle if you would like assistance from a KASBAH advisor (if yes, please make sure you clearly write your telephone number above)
Yes / No

Are there any other details you would like to inform KASBAH of?

.....

Are there any subjects you would like to see in the KASBAH newsletter?

.....

I give consent for KASBAH to hold a record of my/and/or my child's personal details on the KASBAH membership database and paper files.

All information will be held indefinitely or until such a time deemed appropriate, or it is requested by the member/carer to destroy the file(s). Please note, in compliance with the Data Protection Act 1998, no such details would be released to any third party.

Signed.....Date.....

*Please complete the reverse Gift Aid information if you currently pay income tax.

Please be aware that in the unlikely event that KASBAH becomes insolvent, each member is liable up to a maximum of £10.00.

Registered Charity number: 11223362