



KASBAH News

June 2016

Dear Members and Carers

Tickets are ready to be purchased for our super Summer Ball which celebrates KASBAH's 50th Anniversary! Tickets can be purchased from Nat,

Emily and Staff on 01474 335 840. Cash or cheques (made payable to KASBAH) are welcome. Get your tickets now as they are selling super fast! Of course, if you cannot make the Summer Ball, please do come to the AGM beforehand which starts at 7 p.m. and will be a short meeting.

Friday 15th July 2016
7pm KASBAH's 50th AGM
7:30pm Summer Masquerade Ball*

The Elite Venue Charis
Lounge Dunkirk Road,
Gravesend DA12 5ND

Tickets:
£10 per Adult £5 per Child

A buffet will be provided and
a number of fun fundraising
events so be prepared :)

KASBAH
SUPPORTING DISABLED PEOPLE
TOWARDS INDEPENDENCE

*Masquerade masks are optional

50
YEAR ANNIVERSARY

As of February 2017, the newsletter will only be available to download from the KASBAH website www.kasbah.org.uk and thereafter after 1st of the month (February, April, June, August, October & December 2017). If you strongly disagree with this change, please email admin@kasbah.org.uk with your feedback. KASBAH has a members forum (where members can share thoughts and have a chat)—coming soon so watch this space for more details.

A message from Emma...



Hello from me

KASBAH is celebrating its 50th Anniversary this year so please do make the time to attend this year's Annual General Meeting, it will be followed by a masquerade ball, live entertainment and will be an evening to remember.

The KASBAH cafe has re-opened under new management on a Monday, Tuesday and Thursday (10-2.45 during term time) by some fantastic disabled young people from our partner charity MAGIC, please pop in and have a cuppa.

We are always here to help or just listen.

Best Wishes, Emma

Dates for your diary:

- **Saturday, 4th June - Seabrooke House's Summer Blow Out**
- **Friday, 15th July at 7pm - KASBAH's 50th AGM followed by the Summer Ball (masquerade mask is optional)**
- **Wednesday, 10th August at 1.30pm - Afternoon Tea hosted by Hattie Webb House**
- **Saturday, 23rd July - Open Day and BBQ hosted by Rochester Road**
- **Friday, 28th October - Halloween Party (led by Rochester Road)**
- **Monday, 5th - Friday, 9th December - Come Dine with Me at Seabrooke House**
- **Monday, 12th December - Come Dine with Me for the Outreach team**
- **Wednesday, 21st December - Christmas Pantomime and Meal (led by Seabrooke House)**
- **Saturday, 31st December - New Year's Eve Party hosted by Maddison House**

News from the Advisor Service

Karen Heath - KASBAH Advisors & Carers Development Manager
Officer. Email kheath@kasbah.org.uk Office: 01474 536 202

Hi All, I have returned to the Advisor/Carers Development role where I will be assisting members and carers. I can be contacted on the above telephone number and am really looking forward to working with you all again!

Best Wishes, Karen Heath

Goodbye and Hello again..



Prisilah

Kelly and Prisilah came to work for KASBAH on a 70 day work experience placement whilst studying to be social workers. They enjoyed their time so much, they have come back to work as bank staff!



Kelly

West Faversham Community Center

Monday Youth club 5.30 - 7.30 with Johnathan for 11-25 year olds with SEN. It is 50p we also have tea there too this will be £1.

Tuesday Cookery club 4-7 for 8 -18 year olds. The cost is between £1 and £3 depending on what we are making.

Wednesday 5.30 - 7 for 8-12 year olds, the Jr youth club for both disabled and mainstream young people. For only £1.

Friday from 7.30 - 10 we have our youth club for 13+ year olds. For only 50p.

Ashford Gateway +

Cooking up Ideas clubs - teen club is from **10 - 12 for 14 - 18 year olds** this Saturday.

Cooking up Ideas clubs - JR club is from **1.15 - 2.30 for 11 - 13 year olds** this Saturday.

Brogdale Farm

Saturday 10 - 1 gardening club, Growing for the future for 5 – 18 year olds.

Maidsmorton Farm

Sunday 10 - 1 gardening club, Muddy Puddles with Johnathan for 5 – 18 year olds.

Both gardening clubs are £3, we have indoor areas for bad weather.

We look forward to seeing all soon. We usually say to parents to stay for the first time to settle them in then if all is ok you can leave them as long as we have the background form is completed. Kind regards, Sarah, Brogdale CIC

News from KASBAH Services.

Hattie Webb House celebrated Easter with fun and games with Day Service and the residents. We had an Easter egg hunt around the house and an egg and spoon race where Carly raced Dean down the hall! Carly claimed victory. Carly's mum joined in the fun too.

Ross is excited to be moving on to his new flat and we wish him all the best in his new home.

We are looking forward to sunny days when we will be able to plant some flowers in the garden in anticipation of the afternoon tea garden party in August.



Hello, from the **Gingerbread House**. Our first birthday party was a huge success, thank you to everyone that helped us celebrate. Both



girls have had a great time with all their different activities, including crush nightclub, equine therapy, walks in the countryside, dance junction, where Miss Austen won an award for best dancer and the girls also helped Karen from Rochester Road celebrate her 50th birthday.



Kind Regards, Sophie Heath, House Coordinator

Rochester Road Guys & Girls have made massive progress at the farm and we are now getting very excited as we have chickens and 2 guinea pigs, we have heard a whisper that the sheep could be arriving in June. We will keep you posted. We have all worked hard since we started the project in November 2015 and RR staff and service users Abi, Michael & Dan (Maddison House) have learnt so much already in the short time that we have been volunteering at Northfleet school for girls.



Keep following us on the KASBAH Facebook page where we will continue to post each week with our progress and updates.



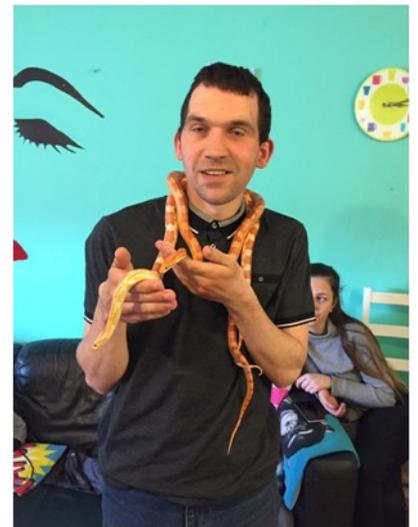
Rochester Road have also hosted a farewell tea for Katie Finch and a few days later we had Karen's 50th Birthday party. So Rochester Road have had a busy few weeks, we did manage to fit in our first visit of this year to the Cyclo park and we all had fun.

Rochester Road are looking forward to the nicer weather and we are planning some long summer days out, as well as planning our next event, our open day and summer BBQ. Details to follow soon.

Best Wishes, Jane Candler, RR House Coordinator

Hello from **Short Breaks!** During the Easter holidays we had several very successful trips including a meal out at The Honourable Pilot Restaurant in Gillingham; a photography trip to Riverside Country Park and a visit to Capstone Ski Centre where the young people were able to go on the snow tubes. We had a trip to Chatham Dockyard which was enjoyable and educational and the young people had a hand at making a length of rope in the Ropery, and also visited the submarine together with other ships, museums and the lifeboat collection. We have a number of other trips arranged from the end of May into the summer holidays, including a trip to Canterbury, a workshop at the local theatre, a trip to Dreamland at Margate and a trip to Bluewater to play on the crazy golf and have lunch. At our session in April we had a visit from Sam Beedle, a magician. The young people were in awe of the tricks he performed and voted unanimously to invite him back for our Christmas party. Our sessions run on the fourth Saturday of the month at the Millennium Hall, Rainham from 11am to 2 pm. The next session will be on 25th June. For further information please telephone Rachel Bowman, Coordinator on 07432 865175.

Seabrooke House have warmly welcomed Jake and Victoria into the house as part of their team, they are settling in well and working on their training plans to suit their individual needs and identify personal goals. Richard has moved from Seabrooke House adjoining flat into a flat of his own in Gravesend and Scott has moved from Seabrooke House over to Maddison House. Michelle has moved from the main house into the adjoining flat. In addition Seabrooke House have welcomed Dawn Varley as the House Co-ordinator and sadly said goodbye to Karen Heath who is now starting her new role as Advisor/Carers Development Manager.



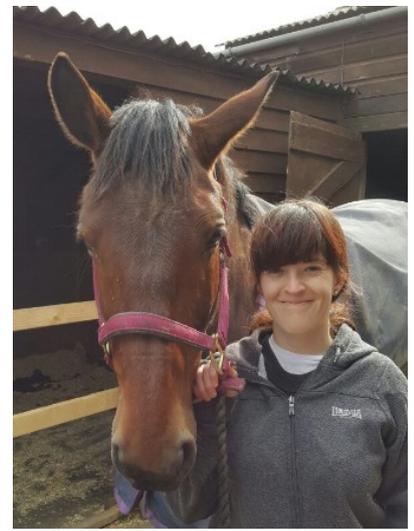
This month the trainees at Seabrooke House have had the pleasure of having Our Amazing Animal World visit us, this was extremely awesome and all the trainees and staff got the opportunity to meet, hold and learn all about different types of animals.

Seabrooke House day service have been busy planning outdoor activities now that the weather is improving, these included trips to Leeds Castle and asking the question of who would get lost in the maze first

(however no one was actually lost). For any information on the service that we provide at Seabrooke House, please contact Dawn Varley House Co-ordinator 01322 386841, dvarley@kasbah.org.uk



Hello from **Maddison House**, we have been busy! Some of us went to Equine therapy and we had a great time with the horses. We have also been working hard on the Summertime ball, we have been writing off to get raffle prizes and we have already received some brilliant ones! We said a sad farewell to our friend Mark Axford who has moved out to live independently, we wish him the best of luck in his new home. We would like to welcome Scott Jones to Maddison House!



Best Wishes, Victoria Norris, House Coordinator

Gravesend Dynamite Wheelchair Rugby club

travelled to North Wales to compete in the national Slam tournament against clubs from all over the UK. They returned victorious, undefeated and with the 2016 Slam trophy!

Jason Owen, head coach said the squad played exceptionally well and we are honoured to compete in shirts with the KASBAH name on. Many thanks also to KASBAH for loaning us the bus. Anyone interested in giving wheelchair rugby a 'try', contact Jason via wheelchair.rugby@yahoo.co.uk



Medway Autism Group & Information Centre (MAGIC) was formed in January 2006 to help parents, families and children living with Autism. In the beginning it was run from one single room, and expanded firstly by utilising a youth club, then to it's own office space whilst still using the youth club twice weekly and with the increase of services provided, two porta cabins were also required. MAGIC now have it's own purpose built building, enabling all services to be run from a single location.

MAGIC's principle activities include:

- Age appropriate youth club sessions twice a week.
- School holiday activity days
- MAGIC parties and fun days
- Staffed family day trips
- Telephone help and support for parents/carers
- Weekly coffee mornings
- Parent/carer training
- Additional Resource Centre tuition service
- MAGIC Café (In-house)

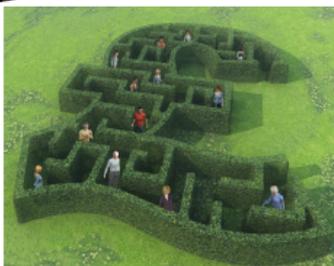
For the full MAGIC leaflet, please email admin@kasbah.org.uk

Or please visit www.medway-magic.org for further information

Feeling lost in the money maze?

I have no idea where my money goes each week!

I know I need a bank account but I don't know where to start.



Isn't keeping to a budget really boring?

I'd love to save for a "rainy day" but it just never seems possible.

I can't pay my bills – what can I do now?

If so, our **FREE MONEY SKILLS SESSIONS** can help you to find your way through.



Our Money Skills Advisor can help you to:

- ★ Make informed choices about your money
- ★ Keep track of your money
- ★ Get to grips with budgeting
- ★ Access advice in tackling debts
- ★ Check you are receiving the correct benefits and tax credits
- ★ Understand your bank account choices
- ★ Share money saving tips



Join one of our short courses for a relaxed and practical look at how to make your money work for you!

These money skills courses are provided by Citizens Advice in North and West Kent. To find out more or to check when our next available course is, please do get in touch:

Tel: 01732 440488

Email: moneyskills@nwkent.cab.org.uk

Physical Disability Network and Forum

In Kent, there already exist networks and 'forums' for older people/seniors, people who have a learning disability, mental health issues, autism, or use sensory services. There is no such county wide forum for people who have a physical disability.

These forums act as a powerful platform for members of the public to raise, discuss and influence decisions about services. They are also a great mechanism for organisations to work with and listen to members of the public.

We intend to create a similar network and forum for people with physical disabilities to enable them to amplify their voice and ensure their opinions and experiences are heard by the people who deliver and commission services.

What are we trying to achieve?

A Kent wide network that people who have physical disabilities can join and a forum where they can discuss common issues and work with organisations to improve services and the day to day experiences of people who have a physical disability.

We plan to create a central Kent group which will link to local groups across Kent.

How are we going about it?

- Healthwatch and Centre for Independent Living, Kent (CiLK) are working together to contact existing groups and individuals
- We also want to reach people who wouldn't normally join groups or organisations and give them a voice
- We want to involve carers and service providers too

How can you get involved?

- Do you know of any groups or individuals that we could contact?
- Would you like to be a member of the network yourself?
- Can you share the information with anyone you think would be interested?

For more information contact George Sapiets, Project Manager on george@cilk.org.uk or 07881-927297

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

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

Newsletters are edited by the KASBAH Team!