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News

AUGUST 2011

**KASBAH -
Supporting Disabled People Towards Independence**

**BUMPER
16-PAGE
SUMMER
EDITION!**

A Successful KASBAH AGM

Our Annual General Meeting was held on 7th July in the recently restored Ulcombe Village Hall at the Museum of Kent Life near Maidstone. The meeting was very well attended, and members had an open invitation from the museum team to tour the attractions and exhibits of the museum free of charge before and after the event.

The AGM was opened by Mr Brian Mortimer, the Mayor of Maidstone, to whom we are most grateful. This was followed by a welcome from the Chair of KASBAH, Mrs Elizabeth Hague-Smith, who thanked everybody for coming.

The Mayor of Maidstone, Mr Brian Mortimer, opens the AGM



The formal business of the AGM ran smoothly, with the presentation and adoption of last year's AGM minutes, and proposed changes to the Memorandum and Articles of Association being accepted. The Annual Report was presented by the Chair who took the opportunity to formally advise members of the integration of DIAL NWK (the Disability Information Advice Line charity) and welcome it into the KASBAH organisation.

The Annual Accounts were presented by Graham Steele, Treasurer, and Emma Carver gave the Chief Officer's Report, outlining KASBAH'S expansion plans, thanking the Board, the KASBAH staff and our many volunteers for all their hard work over the last year.

All the existing Board members were re-elected unopposed and will continue their hard work and support for KASBAH. Following this, our Auditors were appointed for the coming year.

Our guest speaker Mr Rowyane Stultz, one of KASBAH'S resident trainees at Seabrooke House, delivered an interesting insight into what it means to live with Spina Bifida and Hydrocephalus. He explained the different effects the condition has on him and how he has adapted to meet these challenges, and then answered questions from the audience. He was presented with a small token of the organisation's appreciation by one of our Directors, Mrs Mandy Webb.



**Our Guest Speaker,
Rowyane Stultz**

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Inside KASBAH

A WORD FROM EMMA ...

Hello Everyone

I hope you are looking forward to the Summer and have wonderful trips and activities planned?

Here is a selection of useful websites to find out what is happening in your area: youreable.com; disabledgo.com; visitkent.co.uk; special-needs-kids.co.uk; iknowkent.co.uk; disabilityalliance.org; kidsdaysout.co.uk - and remember to check local authority websites!

KASBAH had a successful AGM on the 7th July. Thank you to all who attended and sent their apologies. Our charity's objects have now been formally extended to include support now being available for **any** disabled person, in addition to their family and/or Carers throughout Kent and Medway. This change will allow the organisation to expand but at the same time still continue to provide a high quality service to our core membership.

We are making progress with a new supported housing scheme in Gravesend and hope to replicate this supported housing model in East Kent in the future. KASBAH has expressed interest in a new Short Breaks scheme in Medway and is slowly expanding Out Reach provision in North West Kent. If you need support in your own home in any aspect of daily living; cooking, shopping, budgeting, travelling, or accessing new services please do give me a call at the office.

So it is all go in the office but we hope to make quick progress which will provide additional service and capacity for you, the members.

Bye for Now

Emma Carver (KASBAH Chief Officer)



Improving Office Contact

We are aware that there have been some days recently where the office has not been staffed and no alternative contact number has been given. In future, in the event of any days where we know the office will not be staffed, a mobile contact number will be included in the answer-phone message to use if the call is urgent.

Meet The Board . . .

We feature a brief introduction to the hard-working ladies and gentlemen elected to represent and serve our members at our AGM on July 7th.

Betty Hague-Smith (Chair)



My poor mother longed for a "pretty" thing in pink dresses and bows, but as the youngest, and only daughter in a family of boys, I was found mostly wearing my brothers' shirts and shorts! I have a son, and daughter who is a specialist foster carer, so the number of my 'grandchildren' can vary from two to six at any given time.

I have worked in both the statutory and voluntary sectors. I like volunteering within the community, it's my way of giving something back to society. My first job as a volunteer when I moved to England in 1965 was at the Brook Hospital in Woolwich. I had never seen such a big hospital, with 20 to 30 beds in a ward. As volunteers we were seen as "do-gooders" and nothing else. "Just arrange the flowers" I was told. By the time I left I was training the staff how to utilise the skills that volunteers bring with them.

I have watched the statutory and voluntary sectors change so much over the years - some things for good, and some perhaps not so helpful. I enjoy working with and for KASBAH. I am very proud of all its staff, Board members and volunteers, who have helped support the big changes taking place in KASBAH. It really is a privilege to be its Chair.

Ann Everett (Vice Chair)



I was born with Spina Bifida and I'm a full time wheelchair user. I have been a Trustee of KASBAH for about 15 years.

I have been married to Michael for 50 years and we have two daughters and two grandsons. For the last 16 years I worked for Social Services with disabled adults, so I have had lots of experience with my own disability and those of other people. I retired about three years ago; I have always enjoyed a full and active life and I am very keen that other people of all abilities are able to get the most out of their lives. I hope and believe that KASBAH helps our members to achieve their aims.

Graham Steele (Treasurer)



For many years I worked as a professional mechanical engineer in a busy (self-managing) job checking the safety of machinery. During that time I was elected by my work colleagues as trade union convenor. I was on Dartford Borough Council for 12 years. I was on the local NHS Patients and Public Forum for a number of years. I have been involved in charity activities for about 13 years now and have been on the trustee boards of the Council for Voluntary Service, Citizens Advice Bureau and Racial Equality Council, before joining the KASBAH Trustee Board in 2008.

In my free time I enjoy sailing, caravanning in Europe and visiting family (particularly my two granddaughters).

Richard Chapman (Board Director)



I am a retired special school head teacher who spent over 40 years working with children with special needs. I am married with three daughters and 6 grandchildren.

I was a Swanley town and district councillor, and twice Mayor of Swanley, but moved to Thanet in 2002.

I remain active and busy; and am now Chair of Thanet Community Development Trust, a School governor and a member of KCC education appeals Committee!

One of my ambitions is to see KASBAH established in East Kent.

Christine Taylor (Board Director)



Myself and my family are very keen on living sustainably and growing their own food on their rural plot – all three of my children are at university and I also work locally as a community development and environmental consultant.

I have formerly worked for various local authorities, including Medway Council where I was a Commissioner for Disabled Children's Services. I joined the Board of KASBAH a year ago and thoroughly enjoy meeting people and participating in the KASBAH activities.

Mandy Webb (Board Director)



I have had many years experience in starting and developing a family business with my husband Graham Webb (MBE) which has enabled me to offer my skills and experience to KASBAH as a Director.

I have four children who are all very successful in the music industry and I have 2 grandchildren.

I have taught sport, mainly tennis, in schools and sports centres and playing tennis is one of my main hobbies.

As a family we have all supported KASBAH for many years and have a great interest in helping preserve and develop the future of KASBAH.

Hattie Webb House

Residents held a barbecue in June, to thank the Coping family for a very kind donation to KASBAH following the recent passing of two relatives. This enabled us to buy new equipment, including saucepans, garden bench, food mixer/blender, stereo and garden shrubs, and to have our kitchen and toilet decorated. The afternoon went really well with everyone enjoying sausages and burgers; even the weather held! Many thanks to Amy, Steve, Sue and Claire for their greatly appreciated donation.

Three service users attended the KASBAH AGM, and visited Kent Life beforehand. We had lunch there and saw cows, pigs, horses and donkeys, (no rides for us though!), before going to the meeting and listening to Rowayne give his excellent talk. Ross and James are both looking forward to going away on holiday soon. Ross is off to York with his family, and James is spending a long weekend away on the coast with friends. Fingers crossed for lots of sunshine! Maria has a new job working in a local primary school listening to the children read, and Amber is also looking for voluntary work, hopefully with animals.

And finally... HWH has a new resident, a Syrian hamster named Ozzy, who lives in Maria's room.

Sally Cochran, House Co-ordinator

Seabrooke House

Sam, one of our trainees, has just completed her time at SBH and is now moving on! After some time in the house she lived in one of our attached flats at Janus Court. However, she has spent the week since 11th July moving in to her new flat in Gravesend.

It's a lovely one bedroom modern flat - just a few years old I would say, and she has been busy buying new carpets, furniture, etc. Chris Yusuf and Dean helped her move using the HWH minibus - very many grateful thanks to HWH for the use of the bus. Sam is now happily ensconced in her flat, supported by Dean. Becky and some of the SBH staff and the other trainees went night time bowling for Sam's leaving party. A great time was had by all. Ash proved what a demon at bowling he was by getting no fewer than SEVEN strikes on the night!

Rowayne was the guest speaker at our AGM. It must have been nerve-racking for him, but he did really well, made everyone laugh, and answered questions afterwards too. He is the next trainee to move into the flat at Janus Court, and is very excited about having his own flat. SBH will be busy moving him in over the next week. We eagerly await a new arrival soon.

SBH also has two new trainees Nicola and Elvis, who will be attending day service on Wednesdays. We send all of them our very best wishes.

Dean Bowman, Deputy House Manager

Short Breaks

The Short Breaks Team has been very busy since the last newsletter, with lots of interest and new members. At the end of May we had another visit from the Body Shop, which the young people enjoyed. Four new youngsters joined, and all excelled themselves doing the shopping for lunch, preparing the food and cooking a delicious curry for twenty two people!

In June we had a very good turn-out - seventeen - with several new youngsters. Barclays Bank visited us again - they have become very popular visitors. They really entered into the spirit of the day, and brought lots of lovely prizes with them. We also attended the summer fair at Danecourt School in Gillingham, which was very well attended despite wind and rain. We are very grateful to Mr Somers the Headteacher, who did not charge us for the stand. We were given a delicious looking fruit cake for a 'guess the weight' contest. Maria from Hattie Webb House gave us a hand, and some of our Short Breaks members visited us with their parents. Thanks to Carly and her mum for providing the gazebo - and holding it down when it threatened to blow away!

In July the Short Breaks Team really enjoyed several visits to Bradfields School FE Centre, (also in Gillingham). We attended the Coffee Afternoon on the 6th where we were



able to talk to parents about what we are able to offer and met some other organisations. We also had sessions supporting the students with craft activities, quizzes (which went down very well - especially the prizes!), clock making, decorating T-shirts, bingo and more. We have a couple of outside activities in July - Howletts Zoo on 23rd, and travel training where the young people will be travelling by themselves on the bus from Rainham to Savacentre and return. More about these next time!

We are always happy to welcome new members. To contact the team call Rachel, (Co-ordinator) on 07505 489049 or Jane on 07758 703627, or you can e-mail us at shortbreaks@kasbah.org.uk

DIAL

The service continues to be extremely busy helping clients with benefits advice, form filling and sign posting on all aspects of disability, but is still encountering low rates of successful claims awarded - we are trying hard to question and lobby at a higher level, but are told it is the

Meet Our DIAL Volunteers:



Carole Dickins

I first started volunteering in 1992, working in the administrative department of the Lions Hospice, where I helped to set up the Hospice and with recruitment of its first nurses; I also spent time in reception.

In 1997, I decided on a change, and applied to DIAL as an Advisor. After completing a 6 week training course with about 15 others I joined DIAL for one day a week, still doing a day at the Hospice. Eventually I decided to leave the hospice and concentrate on my work with DIAL for 2 days a week.

Why People Become Fundraisers

We interview Simon Appleby following his efforts for KASBAH in the London Marathon, which raised over £1000 for KASBAH, as we reported in the last issue:

Simon, you ran the Marathon for KASBAH this year, an amazing achievement. Can I start with running? Are you a regular runner, and what is your usual fitness regime?

I only started running last August and prior to that my only other running experience was a 10k race in Hyde Park. I have always participated in sport, playing football, hockey, golf and going to the gym but this was a new challenge. I ran on average 3 times a week building up from 3 to 15 miles prior to the marathon, following a programme devised by my local gym.

What made you decide you wanted to run the marathon?

It had been a long held ambition of mine to run in the London Marathon and I was extremely pleased to be given the opportunity to run on behalf of KASBAH.

Did you know you were going to go the full distance?

No! As the longest run I had done was 15 miles, the other 11.2 miles were an unknown quantity until the day itself. I was hoping adrenaline & crowd support would get me to the end.

Did you experience 'the wall'?

They say that most people hit the wall around 22 miles but due to the hot conditions on the day, I found the hardest part was the 15-20 miles around Docklands. The support of my family & friends cheering me on at 17, 21 & 24 miles gave me the encouragement to keep going and by 22 miles I felt confident for the remainder of the race.

What made you decide to run for KASBAH?

I ran for KASBAH as my wife works for it and it enabled me to promote & raise awareness of the charity.

same situation everywhere at the moment.

We are looking for volunteers who could possibly act as telephone advice operators or help in other ways DIAL operates from 11am to 3pm Monday-Friday.

To get advice or to offer your services as a volunteer, please contact Sheila Stringer on 01474 356 962.

I am still here, enjoying what I do, and helping those who have difficulty completing their forms. Apart from the satisfaction it gives me, it also helps to keep my mind active, with benefits both to myself and those who need DIAL's help.

My hobbies are reading and travel. My husband and I were both at sea; I was a Purser and he was a Navigating Officer, so the travel bug is deeply entrenched.

Our merger with KASBAH has extra meaning for me as in 1950 my brother was born with Spina Bifida. Despite being doubly incontinent and a wheelchair user he led a very full and independent life. Working at KASBAH has made me realise how much more help is available now for parents with children with this and other forms of disability.

How did the experience - Running a staggering 26 miles and raising over £1,000 for charity - make you feel?

Tired and emotional! It was an amazing experience and one that I would like to do again, it gave me an enormous sense of achievement and pride to complete the course and to fulfil my ambition. I was also extremely grateful for the support of my family, friends and work colleagues in helping to raise over £1000.



Would you encourage others to fundraise in an activity or sport? How easy was it to organise?

Yes I would as not only can you achieve your own ambition, knowing you are raising money at the same time does give an added incentive to keep going. The office provided me with sponsorship forms to collect cash/cheque donations and I also collected donations online through www.paypal-donations.co.uk. Donations can be made direct to KASBAH by entering Kent Association in search box to bring up KASBAH and then using the Donate Now facility. This can be added as a link on Facebook/email to encourage people to donate. Gift Aid can also be collected on the donation.

Thank you Simon, I hope your experience will encourage others to take up a personal challenge and raise invaluable funds too!

Please contact Julie or Sophie in the KASBAH office on 01474 536501 or email admin@kasbah.org.uk if you are planning on fundraising on behalf of KASBAH.

Going Places

On these pages we feature a few holiday themed items, which we hope everyone will find useful.

If you have any other information, do send us your hints, tips and useful contacts and information

'The Bungalow' Available for You

'The Bungalow', about ½ mile from the sea front in Westgate upon Sea, is a fully accessible semi-detached bungalow, which sleeps up to seven people.

During summer, priority is given to families, but anyone is welcome!

Classed as category B, accommodation comprises:

- 1 double bedded room, 1 room with 2 single beds (1 with hoist), 1 room with bunk beds and single bed.
- Freeway ceiling hoist available in the 2 single bedded room (own sling required)
- 2 bathrooms, (one is a fully accessible wet room)
- Kitchen designed for wheelchair users
- Large lounge/diner with TV and gas fire
- Central Heating & Hot Water
- Large garden and private drive
- It has duvets etc - take sheets, towels & pillow cases

For a brochure, more information and latest prices, contact Hazel & Keith Waghorn on 0208 854 4399.

Thinking Of Taking A Summer Break?

At The New Mayfair Hotel, Blackpool you can enjoy a stylish and relaxing break in the UK's No.1 beach resort with the assurance that your every need is catered for.

The New Mayfair Hotel offers a fully accessible holiday solution, from accessible travel to and from your home on our brand new mini bus, free equipment hire including hoists, commodes and bed rails, fully accessible rooms with full-en-suite shower room facilities and a selection of rooms including over-head tracking, electric raiser beds and sea views.

We're here to make your holiday perfect and can meet even the most special requirements.

To find out how we can help you fulfil your perfect holiday experience call 01253 347543 or visit www.thenewmayfair.co.uk



Coldblow Farm, Thurnham near Maidstone is believed to have been named during Saxon times. It is situated 600 feet

above sea level on top of the North Downs in Kent in an Area of Outstanding Natural Beauty. The views from local footpaths and bridleways are stunning. The farm today has 32 acres including nine acres of ancient woodland, graded as Special Nature Conservation Value.

Flint Lodge is a self-catering eco holiday lodge, newly built 2009/10, with the capacity to sleep up to 10 people. It offers 4-star self catering accommodation and is awaiting Mobility One Accessibility rating.

The Lodge is a new Eco-build with a ground source heat pump providing ample heating and light tunnels



Disabled - Friendly Self-Catering Accommodation

providing additional light to the wet rooms and corridor. All the flint work around the exterior of the building is of flints dug up from the fields on the farm. It is hoped to incorporate rainwater recycling, which is already partially installed.

The Lodge is single storey and the approach and lay-out of the set-down area by the main entrance

have been carefully designed. Specially equipped to cater for all customer needs with a range of specialist disabled access, features and equipment throughout.

Wide corridor and doorframes for easy wheelchair access. Good wheelchair turning spaces in all rooms. Wet-room style bathrooms. Other features of the property also include ample car parking, and French doors overlooking a paved patio area.

For info, prices, etc: Tel: 01622 730439

Email: coldblowfarm@btconnect.com

Or visit: www.kentdownsecolodge.co.uk

Going Places

Holidays On Wheels

We all need and enjoy holidays. They are a chance to relax, to spend time with family and friends and meet new people. Whether you visit Brighton or Bulgaria there will be interesting things to see and do.

A little preparation and planning can help make sure that everything goes smoothly. You are probably good at problem solving on a daily basis but in new places it can be more difficult. Some places are not as wheelchair friendly as at home. Sometimes facilities are even better! Here is a checklist of some of the things I do as I anticipate travelling.

Have you been clear and accurate (in describing your requirements). If you can walk, make sure you say how far. This applies to travel and accommodation. I have rolled up at hotels having requested a wheelchair accessible room and found steps from the street to reception with only a lift from reception onwards.

- Check your passport is still in date and has six months left.
- Make a note of your passport details and other important documents such as travel insurance. Take them with you but leave a copy with a friend at home. If the worst happens and you lose something it makes it easier to replace the documents.
- Put phone numbers of your bank's lost card office on your mobile.
- Take your Blue Badge with you - but this can be difficult if you are leaving your car at a station or airport and hiring one abroad. Most countries accept our Blue badge but check locally.
- Ask for assistance at airports and ferry terminals. Why waste energy on boring things when there are people to whisk you on board, often ahead of the crowd?
- Keep a day bag or hand luggage and put the following important things in it:

- Pills and medicines plus your last prescription order to prove they are for you. Include a few extra days worth in case you get delayed getting home.
- Baby wipes. Useful before meals, after using dubious toilets and much else.
- A small torch with new batteries. In case of power cuts, etc.
- Some chocolate and some chewy fruit bars. It can be a long time before food is provided or available while on a journey.
- A pen and notepad. If you can't make yourself understood, draw what you want. A drink, a taxi or a toilet for example.
- A few pounds of English money in case you need a drink, to pay for a taxi or use a phone when you first get back.
- A small first aid pack.
- An adapter for local electrical sockets.
- A small roll of strong tape. Useful if any of your equipment breaks.
- An elastic bungee. When hooked on to my wheelchair arms I find it stops bags, etc. sliding off my knees.
- Remember you can't take penknives or scissors in hand luggage on planes.

I have only included some items. I leave it to you to remember cameras, books, a coat and so on. None of these things take up much room in your hand luggage. Perhaps you will think I am super cautious taking these items with me. I think I am well prepared so that I can enjoy my holiday.

If you would like to share your holiday adventures please write in.

Ian Townsend.

Ian is a KASBAH member who works as an advisory teacher in Medway schools supporting pupils with physical disabilities. In his spare time he enjoys travelling and recently went to St Louis in the USA.

KASBAH's AGM . . .

(Continued from page 1)

The Chair asked the Mayor to formally close the AGM and to accept a gift of home-made jam from the trainees at Seabrooke House, which was presented on their behalf by Mark Axford.

Feedback concerning the venue was generally positive, however there were a few comments regarding access issues due to the steep approach road leading to the village hall area. These have been noted and will be considered when selecting next year's venue - indeed any suggestions for a suitable venue would be welcomed. Just call



(Continued from Page 1)

the main office at the Hive on 01474 536501 or email admin@kasbah.org.uk with your information.

Thank you all for your support; we hope to see you next year!

(Minutes from the KASBAH AGM 2010 are available on the website -www.kasbah.org.uk).



From Our Advisor Service



Christine Cunningham
KASBAH Advisor

Email: ccunningham@kasbah.org.uk



Gill Reynolds
KASBAH Carers' Advisor

Email: greynolds@kasbah.org.uk

To Contact Us: Telephone: 01474 536501 or Write to 7 The Hive, Northfleet, Kent, DA11 9DE

U3A – University of the Third Age

Do you want to keep active in mind and body and are in the “Third Age” stage of your life?

U3A is a self-help organisation for people no longer in full time employment, providing creative and leisure opportunities in a friendly environment. It is one of the largest educational charities in Britain, consisting of local U3As all over the UK, run entirely by volunteers. Local U3As are learning cooperatives which draw upon the knowledge, experience and skills of their members to organise and provide interest groups in accordance with the wishes of the membership. Their booklet “**This Is U3A**” states “Learning is for life. U3A is for people who want to keep active in mind and body and are no longer in full time employment. There is first age learning – at school, college and university, and second age learning – skills learnt at work. Then there is third age learning, when people want to learn whatever they want”. That’s what happens in U3A. Groups come together to study a subject they all find interesting. Subjects covered range

from Art to Zoology, Mah Jong to Walking, French to DIY, Chess to Photography, Floristry to Card Making and everything else you can think of – the list is endless. Subjects don’t have to be academic, and they can include physical activity but they all have the same approach, which is learning for pleasure. There is no accreditation or validation and no assessments or qualifications to be gained – just learning for enjoyment and fun.

How to Join a U3A

U3A membership is not related to a specific age but to a period in one’s life (the third age) after the second age of full-time employment and parental responsibility. Anybody in their 3rd age can join U3A and this includes people who are working part time. There is no lower age for membership.

How to go about it

Visit www.u3a.org.uk for more information and view the booklet “This is U3A”. You can find a local group using the [Find a U3A Group](#) search page. You can ring the contact number and ask for more information. In most cases, though not all, it will be the personal telephone

number of the membership secretary, so you can have an informal chat about what activities and subjects their local membership gets involved with. If you would rather write or have difficulty getting hold of the membership secretary you can contact the National Office:

**The Third Age Trust,
The Old Municipal Buildings
19 East Street, Bromley, BR1 1QE
Tel: 020 8466 6139**

Mon - Fri 9.30am to 5.00pm.

All U3As are different as the skills and talents of their members define what they can offer, so if you find more than one local group in your area you can contact all of them to see what is on offer. The cost of membership is minimal.

If you cannot join because there is no local U3A or because you are still currently working full time you may be interested in our [associate membership scheme](#)

If you are isolated geographically, through illness or through personal commitments (e.g. carer responsibilities) there is a U3A which exists only on the internet, known as the Virtual U3A (vU3A). You can learn all about it at <http://vu3a.org>

What is the CEA Card?

This is a national concessionary card developed for UK cinemas by the Cinema Exhibitors’ Association. It allows people with disabilities to obtain one free ticket for a person accompanying them to the cinema.

To apply for it you must be in receipt of Disability Living Allowance and/or be a registered blind person. There is an administration charge of £5.50 for the card, which lasts for one year.

For further information, including a list of participating cinemas, visit www.cinemauk.org.uk/ceacard.

The CEA Card is administered and run by The Card Network. For general enquiries call 0845 123 1292.

Some other useful websites for film fans:

www.yourlocalcinema.com - allows you to identify cinemas in your area that are playing subtitled and/or audio-described films.

www.artsline.org.uk - a comprehensive information service providing general access information for cinemas and other entertainment venues and information on audio description services in cinemas and theatres, and on DVD and digital TV.

<http://www.rnib.org.uk>



Ageing With Spina Bifida: Bladder Health

A number of our members have asked how ageing will affect them living with Spina Bifida. The following information is taken from the ASBAH fact sheet 'The Ageing Bladder'.

The Ageing Bladder

This phrase sounds rather negative and implies incontinence in the elderly. But while associated with changes in the bladder which can increase the risk of dysfunction, ageing is not by itself a determining factor of urinary incontinence.

Adults with Spina Bifida entering middle age may find continence changing as tethered cord and general wear and tear on the vertebrae and nerves can affect bladder function.

As we age we can also experience changes in our pelvic floor and other problems causing changes in bladder and urinary activity. But those changes do not necessarily cause urinary incontinence and it should not be accepted as a "normal" part of ageing.

The pelvic floor is a sheet of muscle which holds and supports the bladder and bowel. People with Spina Bifida often have loose pelvic floors because the nerves to the pelvic floor muscle, (from the sacral part of the spine), are affected. Good pelvic floor tone helps hold the bladder neck in a muscular sling which helps it stay closed. When the pelvic floor is ineffective, urine can leak out more easily when abdomen pressure is raised - e.g. sneezing, coughing or during exercise - called 'stress incontinence'.

Pelvic floor exercises can be helpful for everyone, but need to be taught properly by a specialist physiotherapist. If you have Spina Bifida, the physiotherapist will need to check which nerves are working before starting a course of treatment, for if the nerves don't work, the exercises won't be possible.

The pelvic floor is very often damaged during childbirth, which causes continence issues for many women in their middle years. Women with Spina Bifida who have reasonable continence might want to consider a Caesarean to prevent this damage.

What Can Be Done?

It is important to exercise as much as possible, keep your weight under control, and avoid caffeinated drinks which increase the need to urinate. Any changes need to be investigated, to ensure the kidneys stay healthy, but there may well be ways of managing your bladder which can improve your quality of life.

Botox injections into the bladder have been found to help many people with the frequency and urgency of urine passing by relaxing the bladder muscle and increasing how much your bladder can hold. Operations such as augmentations also make the bladder bigger, though this sometimes causes shunt problems.

If the bladder is no longer emptying completely, or you are getting a lot of urine infections, ask your GP to refer you to a Urologist with an interest in Spina Bifida, as intermittent catheterisation might help. If you are on medication for your bladder, the dose may need to be changed from time to time, as the way your kidneys and liver deal with them may alter over time. All medications have side effects, and many cause constipation, increased urination or urgency, and may lead to incontinence.

A good care plan needs to be created using all information about your health, diet, exercise, and medication. The plan may include medication changes, behavioural therapy, supportive care, surgical intervention or the use of absorbent pads. In days gone by, many people accepted that leaking urine was a natural part of getting older, and just put up with it. They were often too embarrassed to mention it to their GP, so didn't get support or treatment which could have improved their quality of life.

People with Spina Bifida often, but by no means always, have continence issues, and may be familiar with treatments and services available to them. However, their needs may change as the years pass, and treatments are improving all the time. It's always a good idea to keep in touch with your continence service, as you may be missing out on something really useful. And if continence begins to be a problem for the first time, discuss it with your GP - there are services that can help.

If you are finding it physically harder to get to the loo in time, an Occupational Therapist may be able to advise on equipment and adaptations to help at home. RADAR operates a key scheme to let you use accessible toilets when you are out. Urine incontinence can also be a sign of Normal Pressure Hydrocephalus. If it develops together with difficulty walking, and confusion or forgetfulness, discuss this with your GP, as it is often treatable.



Coloplast and ASBAH are working in partnership to campaign for an increased awareness of bladder and bowel health and to support ASBAH's members and families in their efforts to live a full and satisfying life.

Do you have a story to tell? We are always interested to hear about things that have enhanced your life and may be beneficial for others to know about. It could be something you have achieved, a service or piece of equipment you have used, or a place that you have visited.

Please get in touch and send your story to us at the KASBAH office.

News, Events, Information

This show takes place at ExCeL London, a fully accessible Paralympic venue.

Register for free entry at www.naidex.co.uk/south quoting priority code EPRI.



19-20 October 2011
ExCeL London



Naidex South will provide an unmissable opportunity for the estimated 1.4m disabled people living in and around the capital to get first hand advice and guidance on the products and services available to them.

It is shaping up to be an unmissable event for members of the public, trade and healthcare professionals alike, so put October 19th-20th in your diaries now to ensure you don't miss out!

Building on the successful launch in London and the South East of England last year which exceeded all expectations, the organisers are busy adding to this year's show programme to further improve the fantastic London event.

Exciting new features have been added to ensure there is something for everybody. Visit the **Independent Living Show Home** and see the best in inclusive design, new technology and products demonstrated by specialists in a realistic setting. The feature will incorporate living and sleeping areas, interconnected by an inclusively-designed bathroom, in order to demonstrate the benefits of state-of-the-art technology for both young and older people alike.

Meet the OT is an extremely popular feature which offers members of the public a chance to speak face-to-face with a qualified occupational therapist.

There will also be a **Meet the Expert Zone**, providing a unique service designed to answer your questions and offer invaluable advice via a drop in facility.

With top industry experts on hand to offer FREE 30 minute meetings covering a host of topics including career options, advice on the psychological effects of disability, up-to-date information regarding disability allowance and help concerning your physio needs, come along to be inspired, reassured and educated. Simply make your appointment at the welcome desk.

In October, with the 2012 Paralympics less than 9 months away, the **Paralympic Showcase** will celebrate the talents of disabled athletes, encourage visitors to get involved in sports on the day, and offer information on local clubs they can contact after the show.

It will showcase the Paralympic sports that will be seen during the 2012 games in the venue where the athletes will actually be competing, and at a time when tickets for the Paralympics go on sale, so there is sure to be a huge buzz about the **Disability Sports Showcase** feature. Naidex South also provides disabled visitors with a great opportunity to test their route to ExCeL before the games, ensuring that they are well prepared to travel to the venue when the time comes to cheer on British athletes.

You will be able to enjoy Naidex favourites such as the **Communication and Learning Village**, designed to house the latest technological advancements, supported by Communication Matters, and the **Car Zone**, which will have many of the UK's leading vehicle converters, including Brotherwood and Lewis Reed, exhibiting the latest WAV developments. Also returning is **KideQuip**, the must see zone dedicated to children with special needs, where visitors and healthcare professionals will be able to meet and discuss individual requirements and products with exhibitors.

With London being such a hub of organisations and institutions, it also attracts important professional attention, including local authorities and senior healthcare professionals. Naidex South is co-locating with the Greater London Authority Disability Capital Conference which will take place in the Platinum Suite on 20th October, with over 900 high level delegates due to attend. Healthcare professionals are also invited to attend the free **CPD Naidex Conference** programme supported by the Health Professions Council. This offers attendees a CPD certificate for their portfolio.

'Drop & Go' Activity Sessions At Brogdale



Summer Activities

We are a small Community Interest Company that has gained funding to run 'Drop & Go' activity sessions at Brogdale Farm in Faversham. This may be of interest to parents who may require some respite during the school break.

Details of the many summer activities can be found on www.brogdalecic.co.uk.

Contact: Rebecca O'Neill, ECM Workbank
Tel: 01622 205393

rebecca@ecmworkbank.co.uk
www.ecmworkbank.co.uk

Girls Wanted !

There is a problem at Seabrooke House. Our all female bowling team seems to be diminishing! We need some girls to make up the numbers and help us beat the boys!

So if you know any girls (preferably amazing bowlers) who are interested in living independently and joining the Seabrooke House family please let us know.

Contact us at Seabrooke House
Tel: 01322-386841

A Sevenoaks Shoe Shop With A Difference



Hoads Shoes are a fourth generation family footwear specialist in Sevenoaks with over 100 years experience of fitting children and adults with additional needs or disabilities with shoes that are supportive, comfortable and stylish. They provide a free specialist fitting service recommended by a number of hospital, doctors, physiotherapists and special needs schools. This service can be particularly helpful for children who require orthotics, or have odd sized feet, splints and other medical problems. They are able to fit arch supports, adapt laces/straps and fit shoes which will accommodate splints, as well as offer an **odd sized shoe service**, where they split shoes up for customers who have a large difference in the size of their feet.

They also offer an appointment system to ensure that each individual receives the specialist advice they need. Both shops are very happy to have an informal telephone discussion regarding you or your child's specific requirements and the potential costs

They also offer an appointment system to ensure that each individual receives the specialist advice they need. Both shops are very happy to have an informal telephone discussion regarding you or your child's specific requirements and the potential costs



incurred in addition to the cost of the actual shoes purchased.

A full range of suppliers such as Clarks and Start Rite is offered, as well as the latest fashion brands like Converse, Hunter, Emu and Fitflop.

If you thought that you would never be able to wear the latest fashion brand it may be worth contacting the shop to see if your individual needs can be accommodated. As we all know the latest trends cost money but this may be money well spent if it is something that you have wanted to do but never thought possible.

Hoads Children's Shop

53 London Road
Sevenoaks
Kent TN13 1AU
Phone: 01732 453816

Email: appointments@hoadskidsshoes.co.uk
www.hoadskidsshoes.co.uk

Open Monday to Saturday 9.00am – 5.30pm; Sunday 10am – 4pm
Out of hours appointments / home visits available on request

Hoads Men and Women's Shoe Shop

107 High Street
Sevenoaks
Kent TN13 1UP
Phone: 01732 454004
Fax: 01732 464438

www.hoadshoes.co.uk

Open Monday - Saturday 9.00 am - 5.30pm
E-mail appointment requests to sales@hoadshoes.co.uk

'Vision For Kent 2011-2021' - Consultation

The Vision for Kent 2011-2021 is the new community strategy for the County. It is owned by Kent Forum, a partnership of Kent's Councils that agrees shared priorities and responds to the needs of local communities and businesses. It needs your views to make Kent a better place over the next 10 years.

Vision for Kent sets out three big ambitions to make Kent a better place. They are:

- To grow the economy
- To tackle disadvantage
- To put citizens in control

The ambitions have been developed by many organi-

sations that provide services to the people of Kent, including the public, private and voluntary sectors. The draft Vision for Kent 2011-2021 is now out for formal consultation. We want your views on how to achieve the three big ambitions, and whether the draft meets your needs and the needs of the people that you provide services to.

You can read the draft, find out more and complete the online consultation survey at www.kentforum.org.uk.

If you have any questions, please e-mail the Kent Forum support team on: kentforum@kent.gov.uk or

Telephone: 01622 694122

NB: The Response Deadline Is 22nd August 2011

Local NHS Trusts To Amalgamate?

Dartford and Gravesham NHS Trust and Medway NHS Foundation Trust are investigating the feasibility of integrating the two Trusts.

The Medway LINK wants to ensure that the voices of people who use the hospitals are represented in the discussions about integration. Since we sent out a survey to gather your views the integration team at the Trusts have issued a statement and a presentation about their plans, which can be found at:

<http://www.medway.nhs.uk/news-and-events/latest-news/two-hospitals-one-future/>.

Please let us know what you think by completing our survey on <http://www.surveymonkey.com/s/Z8SZNHK>.

Debs Wheeler (LINK Administrator), Kent & Medway Networks Ltd (KMN).

Unit 23 Folkestone Enterprise Centre, Basepoint, Shearway Business Park, Shearway Road, Folkestone, CT19 4RH

Tel: 01303 297050 Email: info@kentlink.org

Web: www.thekentlink.co.uk / www.themedwaylink.co.uk

Personal Independence Payments

[Source: ASBAH update #2 (8 June 2011)]

In 2013-14, Personal Independence Payments (PIPs) will replace the Disability Living Allowance (DLA) for those of working age (16-64), and reassessment of existing working age recipients will also begin.

What are the rules?

To get the personal independence payment you must:

- Be aged 16-64
- Satisfy the daily living and/or mobility activities test for 6 months prior to claiming and be likely to continue to satisfy this test for a period of at least 6 months after claiming.
- Pass the residence and presence test
- Pass the habitual residence test

As yet there are no plans to extend PIP to children under 16 or claimants who are 65 or over. However migration from DLA may apply to these groups at a later date.

People with a terminal illness (same definition as for DLA) automatically receive the daily living component enhanced rate and will not have to satisfy the period condition for the mobility component.

The Welfare Reform Bill also includes situations where PIP will not be paid – for example, people in care homes, hospitals or prison.

PIP will not be paid once someone reaches the age of 65 or pensionable age, whichever is the higher, though subsequent regulations may allow someone to stay on PIP if they claimed before the age cut off point.

What are the components?

PIP will have two components, Daily Living Component, and Mobility Component; (each has two rates, standard rate and enhanced rate):

- **Daily living component** - If the person's ability to carry out daily living activities is limited by their physical or mental condition; and they meet the required period condition.
- **Mobility component** - if the person is of or over the age prescribed for the purposes of this subsection; the person's ability to carry out mobility activities is severely limited by the person's physical or mental condition; and they meet the required period condition.

How much will I get on PIP?

As yet we don't know how much individuals will be awarded under any of these components, as these rates have not been set.

What will happen with the assessments?

At present, for DLA, there is no formal medical assessment. However, with PIP, there are plans to introduce an independent medical assessment. At present with DLA the assessment process is under review and will be piloted in some areas over the coming months.

The new assessment will include advice provided by a trained independent assessor who will collect evidence from a wide range of sources. In many cases this will involve a face-to-face consultation with a trained independent assessor, but in some other cases a paper-based assessment may be more suitable. The key is a review process, which will take account of the impact of physical, sensory, mental, intellectual and cognitive impairments on an individual's ability to undertake a range of key everyday activities.

What are the activities I will be assessed on?

In order to qualify for any component of PIP you will have score a certain number of points in relation to certain activities:

Daily living activities are:

1. planning and buying food and drink
2. preparing and cooking
3. taking nutrition
4. managing medication and monitoring health conditions
5. managing prescribed therapies other than medication
6. washing, bathing and grooming
7. managing toilet needs or incontinence
8. dressing and undressing
9. communicating with others

Mobility activities are:

1. planning and following a journey
2. moving around

When will the new assessments start?

A plan will be developed to migrate people from DLA to PIP. For those people of working age who are already on DLA, assessments will begin in 2013, following the introduction of PIPs.

Where can I get more help or information?

The Disability Alliance has produced a comprehensive fact sheet on PIP. Visit:

<http://www.disabilityalliance.org/f60.htm> or telephone 020 7247 8776

The draft regulations for PIP can be viewed on the DWP website at <http://www.dwp.gov.uk/policy/welfare-reform/legislation-and-key-documents/welfare-reform-bill-2011/personal-independence-payment-briefing/>

The Governments consultation on proposed DLA changes:

<http://www.dwp.gov.uk/docs/dla-reform-consultation.pdf>

ASBAH response to government proposals for PIP

<http://www.asbah.org/About+ASBAH/Latest+News/Press+Releases.htm>

ASBAH will keep its members informed of developments or changes to this information as it is made available by the Government.

**Our Advisors are available to provide advice and support during this period of transition.
Please telephone Chris Cunningham or Gill Reynolds.**

**The proposed reform of DLA is part of a wider review of the Welfare System designed
to make the benefits and tax credit systems fairer and simpler!**

The Council for Disabled Children (CDC):

The CDC is hosted by [NCB](http://www.ncb.org.uk) – National Children’s Bureau www.ncb.org.uk and has a small staff team reporting to its Director. It is a membership organisation that hosts a number of networks.

The [CDC Council](http://www.cdcouncil.org) is made up of a wide range of professional, voluntary and statutory organisations, including parent representatives, disabled young people and representatives of disabled people.

CDC’s broad based membership and extensive network of contacts provides a unique overview of current issues. It also helps promote collaborative and partnership working among organisations.

CDC's vision is a society in which all disabled children's life chances are assured, their needs are met, their aspirations supported and their rights respected.

More information at: www.ncb.org.uk



Dimensions and ODEON Present 'Autism Friendly Films'



Date / Time: Thursday 11th August 2011 11am

Location: 30+ cinemas across England

Dimensions have teamed up with ODEON to host an autism friendly screening of Mr Popper's Penguins in cinemas across the country. The screenings are autism friendly because the lights will be on low, the volume will be turned down, people can take their own food and drinks and people can move around the cinema if they like.

For ticket information visit the Dimensions webpage: www.dimensions-uk.org/autismfilms/

ITEMS WANTED OR FOR SALE / LOAN / GIFT HELP US TO HELP YOU

To help our Service Users who may be in need of a specific item to aid their everyday needs, KASBAH would like to include a 'Wanted' / 'Available' section in the Newsletter.

- If you have an item that you need please let us know and we will mention it in the next Newsletter. If any of our readers can help with that item or they know the best place to try to obtain it, they can contact the KASBAH office and we can help liaise between the two parties.
- Likewise if you have an item of equipment which you would like to sell / loan or give to another member, please contact the KASBAH office.
- NB: Items would be 'as seen'; KASBAH would simply put the two parties in touch with each other as it does not have the resources to become involved in any sale or negotiation.

Living Together & Inheritance Tax

Find out more on this topic at: www.advicenow.org.uk/livingtogether

News, Events, Information

What's Happening To The Health And Social Care Bill ?

In April, the Secretary of State announced the start of a 'listening exercise' to pause, listen, reflect on and improve the Government's proposals for modernising the NHS. This was led by the independent NHS Future Forum, which published its report on 13 June. The Government's initial response was on 14 June.

Some of the changes the Government is making in response to the NHS Future Forum require amendments to the Health and Social Care Bill. A set of Government amendments to the Health and Social Care Bill was tabled for consideration by a House of Commons Public Bill Committee.

On 27 June the Government published briefing notes to accompany the amendments to the bill, which explain the purpose and effect of the amendments, linked to the Government response and the commitments made there. A fuller description of the context for the amendments and of the other changes to the modernisation plans is provided by the response.

Space precludes us from listing all these changes and proposals, but they can be downloaded from:

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_127444

Responses from many organisations can be found by typing "Responses to Health and Social Care Bill changes" into a Search Engine such as Google.

Fundraising

Donations Received:

KASBAH has received the following generous donations recently:

£40 from South Eastern Railway

£1000 from CMS Cameron McKenna Foundation - we were nominated by our member Kevin Jones as one of their charities to receive a donation.

£350 from Fenwicks of Canterbury, from funds raised by the Staff.

£100 from Margaret Holmes, whose son-in-law swam in the Great British Gas swim to raise funds.

Our grateful thanks to everyone who donated, and to anyone we may inadvertently have failed to credit.



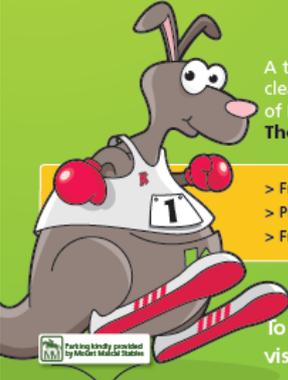
A Kellystore FunRaisers organised event in aid of the parents consortium

Actively supporting local charities

Joyden's Wood Walk & Run

Get fit, have fun and help raise funds for a good cause!

10k or 5k run or a 10k or 5k walk
18th September 2011



A traffic-free run and walk along a clearly marked route just 6 miles outside of London in aid of local charity **The Parents Consortium.**

- > Free parking
- > Prizes
- > Free photo
- > Chip timing
- > Secure bag storage
- > On-site refreshments

To enter and for more information, visit www.kellystore.org

The Parents' Consortium, a charity supporting disabled children and their families in North Kent, is organising this 10K/5K fundraising Run/Walk, open to wheelchair users and families, with access to a 2K route. It also needs about 40 marshals to help with the event. If you can help or want more information, please email or call:
Denise Ward-Corderoy: 01322 668501
www.parentsconsortium.co.uk

Raise Funds For KASBAH on the Ashford Rotary Ramble/Run

**Sunday 18th September,
starting at Wye Village Hall.
Entry fee £10 (£5 under 18s).**

See June KASBAH News for Fuller details, or:

<http://ashfordrotaryramble.org.uk/> or

**Ashford Rotary Ramble,
PO Box 466,
Ashford, Kent TN23 9PF**

Or email: ashfordrotaryramble@googlemail.com

Kent Disability Sports News

Kent Disability Swimming Squad



Kent Sport, Leisure and Olympics Service runs a monthly Disability Swimming Squad.

This is for disabled swimmers who want to develop their swimming further, maybe onto competitive regional, national or international level.

These County training sessions are open to swimmers with physical and/or sensory disabilities and/or learning disabilities. Swimmers must be 9 years or over and be competent swimmers.

For Information and Application Forms, please contact:

Mike Bishop, Kent Sport, Leisure and Olympics,
30 Commercial Services Building, Gibson Drive,
Kings Hill, Kent ME19 4QG

Tel No: 01732 525389

Email: mike.bishop@kent.gov.uk

2011 Monthly sessions are planned as follows:
(No Squad session in August)

Sat 10 September:

4:00-5:30pm, Sevenoaks School

Sun 16 October:

12:00-1:30pm, Dover Leisure Centre

Sat 12 November:

6:00-7:30pm, Maidstone Leisure Centre

Sun 11 December:

4:30-6:00pm, Swanley White Oak Leisure Centre

Information on Sport for Disabled People in Kent:

View: www.kentsport.org or ask Mike Bishop:

Tel No: 01732 525389

Email: mike.bishop@kent.gov.uk

Kent : Host County for London 2012



Kent Cricket Board



Kent VI Cricket 2011/12 Season

Kent VI Cricket team will run a series of Saturday training and development sessions during 2011/12.

Training sessions will be coached by 2 current England VI players. They are open to people of all ages who are visually impaired or blind. There is no cost for attending and players of all abilities are welcome!

Sessions will take place from 10am-12pm on:

- 13th Aug 2011 at Kings Hill Cricket Club
- 10th Sep 2011 at Kings Hill Cricket Club
- 15th Oct 2011 at Maplesden Noakes School
- 12th Nov 2011 at Maplesden Noakes School
- 10th Dec 2011 at Maplesden Noakes School
- 14th Jan 2012 at Maplesden Noakes School
- 11th Feb 2012 at Maplesden Noakes School
- 10th Mar 2012 at Maplesden Noakes School

For more information please call Rob Comber on 07787822280 or email him at:

rob.comber@hotmail.co.uk

PARALYMPIC SLEDGE HOCKEY

WE WILL BE LAUNCHING A NEW SLEDGE HOCKEY OPPORTUNITY AT GILLINGHAM ICE RINK

SUNDAY 14TH AUGUST 2011; 4:30 PM TO 6:30 PM.

IT IS HOPED TO FOLLOW THIS UP WITH REGULAR SUNDAY EVENING SESSIONS AS FROM SEPTEMBER.

**YOU DON'T NEED TO BE A WHEELCHAIR USER ...
... YOU DON'T EVEN NEED TO BE A DISABLED PERSON!**

Please contact Mike Bishop at
mike.bishop@kent.gov.uk for more information
and to register your interest.



More On Sports . . .



Medway Park aspires to be a centre of excellence for disability sport.

Its 12-court sports hall and track are fully accessible and equipped for disability sport.

The new extensive fitness suite is also IFI (Inclusive Fitness Initiative) accredited.

The centre has been designed to Sport England guidelines for disability sport and includes dedicated wheelchair team changing rooms.

Medway Park is approved by London 2012 organisers as a Paralympic training camp for athletics, boccia, goalball, judo, sitting volleyball, wheelchair basketball, fencing and rugby.

<http://www.medwaypark.org.uk/index.php>

Medway Park, Mill Road, Gillingham, ME7 1HF

General enquiries: 01634 336655

Echoes Gym: 01634 336658

Major Event enquiries: 01634 338238

Minicom: 01634 333111

Mon - Fri: 6.30am - 10.30pm

Sat: 7.30am - 8pm

Sun: 7.30am - 10.30pm

PARALYMPIC SPORTS

Medway Park Goalball Club

Venue: Medway Park
Monthly club (Last Tuesday of each month).
Times: 5pm – 7pm
For aged 10+

Contact: John Hatchett, Sports Development Team 01634 338763 or john.hatchett@medway.gov.uk

MEDWAY DRAGONS RLFC



Months of training and anticipation came to a stunning climax for Medway Dragons RLFC Wheelchair Rugby League Team as they hosted Mersey Vikings in their first ever home game at the fabulous Medway Park facility in June.

In front of a 200 strong crowd, The Dragons hosted a National Championship game, and played their part in a fast and furious game of Rugby League, leaving the uninitiated amazed as the athletes demonstrated the toughness, speed and skill of this version of Rugby League.

The Dragons can take heart and a lot of positives from the game, recognised by the crowd which gave the players a standing ovation at the end of the game.

The Dragons train on Wednesdays at Medway Park from 1900-2100 hrs

For more information, contact Matt Bromley on 07523 633498

Wheelchair Tennis Sessions

If you live anywhere in East Kent, why not come and join us?

Two indoor tennis courts available

Friends / family also welcome

- Tennis wheelchairs available
- Tennis equipment provided

Sundays 2011 – 4.00-6.00pm

25th Sept, 30th Oct, 27th Nov,
(No sessions in August or December)

Canterbury Indoor Tennis Centre
 Polo Farm Sports Club
 Littlebourne Road
 Canterbury, CT3 4AF

£4 per session



To attend please contact
 Michael Bishop:
 Tel- 01732 525389

mike.bishop@kent.gov.uk

