

AGM News

KASBAH's Annual General Meeting was held on Tuesday 3rd July at The Friars at Aylesford Priory. We were pleased to welcome our friends from SASBAH, the Sussex Association for Spina Bifida and Hydrocephalus, as well as Councillor Rodd Nelson-Gracie, the Mayor of Maidstone.

It was fantastic to see so many members come along to our AGM and take part in the proceedings. Ann Everett, who was Acting Chair, has now been elected as Chair, Richard Chapman is now Vice Chair, and two new trustees have joined the Board, Trevor Sinclair and Philip Willmott. Graham Steele was re-elected as Treasurer and Mandy Webb remains as a Director/Trustee.

Rom Sanglaji, SASBAH's General Manager told us about the support services his staff provide and we also met their President Beverley Thompson. It was interesting to see what SASBAH do and find out about the support they offer to their members.

Emma Carver, KASBAH's Chief Officer introduced KASBAH's promotional short film featuring many of our service users and staff, including the out-takes!

KASBAH were delighted to present special awards to our volunteers, who work tirelessly to help keep our services running.



Julie Appleby, Senior Officer and the Mayor of Maidstone present an award to Ron Tiller for his work with the charity shop. Ron was also presented with a special award for his late wife, Shirley Tiller, who was very active in keeping the charity shop running even throughout her illness.



The DIAL Team, together with Project Co-ordinator Sheila Stringer and the Mayor of Maidstone, received their award for their voluntary work. DIAL provides advice and advocacy for disabled people, and received 100% positive feedback from surveys carried out by KASBAH.



Short Breaks volunteer Barbara Rowland received her award from service user Ben Fuller, for her dedication to the Short Breaks project.

More photos from the AGM....



Left: Rom Sanglaji from SASBAH with Abigail Ryan, Rochester Road tenant

Right: Dawn Varley, Life Skills Supervisor at Hattie Webb House, with Graham Webb MBE



Left: KASBAH's trustees finish up AGM business

Beverley Thompson, SASBAH's President, chats to members



A message from Emma...

Hi everyone! It has continued to be all go here at KASBAH's Head Office, we had a very successful Annual General Meeting (AGM) on Tuesday, 3rd July 2012 with 50 people in attendance, and we kept business matters to the point and moved swiftly through the agenda. Everyone enjoyed our first public showing of 'KASBAH's Virtual Tour' with several blushing staff members in the audience; if you haven't had the chance to see our short film yet please do go to www.kasbah.org.uk and you will find the tour on our homepage.

KASBAH has also been busy setting up our community café initiative with the Strode Park Foundation which had its official opening on Friday 22nd June 2012. I would like to say a personal thank you to Andrea Fowle, Emma Tiller, Julie Appleby, Sophie Millis and our very own maître'd – Abigail Ryan, it has been a real team effort to get this café up and running and we are all thoroughly enjoying the experience (please see the 'Nippies Café article on page 8 for further details).

Enjoy your summer and please remember the KASBAH team are here to help in any way we can.

Best Wishes, *Emma*
KASBAH Chief Officer

Seabrooke House Update



We are pleased to tell you that Jamie Gowland has now moved on into his own flat in the community. Jamie had a 'Fancy Dress' leaving party, and it was a great way to celebrate his success. Everyone at Seabrooke House would like to wish him the very best of luck in his new flat!

Lee, Thomas, Kelly and Jason have all recently moved into Seabrooke House, and have settled in well.

The Garden Gang have been working hard to transform the Seabrooke House garden, there are raised flower beds, and lots of veggies to be picked and eaten.

Seabrooke House know how to party!!

KASBAH now has a 5 a side football team, and they have given themselves the name of 'Macho Nachos'. The Macho Nachos are looking to play against another team. Please contact Scott Matthews on 01322 386841 if you are up for a challenge or can put us in touch with another team!

We are now planning our own Olympics Event, and a Barn Dance, and also a Family Open Day for the parents and carers of our trainees.



The garden's looking lovely!

Hattie Webb House Update



Amber and James take part in the first aid training

dangers and learn some basic skills, including what to do when choking, bleeding, dealing with someone having a fit or a stroke, and how to give CPR. It's been really useful and we'd certainly recommend the training. The British Red Cross can be contacted on 01622 625107, and more information is at www.redcross.org.uk/everyday

The guys also had a day out in Southend recently, on a rare sunny day! They enjoyed a stroll along the prom, eating chips out of paper and also went on some rides at Adventure Island. A perfect seaside jaunt! Our day service users also spent a day at the Kent Life Museum in Aylesford and also a jolly day in Hastings. We've also been cooking lasagne, quiche and chicken fajitas from scratch!

It's all change at Hattie Webb House! We said goodbye to Maria and Jon at the start of July, as they moved into their own flat in the community (see page 7 for Maria's article about their move). We will be welcoming a new resident to HWH shortly.

Our service users have taken part in first aid training provided by the British Red Cross. The trainers have worked with our guys in small groups of two and three, to help them understand how to deal with



Amy makes a new friend at Kent Life

Rochester Road Update

Simon has now made the move from Seabrooke House to Rochester Road and is enjoying his new room and finding his way around the local area. It's certainly nice to have another lad around! As in true Seabrooke House tradition, Simon had a leaving party, which was fancy dress.

The Garden Gang will now be focusing on the Rochester Road garden and will be making raised flower beds so everyone can enjoy the garden.

All the residents looked forward to the Olympic Torch passing their home on Friday 20th July, we were there waving our Union Jack flags and had cameras at the ready! We're also getting ready for a Victorian Tea Party we are holding on 14 August - hopefully outdoors!



Short Breaks Update

Short Breaks young people and staff celebrated the Queen's Diamond Jubilee at our May session. The hall was decorated with bunting, balloons, flags and patriotic plates, cups, tablecloths etc. We introduced the young people to some old fashioned games such as hoopla and we had many other outdoor activities such as mini-football and swing-ball, and a quiz on the royal family. Lunch was a celebratory affair set up like a street party with sandwiches, cakes, crisps etc and home-made lemonade. The day was finished off with more celebrations with the young people receiving their AQA accreditation certificates for all their hard work and new skills learnt.



Our trip to B & Q was a great success and the young people enjoyed it so much the general consensus was that we should go again as soon as possible. We have now booked another session there for 20th July. The young people made and painted a tool box with help from B & Q staff and the Short Breaks team. Judging by the photographs of the session it was a memorable day.

We welcomed back Catherine from Pamper & Sparkle to our June session. She helped the young people to paint their nails and enjoy a foot spa, which was obviously enjoyed by those who took advantage of the chance to relax and be pampered! The young people chose to make a chicken pie and bread & butter pudding for lunch, and they all had a part in either shopping, preparing the ingredients, cooking, serving and clearing up and of course enjoying what turned out to be a delicious dish.



For our next session in July representatives from Barclays Bank will be coming to help the young people to make a curry. The ladies from the bank are always popular visitors to the sessions and we look forward to seeing them again.

Future sessions are on 28th July; 25th August; 22nd September; 27th October; 24th November and 15th December (trip to be advised). We are always happy to welcome new members. To contact the team call Rachel, Short Breaks Co-ordinator on 07505 489049 or Jane, Deputy Co-ordinator on 07758 703627 or e-mail us at shortbreaks@kasbah.org.uk. We are happy to be contacted on Mondays or Tuesdays.

News from the Advisor Service



Christine Cunningham
KASBAH Advisor

Email ccunningham@kasbah.org.uk

Gill Reynolds
KASBAH Carers' Advisor

Email greynolds@kasbah.org.uk



The Advisors can also be contacted on
01474 532950

We have had another busy few weeks as we have both been in and out of the office attending home visits and meetings, Gill even managed to escape for a week's holiday in search of the sun!

We said goodbye to Linda and Sandra, our Trainee Social Workers who have now completed their 100 day placement. We wish them well as they continue their studies and start another placement in September.

As always please remember we are here to support and help, so do not hesitate to contact us. If there is a subject or an area of interest you would like see in the newsletter please let us know. We can do all the research and the collation of information, and we are sure that there will be other KASBAH members who have a shared interest and will appreciate the information as well.

All the best from Chris & Gill

Travel Tips

If you are thinking of travelling abroad here are a few handy tips to remember to ensure that you are fully prepared and organised for any eventuality.

If you are going to pack any medication or continence equipment/supplies into the bags that get checked in, always split them across two cases. If you are then unfortunate to have a bag "lost" in transit you won't find yourself without your essential supplies and won't spend the first few days of your holiday trying to find alternative supplies from the local healthcare providers.

Carry with you a comprehensive written list of your medications, strength and dosage as it is the quickest way to inform a medical professional all the information they may need to know in a hurry.

Take a copy of your most recent written correspondence from your Consultant as this will give an instant overview on your current health status.

Always take out adequate medical insurance and ensure that you have declared any existing medical conditions otherwise your Insurance could become invalid should you make a claim. It is important to read the small print and the terms and conditions as many Insurance companies have included some new and interesting clauses regarding the consumption of alcohol and accidents. There are a number of Travel Insurance providers that offer comprehensive Insurance for pre existing medical conditions.

Flying and Hydrocephalus

It is completely safe to fly if you/your child has a shunt as long as he/she had his/her shunt or Endoscopic Third Ventriculostomy (ETV) operation at least 6 weeks earlier, and is well.

With regards to Travel Insurance, some companies insist on 6 months since surgery; some ask for a letter from the neurosurgeon.

You should always tell the insurers that you/your child has a shunt. If you are travelling on a package deal, do not assume that you will be covered by their basic insurance if the shunt or ETV malfunctions while you are away.

In Europe, the EHI card is not sufficient cover and you need added insurance. SHINE Helpline can help with details of Insurance companies that other families have found useful and reasonably priced.

It is always useful to have a copy of a "well scan" with you. If you ask in plenty of time, your neurosurgical unit may be able to put your scan on a CD-ROM; there is usually a charge [about £5-25] but later scans are often added free of charge.

If the person with a shunt or ETV becomes ill when away from home, the information on the disc will be very useful.



Medway Disabled Sports Club & Gym

Medway Council are holding a promotional day on Thursday 23 August at Medway Park.

The Public Health Team's new Physical Disability instructor will be available during the day to provide instructions and support with the new disabled gym equipment at Medway Park.

There will be an information stand in Reception for people to sign up to the taster sessions available, obtain information on all the different activities and meet with the Club coaches and find out about the different disabled sports clubs running in Medway.

Kent's Paralympic Road Show Bus will be parked in the main car park throughout the day, and will provide people with the opportunity to try and learn about a range of paralympic sports including sitting volleyball, table tennis, powerlifting and many more.

The event runs between 10am and 4pm, and refreshments will be available in the Café all day.

For more information please contact John Hatchett, Sports Development Officer on 01634 338763 or email john.hatchett@medway.gov.uk

TIMES	OLD HALL	NEW HALL	TRACK
10:00 - 11:00	Boccia	Wheelchair Rugby League	Athletics
11:00 - 12:00	Goalball	Wheelchair Basketball	Athletics
12:00 - 13:00	Powerchair Football	FREE	Archery event
14:00 - 15:00	Boccia	Wheelchair Rugby League	Archery event
15:00 - 16:00	Goalball	Wheelchair Basketball	Archery event

Sandra's experiences with KASBAH



I am a Social Work Masters Degree student at Canterbury Christchurch University and have been on a 100 day placement with KASBAH since November 2011. The placement has been a worthwhile experience as it has given me the opportunity to interact and access other branches of the organisation and to work alongside them.

I have met staff and service users from Seabrooke House, Rochester Road and from Hattie Webb House and also got to work and interact with KASBAH service users. I have particularly enjoyed the 'Come Dine with Me' Christmas dinner organised by staff and service users at Seabrooke House.

Working with the Advisors enabled me to embark on home visits to discuss and find opportunities to meet service user needs. It gave me the opportunity to attend meetings with other professionals where I was able to discuss service user needs and add on any information relevant to the particular meeting. KASBAH also gave me an insight into the benefit and welfare system through my interaction with the DIAL Team.

I leave KASBAH soon, as my placement comes to an end, knowing that I have made friends here and will always recommend KASBAH to anyone.

I say a big thank you; especially to Emma Carver, Christine Cunningham, The Management Team, Sheila Stringer and her team at DIAL, and to everyone else thumbs up to all for all the hard work you do.

Sandra Sackey
Pre-Registered Social Worker

FIND US ON FACEBOOK
 Connect with us and other members
 on our Facebook page:

[www.facebook.com/
groups/125477702659/](http://www.facebook.com/groups/125477702659/)

The Road to Independence: The Final Chapter

You may remember reading my story *The Road to Independence* in a previous issue of *KASBAH News*. In that article I told you about how I started coming to Hattie Webb House for day service back in August 2009, and moved into the house in March the following year. Since then I've been working hard to improve my independent living skills, and when I wrote that last article I had got to the stage where I was looking for somewhere to live out in the community.

I have great news! As of 2 July, my partner Jon and I have been living in our own flat! We had a long wait though, as we were on the housing list and we kept bidding on properties but nothing suitable seemed to come up for us. My care manager got a Housing Occupational Therapist involved, as it was clear that Jon and I would need somewhere that would be fully accessible for us both. We are both wheelchair users with mobility problems, although we can both walk short distances; Jon has difficulties with balance, and because of my arms I would have trouble getting up if I fell over.

Anyway, the Housing OT was really helpful and visited us a lot to make sure she knew what kind of adaptations we would need. Then one day in February I got a call from Hyde Housing to say that they were going to offer us a brand spanking new flat! I was SO happy I could have burst!! A complex of flats were being built to house disabled people like myself and the flat would be adapted to mine and Jon's specific needs. They told us that flat would be ready at the end of March.

March came and went, then April, then May... things were taking longer than expected and it was a very frustrating time. I was so excited about having our own place I just couldn't wait to get in there. Finally I got a letter from Hyde Housing to say we could get the keys at the end of June, and then it was just a matter of counting down the days!



Maria is visited in her new flat by Kim Hooper, HWH day service user



Jon and Maria in their new kitchen

Moving was quite exciting, we packed up our room at Hattie Webb House and we had mine and Jon's parents help move our furniture. We had a new bed on order anyway, and my dad got us a really nice L-shaped sofa for the lounge.

The flat is just great and it's so lovely to have our own space. We have a large lounge/kitchen, a nice sized bedroom, a walk in shower and lots of storage space. We even have our own garden, so we can sit outside on nice days.

So this is the end of my journey towards independence... I've reached my destination and now am about to start on another journey - the journey of life!

Maria Palmer
Former Hattie Webb House resident

Nippies—KASBAH's Community Café

After months of discussion and planning, KASBAH opened the doors of 'Nippies Café' in its new location with the Strode Park Foundation on Friday, 22nd June 2012. The café is located within the Coach House in their American style diner at:



The Strode Park Foundation
The Coach House
Lower Herne Road
Herne
Kent
CT6 7NE

Our first 'event' was Afternoon Tea with a self service buffet; delicious treats included various sandwiches, quiches, sausage and cheese rolls, homemade scones with clotted cream and strawberries, various cakes and butter iced cupcakes for the bargain price of £2.50 (each person received a hot or cold drink of their choice). We had over 30 paying customers and five volunteers; three from KASBAH and three from Strode Park, it was a real team effort and with the juke box playing in the background, customers stayed and chatted and enjoyed the dining experience.



On reviewing the feedback forms we discovered we needed to provide more 'wheat free' dishes so on Friday, 6th July 2012 we returned with a great salad selection and 'DIY' sandwiches; crusty bread, a selection of hams, cheeses, egg and a delightful selection of unhealthy desserts, we had over 35 paying customers who were thrilled with the addition of fresh salad items.

KASBAH will now be opening the café every fortnight between 12-1.30pm, the next opening dates are: 20th July, 3rd August, 17th August, 31st August 2012. As we get more established we hope to open the café every Friday so watch this space and if you are in the area please do pop in for some lunch and a chat.

Remember you can check KASBAH's website for regular updates, news and achievements, and also look at links to documents regarding the Annual General Meeting - minutes, accounts and Annual Review.

Past newsletters are also available to view on our website, as well as details of all our services provided to members.

Can you help us?

Hattie Webb House is now too small for the services that we provide. We are home to four service users with additional needs and provide support with daily living, as well as training day service users in independent living skills. Our service has grown so much since its inception in 2008 we now need a much larger property.

KASBAH has indentified a suitable house to purchase which will meet our needs; it's much larger with more bedrooms and living space, and is in a great location, close to amenities. The downside is that it has been empty for some time and is rather run-down, and needs a lot of work to make it habitable and homely. The cost of the work is estimated at £80,000 which KASBAH don't have in their reserves.

Emma, our Chief Officer, has been working hard to raise the capital needed by making grant applications, however these haven't been successful owing to the large amount and not meeting the criteria of funding organisations.

Therefore KASBAH are on a fundraising drive to try and raise as much money as possible. Donations have already been received from some of our members but we still have a long way to go. Could you help us raise more? Any donation, no matter now large or small is welcomed.

Perhaps you could ask your employer to make a donation or nominate us for corporate giving, with a small percentage of salaries being donated?

Could you arrange a sponsored event or dress-down day at work?

Could you sell items at a boot fair or on eBay and donate the proceeds?

Could you arrange a bake sale at your child's school or at work?

Or maybe you know of an organisation who could help us financially?

We would be very pleased to hear from any member or organisation who may be help us with funding. Please do give me a call at Hattie Webb House on 01634 404468 if you can help in any way.

Many thanks
Sally Cochran
Medway Development Manager



Keep in Touch Club

We've been approached by a few adult members who have told us they sometimes feel lonely or isolated, and don't get the chance to socialise with other adults very often.

Therefore we'd like to give our adult members the opportunity to meet other like-minded adults, so that they can make new friends, go out socially on a regular basis, and generally feel included. If you think this is something you would benefit from, please come along to our ice-breaker meeting on:

**Saturday 1st September at 2pm at Hattie Webb House
1 Weatherly Close, Rochester, ME1 1AD**

Hattie Webb House staff will be on hand to support members. This meeting will be to find out who is interested, what activities members would like to take part in, arrange future meets and plan travel arrangements. Members will be encouraged and supported to make decisions about how the club is run, suggest outings and events and find out about accessibility at venues.

After the meeting there will be an opportunity to socialise at a pub in Rochester High Street, a short distance away.

All KASBAH members over 18 are welcome to come along, there is no upper age limit. Please note that HWH staff cannot provide personal care or assistance with travel, but carers are welcomed.

Please let us know if you can come along by contacting us at Hattie Webb House on 01634 404468 or email hattie-webbhouse@kasbah.org.uk

***In touch* Community Services from Thanet Home Improvement Agency**

Do you live in the Thanet area and need a trustworthy, honest tradesperson or decorator?

In touch is a registered charity that assists people to remain in their own home in greater comfort, security, independence and with dignity.

They provide a personal service tailored to the client's needs, guiding them through the process of carrying out essential works to their homes. The agency offers help and advice on home improvement, repairs and adaptations to older, vulnerable and disabled people who are private homeowners or tenants of private landlords.

They can assist with:

Low cost painting & decorating and gardening services

Handypersons Services – anything from replacing light bulbs to putting up shelves

Handrail Service

No job is too large or too small

Average hourly rate is £10 or £5 if in receipt of a means tested benefit

They will visit your home and assess what repairs and adaptations are needed. They will discuss the best way to pay with guidance on local authority grants, home energy efficiency grants, insurance claims and charitable sources etc. They will organise the works and ensure everything runs smoothly.

For more information call 01843 855550

In touch Thanet HIA
Dundee House
Albion Place, Ramsgate
CT11 8HQ

North West Kent Wheelchair Basketball Team

**Every Wednesday
From 19th September, 4 to 6pm**

At North West Kent College,
Lower Higham Road, Gravesend,
Kent DA12 2JJ

The club welcomes everyone, whether you are a disabled or a wheelchair user or not.

The Club has a number of Basketball sports wheelchairs if you don't have your own, and a supply of basketballs

For more information contact
Chris Manley on 07976 853826

Email: chrismanley@nwkcollege.ac.uk

Or

Mike Bishop on
Tel No: 01732 525389

Email: mike.bishop@kent.gov.uk



In Full Working Order Day

Wednesday 22 August 2012

Holiday Inn, Deane Gate Avenue,
Taunton, Somerset TA1 2UA

Shine are holding their In Full Working Order Day for adults with spina bifida to get together in a relaxed setting. It offers the chance to share experiences and concerns with Shine's Health Development Manager, Gill Yaz, and local Support & Development Worker Angie Coster.

**Places are free - to book please call
Angie Coster on 01308 426372**

Dance, Music & Drama Workshops



For young people
Aged 13 - 18



A week of workshops exploring a range of dance, drama and music to be held at

**Aburound House, Woodlands Road
Gillingham, ME7 2BX**

**Monday 23rd – Friday 27th July &
Tuesday 28th – Friday 31st August**



10.00am – 4.00pm

**Price: £5 per day
Please bring a packed lunch**



For more information or to reserve a place, please ring
Becky on 01322 425993 or email

becky.green@dgsmyourchoice.org.uk

These workshops are funded by Children in Need



Charity Registration No. 1103190

Chris Horwood Guitar Tutor

*Guitar and Bass
tuition from an
experienced tutor*

*Beginner to
Intermediate*



- Registered Guitar Tutor
- KCC Licenced Instrument Teacher
- CRB checked
- Lessons in your own home

Website:

chris-horwood.com

Contact (daytime)
07970 962466

Contact (evening)
01622 851505

Chris has several years experience of teaching guitar and bass from beginner to intermediate level, using fun and interactive methods.

Chris also has experience of working with students with additional needs, including those physical and learning disabilities.

Disability Sport Taster Day

10am – 4pm
Medway Park,
Mill Road,
Gillingham
ME7 1HF

Thursday 23 August 2012



FREE Taster sessions including:

- Athletics
- Wheelchair rugby and basketball
- Goalball
- Boccia
- Powerchair football
- Disabled gym -

with support from the public health team's new physical disability instructor.

Plus more
about disabled
sports clubs in
Medway



www.medway.gov.uk



Introducing the Medway Opportunities Fair

for young people aged 13-25 with
additional needs and parents/carers

Thursday 27th September 2012
9:30am – 2:00pm

at the:

Corn Exchange, North Gate, Rochester, Kent, ME1 1LS

You can find out about:

- Opportunities for jobs
- Further education
- Leisure and lifestyle
- Housing advice
- Careers support and advice
- Keeping well
- Advice on money

For further information please contact:

Jill Gammon
Project Officer for Aiming High
e-mail: jill.gammon@medway.gov.uk
or 01634 334048



Fundraising News

Gary Richards completed the London Marathon in April, and raised a very impressive £600 in sponsorship money. Gary has donated this to Hattie Webb House.

We are very grateful to Gary and would like to thank him and his family for their continued support.

Don't Forget!

Membership of KASBAH costs just £6.00 a year (voluntary donation). We are pleased to receive your donations at any time, see contact details below.

Annual Quiz Night raises £250

Friday the 13th July certainly wasn't unlucky for KASBAH, as that's when we held our annual quiz night. Members came together at Goals Soccer Centre in Dartford to compete in teams, and this included service users from Seabrooke House, Rochester Road and Hattie Webb House.

As well as the quiz we also held a tombola and had a "name the teddy" competition, and sold Krispy Kreme donuts to help boost funds - and we raised an amazing £250!

Thank you to everyone who attended and joined in, and thank you also to those staff, members and organisations who donated prizes for the tombola.

Special thanks go to Simon, Heather and Miriam who helped keep everything running smoothly on the night.



Congratulations!



The staff and trustees at KASBAH would like to congratulate Emma Carver on five year's service. Emma's dedication and loyalty have made KASBAH the successful charity it is today. Well done Emma!!



Stay in touch....

Remember the staff at KASBAH are here to assist you. We can be contacted at our main office at 7 The Hive, Northfleet, Kent, DA11 9DE
by phone on 01474 536501
or email admin@kasbah.org.uk

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

Let us know!

Please tell us if you have anything you'd like to share with other members.

We're also keen to hear from you if you have any comments about how KASBAH can improve its services, or if you have any new ideas.

Please also tell us what you think of the new-look newsletter - do you like it?