

KASBAH Annual General Meeting —

Please note in your diary, 11 am, Monday 13 October 2014. We have some interesting speakers and this is a great opportunity for the members & carers to have a chat with the KASBAH staff and other members/carers.

The KASBAH AGM will take place on Monday 13 October 2014 - Dehavilland Suite, Holiday Inn Rochester – Chatham, Maidstone Road, Rochester ME5 9SF, please confirm your attendance for catering purposes, by sending your completed attendance/non attendance slip and postal/proxy vote forms back to the office by Monday 15 September 14 (along with any Agenda items you may wish to be added). All documents can be found on the KASBAH website: www.KASBAH.org.uk.

Please note the easier site access shown on the attendance slip and below.

Basic Directions by Road from Medway Bridge:

Continue forward onto the M2

Dover, Channel Tunnel, Canterbury, Chatham

Medway Bridge

Leave the M2 at junction 3, then at Taddington Roundabout take the 3rd exit

Maidstone (West), Channel Tunnel, M20, Chatham, Rochester, A229

At Lord Lees Roundabout take 3rd exit

Chatham, Rochester

Keep in right-hand lane then bear right, then merge onto the A229

Chatham, Rochester

Arrive on Maidstone Road

A message from Emma...

Hi From me

I hope you are making time for yourself to relax and enjoy the warmer weather.

As usual we are busy here at KASBAH, and are now planning for our next big development, we also hope to re-locate our head office before the end of the year but aim to stay in the same geographical area, we will keep you posted. If you need us, please do leave a message and we will call you back, we will be running the office on reduced staffing due to annual leave but there will be at least one staff member in the office each day.

Take care & kind regards

Emma Carver, Chief Officer.



KASBAH Advisors Relocated:

The KASBAH Advisors are now based at Maddison House and can be reached on the same telephone number as before—01474 532 950.

Our office at No 14 The Hive will shortly close and the Head Office will still be based at No 7 The Hive until further notice.

Negotiations are still pending regarding rent increases and new tenancy for No. 7 The Hive and the Charity shop at No. 6. All services will remain the same and we will keep you all updated on any changes to our circumstance. Please continue to bring your donations to the office and shop. We rely on all support as always. Thank you from the KASBAH office.

KASBAH Sailing Taster Day

Staff and residents of Seabrooke House, Maddison House and the Hive enjoyed a great day out at Gravesend Sailing Club's Open Day in May.

It was a fantastic opportunity for everyone to get out on the open water and enjoy the benefits of sailing on a beautiful sunny day.

Everyone who participated, all agreed that it was a brilliant day and would like the chance to sail on a regular basis. KASBAH are currently exploring options of purchasing a wheelchair accessible boat, so watch this space for further developments!



Continued

Lee Burton (Seabrooke House resident) had the honour of being the first wheelchair user to utilise the newly installed hoist (the club has an accessible landing stage) which enabled him to go into the boat. He was then able to steer and take charge of the boat himself (under supervision!) giving him an enormous sense of freedom and satisfaction.



Mark Axford (left photo) & Natalie McClusksey, Lee Burton & Mark Axford (right photo).



Seabrooke House

Seabrooke House has been a hive of activities this month. We have helped out at the Swanscombe Fete by manning the 'Hook a Duck', 'Spin the Wheel' and 'Treasure Hunt', it was all in aid to raise money for the Swanscombe Pavilion. We have also been trying out new places for our social skills. We have been to The Strand in Gillingham, where we played crazy golf and chilled in the sun, went to Leysdown beach where we went rock pooling and had our lunch on the beach. Day Service at Seabrooke House have been busy using the Seabrooke House gym, cooking up a storm in the kitchen and getting fresh air at Shorne Woods, they are also planning to try out

Day service trainees at Shorne Woods (below photo)



Cyclopark soon too. Emily Knight moved into Maddison House in July, and everyone at Seabrooke House wished her all the best in her new home. Seabrooke House are also planning to redecorate

Emily & Liz (left photo)

the dining room the colours have been chosen



now all that needs to be done is paint the walls and get some matching curtains and framed pictures.

Richard at Leysdown Beach (right photo)

Golf at The Strand (left photo)



Rochester Road

It's holiday and outing season this month at Rochester Road. The weather's been hot and the guys and girls at Rochester Road have been making the most of it. Abigail



has just come back from a lovely week's holiday to Turkey with her family. "I went swimming, walking along the beach and the weather was really hot but I didn't like the aeroplane" said Abigail.

Katie has been away last week to Butlins in Bognor Regis with her mum and step dad, "I went swimming and went out in the evening" commented Katie.

Ash has been very lucky this weekend and went to watch a cricket festival in London where Sri Lanka was playing. He went with his family and thoroughly enjoyed the day.

Nicola and Abigail went on a visit to Colchester Zoo with Phab club; they both loved seeing the



animals especially the monkeys even though they got a bit wet in the rain. Finally Nicola went on a trip to the seaside with her luncheon club and enjoyed fish chips and ice cream on the beach.

So overall Rochester Road have been soaking up the sun with the swimming pools out and enjoying having BBQ's supported by the staff. Kind regards Ashley Pidwill.



The Meeting Place Cafe

Come and visit us at Unit 70, High Street, Gravesend. From the top of the High Street, take the Primark side turning, heading towards the pier. We have some tasty Frappes to sample in this hot weather.

Please remember, if you need somewhere to hire for a meeting with or without refreshments, please contact me. Any member, carer, organisation or professional can hire The Meeting Place.

Depending on numbers, we are prepared to let our members and supporters hire the café exclusively (with one staff member always on site). All proceeds go straight back into The Meeting Place budget.

We hope to continue this worth while work experience placement project for our trainees. Please support us by popping in for a cuppa.

Becky Glibbery

Short Breaks

Our May session saw our young people making pizzas with wonderful toppings and garlic bread. These are very popular with young people and staff alike. Catherine Wilson, of Pamper and Sparkle, came along to help with arts and crafts and a number of young people made cards for their Dads.

In June, our young people made a wheelbarrow planter at B & Q. The results were amazing, particularly as B & Q staff also let them have some plants to put in them. A great achievement for the young people. We also had two speedboat trips in June, on the river Medway, taking in historical sights on the way up the estuary where our captain was able to perform lots of tricks much to the delight of the

young people, who all want to have another go! At the session in June also, Karen Clifford from Vision Communication came along to teach the young people more 'signing' for which they will be able to gain an AQA accreditation - Catherine Wilson also came back for crafts.

Early in July, a number of our young people attended the 'Try Awards' to receive a certificate, by being nominated by the Short Breaks Project. These awards are made to raise the profile of young people in the community who have really tried to 'do their best'.

We are looking forward to our trip to the seaside in August. We are hoping for some lovely weather as we are planning on visiting Broadstairs crazy golf course and then going for a fish and chip lunch and onto the beach for a paddle in the sea.

Our sessions run on the fourth Saturday of the month at the Millennium Hall in Rainham, from 11 am until 2 pm. We are always happy to welcome new members. Please come along and see what we have to offer. Forthcoming sessions are on 23 August and 27 September. Please contact Rachel, Co-ordinator, on 07505 489049 or e-mail us at shortbreaks@kasbah.org.uk.



News from the Advisor Service

Karen Heath & Veronica Higgwe
KASBAH Advisors
& Carers Development Officer

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



It has been a very busy month here at the Advisor's desk. The advisors are continuing to develop the sitters' service and we continue to seek suitable volunteers to fill the role. Watch out for our ongoing members update contact, you may receive a letter, **with a chance for members to be entered into our forthcoming Christmas draw.** Please do complete your membership update form and return to the office by post, as soon as you



receive it, so that your name can be entered into our exciting draw.

Exciting and new this month is the formation of our 'Buddy Group'. This thrilling new venture is about reaching out to the wider KASBAH members, as well as the KASBAH in-house residents for the purpose of deciding and participating in social activities/events once a month as a group.

Our first meeting was held at the Meeting Place Café on 3 July 2014, where the group decided on an evening outing of bowling and a meal. This took place on Saturday 26 July 2014.

Finally, Veronica Higgwe has returned, and will be with us throughout the summer, up until the end of September. Welcome back Veronica! Kind regards the Advisors.

Member News

I just thought you would like to know, on the 10th June, I received my 10 service year certificate from the Kent & Canterbury Hospital League of Friends, for my services at the Canterbury Hospital Radio. Even though I was doing my independent living training at Seabrooke House & Janus Court, I still kept my Canterbury Hospital Radio membership up to date.

If anyone wants to listen into the show between 18.00 & 19.00 on a Tuesday evening, please go to:

www.canterburyhospitalradio.org.uk and click on "listen live" on the right hand side of the homepage, they'll hear my colleague Gavin Blunt and I, during this hour.

Regards Jonathan Goddard (KASBAH Member)



Continued

Thank you to the Cameron McKenna Foundation for their generous donation of £500 and their ongoing support of KASBAH. This foundation has made numerous donations to KASBAH over the years for which we say a big thank you! This is greatly appreciated and donations really do make a huge difference to our charity.

Hattie-Webb House

Staff have been promoting health and well being to all service users, focusing in particular on the warmer weather and ways (and the importance) of keeping cool and hydrated.



HWH service users have been up to all sorts recently with trips to the cinema to watch Mrs



Browns Boys, which they all enjoyed with plenty of belly laughs, trips to the coast (incorporating travel training), and for some trainees fulfilling their time with wrestling shows.

Day service have been looking at ways to get fit and be healthy, by visiting the gym regularly, horse riding and swimming. They have also been looking at cooking healthy foods and the different ways of cooking them; this has included budgeting and planning skills. We have welcomed a new day service

user at HWH recently, making day service currently full, however we always welcome potential new service users for both day service and live in.

Steve Andrews is planning the next Staff v Service users Basketball match, this will be held at Medway Park Leisure Centre, watch this space for confirmation on a date and a time. Small playing / spectator fees will apply and light refreshments provided. If you feel brave enough to take on a challenge then we will look forward to seeing you there .



For further information on our service at HWH or forthcoming events, please contact Dawn Varley, House Co-ordinator on 01634 404468 or dvarley@kasbah.org.uk. Thank you.

DIAL

So far once again we have had a busy few months.

The good news is that we have taken on two new volunteers, one of which who has been employed in the advice agency field for many years. This means we nearer to our target of having a volunteer in each day of the week to answer phones and deal with drop in enquiries.

We will soon be looking into training on benefits and the changes that have taken place since our last training. We are still getting good results with Attendance Allowance (AA) and Disability Living Allowance (DLA) renewal claims, however we are still waiting for the majority of decisions for the Personal Independence Payment (PIP) applications we have helped with over the last year.

Sophie Aiken and myself had a meeting with a Department of Work & Pensions representative and have been given a slight overview of what changes may take place in the future (with new polices perhaps being introduced affecting the Welfare Reform). We will keep you updated once this changes are finalised.
Sheila Stringer - Dial Coordinator

Looking for a great day out this summer? - dgsmyourchoice are arranging a coach trip to **Blenheim Palace on Friday 5th September 2014.**

The day includes coach travel to and from Blenheim Palace (pick up at Gravesend Overcliff at 8.00am and Dartford Market Square at 8.15am)

Once at the Palace we will have a welcome tea/coffee and a talk about 'Blenheim Palace and Victorian Passions and Pursuits'. The private guide will then take us on a tour of the Palace, followed by free time to visit gardens, restaurants and shops at our leisure, leaving at around 3.30pm.

Tickets are £45.95 which includes admission, talk with tea/coffee and coach travel.

Places are limited so please book early to avoid disappointment.

Kind regards

Mariska MesserCommunity Fundraiser, Direct Line: 01322 425995, Switchboard:

01322 281833 www.dgsmyourchoice.org.uk



Maddison House

Wonderland Nightclub re-launched their 'No Limits' Disability Nights on Tuesday 1st July. Individuals and Staff from



Seabrooke House, Rochester Road and Maddison House

attended the event via a 15-seater minibus. There was a free BBQ and a couple of unexpected surprises whom were VERY tall and caught the eye of many of our chaps! (**wipes dribble from mouth**).



Continued

The next Wonderland night is Tuesday 5th August, I'm sure many of our guys shall attend once again for a great time!
Kind regards Scott Matthews



Community Volunteer of The Year

Ron Tiller, KASBAH's charity shop Co-ordinator was nominated as the Community Volunteer of the Year by Northfleet Big Local members. He was presented with an award at their Summer Celebrations event held in July.

Ron was presented with his award by the Deputy Mayor Cllr Gurdip Ram Bungar in recognition for his valuable support to serving the local community along with his volunteers in the charity shop.

Well done Ron and thank you on behalf of KASBAH for your continued efforts!



(left to right) Kier Wilson (Big Local Community Development Worker), Mayoress Mrs Namjo Kaur, Deputy Mayor Cllr Gurdip Ram Bungar, Tanmanjeet Singh Dhesi (Northfleet North Ward Cllr), Julie Appleby (KASBAH Senior Finance Officer), and Ron Tiller (KASBAH Charity Shop)

Kidz Scotland 2014

Thursday 11th September
Royal Highland Exhibition
Centre,
Edinburgh, EH28 8NB,
9.30am - 4.30pm



One of the largest, FREE UK exhibitions dedicated to children and young adults with disabilities and special needs, their families and the professionals who work with them.

- Over 120 exhibitors offering advice and information on funding, mobility, seating, beds, communication, access, education, toys, transport, style, sensory, sports and leisure and more.....

- Running alongside the event are FREE seminars for parents and professionals. Topics include: Moving and Handling, Sleep Issues, Contenance Issues, Direct Payments, Parental Experiences, Transition, Legal Advice and more ...

- Kidz up North - 20/11/14, EventCity, Manchester

- Kidz in the Middle - 19/03/15, Jaguar Exhibition Hall, Ricoh Arena, Coventry

**For FREE Visitors tickets
Please Call: 0161 607 8200**

Job Vacancy

There is currently a vacancy in the Disclosure Department at CCPAS. They are seeking a trainee to work in the Disclosure Department as part of the government's apprenticeship scheme. Further details about the duties of the role, remuneration and skill level can be found at www.kenttrainingandapprenticeships.co.uk/vacancy/business-administration-hextable/ This will be an ideal position for someone seeking work within an administrative environment to gain valuable experience and work towards an NVQ level 2 in business administration, with the added benefit of the possibility of advancement within the organisation. As it is part of the

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Northumberland Heath, Erith,
DA8 3EZ Tel: 01322 333377

apprenticeship scheme the role is for those aged 16 years or over.

All enquiries and applications must be directed to the Apprentice Scheme Administrator by following the link

above – please do not contact CCPAS direct.

Kind regards, CCPAS Disclosure Manager

Events Taking Place

The sun is shining, its been a lovely week so way not come a join us and do some gardening or cooking or make some new friends at our youth clubs.

Our new Faversham Cooking Up Ideas cookery club has started at WFCC from 4pm -8pm with Dominique. 4pm -6pm will be focused on young people and 6pm -8pm will be a family cooking time for the adults to learn too from our fabulous Belgium Chef!

This week we have the following clubs running:

West Faversham Community Center
Monday Youth club 5.30 - 7.30 with Johnathan and Kelly for 11-25 year olds. Wednesday 5.30 - 7 for 8-12 year olds, the Jr youth club for both disabled and mainstream young people. Teen club 7 - 9 for 13 -19 year olds, anyone can attend. The teen has cookery time each week. Friday from 7 - 10 we have our other youth club for anyone to attend . All clubs 50p

MASH

Lego and arts club 4.30 – 6pm where we have the use of both the sensory and soft play rooms.

Ashford Gateway +

Cooking up Ideas clubs - teen club is from 10 - 12 for 14 - 18 year olds and the JR club is from 1.15 - 2.30 for 8 - 11 year olds this Saturday with Rachel and Ben.

Brogdale Farm

Saturday 10 - 1 gardening club, Growing for the future with Kelly and Laura

Maidsmorton Farm

Sunday 10 - 1 gardening club, Muddy Puddles with Johnathan and Pete. We look forward to seeing all soon. Sarah—Brogdale

STARTING 1ST JULY!

COOKING UP IDEAS

Tuesdays from 4pm - 6pm for 8-16 year olds
6pm-8pm for adults and families

To find out more - Call Rebecca on 07812416344

Cooking up ideas is a social cooking club to explore food.
Come and learn culinary techniques and discover a variety of flavours.
Eat and enjoy the food cooked with friends and family.
Join in to master the cooking methods to create simple, healthy, fun dishes.

Book now to reserve your place.
Email: Francesca@brogdalecic.co.uk

Held at the West Faversham Community Centre, Bysing Wood Road, Faversham, Kent, ME13 7RH

Fun Page - Two Facts:

- The eye of the Colossal Squid is the largest of any known animal, at up to 11 inches in diameter.
- The gene that causes red hair also causes redheads to be more resistant to anesthesia. They can require up to 25% more than patients of other hair colors.

Trick quiz

1. A 10 foot rope ladder hangs over the side of a boat with the bottom rung on the surface of the water. The rungs are one foot apart, and the tide goes up at the rate of 6 inches per hour. How long will it be until three rungs are covered?
2. How can someone go eight days without sleep?
3. How can you drop a raw egg onto a concrete floor without cracking it?
4. How many birth days does the average person have?
5. Some months have 31 days, others have 30 days. How many have 28 days?

Try this Summer snack with a Greek flavour:

Tzatziki



For the tzatziki, you'll need:

- 350g of Greek yogurt
- One cucumber
- Two tablespoons of lemon juice
- Two cloves of crushed or finely grated garlic
- A drop of extra virgin olive oil
- Paprika or dill to sprinkle on top

Firstly, peel the cucumber – this eliminates any crunchy bits in your mostly smooth tzatziki. Then chop it finely, and mix with the lemon juice and oil. Once mixed, add the Greek yoghurt a little at a time ensuring everything is mixed together completely. Pop it into the dish you'll be serving it in, and put it in the fridge while you toast your pitta breads. Once toasted, the bread is lovely when cut diagonally – all the better and warmer to dip into the cool tzatziki.

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, articles or comments for up and coming newsletters, please do let us know.

Answers to above quiz:

1. *Never. The boat rises as the tide goes up.*
2. *No problem, they sleep at night.*
3. *Concrete floors are very hard to crack!*
4. *Just one, all the rest are anniversaries.*
5. *All months have 28 days.*