

**DECEMBER  
2009**

# News

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## ***DLA Saved – For Some!***

This article is by Steve Donnison from Benefits and Work Publishing Ltd ([www.benefitsandwork.co.uk](http://www.benefitsandwork.co.uk)).

It can be seen in full online at:

<http://www.benefitsandwork.co.uk/news/latest-news/1118-dla-saved--for-some>.

Health Secretary Andy Burnham said that he has 'heard the concerns and worries about Disability Living Allowance', and announced: "I can state categorically that we have now ruled out any suggestion that DLA for under-65s will be brought into the new National Care Service."

Good news indeed - for some - for the moment. But not for 1½ million people depending on AA; ¾ million people of 65 and upwards receiving DLA; or 400,000 DLA claimants between 60 and 64, (many of whom will have reached 65 by the time the proposed National Care Service is introduced). Because, of course, DLA is not just paid to people under 65. You must make your claim before you are 65, but can go on claiming indefinitely if your needs don't change.

Unfortunately, many organisations who should know better seem to have forgotten that - perhaps just as the government hoped. Mr Burnham made no secret about why he made this announcement - he wants to shut people up! He said in a speech given in Harrogate on 22<sup>nd</sup> October (also published on the Big Care Debate website): "One avenue I do want to close down, however, is the debate and controversy over DLA."

In that ambition, he seems to have succeeded, at least so far as some disability charities are concerned. Immediately following Burnham's speech, Disability Alliance sent out a press re-

lease stating that: "*DLA benefit will not be affected by Government plans to merge some benefits with social care funding ... Andy Burnham's announcement will reassure disabled people that DLA is safe – for now at least.*" The Disability Charities Consortium told the media: "*This represents a real victory for disabled people who felt very strongly that the DLA should be retained and made their collective voice heard on this issue.*" Macmillan Cancer Support issued a press release saying: "*Whilst we are pleased the Government has said DLA will not be used to meet the shortfall in social care funding, we remain deeply concerned that Attendance Allowance (AA) is still under threat.*"

But that isn't what Andy Burnham said at all. He said DLA for under 65's is not being considered. This was echoed by Yvette Cooper, the DWP secretary of state who told a meeting of the All Party Parliamentary Group on ME on 21<sup>st</sup> October that DLA for people of 'working age' is not under review. It was also made clear by Burnham that there will be no transitional protection of existing awards for current claimants. Instead, 'an equivalent level of support' will be provided by your local authority.

Burnham's announcement seems to have had the desired effect, however – the 'debate and controversy' over DLA appears to be over as far as

*(Continued on page 12)*

# In This Issue:

**PLEASE NOTE:** Information in this newsletter is provided in good faith & although we have taken every care in its preparation, KASBAH & its employees or volunteers cannot be held responsible or liable for the accuracy of information or materials, or for any errors or omissions that may have occurred, especially where supplied by other organisations or sources. In using this information, you assume all risks associated with its use or misuse.

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## A WORD FROM EMMA ...



Dear All

I hope you are all wrapped up warm and enjoying the Christmas run up? (Don't forget to stock up with our great Xmas Cards; see P5).

We are looking forward to our Christmas Party on the 10<sup>th</sup> December, especially live music from The Webb Sisters and entertainment from KGB and Jamesy. It will be a fabulous evening. Tickets are selling fast, but it's not too late. **Call 01474 536501 or e-mail us at [admin@kasbah.org.uk](mailto:admin@kasbah.org.uk) to book tickets!** (See P10)

A big thank you to all the members who are now getting involved with the newsletter. Following recent feedback we hope to tell you more about the KASBAH Board in future issues, starting with our Chair, Betty Hague-Smith. If you have any questions for her, please send them in before the next deadline on 15<sup>th</sup> January 2010.

**Great News!** As part of KASBAH's service level agreements with Kent County Council, we have to have evidence that a quality management system (QMS) is in place. This is a way of proving that we follow all our agreed policies and procedures, that health and safety aspects meet legal requirements, that feedback and complaints are acted on, and that we basically achieve what we aim for each year.

On 16<sup>th</sup> November KASBAH had its first QMS audit for the ISO9001:2000, and received the following report: **"Very superior quality management system in place with very traceable elements available within all documentation"**, ie. we passed with flying colours, and excelled in the process. We have also converted to a more up-to-date system, the ISO9001:2008. Well done everyone!

Best Wishes, Emma Carver

(KASBAH Chief Officer)

**Have a delightful Christmas and New Year!**

### We Like To Stay In Touch With You:

Please let us know at once if:

- Your address has changed.
- Your e-mail address has changed.
- Your telephone or mobile number has changed.
- You wish us to use a different name or title for you.
- You wish to change how you will receive future correspondence from us.



**Please print your details as clearly as possible so that we do not misread them - it's frustrating for you and for us if we try to e-mail an address that doesn't exist due to a spelling error!**

# What's Happening In KASBAH?

## Hattie Webb House

Steve is back after annual leave, he had some days out with his wife Trudie. We just about coped without him!

Our volunteer, Tracey, has been on a couple of training courses and is now a qualified first aider – well done Tracey!

James S is back at Scouts after the summer break; he is hoping to become sworn in as an Assistant Scout Leader soon.

Rhys is at college and enjoying his bricklaying course.

Ross has some exciting news, more later!

Good luck to Mayling who is job-hunting for retail work

Emma is back at college and has a gymnastics competition coming up; we all wish her luck.

Janev is also job-hunting and would like to do some waitressing.

James M is back at work after the summer break. He works in the music department of a local school, putting his musical expertise to good use!

Amy is being supported to look for voluntary work, she is hoping to work in a library.

Maria is learning how to use the gym equipment at Strood Sports Centre, both she and Amy regularly go the gym to pump iron!

HWH occupants were out and about on Saturday, 24<sup>th</sup> October promoting KASBAH's Medway Services at the launch of a new **Carers and Parents Forum** held at the Pilkington Building in Chatham. The well attended event was made extra special with a dance display from our talented day service users.

Our colourful display boards are always ready to promote KASBAH and its services.



## Seabrooke House

We were asked to provide a service user interview panel for interviews for the post of Transition Care Manager. Natalie, Rosie and Rowayne all agreed to take part, they devised their own questions, and did a brilliant job, even if they did say so themselves!

Natalie also secured a voluntary placement in the Learning disabilities Department, so it was a very productive day!



The Interview Panel with Joy Black (Locality Manager for the Learning and Disabilities Team)



## Golf Day at Lydd Golf Club

Lydd Golf Club opened its doors to KASBAH on 24<sup>th</sup> October and despite the weather, the trainees at Seabrooke House, had a swinging good time!

Real talent was spotted in our very own Ash and Rosie (and Cat was pretty good too!), it was a real shame more KASBAH members did not take advantage of this free event, with one-to-one tuition. The day has certainly started a new trend; golf is on the timetable again this Friday at Seabrooke House.

Thank you Lydd Golf Club.

## SBH Halloween Party

Seabrooke House produced another great Halloween party this year; it was fantastic to see old, current and new faces all enjoying the spooky fun.

The evening may have started off quietly but that was until the karaoke machine arrived. We all enjoyed the night!



# From Our Advisor

## Contact Christine as follows:

Christine Cunningham, KASBAH Advisor  
7 The Hive, Northfleet, Kent, DA11 9DE

Email: [ccunningham@kasbah.org.uk](mailto:ccunningham@kasbah.org.uk)

or Telephone: 01474 536501



## **Thinking About The Future - 'When The Inevitable Happens'**

It's not a subject that any of us find easy to discuss, but unfortunately the time will come when it cannot be put off any longer. The big question is:- What provisions have you made for the care of your disabled son, daughter or family member, when you can no longer care for them?

KASBAH has a number of members who are reaching middle age and are still living at home with their parents or a carer. We are all getting older, and one day the time will come when it is no longer possible for the parent or carer to provide that support. This may be due to deterioration of health, or in some cases, death.

As a parent or carer, to have the peace of mind that this subject has been discussed and provisions for the future have been put in place, is something that only a few can say they have done.

Great consideration has to be given to all aspects of the future provisions that are to be made, so it is difficult to advise what is best for you. The circumstances of each individual family are unique, so therefore what would suit one family would not necessarily suit another. Decisions are likely to be based around financial status, the level of support the disabled person requires, and what the responsibilities of the immediate and extended family are considered to be. For these reasons there is no one path to take that is 'set in stone'.

**We would therefore encourage you to start thinking seriously about the provisions you need to be putting in place:**

## **"When a Mother's Love is Not Enough"**

Did you see this BBC1 TV programme (Tuesday, 10th Nov)? Rosa Monckton explored the realities families face when caring for a disabled child. After recent high profile cases in which parents unable to face the daily reality of their lives killed themselves and their child, her frank and moving documentary showed how easy it is for families to reach the brink of despair.

**Leaving a Will or Trust** will ensure that your instructions are carried out. Consider how property is to be left to the disabled person, and how monies can be utilised to the benefit of the disabled person without jeopardising state benefits.

**Mencap** offers help with making a Will or creating a Trust for people with Learning Disabilities. Its information is still very informative even if the disabled person does not have a Learning Disability. They offer free consultations and seminars and will send out an information pack.

(Helpline 0808 808 1111 or [www.mencap.org.uk](http://www.mencap.org.uk))

The **NHFA Care Advice Line** can give advice on financial matters when making provisions for the future. They are able to offer a 'live in' service so that the disabled person can remain at home.

Contact 0800 99 88 33 or [www.nhfa.co.uk](http://www.nhfa.co.uk)

**Solicitors** will be able to offer advice about Wills and Trusts. For Medway residents, Stephens & Son Solicitors (01634 811444) can offer advice via their Inheritance Department.

A reputable **Financial Advisor** can give you advice about how best to invest monies now for the future.

**KASBAH urges you to think about doing something now, for none of us know what lies around the corner. At a time of health concerns or bereavement these matters will weigh greatly on the person left to sort it out. Take action now and give yourself one less thing to worry about.**

Christine Cunningham – KASBAH Advisor

Rosa, who has a child with Down's syndrome, said that she too has felt such crushing despair. She also examined how bureaucracy can prevent families getting the help they need. She has campaigned for the rights of disabled children and their families since the birth of her daughter.

**Please share your experiences and thoughts on these matters with us. (Contact details on P12)**

## From Our Carers' Advisor

My name is Gill Reynolds and I am the new Advisor working alongside Christine Cunningham. I joined KASBAH at the beginning of October and have already had the opportunity to meet a number of Service Users as well as accompanying Christine on a number of home visits.

I know over the next few weeks I will get the opportunity to speak to more of our members but please do not hesitate to ring me if I can be of any assistance or if I can provide any support or information that you may need.

On a more personal note I am married with three

children; Thomas is six years old, Oliver five years old, Thea three years old and we also have a house rabbit called Mr Mango and two chickens called Charlotte and Kevin! Thomas has Polymicrogyria and Epilepsy and is also a wheelchair user; he needs constant care and support, so adding the animals into our family mix, you can imagine we have a very lively household!



I look forward to speaking to you soon.

**Gill Reynolds - Carers' Advisor**

## The KASBAH Outreach Service

Our Outreach Service supports individuals to live as independently as possible **in their own homes**. In addition to independent living support, we actively encourage and enable people to engage in local leisure, education and employment provisions. Our staff work closely with each service user, care manager and family members to devise an individual care and support package. Anyone who is interested in the Outreach Service should contact Becky Glibbery at Seabrooke House, who co-ordinates this service. The Outreach Team is not contacted directly except via Becky (01322 386841) or the KASBAH Office (01474 536501).

## Introducing Our Outreach Team

The girls started at the end of May. They are field workers working from home. Currently, outreach provision is based at Wilmington but we are hoping to expand into the rest of Kent.

**Sarah Heneghan** has been a volunteer working with children and adults with learning disabilities for many years. She is very friendly and pro-active in getting individuals involved, and makes learning new skills fun. Sarah also has experience as an unpaid carer that helps her to encourage motivation and self-belief in others.

**Lorraine Ajgarni** has a wealth of life skills, bringing up a family of three, and understands the demands of being an unpaid Carer. She brings knowledge and an enthusiasm to help individuals be the best they can possibly be.

**Jill Tiller** has many life skills, and has brought up her own family. She has experience of working with a child with a learning disability, and is very patient, quietly-spoken, caring, and supportive in aiding people to become more independent.



Sarah Heneghan, Lorraine Ajgarni, Jill Tiller

**Wonderful KASBAH  
Christmas Cards For Sale:**

**Only £2 for 5**

KASBAH has had some fantastic Christmas cards designed for sale at the bargain price of £2 for 5.

- \* Design 1 - based on a hand drawn Santa design from a young KASBAH member
- \* Design 2 - snowflake design on pale blue.

Call us now for your charity Christmas cards.

## From Our Members ...

**We love to hear from you; please keep your useful and interesting information coming in!**

### News from Lynne

- Have the Medway members heard of MAPS? It is an excellent service that provides activities and socializing for young adults with a range of disabilities; call Mark on 01634 317431 for further details.
- Have you been to the 'Dancing Dog Saloon' in Bobbing, Sittingbourne? It is a themed country and western pub well worth a drive out.
- Ability in Rainham provide a wide range of mobility products. See their website at [www.abilityoutlet.co.uk](http://www.abilityoutlet.co.uk).
- I recommend ASDA Travel Insurance to members; we got a really good deal, the policy was easy to complete over the phone and they cover all disabilities and health concerns.

### News from Pam

- Did you know the National Housing Federation provides its own Contents Insurance for tenants? Look up: [www.contourhousing.co.uk](http://www.contourhousing.co.uk) or call 0845 337 2463 for further details.
- Have you heard of the Social Tariff for people in receipt of certain benefits such as Income Support and Disability Living Allowance? I have recently used this scheme for my son and his bills have been reduced by  $\frac{1}{3}$ . The criteria vary from provider to provider but it is worth a call; there is more information on: <http://www.confused.com/top-tips/household/energy/are-social-energy-tariffs-the-solution-to-fuel-poverty-3620422733>.

**Don't forget  
KASBAH's Xmas Party  
on Dec 10th.  
See Page 10**



**We have a half size snooker table to sell. It comes with the cues, however there are no balls!!!!  
Any reasonable offer considered.  
Contact: Seabrooke House, 128 Stanhope Road, Swanscombe, DA10 0AZ (Tel: 01322 386841)**

## Some Thoughts from an Ageing Parent!

Recent concerns regarding the future of Disabled Living Allowance and Attendance Allowance plus the suggestion that our daughter should investigate claiming working tax credits due to a change in her work circumstances meant that our family had a few moments of confusion regarding what she actually receives.

This was mainly due to the fact that when our daughter was first allocated allowances as a very young child, she received what was then called Attendance Allowance. This now has a different meaning as it applies to people over 65! A phone call or two to the benefits helpline and some help from KASBAH soon resolved our uncertainty! However our experience shows how easy it is to be confused by the myriad rules and regulations that apply, and seem to change constantly.

Whilst there is now some clarification about proposed changes in DLA and AA, we should all be

concerned as to what may happen next – as a government minister once said, ‘the only constant is change’ – and governments of all colours always look for ways to cut costs.

Change also appears probable in ‘Right to Control’ proposals – giving benefit recipients the right to have a personal budget with which they can buy in whatever services they need from where they choose. Attendees at a recent KCC Social Services consultation seminar thought that this could be right for some, but not for all.

We have an adult disabled wheelchair-using daughter who through the years has lived very happily in the family home as part of the family unit, whilst being in full time employment until very recently. We are aware that the day will come when we as parents may no longer be able physically to go on with this arrangement. Thus another area of change is in our minds.

Attempts to get Social Service guidance regarding future possibilities on this score did not prove particularly helpful. The main thrust was that it might be possible for KCC to provide some finance under the direct payments scheme, allowing our daughter to buy in support in whatever way she chose. This rather missed the point, as we wanted to know what residential care might be possible for our daughter if and when the time comes when we are no longer able to provide support that has always been there.

There are undoubtedly other parents out there who have similar concerns about the future of adult offspring without the physical or emotional capacity to live alone, or who simply do not want to do so – if anyone has come up with an answer that might suit others, it would be good to share this. KASBAH is also working on this issue.

A further reason for seeking guidance was to clarify how the KCC Kent Carers Emergency Scheme functions. Those responsible for someone's care carry a card stating this fact. If an emergency happens to the carer, it is a means of indicating that a vulnerable person they care for may need some alternative help. The scheme relies on a pre-arranged plan to be put into place in the event of need. However no such plan was obvious to us for our situation, nor was one identified. The only positive point to come out of this

was an assurance that in the event of a real emergency, contact with the local Social Services 24 hour helpline would always put some emergency support in place.

Undoubtedly the role of Social Services and financial support for those in most need will continue to change – and the next few years will see further constraints on finances and resources. The role of organisations such as KASBAH will be more vital than ever in supporting members through whatever the future holds.

On a positive note, it is our experience that since our daughter was small, many things have changed for the better. Blue Badge and Motability schemes are a tremendous help to many; travel is infinitely better for disabled people – (eg. it's now possible to take a train and not have to sit in the guard's van if you happen to be in a wheelchair); central London buses are now wheelchair friendly; most public buildings are now reasonably accessible and it's easier to find a disabled loo, even if it's not always designed well! (Has anyone noticed how often the flush handle can't be reached from a wheelchair?)

Changes are always with us, and will continue. Many are for the better; some are not. It is to be hoped that as many of them as possible prove to be to the benefit of those with the greatest needs.

**Peter Herrin**

## Parent Consultation

KCC has changed family support services for disabled children and their families over the past five years, so that they can be delivered from resource centres across the county. Our vision is for parents to manage the short breaks activities in these resource centres and in local communities. We hope to achieve this by setting up four new charities mainly made up of parents of disabled children. These charities will be based around Windchimes for East Kent, Sunrise for South West Kent and two others covering Ashford/Shepway and Maidstone. They will be similar to The Parents Consortium which has been operating successfully for some ten years in North West Kent.

Development Officers have been employed to set up these charities in Ashford/Shepway, Maidstone and around Sunrise. Officers will be working with the charities until March 2011, while the Children's Society is already involved at Windchimes.

If you would like to have more information on how you can become involved with these new charities and decide which services you would like for your children please contact:

### **Windchimes**

Ivan O'Reilly  
Tel: 01227 741748  
[ior@childsoc.org.uk](mailto:ior@childsoc.org.uk)

### **Maidstone**

Justin Bateman  
[Justinbateman@aol.com](mailto:Justinbateman@aol.com)

### **Ashford/Shepway**

Gillian Wells  
[gillianmwells@btinternet.com](mailto:gillianmwells@btinternet.com)

### **Sunrise**

Peter Nicholls  
[Peter.nicholls@vawk.org.uk](mailto:Peter.nicholls@vawk.org.uk)

## **My Story - By Sophie Millis**

I have type 1 diabetes (also referred as insulin dependant or juvenile diabetes). For those who are not aware, this is when the pancreas stops producing insulin completely, caused by an auto-immune disease. Although it is sometimes referred to as 'juvenile' it is more commonly the 0-25 age group that develops type 1, but of course anyone of any age can develop it. I was first diagnosed when I slipped into a coma many years ago as a child and have now lived with the condition for 25 years. I am very lucky and happy to say that I have a lovely healthy baby boy of 14 months old. Like every mother I worry 24/7 about him but would not change this for the world.

My pregnancy itself was fine but like any pregnant woman I was worried sick the whole 9 months. I was told to take 5 milligrams of folic acid at least three months before conceiving and three months during – before joining KASBAH, I was fortunately aware of folic acid and the implications of not taking it, but I wasn't aware I should be taking a higher dose. Unfortunately, folic acid awareness during conception is still not widely publicized and I am not sure what is being done about this? My local GP practice does not hold any leaflets on Folic acid during pregnancy so this would be an excellent place to start!

Which poses the question: would there have been any implications of taking the usual suggested amount of 400 micrograms of folic acid instead of 5 milligrams,

every day at least three months before conceiving and three months during pregnancy? I checked with the specialist nurse who informed me that having type 1 diabetes increases the risk of **all** complications during pregnancy, therefore I was classed as a 'high risk' pregnancy and as a precautionary measure I should take the 5 milligrams of folic acid. I was given the choice of having a neural scan at Kings College Hospital during the second trimester which I decided to have.

They say that any neural defects develop when the foetus is conceived around the 12<sup>th</sup> day, if this is the case, why do pregnant women need to continue to take it for 12 weeks after conceiving? Is there any evidence that neural defects could develop after this period? The information at hand seems so vague.

KASBAH would like to hear from members who wish to write about their experience or air their view regarding folic acid. Please write to us at the office address or email: [admin@kasbah.org.uk](mailto:admin@kasbah.org.uk), stating that you give your permission for KASBAH to publish your article/comments in our newsletter.

Thank you for reading this!

Sophie Millis

*(Editor's Note: New information about some of these points was in the last issue. Let us know if you would like it repeated).*

### **A Letter From Paul**

I arrived at Seabrooke House on 1<sup>st</sup> Dec 2008 for six months' training before taking my own flat. The staff are really kind people. They respect your privacy and only ask of you things which would be expected of you anyway, such as good behaviour, obeying safety rules, and completing regular daily tasks. The staff are very patient, considerate, and treat all residents the same. They are very approachable and don't make you feel a nuisance when needing to ask something. They are very supportive with problems you face. Very importantly, they don't let you down or fault you.

For places where residents stay I would recommend Seabrooke to anyone, for when I left my mum's house, Seabrooke was the next best place to home.

Paul Hoadley

### **Social Care TV**

Social Care TV launched on 21<sup>st</sup> October. Web pages feature films that link to related guidance and advice, multimedia and e-learning resources on topics such as Personalisation, Dementia and Safeguarding Adults. A number of videos demonstrate how self direct support is helping to increase the quality of life for people in different situations (eg learning disabilities, mental health problems, physical disabilities and older people) and may be of interest.

See: [www.scie.org.uk/socialcaretv/](http://www.scie.org.uk/socialcaretv/)

### **KCC Disabled Children's Website**

Did you know that KCC has a Disabled Children's website aiming to provide as much information as possible to help support families of disabled children?

<http://www.kent.gov.uk/SocialCare/disability/childrens-disability-register/>

## **Disabled Access to Public Buildings and Services.**

The Disability Discrimination Act 1995 (DDA) gives disabled people rights in the way they use goods and services. It is unlawful for service providers to treat disabled people less favourably because of their disability, and they are obliged to make "reasonable adjustments." Since 2004 they must consider changing physical features of their premises so that there are no physical barriers which prevent disabled people from using their services, or make it unreasonably difficult for them to do so. Whether disabled people pay for the service or not, it is provision of the service that matters. A service does not have to be impossible to access before a provider must make changes.

Relevant considerations are inconvenience, effort, discomfort or loss of dignity. Most services are covered by the DDA. Anyone who provides a service to the public or a section of the public is a service provider. There are, however, a few exceptions:

- Private clubs that have a meaningful selection process for members.
- Transport (but only the vehicle itself, not everything else connected with it such as airports and railway stations).
- Education.

It is not clear exactly what is meant by "reasonable adjustments." The law uses the phrase to allow for different solutions in different situations, and it is ultimately up to the courts to decide in each situation. However, what is reasonable may vary according to the type of service and the nature of the service provider, its size and resources.

Factors that providers might have to take into account when considering adjustments can include:

- Whether taking particular steps would overcome the difficulty faced.
- How practicable it is to take these steps.
- The financial and other costs involved.

- How disruptive it would be.
- How much money and other resources they have available.
- How much money they have already spent.
- What financial help is available to them.

If a provider does nothing until a disabled person is unable to use their services, they may be in breach of their duty, and must not wait until disabled people cannot use their services before making adjustments. Their duty is anticipatory and continuing. In other words, providers should be thinking ahead and continuously looking at the way they provide services, the physical features of their premises and services, and how they make improvements for disabled people.

Providers must also consider the full range of access needs of disabled people and the ways in which their services may be difficult to access. Once a provider has identified the physical features that may make it difficult to access their service, then the law gives them a choice. They can remove that feature, alter it, finding a way of avoiding it or provide the service another way.

If disabled people find it difficult to access a public service or building, they should first contact the organisation. It is in the organisation's interest to ensure that everyone can access their service. It is best to offer constructive suggestions as to how the provider can improve their services and the way in which they are provided.

If talking to a provider does not result in any changes, advice and assistance can be obtained from the Equality and Human Rights Commission, which supports disabled people in securing their rights under the DDA. The EHRC recommends that providers first consider removing or altering the physical feature, often the safest option because it is more likely to make the service accessible, meaning disabled people receive the service in the same way as other customers. This is called an "inclusive approach".



**KASBAH STAFF**

**HELP BREAST**

**CANCER CARE**

KASBAH staff recently got together for a fundraising evening in aid of Breast Cancer Care. Everyone arrived at Becky's house wearing their specially decorated bras (over the top of their clothes)! Much hilarity ensued, and with the proceeds from a raffle and bric-a-brac sale, they managed to raise **£100**.

**Well done all of you!**

## **Seabrooke House Day Service**

Our day service provides independent living skills, personal skills and leisure activities, which are devised to enhance confidence and communication skills.

We are currently running a 'Healthy Living Programme', which incorporates budgeting, travel training, shopping, and cooking, in addition to physical activities. Service users are encouraged to make decisions about their own training needs and are empowered to participate in the development of future training programmes.

Day Service users integrate with the residents of SBH and are always invited to participate in KASBAH leisure activities both during the day, evenings and weekends.

If you know of someone who would like to enhance their existing skills or learn new skills, then please contact Becky on 01322 386841.

The Sunrise Centre provides a range of services for disabled children, from overnight short breaks to after-school clubs and activity play schemes. Our facilities include a sensory room, soft play and spa rooms, games rooms and garden play areas. If you would like to visit the Centre, or would like more information about the services we provide, please pop in during one of our Coffee Mornings. Staff will be happy to help.

Our coffee mornings will be 11am - 1pm, on: Tuesday 8<sup>th</sup> December 2009 & Thursday 5<sup>th</sup> February 2010

**All Welcome - Just telephone in advance**

The Sunrise Children's Centre, London Road, Southborough, Kent. TN4 0RJ Tel: 01892 543045

# KASBAH'S CHRISTMAS PARTY

Thursday 10th December  
From 7.45pm

*Wear your most sparkly  
Christmas outfit!  
Prize for the best dressed  
partygoer*

Blues Rock Café  
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## Special Guests The Webb Sisters

**Free Drink on Arrival.  
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KGB and Jamesy (you may have  
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**Professional photographer  
service available.**

**Each ticket sold will include a  
free ticket for KASBAH's  
Christmas Draw with some fan-  
tastic prizes to be won.**

**Ticket Price £16**

Available from KASBAH Office  
(Call 01474 536501 or e-mail  
[admin@kasbah.org.uk](mailto:admin@kasbah.org.uk))

The Webb Sisters (Charley and Hattie) will have just returned from a huge USA tour with Leonard Cohen. They will have performed to 3 million people in over 250 concerts across the world by the time they come to the event on 10 December.

In November they will have performed across America, including Madison Square Garden, New York City and Caesars Palace, Las Vegas.

The Webb Sisters are singing with STING on his new album, released in November 2009 – a few weeks before the KASBAH event.

**This is a fantastic opportunity to  
see the girls perform live!**

*Tours of Hattie Webb House (HWH) at  
1 Weatherly Close, Rochester ME1 1AD  
(KASBAH's Supported Living Project)  
are available from 11.00am–7.00pm  
Charley & Hattie will be at HWH 6pm–7pm*

*Proceeds to be split between KASBAH (Kent Association for Spina Bifida and Hydrocephalus) and Hattie Webb House including Hattie's "For Thought" Fund*

# SPORTS IN KENT

## Ashford Swimmer's Success

On Wednesday 21<sup>st</sup> October, at the IPC European Swimming Champions in Iceland, Nicholas Boylan from Ashford swam the 100m breaststroke as a member of the GB Team. In his race, Nicholas recorded a time of 1:14.70, which won him the Silver medal, and took 3 seconds off his previous personal best time. Nicholas was one of seven swimmers within the new S14 classification for athletes with a learning disability.

Learning disabled athletes were suspended from all Paralympic Sports events since the 2000 Sydney Paralympic Games, following cheating among the Spanish learning disabled Basketball Team. The International Paralympic Committee European Swimming Championships was therefore the first event since 2000 which included learning disabled competitors. Only at its General Assembly in Kuala Lumpur on 21st November this year did the IPC finally decide to include learning disabled athletes in the London 2012 Paralympics!

## Sports for Disabled People

For information about all types of Sport for Disabled People throughout Kent view the Sports Development Website

at: [www.kentsport.org/](http://www.kentsport.org/)

Or contact KCC's  
Sports Development Officer

Mike Bishop:

Tel No: 01732 525389

Email: [mike.bishop@kent.gov.uk](mailto:mike.bishop@kent.gov.uk)

## Wheelchair Tennis

2:30 – 4:30 p.m.

Sundays 20<sup>th</sup> December 2009,  
17<sup>th</sup> January, 21<sup>st</sup> February,  
21<sup>st</sup> March, 18<sup>th</sup> April 2010



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Please contact: **Mike Bishop Tel: 01732 525389**

**Email: [mike.bishop@kent.gov.uk](mailto:mike.bishop@kent.gov.uk)**

**Or Stewart Wild: [stewart.wild@fusion-lifestyle.com](http://stewart.wild@fusion-lifestyle.com)**



## 5-A-SIDE FUN FOOTBALL CLUB



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**Ashford Stour Centre:  
Wednesdays 10.00 - 11.30am.**

**Dover Leisure Centre:  
Mondays 10.30 - 12.00pm**

**Sessions (term time only) £2 per person.**

There may also be a small Sports Centre admission cost.

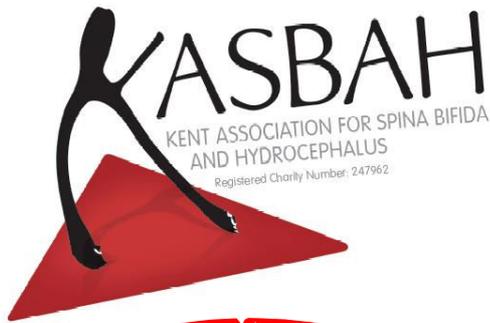
Ball games, Team games, Circuit work,  
all in a fun and friendly atmosphere.

Come along and try it!

What's required ? Comfortable clothing, non-marking trainers, a drink and YOU!!!

**To register** call Mike Knight  
at Fun for All 01303 872837  
or Margot 07876 781590

(Projects funded by Ashford & Dover  
District Partnership Groups)



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Fax: 01474 536202

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This is not expensive, and makes a great deal of difference to our finances.

Please try to subscribe; or a small donation would be gratefully appreciated!

## DLA Saved – For Some!

*(Continued from page 1)*

some disability charities are concerned. The deadline for green paper submissions was Nov 15th!

It's vital that the case for saving DLA for all claimants is still made. There is a real worry that not only have disability charities relaxed, but that Burnham will claim that 3,000 submissions to the Big Care Debate should be discounted because they were made before his announcement that DLA for under 65s is safe.

If you don't want 'the debate and controversy over Disability Living Allowance' closed down there are still things you can do:

- Contact disability groups you are connected with and warn them they still need to respond to the green paper re both DLA and AA.
- Respond to the Care Green paper yourself, again if necessary, making it clear that you are aware that DLA for under 65s is not under consideration and giving your views on axing AA and DLA for people aged 65 and over.

<http://careandsupport.direct.gov.uk/greenpaper/execsum/>

Email: [careandsupport@dh.gsi.gov.uk](mailto:careandsupport@dh.gsi.gov.uk)

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- Rouse people to sign the No 10 petition, which now has over 19,000 signatures and is 8th out of over 4,500 petitions on the site. Not bad for a petition running for less than two months.  
<http://petitions.number10.gov.uk/AttendanceA/>

- Tell your MP what you think or go and visit them and tell them face-to-face.

One final thought. The revelation that the government is considering slashing the income of 2.5 million older disabled claimants was made by Andy Burnham in a recent keynote speech. Its subject was "**Outlawing Ageism in the NHS**"!

*See news about opposition to the green paper at the Carer Watch campaign blog: <http://carerwatch.com/cuts/>*

*Benefits and Work (now Benefits and Work Publishing Ltd) was launched in 2002 by advice-worker-turned-barrister Holiday Whitehead and benefits-writer-and-trainer Steve Donnison, to provide independent accurate information about how to claim and keep your benefits.*

*Its revenue comes from subscribing members. Complete independence means that it is free to publish information that sometimes makes it unpopular with state and corporate funding bodies and even some charities and advice providers which depend on such income sources.*

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*We recommend this firm wholeheartedly. Steve and Paul are always on hand to meet KASBAH's demanding needs, often delivering next day. As this is a small family run business, we want to spread the word. We get special rates; as we are a charity they support us. so we would like to publicise them and thank them for their assistance with our Christmas Party and Cards this year.*