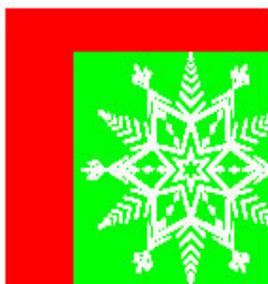




**Wishing everyone a Merry
Christmas & Prosperous New Year!**



**Come Dine
With Us.**

Seabrooke House are planning another 'Come Dine With Me' where you can book a table and share a meal with family & friends this Christmas.

Each service user that benefits from coming to Seabrooke House and Janus Court as a trainee or a Day Service user will take part in cooking and serving the food with support from the staff.

So if you fancy a Christmas Dinner and would like to support Kasbah, then book your table now. Places are limited so book early to avoid disappointment!

This years dates are as follows:
10th, 11th, 12th, 17th, 18th & 19th December
Please arrive for service at 12.30pm

Donations of £7.00 per meal are greatly appreciated.

Feel free to bring your own alcohol, soft drinks will be available

To book your place contact Seabrooke House on : 01322 386841.



A message from Emma...

Hi From me

Everyone at KASBAH would like to wish you a very merry festive season and also to thank you all for your on-going support and belief in our services. KASBAH as an organisation has grown considerably over the last few years, in particular in the supported housing area. Please be assured our core mission is to support you the KASBAH members to become as independent as possible and live full and active lives, if you need us, please just call.

Kind Regards, Emma Carver, Chief Officer



Hello to Charlie Packer

Charlie started with KASBAH a short while ago. She is currently bank staff and is proving to be a great asset to the KASBAH team. She is ultra flexible and very popular with staff and trainees alike. It is great to have Charlie!

Office Christmas Closure

The KASBAH office and Advisor Service will close for the Christmas period on Christmas Eve Wednesday 24 December 2014 and reopen on Friday 2 January 2015.

DIAL

The DIAL service will close on Friday 19 December 2014 and reopen on Monday 5 January 2015.

Awareness Event

The KASBAH Awareness Event took place on Thursday 25 September at The Meeting Place Café. We had bucks fizz whilst we enjoyed live music from



Members' James & Jim Mills. Some very important people attended - Councillor Tom Maddison, Councillor Avtar Sandhu MBE – Mayor of Dartford, Councillor Tanmanjeet Singh Dhesi, Tania McGee, Tenant Participation Officer at Gravesham Council as well as the KASBAH Board of Trustees and of course the Chief Officer, Emma Carver and all the KASBAH senior

Seabrooke House

Congratulations to KASBAH's Daisy the Donkey for taking part in the Panto Cow Race in aid of the [Stacey Mowle Appeal](#). This took place during the Gravesham fun day on Saturday 22 November & KASBAH came 2nd in their race with Becky Glibbery & Lucy White helping Daisy along!



KASBAH AGM

We are pleased to announce the KASBAH AGM held on Monday 13 October, was a success and went smoothly. It was well attended and run to plan. The main business was dealt with in a matter of 35 minutes. We will update you with our AGM feedback in the next newsletter edition.

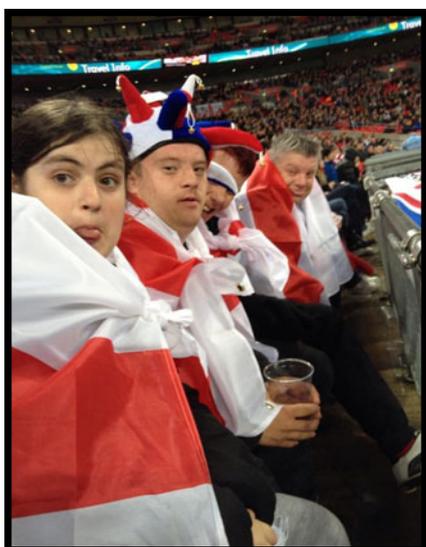
Kind regards, Sophie Aiken & Julie Appleby
Senior Officers



Maddison House

On 9th October. Maddison House and Michelle (from Seabrooke House) went to see England play against San Marino at Wembley Stadium. England won 5-0 and the guys appeared to really enjoy themselves.

The guys had to travel from Gravesend station to London Charing Cross, where they then had to get the Bakerloo line to Baker Street, followed by the Metropolitan line to Wembley Park!



All of us shouting 'COME ON ENGLAND'!!!!

Rochester Road

All the RR residents and staff enjoyed pumpkin picking at Hoo. We brought the pumpkins for our Halloween party organised by Naomi, on the 31st October. This was well attended by all houses and staff.

We also had sparklers on bonfire night and all residents took part. Everyone was made aware of the safety regulations and all complied. The residents were well supported by all staff. We have a gorgeous new cat resident at Rochester Road - her name is Taylor. She is happy and settled and has started going



outside exploring. The window seems to be her favourite hiding place.

Kind regards, Jane Candler



The Meeting Place Cafe

Please remember to pop by and see us! We are open Monday through to Saturday from 10 a.m. until 4 p.m. We have some great promotions running. Come and have a coffee and mince pie and see how well the trainees are working and gaining valuable work experience, which of course, is the main object of this community café project.

Best regards, KASBAH Team

PS – did you know, the largest mince pie recorded was 1.02 tonnes (2,260 lb) and baked at Ashby-de-la-Zouch, Leicestershire, UK on 15 October 1932. It measured: 6.1 x 1.5 m (20 x 5 ft). Don't worry, our café mince pies are only half the size!



What does Santa suffer from if he gets stuck in a chimney?

Claustrophobia!

Why does Santa have three gardens?

So he can 'ho ho ho'!

Why did Santa's helper see the doctor?

Because he had a low "elf" esteem!

Hattie-Webb House

Here at Hattie-Webb House we are very busy planning for Christmas; we are arranging events, shopping trips and looking into some festive baking ideas. We have recently had a lovely visit from Hattie Webb herself which was wonderful and all in



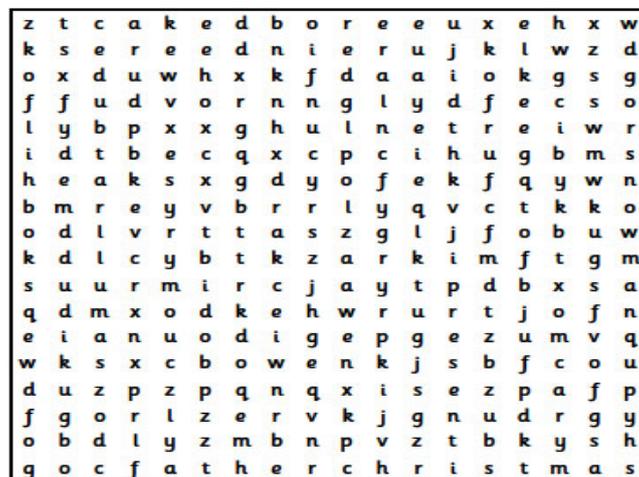
the house were very pleased to see her. What have we been up to since the last newsletter? We have been pumpkin picking and then carving them; however no one was keen on trying out any pumpkin recipes! The staff office has had a lovely freshen up with a new coat of paint; it is looking very welcoming with a calming feel, now it just requires some funky accessories.

We hosted another wheelchair basketball match which was a mix of able bodied people against those that have physical disabilities; this gave an insight to those that are able bodied in what life can be like as a wheelchair user. We had a good turn out and made £31.00 which will be used towards something that is needed in the house.

In advance, we would like to wish you all a very Merry Christmas and a jolly Happy New Year, from all at Hattie-Webb House.



Christmas



News from the Advisor Service

Karen Heath
KASBAH Advisor
& Carers Development Officer

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



Hello, Karen here—please see below introductions from my two new ladies in the office—*Karen*

Hi All, my name is Sophie Heath and I am the new part time Advisor in post working alongside Karen. Recently I have been working hard to continue the development of the Buddy Group. The buddy group allows our members who are living in the community to meet and socialise with each other whilst



enjoying different activities, these activities are decided during the buddy group meetings. Our next Buddy Group outing is to the Christmas pantomime, Aladdin in Gravesend, starring Boyzone's Shane Lynch and EastEnders's Derek Branning (Jamie Foreman).

Further to the development of support groups across Dartford, Gravesham and Swanley in the last year, Karen and I have introduced a new support group working in partnership with Rethink and Carers First for those that are from the BME community (Black and minority ethnic). This support group takes place at our community cafe, The Meeting Place, on a once a month basis.

We are running a carers workshop in partnership with Carers First on Tuesday 24th February 2015, 10am-1pm, this workshop is going to focus on "positivity and mindfulness". It will be an interactive workshop with guest speakers and transport can be provided if needed. The Venue is: Eastgate, 141 Springhead Parkway, Northfleet, Gravesend, DA11 8AD.

If your unpaid carer or family member is interested in any of these services, please do not hesitate to call us on 01474 532950 for more information. Best Regards Sophie Heath

My name is Katie Finch and I am the student social worker on placement with KASBAH until 19th December 2014. I work alongside Karen, in the advisor role as well as in the houses, where I have carried out two training sessions. My first session was based on healthy eating and sleeping habits, whereby we had a group discussion on how much sleep we need and what happens if we sleep too much or too little. We also discussed what foods are best for us and how eating too much of certain types of food can damage your health. My second training session was on travel training and money skills, where we talked about what we needed to know in order to travel safely. We also made a bus out of chairs and had different scenarios such as an older person coming on and having nowhere to sit, and what we would do. The money skills session involved going 'shopping' and working out the right money and how much change we would need, as well as doing a worksheet and counting how much money was on it. I am loving my placement so far and am looking forward to doing more sessions and activities!

Short Breaks

The Short Breaks Team had a stand at the transition fair in the Corn Exchange, Rochester in September and we were pleased to see a number of young people who visited the fair at subsequent sessions of our project.

Our visits to the B&Q Workshop are proving to be very popular. Our young people made a model plane in October and an Advent calendar in November and a sledge and a decorative tree in

December. B&Q staff were nominated for a Pride in Medway Award by the Short Breaks Team and a number of our young people were photographed with B&Q staff for an article in the Kent Messenger.

An instructor from the Shi-kon Martial Arts Centre in Chatham came along in October to introduce the young people to self-defence tactics. The activity was thoroughly enjoyed and he came back again in November and another visit is planned for January.

We carried out a collection for the project in the Wilkinson store in Rainham at the end of November. We had a collection in the store last year and the people of Rainham showed their generosity and it was also a positive and helpful activity for the young people, giving them a taste of work experience.

We are busy planning our Christmas shopping trip to Bromley planned for early in December; our Christmas party for the second week in December and a trip to the pantomime to see Beauty and the Beast in January.

Our sessions run on the fourth Saturday of the month at the Millennium Hall in Rainham from 11 pm to 2 pm.

We are always happy to welcome new members. Please come along and see what we have to offer. Forthcoming sessions are: Christmas party on 13th December and start the New Year with a session on 24th January 2015. There is a £2 contribution per session for young people aged 14 to their 19th birthday and a £2 contribution for those aged 19 – 25 per session plus £17.50 for care provision. Please note that young people who attend sessions from outside the Medway Authority area will need to pay the extra care provision contribution.

Kind Regards, Short Breaks Team



DARTFORD TOY APPEAL 2014

In support of



One month to make a difference

17th November to 18th December

CHOICES (previously know as North Kent Women's Aid) is a charity that provides safe refuge for the woman and children of Dartford and Gravesend that have had to leave their home as a result of domestic abuse.

For these families Christmas can be a particularly difficult time which is why this year various local community groups are coming together for one month to ask you to make a difference to a child affected by domestic abuse.

We are asking local residents and businesses to donate NEW toys and children's book (also vouchers, wrapping paper, toiletries and non-perishable food) so that these can be distributed to the affected children in time for Christmas.

Whether its an unwanted gift or a toy that you bought and want to donate every donation will go straight to an affected child in one of the four refuges that CHOICES run in Dartford and Gravesend.

You can drop of toys and gifts at any of the above locations between 17th November and 18th December.

St Edmunds Church Living Well
 St Edmunds Road
 Dartford
 Kent DA1 5ND
 01322 311201
 (Centre Office)
 Mon 8am-8pm
 Tue 7am-6pm
 Wed 8am-6pm
 Thur 8am-8pm
 Fri 8am-6pm
 Sun 9am-12pm

Stone Parish Council Office
 Stone Pavilion
 Hayes Road, Stone
 Greenhithe
 Kent
 DA9 9DS
 01322 384400
 9-5 everyday and
 late night til 9pm
 Wednesday and
 Thursday

Stephen Oliver Gallery
 Orchard Centre
 High Street
 Dartford
 Kent
 01322 278674
 Thursday 10am-4pm
 Friday 10am-4pm
 Saturday 10am-5pm
 Sunday 10am-4pm

The Darling Buds of May Florist
 33 Chastilian Road,
 Dartford,
 DA1 3JP
 01322 229373
 Mon-Sat 9am-5pm
 Wed 9am-12pm

In association with

DARTFORD COMMUNITY GROUP

DARTFORD LIVING

www.dartfordliving.com



www.dartfordmatters.com

Stephen Oliver studio & gallery

www.stephen-oliver-art.co.uk

www.facebook.com/groups/Dartfordcommunitygroup/



Gravesend Rugby Team

Some of the Gravesend players went to Rugby on Sunday 16th November, to play in an international match. They took the shirts of Dynamite for a photo by the statue there.

Contact Charmaine Kemp for more information:

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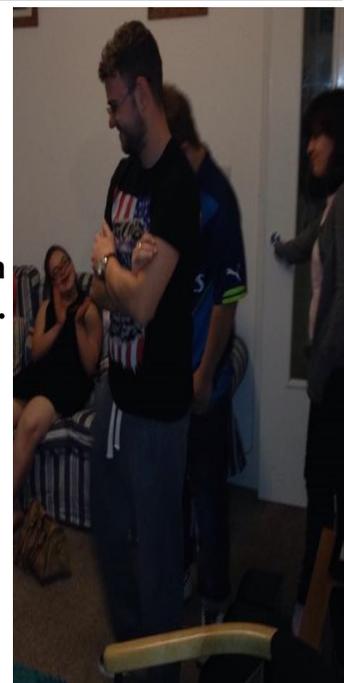


Maddison House

Maddison House waved goodbye to Thomas Mays (not for long though! He's not escaping us THAT easily!) due to him going away for an eye operation that is going to enable him to feel entirely confident in his appearance whilst out and about in the community. Tom was treated to a surprise party at Maddison House before he went away. Thirty-two people were present, including his mother, father and brother who came from Tom's family home in Chingford, as well as appearances from many of the guys and staff from Rochester Road, Maddison House and Seabrooke House. When asked how he felt, Tom replied that he was 'speechless' and that he was very grateful for the effort people had made for him. Maddison House send a big thank

you to all of those that turned up for Tom's surprise party, our brave man got the send-off that he well and truly deserved. We shall regularly be in contact with Tom whilst he recovers from his operation at his family's home.

In other news at Maddison House, our Open Day is from 11am-1pm on Saturday 6th December for all the residents, staff and residents' families to have a catch up and a chat about how the guys are progressing!
Kind Regards, Scott Matthews





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www.kenthealthandwellbeing.nhs.uk



Brogdale CIC—MASH

Lego and Arts club running this Friday from 4.30 - 6 with all our usual fun.

West Faversham Community Centre

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 main-stream young people.

Teen club 7 - 9 for 13 -19 year olds, anyone can attend. The teen club has cookery time each week.

Friday from 7 - 10 we have our other youth club for anyone to attend . All clubs 50p

Ashford Gateway +

Cooking up Ideas clubs - teen club is from 10 - 12 for 14 - 18 year olds the JR club is also running from 1.15 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.

Kind regards, Sarah

Disability Living

See their website for more information and newsletters: www.disabledliving.co.uk

CLINICAL CARE WITH STYLE

WITH THE MEDIFAB DISCOVERY BUGGY

Designed especially for infants and toddlers between 6 months and 4 years, the Discovery Buggy gives parents and carers an attractive looking equipment solution for their child, yet satisfies what the therapist requires for the child's special postural needs.

Leckey Mobility are offering the Discovery Buggy at introductory price of £1645. This price includes, the seat with cover and buggy base, hip guides, lateral supports, headrest, 5 point harness, tie downs for transport and raincover.

For more information go to www.leckey.com or contact Customer Services on 0800 318265.



A Question for Each Member & Carer

Would you be willing to pay an amount (for example £5) for an advisor to visit you for a non specific reason or if you would like regular visits for a catch up, perhaps once or twice per month? Please send your answer of 'yes to the advisor question', 'yes to the advisor question x 2, 3, 4' (or how many members and carers there are in your household) or 'no to the advisor question' to admin@kasbah.org.uk, or call and leave a message at the office with the same wording as the above.

Thank you.

Fun Page

Mexico City has been certified by Guinness World Records as having the world's largest Christmas tree standing 110.35 meters (362 feet) high, 35 meters (115 feet) in diameter and weighing 330 tons.

Mulled wine



An easy mulled wine recipe for the festive season, brimming with Christmassy spice and a kick of sloe gin.

Ingredients

1 bottle red wine
60g/2oz demerara sugar
1 cinnamon stick
grated nutmeg
1 orange, halved
1 dried bay leaf
60ml/2fl oz sloe or damson gin (optional)



Less than 30 mins
preparation time

Less than 10 mins
cooking time

Serves 6

Preparation method

1. Put the wine in a saucepan with the orange, sugar, bayleaf and the spices.
2. Heat gently until the sugar has dissolved. Taste to see if you want the wine sweeter, and add more sugar to taste.
3. Off the heat, stir in the sloe or damson gin if you are using it.
4. Strain into heatproof glasses and serve at once.

The world's largest Christmas stocking measured 106 feet and 9 inches (32.56 m) long and 49 feet and 1 inch (14.97 m) wide. It weighed as much as five reindeer and held almost 1,000 presents. It was made by the Children's Society in London on Dec 14, 2007.

In Poland, spiders or spider webs are common Christmas trees decorations because according to legend, a spider wove a blanket for Baby Jesus. In fact, Polish people consider spiders to be symbols of goodness and prosperity at Christmas.

Mistletoe (*Viscum album*) is from the Anglo-Saxon word *misteltan*, which means "little dung twig" because the plant spreads through bird droppings.

A yule log is a large and very hard log which is burned in the hearth as a part of traditional Yule or modern Christmas celebrations

Please drink responsibility this Christmas!

in several European cultures. It may also be associated with the winter solstice festival or the Twelve Days of Christmas, Christmas Eve, Christmas Day, or Twelfth Night.

According to [Guinness World Records](#), the holiday perennial "[White Christmas](#)" (1942) by Bing Crosby is the best-selling single worldwide, with estimated sales of over 50 million copies.

Stay in touch...

Remember the staff at KASBAH are here to support you. We can be contacted at our main office at **7 The Hive, Northfleet, Kent, DA11 9DE**

- by phone on 01474 536501 - or email admin@kasbah.org.uk

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

Newsletters are edited by Mrs Sophie Aiken