

**FEBRUARY  
2010**

# News

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## ***KASBAH Party raises over £2,500***

***Those of you who made it to our Christmas party on December 10th will know what a fantastic night it was!***

Around 100 members and their families came along to The Blues Rock Café in Gillingham, as well as KASBAH staff and trainees from Seabrooke House and Hattie Webb House.

As promised we were treated to a special appearance from The Webb Sisters, who took time out from their busy schedule to perform just for our members. They had just returned from touring with Leonard Cohen, and also

recently worked with Sting on his new album. Hattie and Charley performed a set of their spellbinding music and later spent time talking to members.

Music was provided by DJ's KGB and Jamesey, who got everyone on the dance floor, giving the staff a chance to let their hair down!

Volunteers provided a professional photography service so members could take home a souvenir of the evening - we even managed to get a photo of (nearly) all the staff together!

Our thanks go to all our sponsors and to all the wonderful people who donated prizes for the raffle and silent auction, which included a Spa weekend away from GlaxoSmithKline, a trip to Legoland, Graham Webb hair products and signed book, signed artwork from local artist Graham Clarke, Villeroy & Boch tableware and lots more.

Over £2,500 was raised, which is an amazing achievement; these funds will be split between KASBAH and Hattie Webb's "For Thought" fund, which helps young adults accessing Hattie Webb House to achieve their potential.

A huge thank you must go to the KASBAH staff who worked so hard to make sure the evening ran smoothly.



*KASBAH Staff; Front L-R: Emma Carver, Steve Andrews  
Middle L-R: Sophie Millis, Julie Appleby, Becky Glibbery, Sally Cochran, Jill Tiller  
Back L-R: Sarah Heneghan, Zoe Fowler, Stacey Murray, Dawn Varley, Cat Kemp, Christine Cunningham, Gill Reynolds, Lorraine Adjani*

# 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

Happy New Year to you all! I have great expectations for KASBAH's development in 2010, the main aim being an Advisor based in East Kent. Funding bids are in, I will keep you all updated.

Are we meeting your needs? Is there a particular service or facility we could provide to make your life easier or happier? Please let me know as I am in the process of setting the next financial year's objectives and would really appreciate your involvement.

The Christmas party was a roaring success, would you like more social events? I would like to form a Social Events and Fundraising Committee to ensure your wants and needs are met, if you are interested please give the office a call.

Wrap up warm and remember we are here to help!

Best Wishes,

Emma Carver

(KASBAH Chief Officer)

### 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

Hattie Webb House had lots of visitors on the night of the KASBAH Christmas party. Guests dropped by on their way to the party to meet our residents and see the house for themselves, and find out more about what we do. With around 40 people in the house it was quite chaotic with not much room to move at times!

Hattie and Charley Webb stopped by to welcome our visitors, and were joined by the rest of the Webb family - Graham, Mandy, Rod and Brad.

Adding to the excitement were two TV crews, one from Kent TV and the other from BBC

South East! Both crews spent time interviewing Hattie as well as Emma Carver and resident Ross Briffitt - hopefully you may have seen the news report on BBC South East on Friday 11th December.

Among the visitors to the house was Kent artist Graham Clarke, who very kindly gave us a gift for the house (see pic, right).

Other recent fun and games at the house included a charity leg & arm waxing organised by residents Ross Briffitt and Rhys Waterman, who bravely agreed to be waxed in aid of Children in Need. The sounds of screaming from the lads filled the night air as Support Co-ordinator Sally Cochran pulled off the wax



strips - the guys even went further and agreed to have their armpits waxed! Very brave! They raised nearly £200 which is a fantastic achievement - well done to you both!

## Seabrooke House

It seems like so much has happened lately and it has been a very, very busy time at Seabrooke House. Rosie has begun her new job at Royal Mail, and is enjoying it immensely. Abigail seems to have finally combated her fear of needles, and was brilliant when having her swine flu injection, so a huge well done to you. Ash is now on the mend after his operation and had a lovely birthday party at his parent's home, which all from Seabrooke House attended. Another birthday outing was had by all when it was Samantha's birthday; Pizza Hut was a real treat. Rowayne has made progress also by procuring work experience as a mentor to young adults.

We have had a lot of progress and change recently, leading to

Natalie finally making the move into her own flat this month. Sad to see you go Nat, but good luck for the future and best wishes from all at Seabrooke House. Rosie will be moving into the flat at Janus Court, so it's a very exciting time for her at present. This means that with two spare rooms, we will soon be saying a big hello to Jamie and Mark who after having their final assessments in January should be moving in very soon.



All our trainees were involved in our special "Come Dine with Me" project which took place in December. Trainees cooked Christmas dinner for specially invited guests at a very reasonable cost of £6.50 per head. This turned out to be very successful in more ways than one! Everyone enjoyed the lovely meals that were cooked, and the money raised is going towards decorating the lounge and dining areas in Seabrooke House (see full page article on page 6).

Finally it was a huge thumbs up from all at Seabrooke House to Kasbah for having a wicked cool Christmas party. The party was a smash and everyone loved getting dressed up for the event (even the guys!). May there be many more!!

## 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



Many people with Spina Bifida or Hydrocephalus find their conditions are no longer monitored once they have left the care of Children's Services. Some are discharged completely, others are told to make an appointment if they have a problem. With complex conditions such as Spina Bifida health problems can creep up and be quite advanced before they start to cause symptoms. Picking signs up early and being able to treat them at an early stage can make a big difference to long-term health. If you have Hydrocephalus it is also highly recommended that you see a Consultant on a regular basis even if all seems well.

The Spina Bifida and Hydrocephalus Clinic at the Chelsea and Westminster Hospital, run by Dr Richard Morgan, is a multidisciplinary Clinic, which provides this kind of health monitoring. During the course of a whole day people attending the Clinic can see professionals (subject to need) such as an Occupational Therapist, Continence Advisor, Physiotherapist, Neuropsychologist or the ASBAH Specialist Living Advisor as well as Dr Morgan. The aim of the consultations is to gather as much information as possible together about how the condition is affecting the persons' life so that recommendations and referrals can be made to local services and effective support can be planned. Tests and investigations can be done on the day and results made available to Dr Morgan immediately where possible. This avoids the need for several appointments. Once

you are a registered patient at the Clinic you will be invited to attend on a semi regular basis (every 12 – 18 months or more frequent if required) for a routine consultation.

Many patients from outside the London area attend the Clinic, which is held twice a month on a Thursday. If you think the Clinic may be of benefit speak to your G.P. about a referral.

Contact Details; Edith Smith Day Care Centre, Chelsea & Westminster Hospital, 369 Fulham Road, London SW10 9NH

**ASBAH – 'Your Voice'** is hosting a 'Looking Good Feeling Great' Weekend on Friday 23<sup>rd</sup> April to Sunday 25<sup>th</sup> April 2010 at the Jury's Inn, Brighton. There will be sessions on 'Positive Thinking, Confidence Building, Independent Living, Relationships, Fashion, Body Shop/Aromatherapy, Exercise and Nutrition'. Weekend delegate rate £110 includes accommodation, workshops and meals. Day delegate rate of £35.00 (Saturday only) includes workshops and lunch. For more information please contact; Mark Harris, YV Development Officer on Tel; 01733 421322 or email [markh@asbah.org](mailto:markh@asbah.org) Closing date for applications is 15<sup>th</sup> March 2010.

**Christine Cunningham – KASBAH Advisor**

## Views Sought from Hard to Reach Groups

Medway NHS Foundation Trust would like to get in contact with 'Hard To Reach' groups in order to work with them and hear their views on how they can make NHS services more accessible to them. Suzanne Brooker, Patient and Public Involvement Lead, wants to hear from Rural Community Groups, Ethnic Minority Groups, Mental Health Groups, Disabled / Elderly / People Living Alone Groups, Travelling Community Groups, Homeless Support Groups, etc, or any

group, adults and children, that have great difficulty accessing the health services that they need.

If you, or anyone you know, would be interested in helping, please get in touch with Suzanne Brooker on 01634 830000 (email [Suzanne.Brooker@medway.nhs.uk](mailto:Suzanne.Brooker@medway.nhs.uk) or write to Medway NHS Foundation Trust, Windmill Road, Gillingham, Kent, ME7 5NY), or alternatively you can contact Kirsty Tipler, LINKs Administrator, who will forward your details to her. (Email [kirsty@kmn-ltd.co.uk](mailto:kirsty@kmn-ltd.co.uk) telephone 01634 -821135 or write to Medway LINK, FREEPOST NAT17761, Folkestone, CT19 4BR).

# From Our Carers' Advisor

Gill can be contacted at the KASBAH Office or email on [advisor@kasbah.org.uk](mailto:advisor@kasbah.org.uk)

I wanted to let members know about Youreable.com, which is an internet site for people with disabilities, their Parents and Carers. It provides information and advice on numerous topics such as access, arts, benefits, banking, employment, education and training, money management, motoring, holidays and travel, housing, independent living, sport, transport, health, disabled equipment, as well as discounts on online shopping.

The site is easy to use and in addition has a variety of

community forums where people come together to discuss everything from disabilities to what's for dinner! The site also has a Pen-Pals section.

Youreable.com was founded by Joe Rajko, a charity worker from Leeds, after winning the Channel 4 eMillionaire show in July 2000. The website has grown considerable over the years and currently has approximately 2 million page views per month.



I hope you find it useful—do let me know!

**Gill Reynolds - Carers' Advisor**

## Ouch!

### What is Ouch?

Ouch! is a website from the BBC that reflects the lives and experiences of disabled people. It has articles, blogs, a very busy messageboard and an award-winning downloadable radio show - The Ouch Podcast. It's aimed at those with a stakehold in disability: family, friends, professionals and, rather importantly, disabled people themselves - without whom all this would be a bit meaningless.

There are many ways to join in, comment and add value by posting your personal experiences or helpful tips. Ouch! often likes

to use humour and doesn't dodge issues with fancy politically correct language. And the Ouch team are themselves disabled.

### How can I take part?

You can sign up to the lively message boards and talk to other people who may have had similar experiences, have good answers or are just cool to hang out with online. You can comment on the Ouch team's blog - that's where the team all hang out and post their personal thoughts, amongst other things.

[www.bbc.co.uk/ouch](http://www.bbc.co.uk/ouch)

## Community Radio Station Needs Your Help!

**Radio Sunlight is a community station, with both paid and voluntary staff, based in Gillingham's Sunlight Centre.** KASBAH member Ross Briffitt hosts his own show on Saturday afternoons.

Within 18 months we aim to be prepared for transmitting on FM. Ofcom has agreed to provide the broadcasting licence and **our station has to get the whole community on board** otherwise the project will fail.

We want to encourage local businesses and organisations to get involved. You could eventually tune in so staff and customers can listen to shows. Ideally you could play a part in creating interesting content by sending requests, press releases, help us record a feature on your business or service, or be a guest on a show. If we gain enough listeners, you may even be able to advertise on the station. If you have any ideas on what you would like to hear on Radio Sunlight, please contact us.

For info visit the Radio Sunlight website.

<http://radio.sunlighttrust.org.uk/?q=events>  
<http://www.sunlighttrust.org.uk/>

To contact Radio Sunlight, email [chris@sunlighttrust.org.uk](mailto:chris@sunlighttrust.org.uk) or telephone: 01634 338600.

**DON'T FORGET!**  
**KASBAH's VOLUNTARY MEMBERSHIP FEE is £6.00 p.a.**  
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!

## **A word from Sophie in the Office ...**

I have finally finished the members' contact 2009 & member file index challenge that I was set by KASBAH.

I started in mid May and finished the first week in November. Although it was very challenging to contact a few hundred members, I am glad to say that I achieved my goal.

I tried numerous times to contact members who were not available when I first rung, so some of you will have received a letter/form if I was not able to speak to you. Of course, some telephone numbers were also incorrect. Please, please let us know if any of your details have changed or are not correct on our correspondence to you and we will in-turn make

sure our database is up to date.

For those of you who were sent a letter and have not yet sent it back to the office - here is a gentle reminder.....

If anyone has not received a telephone call or contact letter, please let us know.

Thank you for all your kind words and positive comments, it was nice to speak to you and find out a bit about yourselves - of course, with the good, always come the bad, and there were also a few negative comments which we really do take on board.

If you requested help or assistance with anything and as yet the office has not been in contact, please let us know.

Once again, please remember to post back your forms if you have not done so already.

Thanks everybody and Happy New Year.

**Sophie Millis**

**Senior Support Officer**

[smillis@kasbah.org.uk](mailto:smillis@kasbah.org.uk)

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**Are You a 'Mum To Be'? Don't miss out on £190.**

You can now claim a one-off, tax-free payment from H M Revenue & Customs (HMRC) if you're a mum-to-be who's at least 25 weeks pregnant. The payment is called 'Health in Pregnancy Grant' and is to help you prepare for the birth of your baby. Call the helpline on 0845 366 7885 or visit

[www.direct.gov.uk/money4mum2be](http://www.direct.gov.uk/money4mum2be) for more info.

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## **WELCOME TO HOLLAND**

**Emily Perl Kingsley** is a writer who joined the *Sesame Street* team in 1970 and has been writing for the show ever since. Her son Jason Kingsley was born with Downs Syndrome in 1974.

Emily wrote the following..... "I am often asked to describe the experience of raising a child with a disability - to try to help people who have not shared that unique experience to understand it, to imagine how it would feel - It's like this.....

When you are going to have a baby it's like planning a fabulous vacation trip - to Italy say. You buy a bunch of guide books and make wonderful plans. The coliseums, the Michelangelo David, the gondolas in Venice. You may learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation the day finally arrives. You pack your bags and off you go. Several hours later the plane lands. The steward-

ess comes in and says "welcome to Holland". "Holland!!!" you say, "what do you mean, Holland? I signed up for Italy! I'm supposed to be in Italy! All my life I've dreamed of going to Italy!"

But there's been a change in flight plan. They've landed in Holland and there you must stay. The important thing is that they haven't taken you to a horrible disgusting place full of pestilence, famine and disease. It's just a different place. So you must go out and buy new guide books and you will learn a whole new language, and meet a whole new group of lovely people you would never have met otherwise.

It's just a different place. It's slower than Italy, less flashy than Italy but after you have been there for a while and you catch your breath, you look around and you begin to notice that Holland has Tulips, Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy and

they're all bragging about what a wonderful time they had there. The rest of your life you will say "Yes, that's where I was supposed to go. That's what I had planned".

The pain of that will never go away, because the loss of that dream is a significant loss. But if you spend your whole life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things about Holland".

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## **Help is at Hand**

**Is the recession causing you worry and concern?** So much that you can't sleep at night or fear the worst?

The **NHS Credit Crunch Stressline** can be contacted on Telephone Number **0300 123 2000** 8am to 10pm 7 days a week. They pledge to listen to your concerns, offer useful information you can trust, guide you through your crisis and help you to get back in control of your life.

So don't hesitate, they are waiting for your call.

# Chefs in the Making!

As the end of yet another year rolled by, the staff and service users at Seabrooke House (Kasbah's Independent Living Project), were feeling restless. Our Guys and Gals are used to being extremely busy but as we are unusually organized this year, all the presents were bought, wrapped and already under the tree. As faces grew longer and tempers began to fray, Stacey Murray one of our illustrious support workers had an idea. "Come Dine With Me!!!" she cried. After the initial confusion (most of us thinking we were being invited round her house for some free grub), she began to explain how we could raise some much needed funds for Seabrooke house by cooking Christmas dinners and asking people to pay a donation. They could have 'the ultimate dining experience'!!

There was deathly quiet at first then uproar as everyone began clamouring for their ideas to be heard first. As the staff called time on the noise, a vote was had and an agreement was made by all. And so the Seabrooke Restaurant was born. It has to be said that it was some of the most fun we have had setting up this fund raiser, whilst also the most nerve-racking.

Like politicians at a summit, we made very important decisions such as, should we have chocolate fudge cake for dessert or Christmas pudding (we had both in the end!), and who would be brave enough to be seated next to Emma Carver, the Kasbah Chief Officer! This was much harder than it looked! Eventually it was all organised, there were to be 10 available bookings per day for a full Christmas dinner, and a choice of 3 desserts lasting over 4 days, with a donation of £6.50 requested from all diners. This is where the nerves began! Would anyone be

willing to book and would anyone actually turn up? Well we should have had faith, as thanks to the support of family members, friends, care managers, and pretty much all the Kasbah staff, volunteers, and board members, the places were filled in record time. On the Friday before, Stacey, Rowayne, Rosie, Claire, Natalie, Sam, Ash, Abi (our Service Users) and Becky Glibbery (our manager) went to buy the food. Becky, with the ultimate gift of the gab, managed to get donations from the Swanscombe Co-operative Store and Asda's at Gravesend, totalling £40. This was fantastic!!

Monday morning came and the house was humming with nervous energy, well that was everywhere except for the kitchen where Becky had everyone under control and calm definitely ruled. Lucy White (support worker) proved to be a calm and level headed front of house, who helped our service users to be amazing waiters and hosts/greeters, Becky and Stacey were our resident chefs for the week helping our service users to prepare and cook the dinners whilst remaining calm in a fast, dynamic and high pressure workplace (which many of the service users have never had the opportunity to experience before). There was chopping, slicing, roasting and mixing going on with a vengeance. It smelt divine!!

12pm!!!! The moment of truth!! Would people actually turn up? Buzz!! The doorbell was drowned out by a huge cheer from the kitchen. Guests had actually arrived at Seabrooke House willing to eat the food that we had painstakingly prepared. Very soon all 10 of our guests had been seated and our waiters kicked into action, taking orders and serving food. Two hours later and the verdict was in, had everyone enjoyed the meal and

more importantly did they rate it high enough to pay for? Betty Hague-Smith (Chair of Kasbah Board of Trustees) led the applause and gave a lovely speech on how much she had enjoyed it and how proud she was of all at Seabrooke House. We had done it!! People had enjoyed it and not only did they pay the £6.50 donation, many paid more! Amazing! The guests gone, the prep done for tomorrow, we marvelled at our achievement, until we realised that we had to do the same again tomorrow. Aargh!!!

The rest of the week went just as well as the first day, with only 3 no-shows on Wednesday. We would like to thank everyone for their support in this project, and assure everyone that this meal will definitely have a repeat performance next year, if not before.

So what began as a way to beat boredom and earn a few coins, has become so much more. Our trainees have learned so many new skills not only in the kitchen, but in a social aspect also. They have learned the importance of working as a team, and we also had the chance to bring many of Kasbah's supporters together in a lovely sociable environment. The best part for me though was that many parents/carers had the opportunity to see their loved ones in a working capacity doing what they now know so well. It was tiring, but well, well worth it.

Again, Seabrooke House has pulled out all the stops and achieved what some thought we couldn't. Did they not know that we are brilliant?? Move over Jamie Oliver, there's more to see here ...

Zoe Fowler  
Seabrooke House  
Support Worker

# Keep in Touch!

## Spina Bifida Research Project

### KASBAH Charity Shop

The charity shop has exceeded all of our expectations over the last year with a fantastic team of volunteers working hard to raise valuable funds. Please do remember us when you have unwanted, resale-able items.

### FaceBook

KASBAH now has a FaceBook account with over 60 members involved. This has been set up and is managed by one of our volunteers. If you are on FaceBook please come and join us to share ideas, photos, discussions and more!

Research has shown that genetics play a role in Spina Bifida. A group of scientists and doctors in the US - all experts in their field - are conducting research to identify factors that influence the occurrence of birth defects.

In this study, they are looking for genetic factors associated with an increased risk for Spina Bifida. Their hope is that this study results in a better understanding of Spina Bifida so that some day it may be prevented.

They are seeking mothers of children with Spina Bifida to participate in their study. If you (and your child) are interested in taking part, please log on to [www.sbgenetics.org](http://www.sbgenetics.org). You will be asked to complete a simple enrolment questionnaire, and will then be sent a saliva testing kit through the post. This is returned to the project in a prepaid envelope. Once your sample has been received, the project will make a \$10 donation to a spina bifida organisation of your choice.

There is much more information on the website, and you can contact the Study Co-ordinator at [support@sbgenetics.org](mailto:support@sbgenetics.org)

## Direct Payments

Lynne Mynehan is a parent and carer, as well as a former Carers' Advisor for KASBAH. She writes:

Direct Payments is a subject that has been the topic of most of the conversations that I have had for the past six months within my family.

There have been some highs and lows, negatives and positives with this scheme. It has certainly not been an easy task to employ a team of 4 to 5 Personal Assistants (P.A's) that can provide support to meet individual tailored needs and indeed work as a functioning team.

It has been challenging, hard work and has required a lot of determination and willingness to understand this scheme. I have however found that I have learnt new skills that I never knew I possessed, working for the past 18 years as a nurse. I now find that I have new skills in payroll, accounts and people management.

I am pleased to announce that we now seem to have found a formula that is working, (all by ourselves) without any input from other associated parties, and long may it continue.

I would really like to hear from anyone involved with the direct payment scheme from your own experience particularly within the Medway area, be it as a carer, employer or employee. How much support did you receive from your direct payment officer, the positives and negatives, do you prefer direct payment to agencies etc.

Please contact me on my email address [lynne.mynehan@hotmail.co.uk](mailto:lynne.mynehan@hotmail.co.uk) or leave your details with the KASBAH office and I will contact you.

I look forward to receiving your feedback.

**Lynne Mynehan**

# Sports In Kent

## Wheelchair Tennis



Sundays  
21<sup>st</sup> February,  
21<sup>st</sup> March, 18<sup>th</sup> April 2010  
2:30 – 4:30 p.m.



**Tunbridge Wells  
Indoor Tennis Centre  
St Johns Road  
Tunbridge Wells  
Kent. TN4 9TX**

If you live in the West Kent area,  
why not come and join us?

2 indoor tennis courts available.

Friends & family welcome

Tennis equipment provided -

wheelchairs available soon

**£4 per session**

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](mailto:stewart.wild@fusion-lifestyle.com)

## 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)

## Volunteer Opportunities in Medway

The Modern Pentathlon World Cup is coming to Medway and you could be part of it!

On Thursday, 8 April 2010, 200 of the world's leading pentathletes, including current and former Olympic and world champions, will descend on Medway for four days of competition.. The event, marking the official opening of Medway Park, is the third leg in a world cup series that also includes Cairo, Budapest and Berlin.

The newly-created centre of sporting excellence (formerly the Black Lion) will host the five events; fencing, swimming, riding, running and shooting, as crowds turn out to cheer on the British medal hopefuls. The event will be the first of many major events to come to Medway as the venue's reputation grows.

We are looking for individuals from Medway's growing sports clubs, voluntary organisations and volunteer register, as well as individuals with a passion for live sport, to join the army of volunteers required to stage the show. The

tasks are vast and range from arena building and event officiating to selling programmes and distributing results.

All volunteers that help with the event set up on Tuesday, 6 April or Wednesday, 7 April will receive a free ticket to one of the weekend finals days. Alternatively, you might like to join the team of volunteers that work for the whole event, from the build days through to the final competition day, and the breakdown day the following Monday.

Volunteers must be aged 16 or over. If you and your friends or family are interested in taking part you can register your interest using our volunteer registration form, download a copy from the Medway 2012 website at:

[www.medway.gov.uk/  
london2012/55319/101364/101366.htm](http://www.medway.gov.uk/london2012/55319/101364/101366.htm),  
where you can also read more about the event.

We look forward to seeing you at the event!  
**Mike Evans, World Cup Organising Committee**

# M4 MOBILITY LTD

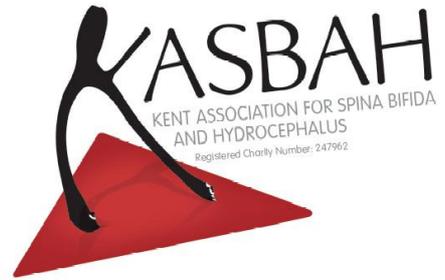
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- ARMCHAIRS, RECLINERS
- ELECTRIC BEDS & BEDDING
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7 The Hive, Northfleet, Kent,  
DA11 9DE

Tel: 01474 536501

admin@kasbah.org.uk

Fax: 01474 536202

## Getting to Know You....

**Here at KASBAH we felt it was time you got to know a bit more about the people who make the big decisions, the Board of Trustees. This month, our Chair, Betty Hague-Smith tells us about herself.**



*I'm the youngest and only daughter in a family of boys. Although all my family were born in Scotland, I am the only Aberdonian (as they like to remind me). Being brought up with boys, I was taught to box, play cricket, ride racer bikes, then motor bikes and eventually drive cars. My poor mother had longed for a "pretty" thing in pink dresses and bows. Instead I could be found mostly in one of my brothers' shirts and shorts.*

*I have a son and daughter, and as my daughter is a specialist foster-carer, the number of my grandchildren vary from two to six at any given time.*

*I have worked in both the statutory and voluntary sectors (and still currently volunteer). I like to volunteer within the community, it's my way of giving something back to society.*

*My first job as a volunteer when I moved down to England in 1965 was at the Brook Hospital in Woolwich. I had never seen such a big hospital. There were 20 to 30 beds in a ward. As volunteers we were seen as "do-gooders" and nothing else. "Just arrange the flowers" I was told. By the time I left I was training the staff how to utilise the skills that volunteers bring with them.*

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

**Betty Hague-Smith**  
**Chair**

## Recycle and Raise Funds

Did you know an inkjet cartridge could take up to 1000 years to biodegrade? Or that the Nicad batteries in mobile phone can contain Cadmium, a toxic and carcinogenic substance? By recycling printer cartridges and mobile phones, you're directly reducing unnecessary and toxic landfill, and that's good news for the environment!

Better still, you can help KASBAH raise much needed funds if you recycle using [www.recyclingappeal.com](http://www.recyclingappeal.com) Simply log on to their website and request a freepost envelope, and return your old mobile phones and inkjet cartridges to them quoting KASBAH's reference number:

**VEN0017199**

Every envelope returned is entered into a prize draw to win a break at Champney's Health Resort.

Please note that the appeal cannot accept Epson or Epson compatible cartridges.

Thank you - please remember that every little helps!