

# KASBAH

KENT ASSOCIATION FOR SPINA BIFIDA  
AND HYDROCEPHALUS

Registered Charity Number: 1123348

**JUNE 2010**

# News

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Issue!**

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## **KASBAH's AGM - 7th July**

**This year's AGM will be held at The Old Rectory, Springhead Road in Northfleet, at 3pm on Wednesday 7th July 2010.** (Tea & coffee will be served from 2.30pm). This venue is completely wheelchair accessible and will provide lovely surroundings for this year's event.

KASBAH will have two speakers this year:

One is **Mike Bishop** (Sports Disability Manager) from KCC, who will be giving a very interesting presentation on The London Olympics 2012.

We will also be having a presentation from **Vanessa Platten** (Direct Payments Officer) from the local Learning Disability Team to explain what a direct payment is, what the funds can and cannot be used for, and how the funds will be managed. Both speakers will be happy to take

questions about their area of expertise.

In addition to the compulsory AGM items, KASBAH will be discussing the **proposed Five Year Vision**, including the feedback already received from KASBAH members. (See P6).

*If you would like a particular topic added to the agenda, please contact the KASBAH Office by Tuesday, 14th June 2010 to enable KASBAH to prepare for the AGM in time.*

A return slip is enclosed; if you cannot attend the AGM please utilise your postal vote. All AGM documents will be available on request.

Also if you are unable to attend but would like to ask either of the speakers a question, KASBAH will do this on your behalf and feed back to you.

**We hope to see you on the 7th July.**

## **De Warren House**

A number of KASBAH members have asked what is De Warren House, which is included in the proposed Five Year Vision document. (See P6).

De Warren House will be a new supported housing project in Northfleet, Kent. The project will consist of six self contained flats.

There will be one two-bedroom flat, which would be ideal for a couple, friends sharing, or a person who will require sleep-in support. There will be a one-bedroom flat that is completely wheelchair accessible, and four other one bedded flats. All properties are 'disability friendly' which means they have larger doorways and the option of a flush floor shower room.

The flats will be self contained, and each tenant will have an individual support package. In addition to this KASBAH is hoping to obtain core funding from 'Supporting People' for a dedicated worker to be on-site each day to give additional support and ensure that all the tenants at this site live a full and active life.

Building works commence in July 2010 and will be complete by August 2011. If you would like further information or you would like to put your name down on a waiting list, please contact the KASBAH Office.

If you live outside NW Kent and have a housing need, please contact the KASBAH Office as we would like to identify other areas in need of support.

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**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.

## A WORD FROM EMMA ...

Dear KASBAH Members

Have you had the opportunity to read KASBAH's Five Year Vision and the direction the charity aims to take? The text of the letter we sent out in May appears on Page 6. Your feedback will still be greatly appreciated.

I have had some queries about De-Warren House and what it is. This is a new scheme that will consist of six self contained flats in Northfleet (North West Kent), with flexible support arranged to meet each individual's needs. Names are being taken for the waiting list, so to find out further information or to put your name on the list, please call or e-mail directly.

This year the Advisor Service will be focusing on more group work and activities, so if you would like to get involved, please let Gill or Christine know. More information will follow in the next newsletter. Meanwhile, I am looking forward to the Colour Analysis Day (see page 5), so get your nominations in!

This year's AGM will be held on the 7th July. I hope to see you there but if you cannot attend and would like a copy of KASBAH's Annual Report and / or Audited Accounts in addition to a postal voting form, please contact the office as soon as possible.

I would love to have some assistance with the development of KASBAH this year; if you have time to spare and volunteer and have experience in developing services, you could be just the person KASBAH needs!

I look forward to hearing from you.

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

James is now recovering well here after a spell in hospital. We were very proud of the residents who put James in the recovery position when he became ill; this means their 1st Aid training provided by the British Red Cross has paid off. Well done guys!

Ross completed an intensive 2-day course in Music Production at the University of Medway, this should help his quest to break into the music business.

Rhys recently started driving lessons and is gaining confidence behind the wheel. He has been interviewed for voluntary work and hopes to be working as a gardener shortly.

Maria had an interview for voluntary work and is delighted to have been offered a position as a receptionist at a local hospice.

Amy has also been successful and is now working one day a week as a volunteer at a special needs and education centre. James has an interview lined up in June.

Richard is now volunteering with KASBAH, helping other service users with domestic tasks and cooking.

Alex has just been accepted on a college course which starts soon

Mayling has also applied for college and is hoping to study Hospitality & Catering or Health & Beauty.

Good luck to you all!

**Sally Cochran**  
Senior Support Co-ordinator

## Seabrooke House

We expect that two trainees will be moving on this year, and two new ladies taking up residence, leaving four people on the waiting list. We currently have six day service users and two more will be joining us in the summer.

All trainees now have work experience and have all completed a First Aid course (including Day Service Users). Group sessions on personal skills will run every Monday for six months (These include relationships, personal hygiene, etc).

We now have a five-a-side football team, The Seabrooke All Stars. They train every Friday morning. Recently the staff, including me, have made up numbers in order for the team to hold full matches. I have written to other LD services to ask if they would also like to get a team together for future matches. The team has also inspired a young poet (See Below).

Our Summer Fete is to be held on the 17<sup>th</sup> July, (please see the poster on P8). Everyone is welcome, and we hope to see as many of you as possible.

The garden is really beginning to take shape now and we are growing an assortment of fruit, vegetables

and herbs. I have registered SBH on the local allotment waiting list, as I believe this would be of huge benefit on many levels.

Finally a big thank you for the voluntary help which we have received, particularly from parents. This has been invaluable.

**Rebecca Glibbery**  
House Manager



## Seabrooke All-Stars FC

*The world cup is on its way  
More football, hip hip hooray  
But I thought for one second  
Why watch football when you can  
play?*

*So it crossed my mind ...  
... No I'm not blind  
Surely it's possible to make a team?  
Fairly easy it would seem  
I travelled to Seabrooke House, to  
inform trainees of my scheme.*

*A small gathering was lured  
A meeting occurred  
A team began to form  
Seabrooke All-Stars FC was born.*

*The goalie was to be Ash*

*Is he terrific, far from trash...*

*A striker to a team is key  
Ideal for this role is Rosie P*

*Such a team needs flair  
Of course that's why we have the  
one and only Claire Bear  
A team needs defence, that's why  
we have Natalie*

*The team is coming to plan, I'm  
liking this totally!!*

*Every team needs its bursts of energy,  
that's why we have Abi  
A woman on a mission, her tackles  
aren't too shabby*

*Matches need rules, and teams to  
be fair*

*That's why we have Rowayne, a  
smashing referee  
To always be on the lookout, on the  
field and everywhere*

*And who can forget?  
Becky, Lucy, and Stacey joining  
with the team to train  
Stacey scoring two goals, Lucy taking  
everyone out, and Becky  
screaming*

*This certainly added amusement, to  
the heavily fun packed game.*

*So there you have it, our team in all  
its might*

*All you other teams out there be-  
ware...*

*As every single one of you are in  
for a fright!!!!!!!*

**By Scott Matthews**

# From Our Advisor



**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

**KASBAH would like to encourage all members to use both telephone lines at KASBAH. If the main line (01474 536501) is engaged, please do try the second line - 01474 536202.**

## Advisors' Days And Times

### CHRISTINE:

Monday 9-4.30

Tuesday 9-4.30

Friday 9-4.30

### GILL:

Monday 10-3

Wednesday 10-3

Thursday 10-3

## **HI TO ALL OUR READERS**

I thought that you might be interested to know what has been going on within the Advisor Service over the last year as the Year End Report has just been produced and statistics are available.

The Advisor Service is always working with a number of cases, giving help, support and advice where possible. The nature of the work continues to be very diverse and topics covered can range from health issues to re-housing needs. Working alongside other professionals and liaising to get the best possible support in place for our members is always high on the agenda.

Kasbah's Advisor Service has always tried to provide a high level of service to our members, but this has sometimes been a challenge, particularly before we recruited our new Carers' Advisor, Gill Reynolds, in October last year. Having Gill on board has made a significant difference and now an Advisor is available five days a week. This has meant that the number of cases that can be worked on in a quicker space of time has increased, and a higher number of home visits can be offered. Whilst Gill's main role is to work with parents and carers she is still able to offer support to me within the adult membership when required. Gill has also organised some group activities and will continue to do so.

Following on from a letter (\*) sent to all our members in May which advised that KASBAH will be focusing more on 18 – 35 year olds in the future, we would like to offer reassurance to our members outside this age range that nothing has changed with regards to the level of help and sup-

port that the Advisor Service can give to you. Please do not think that we can no longer help under 18's or over 35's, as this simply is not the case. We will continue to work with all our members in exactly the same way as before, but at the same time focus on the transitional needs of the 18 – 35 age group.

Areas of success for the Advisor Service over the last year have included helping members to move house, get adaptations in their property, receive the correct benefits, be referred to health specialists, liaise with school teachers for better understanding of hydrocephalus, help with employment or voluntary work and arranging small grants. All of these things are part of our everyday work, as well as being there to talk to our members when they are feeling low and offer home visits when required.

Advisors also attended a number of meetings, conferences and training courses.

We are very proud of the unique service that we give to our members and the relationship that we have formed with many of you over the years and we have every intention of continuing this quality of service and improving it where possible.

If you have a concern or query, please call either Gill or Christine and we will do all we can to help.

Kind regards

*Chris & Gill*

(\* To see the document visit the KASBAH website or call the office for a paper copy).

## Statistics from April 09 – March 10

Membership (KCC 385 + Medway 104) ..	489
Interested Parties: .....	99
Number of home visits made: .....	94
Number of meetings, etc attended: .....	24
Number of telephone contacts: .....	1954
Number of new referrals: .....	8
Training Courses / sessions for Chris: .....	9
Training Courses / sessions for Gill: .....	14

# From Our Carers' Advisor

Gill Reynolds, KASBAH Carers' Advisor, 7 The Hive, Northfleet, Kent, DA11 9DE  
Email: [greynolds@kasbah.org.uk](mailto:greynolds@kasbah.org.uk) or Telephone: 01474 536501



## The National Trust - "ADMIT ONE" Card

If you enjoy culture, history and gardens you may be interested in knowing that if you purchase a National Trust Membership you are then entitled to apply for "Admit one" card. This card admits a companion or carer, when accompanying the disabled visitor, free of charge to any National Trust Property.

The "Admit One" card is made out in the name of the disabled person, not a companion or carers name, so there is no restriction on taking the same person on each visit.

To find out more information you call the National Trust Membership department on 01793 817634, or visit [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk) or e mail [accessforall@nationaltrust.org.uk](mailto:accessforall@nationaltrust.org.uk)



**Have you ever wondered why some colours look good on you and other colours make you look "a bit off colour"?**



We have a fantastic opportunity for four members of KASBAH to experience a complimentary Colour Analysis Day with the colour experts "House of Colour" on Monday 19<sup>th</sup> July 2010 from 9.30am to 3.30pm.

### **So what is Colour Analysis and what are the benefits to "getting your colours done"?**

As individuals we all have a unique skin tone and eye colour, which means some colours make you look great, and some have completely the opposite effect.

Experiencing a Colour Analysis Day will show you the specific colours that will be in perfect harmony with your eyes, skin and hair tones. Knowing and wearing your correct colours will make you look healthier, younger and fresher, and will give you a renewed sense of excitement and self confidence.

We have four complimentary places and would like to hear from you if you know a KASBAH member who deserves a treat; someone who would really enjoy this experience, male or female, and would love the opportunity to brighten up their wardrobe with a little bit of colour.

**To nominate yourself or another KASBAH member please write to Gill Reynolds at the Kasbah Office detailing the reason for your nomination. Entries must be received at the office by Monday 14<sup>th</sup> June 2010.**

We have planned an all inclusive fun day to include assistance with transport, refreshments and a beautiful personal leather bound colour swatch wallet to take home, so we look forward to receiving your nominations.

If you want to find out more about the House of Colour their website is [www.houseofcolour.co.uk](http://www.houseofcolour.co.uk)

## CEA CARD - Free Carer Entry to Participating Cinemas

Do you have a Cinema Exhibitors' Association Card (CEA)? This card entitles the holder to one free ticket for the companion or carer accompanying them to the cinema.

To apply for the card, you will need to meet one or more of the following criteria:

- Be in receipt of the disability living allowance or attendance allowance.
- Be a registered blind person.

The card is valid for 1 year from the date of issue.

To apply for a card you can download an application form from the website [www.ceacard.co.uk](http://www.ceacard.co.uk) or telephone The Card Network who administer and run the scheme on **Tel: 0845 123 1292**

A processing fee of £5.50 is chargeable per card which will need to be sent with your completed application form. Terms and Condition of use apply.



## **MEMBERSHIP UPDATE**

### **KASBAH's FIVE YEAR PLAN**

***Below is a letter sent to all our members in May, which we hope that everyone will have seen by now. The Board has now examined this 5 year plan, but we would still appreciate any comments, ideas and feedback which you may have, (See Page 2), as this will be an item in our AGM in July.***

Dear KASBAH Member

Monday, 10 May 2010

KASBAH as an organisation has made significant progress over the last three years developing the existing services as well as new provisions such as Hattie Webb House and the introduction of a Carers Advisor. It is essential to the charity that you as a KASBAH member have been involved in these key decisions as a result of your feedback and identified needs. KASBAH is now at a new vital development stage – deciding what the future direction of KASBAH will be to ensure that as an organisation, KASBAH continues to survive and progress in the long-term. This strategy is outlined in KASBAH's Five Year Vision document.

#### **Key Aspects of the Proposed Five Year Vision are:**

- KASBAH will introduce a new slogan – 'Supporting People of All Abilities Towards Independence' in any new publicity
- For KASBAH to survive we now need to show that our membership has and will continue to grow, this means widening our membership as new referrals of people with Spina Bifida and/or Hydrocephalus are less than 8 people per year
- KASBAH will have a targeted focus on transition for adults from the age of 18 to 35, although support will continue to be flexible and on an individual needs basis.
- This does not mean we will stop supporting people of other ages; KASBAH's support will continue as always to all of our membership, in addition to this specialised area of need within Kent.
- KASBAH will gain funding in East Kent to establish the needs in this area.

For a copy of the Full Five Year Vision please log on to KASBAH's website and click on the link on the home page at [www.kasbah.org.uk](http://www.kasbah.org.uk) or call the office to be sent a paper copy.

These proposed changes have been designed to ensure KASBAH is always here to support you, and that the funding continues, so that in the long term you will benefit in the future from a wider variety of services.

Your feedback is essential and will be used to enable the KASBAH Board of Trustees to make an informed decision about the adoption of this vision on Tuesday, 1<sup>st</sup> June 2010; therefore all views need to be received at the KASBAH Office by Friday, 28<sup>th</sup> May 2010.

You can call, write or e-mail me directly at [ecarver@kasbah.org.uk](mailto:ecarver@kasbah.org.uk).

I look forward to hearing from you. Best Wishes,

Emma Carver, Chief Officer

## **News And Items Of Interest**

### **Hearing Aid Battery Provision in MEDWAY**

Provision of hearing aid batteries was recently withdrawn from clinics in Medway and replaced with a postal service directly from the hospital. The changes were introduced because of concerns around the volume of battery usage which could indicate faults in hearing aids and need to be addressed by the Audiology Department. Unfortunately, changes were introduced quickly and without consultation or notification, causing confusion and concern.

The postal service will remain in place for those that prefer it. However, the local service was reinstated on 5th April 2010 and clinics should have stocks available now. There have been some slight changes to the recording of maintenance and supply of batteries and I would be interested to hear from participants how the system is working.

For more information contact Neville Dack, Unit 24, Folkestone Enterprise Centre, Shearway Road, Folkestone, CT19 4RH, email [neville@kmm-ltd.co.uk](mailto:neville@kmm-ltd.co.uk) or telephone 01303 297050 / 07814 427245

***A big thank you to all the members and various other people and organizations too numerous to mention who continue to give us their invaluable time and support. Without you all it would be so much harder to provide our current facilities and levels of service to members.***

**CG/1505/2009 — Carer's allowance overpayment /  
Duty to disclose change of circumstances  
[2010] UKUT 45 (AAC)**

The claimant was in receipt of carer's allowance in respect of her husband but, when he reached age 65 in 2006, she became entitled to an increase in state retirement pension which, because of the overlapping benefit provisions, meant that she was no longer entitled to payment of the carer's allowance.

When the carer's allowance department discovered that the pension had increased they superseded the award and made a decision that she had been overpaid £4,065.45 for the period from May 2006 to January 2008 and that this overpayment was recoverable.

The claimant appealed against the overpayment decision on the basis that the Pension Service had told her that they had notified the carer's allowance department about the increase and that, as a result, there was no duty on her to disclose something that was already known. A tribunal having dismissed her appeal, the claimant then appealed to the Upper Tribunal.

Judge Lane highlights that the issue placed before the Upper Tribunal by the appellant's representative was whether a claimant had an obligation to disclose a material fact which was already known to the office handling the claim in question.

However, accepting the tribunal's finding of fact that the carer's allowance department had not received any notification of the increase in the pension from the Pension Service, Judge Lane holds that the question as to whether someone has a duty to disclose a fact that

is already known does not arise in the present case and it would not be appropriate to 'launch into an academic study' of the point.

Judge Lane finds that the claimant was notified of the duty to notify the carer's allowance department of any increase in her pension in instruction notes that accompanied the annual uprating of her carer's allowance and therefore did have a duty to disclose the increase under regulation 32 of the Social Security (Claims and Payments) Regulations 1987.

Judge Lane sets aside the decision of the tribunal on the basis that, as pointed out by the Secretary of State before the Upper Tribunal, the amount of the overpayment was wrongly calculated (it should have been £4,013.50 rather than £4,060.45), before going on to substitute her own decision that, as a result of the findings of fact set out above, the claimant had failed to disclose the increase in her pension and the overpayment was, therefore, recoverable.

Decision in full: CG/1505/2009

Commissioner / Judge Lane

Date of decision February 16, 2010

Benefit: General inc. bereavement, carers, maternity.

**RIGHTSNET SUGGESTS THAT SERVICE USERS & CARERS should be advised to contact the DWP department dealing with a benefit to advise of any change in circumstances, to prevent recovery of overpayments.**

**Changes of circumstances can include:**

- **Needing more or less help with personal care or getting around since DLA was awarded.**
- **Going into / coming out of hospital or hospice.**
- **Going into / coming out of residential care.**
- **Going into / coming out of special school or college.**

## **New Patient Rights**

From 1 April 2010 patients have the right to start consultant-led treatment within 18 weeks of referral for non-urgent conditions, see a specialist within 2 weeks of referral where cancer is suspected, or for the NHS to take reasonable steps to offer a range of alternative providers if this is not possible and the patient requests this. A further right to an NHS Health Check every 5 years for those aged 40–74 will take effect from April 2012. The Department of Health has also announced the introduction of “Constitution Champions” for PCTs, who will have a role in upholding the NHS Constitution locally.

## **Age Concern Services:**

Did you know that Age Concern can assist you with a variety of everyday matters? Here are some of the products and services Age Concern provides. If you would like more information, contact or pop into your Local Age Concern Centre or visit: [www.ageconcern.org.uk/products](http://www.ageconcern.org.uk/products)

Home Insurance	0845 602 9166	Holidays	0845 601 1416
Gas and Electricity	0800 015 6784	Funeral Plans	0800 022 3009
Aid Call	0800 772 266	Legal Services	0845 685 1078
Car Insurance	0845 602 9118	Age Concern Life Book	0845 685 1061
Motor Breakdown Services	0845 601 2235	Charity Flowers Direct	08705 300 600
Travel Insurance	0845 602 9173	Age Concern Weekly Lottery	01524 752 963

# Fundraising News

## Tin Shaker Day (Eurotunnel plc)



KASBAH's Eurotunnel Tin Shaker collection event will be held 1-3 July 2010. We particularly need volunteers to collect on Saturday, 3rd July, between 8 am and 12 noon.

If you are free to volunteer then, please let Sophie Millis know right away to make arrangements; security clearance has to be organised and Eurotunnel prefers that volunteers arrive together.

Telephone, or E-Mail: [smillis@kasbah.org.uk](mailto:smillis@kasbah.org.uk)

## Recent Donations.

### Our Thanks To:

**Southern Water**  
(raised via staff 'dress down' day).....£121  
**Rochester Quaker Meeting**.....£265

## WANTED!

Don't forget that the KASBAH Charity Shop can turn your unused items into valuable funds for the charity.

The shop would be pleased to receive your donations of new or unwanted items, bric-a-brac, books, clothing, etc; in fact almost anything that you have which is serviceable and surplus to your requirements. This now includes electrical items.

Please let us know if you have anything. It may even be possible to arrange collection of some items.

Contact Shirley and Ron via the KASBAH Office Mondays or Fridays 1-4pm

**Seabrooke House Summer Fete**

128 Stanhope Road  
Swanscombe  
Kent  
DA10 0AZ  
01322 386841

Welly Throwing Competition

Raffle

BBQ

Cake 'n' Cookie Sale

Face Painting

Brica Brac

Craft Stall

Live Music

Strawberry's & Cream

**Saturday 17th July 2010**  
10am till 4pm

KASBAH



**Gravesham's Big Day Out is on Saturday 24th July.**

**At the Gordon Promenade  
11.00am - 5.00pm  
(+Musical event in the evening)**

Stalls are in the promenade park and along the waterfront. KASBAH will have a stall with many lucky dip prizes for everyone.

We look forward to seeing as many as possible of you there.

A poster for 'Summer Quiz Night' with an orange background and a white border. The text is as follows:

*KASBAH would like to invite you to its*

# Summer Quiz Night

**Saturday 3rd July**  
7.15pm for 7.30pm start

The Ascot Arms  
(Function Room)  
Central Avenue, Gravesend  
DA12 5AW

Ticket price £3 per person—all proceeds to KASBAH

**All ages welcome - from 5 to 105!**  
Please bring your own snacks - bar will be open for drinks

Parking and disabled toilet on site  
Tombola

**To reserve tickets** please call the KASBAH Office on 01474 536501 or email [admin@kasbah.org.uk](mailto:admin@kasbah.org.uk)

## ***Do You Shop Online? Try Easyfundraising***

Easyfundraising provides a FREE fundraising service where you can shop with your favourite online stores and at no extra cost raise funds for any good cause you choose to support. You still shop directly with each retailer as you would normally, but simply by using the links from this site first, each purchase you make will generate a cash-back donation to the cause you wish to support.

Choose from over 2000 of the UK's best-known retailers including many popular names such as Amazon, M&S, Argos, John Lewis and HMV, and when you shop using the links on our site, up to 15% from every purchase you make is donated to the cause you choose to nominate.

For example, spend £25 with WH Smith and 3.5% will be donated. You will have raised 88p, at no extra cost to your purchase. Make any purchase from Amazon and 2.5% will be donated. Insure your car with Direct Line and raise £35.00, or purchase a mobile phone from O2 and earn £17.50, and so on. You can shop with 2000+ Brand Name retailers and to raise funds you just use the links from the Easyfundraising website first - it's that simple!

As KASBAH is now registered on this site, it doesn't cost a penny extra to shop and raise funds for KASBAH once you have registered, and as many retailers now give extra discounts when you buy online, you can even save money! If you ALREADY shop online, why not help KASBAH at no extra cost with purchases you would make anyway?

Find out more at: <http://www.easyfundraising.org.uk/>

# Events

## SE Coast Ambulance Service Events

South East Coast Ambulance Service NHS Trust (SECAMB) has announced details of this year's 'Shaping The Future Of Your Ambulance Service' days. These events give patients, members of the public, staff and people from organizations they work with a chance to hear from the Chief Executive, put questions to the directors, take part in group discussions about how to improve their services, and meet other people with an interest in health services.

This is the fourth year running they are holding these successful events, and this year there will be six (one in each local authority area) as opposed to the usual three, in order to enable more people to attend. As always, these are interesting, interactive events with lunch and refreshments provided.

If you aren't able to make your local event, you may attend any of the others. Each event will have a special guest speaking on different health topics including asthma and lung conditions, health inequalities

and dementia, and participants will have the opportunity to talk about issues that matter to them. Events are expected to begin at 10.00am and finish by 4.00pm.

### To register for attendance at any of the events:

- Email your details (Name, Address, Tel / Mobile Nos, Email Address, Which Event, Special Needs) to [shapingthefuture@secamb.nhs.uk](mailto:shapingthefuture@secamb.nhs.uk)
- Or send via post (No Stamp Required) to:  
Shaping the Future  
SE Coast Ambulance Services NHS Trust  
FREEPOST BR1578  
40-42 Friars Walk, Lewes, East Sussex, BN7 2XW.
- Or telephone 01273 897840.

All venues are fully accessible, but do please tell us if you have any specific needs that we can meet to enable you to participate fully in this event. Lunch will be provided so please also tell us if you have any special dietary requirements. We will send out more details closer to the time of the event.

### Events are being held at:

- Mon 14 June - The Corn Exchange, Rochester
- Tues 15 June - Uckfield Civic Centre, E Sussex
- Fri 18 June - Brighthelm Centre, Brighton
- Thurs 24 June - Folkestone Racecourse, Kent
- Wed 30 June - Martlets Hall, Burgess Hill, West Sussex
- Thurs 8 July - The Hilton, Cobham, Surrey

## ANY IDEAS?

Have you any ideas about events and activities which you might like KASBAH to organise and/or provide for you? For example, these could be to improve social life for yourself and/or other members, organised trips and visits, support groups of some description, courses or workshops to improve your knowledge, skills and know-how, events and activities for fundraising, or indeed anything you feel is needed or that would be successful, whether a series or one-off events.

This is not an exhaustive list; we would be only too pleased to hear your ideas, suggestions and opinions to help us gauge your wants and needs. Write/phone/email the office and let us know. (Contact details are on P16)

### DANCE JUNCTION

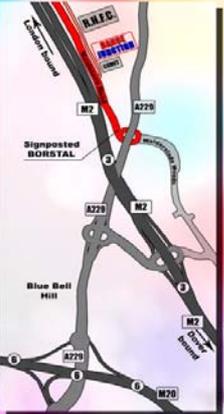
681 Maidstone Road, Rochester, Kent. ME1 8QJ

The classes are taken by The Magic Moments 2001 Ltd who provides a wide range of services focusing on those with special needs, challenging behaviour helping to learn new skills or rediscover old ones.

There are also Arts and Crafts classes at Dance Junction available for general public providing the opportunity to stimulate your mind and rediscover creative you. Please contact us on the numbers below to find out more about those classes.

**FOR MORE DETAILS VISIT**  
[www.dance-junction.com](http://www.dance-junction.com)  
[www.magicmoments2001.co.uk](http://www.magicmoments2001.co.uk)

**OR CALL US ON**  
 Dance Junction - 01634 404 434  
 Sharon Rose - 01634 723 136 / 07789 936 539



### Magic Moments 2001 Ltd

**EVERY MONDAY & TUESDAY**

**ARTS & CRAFTS**  
 1.00 PM - 2.00 PM

Arts & Crafts classes at Dance Junction

One class - £ 6.50 or book 10 classes - £ 60.00

Please note that the costs includes all materials used and you can keep what you have made at no extra cost

Free for carers - on production of valid ID card

Suitable for people with learning and physical disability  
 Safe and friendly environment - free parking with disabled access  
 Please see reverse for map, directions and contact details



# Events



## 'Kidz South'



**Thursday, 24<sup>th</sup> June 2010; 9.30am – 4.30pm**  
**Rivermead Leisure Complex, Richfield Avenue,**  
**Reading, Berkshire RG1 8EQ**

One of the largest UK exhibitions totally dedicated to disabled children, their families, and professionals who work with them.

**This FREE event focuses on equipment, products and services to improve independence and quality of life.**

The venue is convenient to the M4, with free entry, easy access and accessible parking.

There is a full and varied programme of talks and discussions on topics such as legal and education issues, new therapies, communication and ICT.

Many voluntary organisations are also on hand with information.

### **Fun & Features**

**Activities & demonstrations**

**Culture Mix Art – steel pan music workshops**

**Competitions, giveaways and much more.**

**See show guide and website for full details.**

**For FREE TICKETS or more information on Kidz South please contact the organisers:**

Disabled Living, Redbank House, 4 St Chad's Street,  
Cheetham, Manchester, M8 8QA.

Tel: 0161-214-5962 Fax: 0161-835-359

Registered Charity No: 224742

**Alternatively you can download your FREE tickets at [www.kidzsouth.co.uk](http://www.kidzsouth.co.uk)**



### **World Elder Abuse Awareness Day**

World Elder Abuse Awareness Day (WEAAD) happens each year on 15 June. It was established by the United Nations, following representations by INPEA (the International Network for the Prevention of Elder Abuse). AEA are the coordinators within the UK and provide help, support and guidance for individuals and organisations wishing to take part.

It is about everyone working together to bring greater recognition of the mistreatment of older adults wherever they live throughout the world and to highlight the need for appropriate action. It is intended to give abuse and neglect of older adults a global relevance that will sustain and move prevention efforts forward throughout the whole year and years to come.

Each year individuals and organisations come together to raise awareness of elder abuse and to fund-raise for AEA. It represents the one day in the year when the whole world voices its opposition to the abuse and suffering that is inflicted on some of our older generations. And the UK always plays its part in voicing that opposition.

To find out what events are taking place, or what you can do to help, visit:

<http://www.elderabuse.org.uk/Index.htm>

family coaching café  
centre for personal empowerment



## You CAN create harmony in your home

Yes you can, come and chat with some parents from Strood who have changed their lives and the lives of their children. On Monday mornings we have a social get together where you can talk in confidence between 9am and 10am and from 10am to 11am we share a tool from the Parent Champions toolkit.

Our core values are

- Confidentiality\*
- Respect
- Friendship
- Laughter
- and Community spirit



\* Everything said here, heard here, stays here (except a child protection issue)

**Elaine Primary School - Mondays starts 9am**  
Drop in and have a cup of tea, sorry adults only, no child care available.

Want to know more - visit

[www.parentchampion.com](http://www.parentchampion.com)



**A Sure Start Children's Centre**



## FREE 'Planning for the Future' Seminar

**Are you unsure about how best to leave your loved one with a learning disability money in your will? Planning ahead can make all the difference to those close to you, and provide you with peace of mind.**

Mencap is hosting a free 'Wills & Trust' Seminar on **Thursday 15<sup>th</sup> July 12.30pm – 2.30pm, Halls 1 & 2, Maidstone Community Support Centre, 39-48 Marsham Street, Maidstone, ME14 1HH**

The two hour seminar is delivered by members of the Mencap Wills & Trusts Team and a qualified local solicitor who can provide advice on how to leave a legacy to a loved one with a learning disability. Helpful guides and booklets on writing wills, setting up trusts and leaving gifts will be available, plus a list of local solicitors selected using strict criteria to help in these matters.

Mencap Wills & Trusts Team advises over 3,000 people a year on how best to make a will and set up a trust. They ensure that people are able to organise secure future financial support in the best possible way for a loved one who has a learning disability. Writing a will or setting up a trust can sometimes seem a daunting prospect, but Mencap are there to help.

To attend you need to book a place by filling in a Booking Form (available from Mencap ) and returning it to Gina using the freepost address on the bottom of the booking form, OR you can call her on 0207 696 6925 OR email [gina.Collins@mencap.org.uk](mailto:gina.Collins@mencap.org.uk)

If you are unable to attend the Seminar but would like some legal advice on wills and trusts please contact Mencap's in-house solicitor, Victoria Smithson (0207 696 6925) or email [victoria.smithson@mencap.org.uk](mailto:victoria.smithson@mencap.org.uk)

If you have any questions about 'Planning for the Future' events or would like to request copies of Mencap's information booklets please contact Gina or visit [www.mencap.org.uk/willsandtrusts](http://www.mencap.org.uk/willsandtrusts)

**'We believe their financial care tomorrow is as crucial as it is today'**

## SPORTS IN KENT



### WORLD CUP SUCCESS FOR GB DISABILITY SHOOTING SQUAD

Great Britain's disability shooting squad returned from the latest shooting world cup with a gold, three silver and two bronze medals. The squad traveled to Antalya in Turkey for the world cup competition, which took place between April 26 - 30th and were up against competition from 14 countries.

Britain's mixed team of Nathan Milgate (Herne Bay, Kent), Matt Skelhon (Stilton, Cambs) and Deanna Coates (Yateley, Hants) took the gold for GB in the R3 10m Air Rifle prone SH1 mixed with a total combined score of 1792. Silver went to Russia with a score of 1780 and bronze went to Sweden, who scored 1761.

Kent's Nathan Milgate also won a silver medal in the R1 10m Air Rifle Standing SH1 men. He scored 580 in the qualification round to enter the finals in third place before shooting 103.7 to take the second place.



### QUILTER BECOMES WORLD CHAMPION

Ben Quilter has become the first British visually impaired World Champion in twelve years.

Quilter, 28, who trains at the British Judo Performance Institute in Dartford, is also only the fifth Brit ever to hold the title – the last being Simon Jackson MBE in 1998. This is the first medal for the six-strong British team, just one day into the IBSA VI World Judo Championships.

### GREAT INFORMATION ON DISABLED SPORTS IN KENT

To find out about all manner of sporting opportunities for disabled people in your area, look no further than:

<http://www.kentsport.org/disability.cfm>

You will find lots of general information, plus specific guides to activities in East Kent, Mid Kent and West Kent.

Also, a new website for all disability sport in Tunbridge Wells has just been launched:

<http://www.tunbridgewellsdisabilitysports.co.uk/>

### 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)

# MORE ITEMS OF INTEREST

**UK WHEELCHAIR CHALLENGE**  
(Sponsored by GM Coachwork)

**UK wheelchair >> << challenge**

*'Challenge yourself to complete either the 1km or 3km fun and sporty distance, plus get sponsored for your favourite disabled charity'*

**Sunday 19th September at Tudor Grange Park, Solihull, nr Birmingham**



**TO BOOK YOUR PLACE**  
[www.ukwheelchairchallenge.com](http://www.ukwheelchairchallenge.com)



On Sunday 19th September 2010 the UK will host the very first UK Wheelchair Challenge - a charity event exclusively for wheelchair users over 1km or 3km. The inaugural UK Wheelchair Challenge is sponsored by GM Coachwork - Greater Mobility and will take place at Tudor Grange Park, Solihull, West Midlands.

Entrants are encouraged to book early to avoid disappointment, as there are only 250 spaces available to wheelchair participants from all over the UK. The event promises to be an ambitious, fun and welcome addition to the disabled sporting calendar and all entrants will be encouraged to raise money for their favourite disabled charity by getting themselves sponsored to take part.

Two options will be open to entrants:

**1Km Wheelchair Challenge** - suitable for all wheelchair users with the emphasis on giving it a go and proving to themselves what they are capable of achieving. Anyone unable to propel themselves for the whole of the 1km wheelchair challenge may ask a parent or carer to assist.

**3Km Wheelchair Challenge** - a more challenging distance for disabled amateur sportsmen and women who have trained adequately for the event. Participants may wish to add an extra incentive for completing the course by bringing along a watch and timing themselves.

Both events will take place on a safe and scenic, purpose built course, suitable for anyone in a wheelchair or power chair, regardless of ability. The course has been deemed as challenging with some uphill terrain.

Refreshments, entertainment, free disabled parking and toilet facilities will be on site and there will also be an under-cover viewing enclosure.

If you would like to find out more and register to take part, you can visit: [www.ukwheelchairchallenge.com](http://www.ukwheelchairchallenge.com)

For any queries phone Wacky Nation Events 07980 287031. **Wacky Nation Events:** [www.wackynation.com](http://www.wackynation.com)

## CUSTOMISED EQUIPMENT:

**MERU** is a charity that exists to improve life for children and young people with disabilities. It does this by designing and custom-making specialist equipment for use at home, at school or college, in hospital or at play. It can help when no ready made solution exists to meet a child or young person's needs. Based in Epsom, Surrey, it provides services to clients in London and the South East, and also offers an Information and Advice Service for parents and therapists nationwide.

MERU, Unit 2, Eclipse Estate, 30 West Hill, Epsom, Surrey KT19 8JD. Tel: 01372 725203  
Fax: 01372 743159 Email: [info@meru.org.uk](mailto:info@meru.org.uk)  
Website: <http://www.meru.org.uk>



Remap is a nationwide charity, working through a network of dedicated volunteer experts who use their ingenuity and skills to help people with disabilities by producing unique tailor-made pieces of special equipment, given free to the people who need them. Volunteers are inventive and skilful and care about people in their local communities who have disabilities which mainstream services have not been able to address. Volunteers ensure that each item they make really suits the individual person concerned and does the job it is meant to do. Remap has 85 panels across England, Wales and N.Ireland, and helps over 3000 people with disabilities each year. Local panels are: Medway and Swale, Kent East, and West Kent,.

**REMAP HEAD OFFICE:**  
D9 Chaucer Business Park, Kemsing, Sevenoaks, Kent, TN15 6YU. Tel: 0845 1300 456  
Website: <http://www.remap.org.uk>

## LIFE SKILLS TRAINING

Are you  
**aged Between 16 and 18**  
with additional needs?

Would you like to be more  
**independent?**

KASBAH are offering person-centred short courses on all aspects of daily living skills during the school holiday periods.

Would you like...

- to learn how to cook or manage your own money?
- to learn how to deal with difficult situations?
- support to find a new hobby or access a new service?

The courses will fit your wants and needs, and will be provided in a relaxed and fun way – every person who takes part will achieve and learn new skills.

Sessions will last three hours and be based at:  
**Fairbridge in Kent, The Old Lead and Paint Mill, The Historic Dockyard, Chatham, Kent, ME4 4SX**

(A personal contribution of £2 for each session will be required)

Call the KASBAH Office for further details on **01474 536501**  
or e-mail: [admin@kasbah.org.uk](mailto:admin@kasbah.org.uk)



Tel: **01474 536501** Tel/fax: **01474 536202** email: [admin@kasbah.org.uk](mailto:admin@kasbah.org.uk)  
Registered Office: KASBAH, 7 The Hive, Northfleet, Kent DA11 9DE

## HOW DO YOU GET YOURS?

- ◆ If you would like to receive KASBAH NEWS by e-mail in future, or . . .
- ◆ If you previously opted to receive it by e-mail but have not been doing so . . .  
. . . Then please let us know. Ideally, please e-mail your request, so that we have the correct e-mail details.
- ◆ If you have changed your e-mail address don't forget to send us the new one.
- ◆ If an address bounces back when we send our mailings, we will try to contact you by other means.
- ◆ Please try to keep us up to date - and let us know if you wish to change the means of delivery.

**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!

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Contact Steve and Paul for more information

### 'The Bungalow', Westgate Upon Sea

'The Bungalow', about ½ mile from the sea front in Westgate upon Sea, is a fully accessible semi-detached bungalow, which sleeps up to seven people.

**Classed as category B, accommodation comprises:**

- 3 double bedrooms (1x double bed, 1x 2 single beds, 1x bunk beds and single bed).
- Freeway ceiling hoist available in the 2 single bedded room (own sling required)
- 2 bathrooms, (one fully accessible)
- Kitchen designed for wheelchair users
- Large lounge/diner with TV and gas fire
- Central Heating & Hot Water
- Large garden and private drive
- It has duvets etc - just take sheets and pillow cases
- **Now equipped with a new electric bed!**

**£220 per week Jan – May & £275 per week Jun – Sept**

There is current availability for the weeks beginning Saturday 12th June & 19th June and from 14th August.

**Weekend rates are negotiable.**

**For a brochure and more information please contact Hazel & Keith Waghorn on 0208 854 4399**

## HOME CARERS IN YOUR AREA

If you need assistance with daily living activities such as personal care, domestic work, shopping, etc, contact HLC

*HLC Care Agency is based in Dartford and registered with the Care Quality Commission.*

We have qualified personal assistants and care support workers available who can assist you to have control of your life in your own home.

- \* Our staff have been trained to provide person centred care and will treat you with respect and promote your choices and protect your dignity.
- \* Our staff are properly monitored and are CRB checked.
- \* We provide a 24/7 hour service Monday to Sunday (including all national bank holidays) at the times planned by the plan of care.
- \* We provide and manage a number of care pages for clients with complex needs which require an excellent bank of experienced care workers.
- \* occasions to a maximum of 30 minutes each or a total of 1 hour 30 minutes.
- \* Waking night service (23.00hrs to 07.00hrs) where staff are required to be awake on duty throughout the night..
- \* Live in service 24/7; where the care staff is required to live in the client's home for a minimum of 7 days and a maximum of 21 days, they will be entitled to 2-3 hours break per afternoon.
- \* Rapid Response service, where we shall complete a risk assessment and commence service on the same day as receiving instructions from the community service.
- \* Home care service.
- \* Respite.

### Our package includes:

- \* Sleep in duty where the staff is required to sleep at the client's home. This shall include being woken on up to 3 separate

**Specialities:** Learning disabilities; Palliative care; End of life rapid response; Respiratory; Physical disabilities; MS; Neurological

**Call us; 07775869494/01322284883 now! Or visit us at [www.hlccarefoundation.co.uk](http://www.hlccarefoundation.co.uk)**

**Unit 2 Invicta, Sandpit Road, Dartford. Kent DA1 BU**

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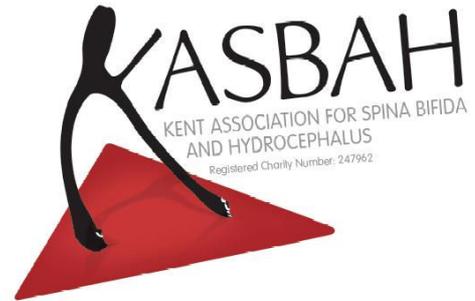
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DA11 9DE

Tel: 01474 536501

Fax: 01474 536202

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



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[www.itcrentals.com](http://www.itcrentals.com)



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Help getting online, Tuition, Software installation & much more.

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A variety of training programmes delivered to your workforce to meet your company objectives.

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### To Get in touch:

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t: 01634 306 863  
m: 07860 469 972

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