KASBAH
KENT ASSOCIATION FOR SPINA BIFIDA AND HYDROCEPHALUS
Registered Charity Number: 1123362

JUNE 2009

News

(SEE PAGE 2 FOR CONTENTS)

KASBAH AGM 2008-9

Wednesday, 22nd July 2009

(Arriving 3.30pm for a 4pm start)

at the Fire and Rescue Headquarters in Tovil, Maidstone.

The Godlands, Straw Mill Hill, Tovil, Maidstone, Kent, ME15 6XB

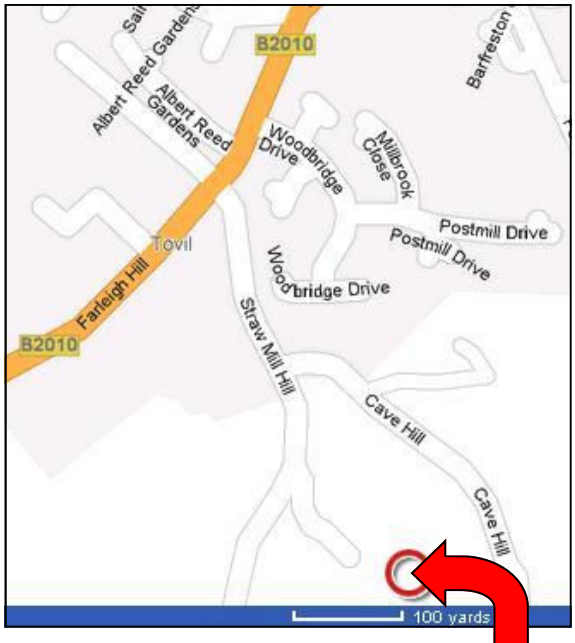
(Telephone: 01622 692121)

We will be having a guest speaker from the Fire Service.

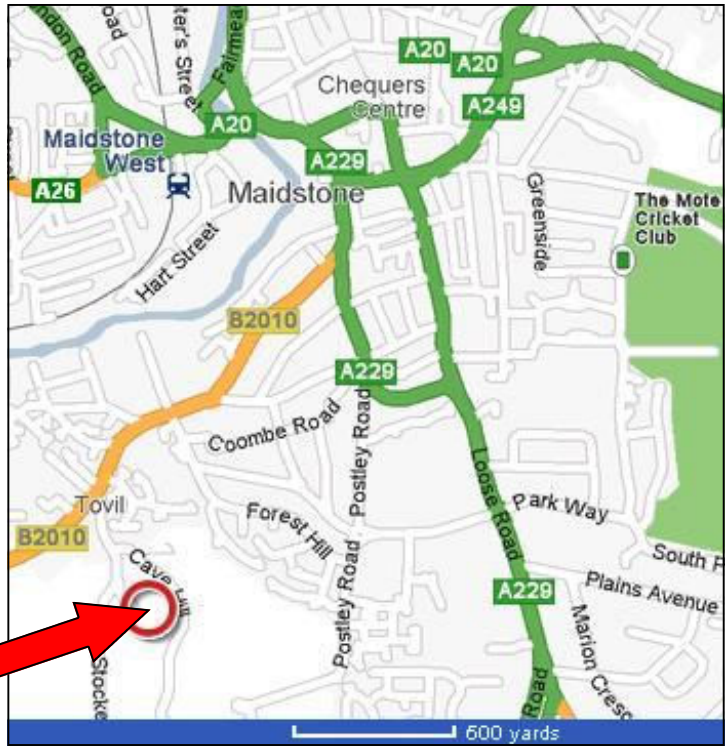
The beautiful gardens will be open to explore prior to or after the AGM.

And we also hope to have the Fire Engine Museum open for those interested.

Please note this date in your diary and email or write to the office with any items you wish the KASBAH Board to include on the AGM agenda.



Fire and Rescue Headquarters



IN THIS ISSUE:

KASBAH's AGM 1

Contents 2

A Word From Emma 2

What's Happening At KASBAH? 3

From Our Advisor 4

Fundraising News 5

Events And Sports Opportunities 6

Try Target Shooting 7

Announcements/Advertisements 8

A WORD FROM EMMA

Hello Everyone

I am working hard to extend the KASBAH services for you, the members. The Advisor Service is growing in hours and provision, and this year I would like to organise a large fun social activity that will enable existing and new members to come together and have a good time. Please let me have your ideas, suggestions and details of any suitable venues.

Thank you to those who sent back feedback forms. I will be sending these out on a more regular basis to pinpoint areas of improvement for the future.

I hope to hear from you soon.

Best Wishes, Emma Carver

(KASBAH Chief Officer)

Would You Like To Know More?

The Mental Capacity Act 2007 states that everyone should be treated as able to make their own decisions until it is shown that they can't. It also aims to enable people to make their own decisions for as long as they are capable of doing so.

There are many free courses on the Mental Capacity Act, if you would like to learn more or would like KASBAH to find a course in your area of Kent, please give the office a call.

Congratulations to Dawn and Martin!

As many members are aware, Dawn Varley (Support Co-ordinator at Hattie Webb House) recently left KASBAH to begin her maternity leave.

We are pleased to announce that after a smooth pregnancy baby Liam was born on Wednesday 20th May weighing 7lb 0.5oz.

– Congratulations to Dawn and Martin!

WHAT'S HAPPENING IN KASBAH?

The Hive

Sophie Millis, Joint Senior Support Officer

Hello again from Sophie, ready for my return to the busy KASBAH office on a part-time basis after maternity leave! I would like to thank everyone for their good wishes.

Leo is now 9 months old and the time has flown by - he is such a joy and my life has changed completely. He makes me laugh so much and never ceases to amaze me - we are very lucky!

One of my first tasks on coming back to KASBAH is to contact all KASBAH members to get an update regarding what you have been up to and determine how we can be of any assistance to you now or in future. If you have not heard from us yet, you will be contacted very soon, initially by telephone or letter.

Julie Appleby, Joint Senior Support Officer

I have worked at the Hive as Senior Finance Officer for 10 hours a week since August 2008, dealing with all aspects of KASBAH finances, developing & improving accounting procedures and processes, and producing monthly & quarterly reports that enable Emma and the Board to make the financial decisions needed to keep KASBAH running efficiently and within budget.

From June, I shall be working 3 full days a week in a job share with Sophie Millis as Senior Support Officers. I shall continue to deal with finances but will also give administrative support.

I am pleased that this will bring fresh challenges and allow me to develop new skills; I look forward to getting to know you over the coming months, and learning more about the many facets of KASBAH.

Seabrooke House

SBH residents are embarking on a gardening project; plans are being drawn up to incorporate a fishpond and vegetable and herb garden. We will be holding a Summer Garden Party (date yet to be set) and will be selling BBQ food, strawberries 'n' cream and bric-a-brac.

We now have the luxury of a larger mini-bus and are planning lots of day trips throughout the summer and then a holiday at Butlins in September. We recently went to the London Dungeons, where all had a scarily good time. We would like to wish Paul good luck in his new home and will be throwing a leaving party for him this Friday.

Hattie Webb House

Hello from Hattie Webb House! As you may know, Dawn Varley waved goodbye to us on 17th April to go on maternity leave. We sent Dawn off with a buffet lunch and gifts of vouchers, Body Shop goodies and a casting kit (for making casts of Baby Varley's hands and feet); the house was full of well-wishers that day.

I officially took over as Support Co-ordinator in April, a new role and a new challenge for me, but I'm really enjoying working with everyone here.

Things are very busy here lately, the house is now full with four residents, plus four day service users who come and use the facilities for training in independent living skills. We also had a visit from a local day centre recently and have had another referral for day service, and another two on the waiting list. We have been so busy we have had to take on a part-time member of staff to help out; Steve is a KASBAH member who has worked in social care for some time, and is a fantastic role model for our service users.

Another addition to Hattie Webb House is a 7-seater minibus. We should be getting the KASBAH logo and house name emblazoned on the sides quite soon, so watch out for us around Kent and particularly in the Medway Towns. Don't forget to give us a wave!

Sally Cochran, Support Co-ordinator

HWH Info / Contacts: 01634 404468
hattie-webbhouse@kasbah.org.uk
or Emma Carver at the KASBAH main office.

FROM OUR ADVISOR

Contact Christine as follows:
Christine Cunningham, KASBAH Advisor
7 The Hive, Northfleet, Kent, DA11 9DE
Email: ccunningham@kasbah.org.uk
or **Telephone:** 01474 536501

Advisor Service Volunteer?

Do you have a few spare hours a week that you could volunteer to KASBAH to assist with the Advisor Service? This would be to help with some of the 'behind the scenes' work such as researching information, supporting the Advisor Service with some administration duties and helping to set up 'Coffee Mornings' for our Service Users. Ideally it would be 'office based' at The Hive, but some work might be able to be conducted from home. If you think you can help, please contact me.

An Advisor For East Kent?

KASBAH is hoping to gain funding to recruit an Advisor who will be based in East Kent. We hope to be in this position by September this year. Can you please give us your feedback on this idea, and tell us how you think we could improve our Advisor Service.

Personal Assistance:

Has anyone had any significant experiences, good or bad, of hiring their own personal assistant that they would like to share with other members? We would be very grateful if you could let us know your stories - you will remain anonymous if you so wish.

Airport Awareness

Travel advice for parents and carers of children on the Autistic Spectrum

Go to the following link to view an extremely useful information booklet, recently featured on Radio Four, for families of children with ASD who are to travel on an aeroplane. http://tinyurl.com/daelep

Disability Equipment For Youngsters - New Website

The Disabled Living Foundation Charity has launched an advice/information website on equipment for children and youngsters with disabilities. See: http://www.cypnow.co.uk/Archive/login/906450/

Directgov

Visit www.direct.gov.uk/disability for the latest information and services from the government.

It's clearly written, useful and the information is all in one place. There's a large section for disabled people covering Home and Housing, Financial Support, Disability Rights, Employment, Health and Support. Find out about equipment, adapting your home or vehicle, direct payments (i.e. arranging your own care and services), social care assessments, the Blue Badge parking scheme - including an interactive UK-wide map, travel and transport, accessible technology - and much more. There's also information for carers, and links to charities and helpful organisations supporting disabled people.

From Our Carers' Advisor

Would you like a Saturday Morning Advisor Service?

Our Carers Advisor, Lynne Mynehan, is keen to find new ways of engaging with KASBAH members. Would this service interest or benefit you?

Please call the office and let us know, or alternatively e-mail Lynne:

lmynehan@kasbah.org.uk

Fundraising News

Thank You, Everyone:

KASBAH would like to thank the following people for their generous donations and efforts on our behalf:

April 2009

£200 - North Kent Lodge of Mark Master Masons - proceeds of a raffle

£177.34 - South Eastern Hotel, Strood. Proprietor Steve Wayland - raised via tin shakers and events such as quiz nights

£60.13 - Mr & Mrs Green (parents of Susan)

May 2009

£500 - Elham Valley & Wye Lions Club - 8 mile sponsored walk in April.

KASBAH will be at

Gravesham Borough Council

BIG DAY OUT

Gravesham Borough Council is holding its annual "Big Day Out" on July 4th at Gravesend's Riverside Promenade.

Northfleet Carnival takes place on the same day and finishes at the Riverside Area at around 4pm.

KASBAH will have a stand in the community marquee - as well as handing out leaflets and other promotional material it will also hold a tombola to help raise funds. Last year around 20,000 people attended so this should be a great opportunity to "sell" KASBAH.

Besides looking forward to seeing you there, we are looking for people able to help out on the stand. We hope to organise shifts, (11am - evening), so no-one is left on the stand all day. Our stand will be wheelchair accessible. We also need people to help set up and take down the stand.

We would be very grateful for donations of any new items for tombola prizes, so if you have any unwanted gifts etc please send them to the office at The Hive.

If you or someone you know, are able to help in any way, please let Julie or Sophie at the office know as soon possible.

A Reminder to all Members

Membership fees, which are voluntary, run from April each year to the end of the following March.

The suggested voluntary membership fee is £6.00.

All membership fees and other donations are greatly appreciated, so if you have not yet sent one in for this year, perhaps you would consider doing so, as these are a great help to our financial situation.

Charity Shop Help Needed

The KASBAH charity shop in Northfleet is now closed until we can attract more volunteers to assist. If you can spare some time to help us to raise funds and help to provide a valuable community resource, please contact us.

We have regular clientele and a very organised stock system (thanks to Claire — our previous volunteer). Any time given would be greatly appreciated.

Please contact the Office (Details P8) for info.

Highest bid wins!

We have a specialist Victoria Tri-cycle which we are putting into a sealed auction bid. Just write down what you would be prepared to pay for the bike, and if yours is the highest amount (and above the reserve), the bike is yours.

The Wheel size is 26 inches.

It has a seat at the front to sit on while the person behind does the peddle power and steering.

This has been used on a few occasions by the disabled children at our clubs, and has been thoroughly enjoyed by all.

The tri-cycle is in good-as-new condition, with only a few minor scratches on the paint work.

If you would like to take part, please write down your bid and place in a sealed envelope with your contact details and mark for the attention of Isabel at The Parents Consortium, Allsworth Court, 40 St. David's Road, Hextable. Kent. BR8 7RJ.

Closing date for this auction is Friday 10th July, 4pm. The winning bidder will be notified to arrange for collection. Cash payment on collection is preferred.

Please feel free to phone Isabel re any queries: 01322 668501

Events And Sports Opportunities

Get full details and book your tickets at

www.beyondboundarieslive.co.uk

Quote the promotional Code KAS1 when you book and you will help to raise funds for KASBAH!

BOWER GROVE PARENT SUPPORT

Bower Grove School, Fant Lane
Maidstone, Kent ME16 8NL

AN INVITATION to all parents/carers of children and young people with Additional or Special Educational Needs, ASD Spectrums and any Disability

Meetings are open to all parents/carers including any other school; Professionals are also very welcome.

MEETINGS THURSDAY MORNINGS 10AM

11th June BEHAVIOUR MANAGEMENT:
Charlotte Scott, Bower Grove School: to discuss the REWARDS SYSTEM

2nd July Angela Stirland Me2 Project, Kent Youth.
To discuss support and mentoring for our children and young people in mainstream clubs.

CONTACT (during school hours):
Josephine Cousins Tel: 01622 726773
Website: www.bower-grove.kent.sch.uk
Email: psg.bowergrove@btinternet.com

20 Million People Eligible For Free Swimming

From 1 April, children under 16 and people over 60 can enjoy free swimming at over a thousand swimming pools across England. Roughly 20 million people will be eligible for the scheme and will be allowed to use pools in other areas if their own council is not taking part. Local councils taking part are: Thanet; Shepway; Gravesham; Canterbury and Dover.

Check the directgov web site for more details:
www.direct.gov.uk/en/Nl1/Newsroom/DG_177032

Arethusa All Ability Climbing Group

Dates for 2009
6th April
20th April
18th May
27th July
3rd, 10th, 17th, 24th August
26th October

All sessions will start at 5.00 and end at 6.30 Arethusa All Ability Climbing Group The Kent Outdoor Pursuits Disability Project, part of Kent County Councils, Kent Sport Leisure & Olympics, operates a all ability climbing group at Arethusa Venture Centre in Upnor.

The group meets at Arethusa on the dates shown for a one and a half hour session of climbing incorporating varying degrees of outdoor and indoor walls.
The group offers a safe, professional and social environment for people of all abilities to come along and enjoy whether you're a complete novice or an experienced climber.

If you are an individual, are a member of a group or a residential care home and would like to know more about climbing at Arethusa with the group please contact Paul Panton with your name, address, contact telephone number and the dates you wish to attend or please call 01732 525433 for more information

Try Target Shooting!

Disability Target Shooting Great Britain

Interest in target shooting is growing rapidly. Although the governing body for able-bodied shooting, (the UIT), was founded in 1907, shooting events for athletes with physical disabilities started in Scotland in 1970.

The British Paraplegic Shooting Association was formed in 1976 to introduce shooting to people with disabilities, and in 2005 became Disability Target Shooting Great Britain (DTSGB). Disabled shooters compete in the same competitions as able-bodied competitors. Rules allow wheelchair competitors to shoot Air Rifle prone and standing whilst able-bodied competitors shoot standing only.

Shooting became a Paralympic sport in 1980, and Britain has won many shooting medals at Paralympic Games through the efforts of such stars as Di Coates and Isabel Newstead, and also Matt Skelhon who won a gold for GB in Beijing.

The DTSGB Team

(© Nathan Milgate)

One of the main aims of Disability Target Shooting Great Britain is to develop links with able-bodied shooters and governing bodies. This is achieved by disabled shooters competing in able-bodied shoots and by involving able bodied coaches in the training of disabled shooters.

Getting Started / Equipment

To get started it's usually a good idea to find decent second hand equipment whilst trying out what else is available. As you improve you can obtain additional items. Pistol shooters need no special clothing, whereas Air Rifle shooters may need a leather jacket and gloves.

The DTSGB can get you started and give you good advice. It even has a stock of equipment available for members or visitors to borrow by prior arrangement, so don't feel you can't visit due to a lack of equipment.

Getting Into Competitions

Once you have learned the basics of shooting, the world of competitions opens up. Disabled shooters may take part in able-bodied matches up to National level. International competition is restricted to disabled championships. The GB team travels all over the world to try to bring credit to the sport - and of course win some medals!

2009 Successes

At the end of April Britain's top disability shooters returned from the IPC Shooting Open Championships Jikji Cup in Korea, with a team gold and two individual bronze medals. Fifteen nations took part. The 5-strong squad included **Nathan Milgate of Herne Bay.** (Photo right)**.** This competition was the first time GB entered a team contest at a major international event. In May a squad of 10 including Nathan, flew to Bodrum for the Turkish Cup, and the team later competed in Bad Orb, Germany, chalking up more successes.

For full results and more information about Disability Target Shooting Great Britain, log on to

http://www.dtsgb.org.uk

(Thanks to DTSGB for help & information + photos *© Nathan Milgate)*

FOR INFORMATION ABOUT ALL TYPES OF SPORT FOR DISABLED PEOPLE THROUGHOUT KENT VIEW THE SPORTS DEVELOPMENT UNIT WEBSITE AT: www.kentsport.org/ OR CONTACT KCC's SPORTS DEVELOPMENT OFFICER, MIKE BISHOP: Tel No: 01732 525389 Email: mike.bishop@kent.gov.uk

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Fax: 01474 536202

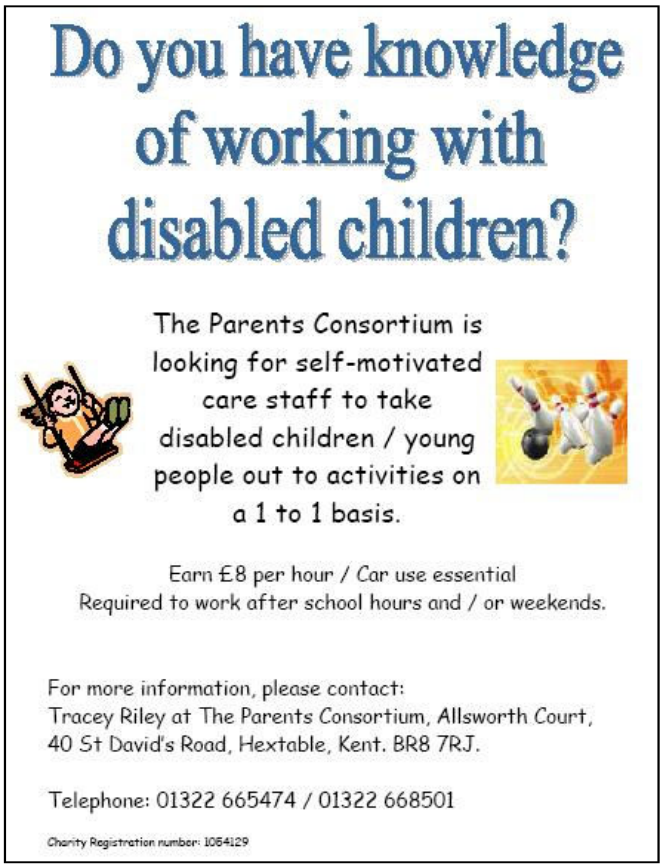
Email: admin@kasbah.org.uk

TRUSTEES STILL NEEDED URGENTLY!

KASBAH is in very great need of more people willing to help to guide and direct its future. The workload is not too onerous.

If you have skills or experience that could benefit KASBAH, and would be willing to become a trustee, please ask to speak to Betty Hague-Smith, Chair of KASBAH, or write a short summary about yourself and send it to her via the KASBAH office (Contact details above).

Training and/or advice may be available.



FEEDBACK FORMS

Some time ago we sent feedback forms to all members. These help us to keep your information and our records up to date, to find out if and where we are succeeding in meeting your needs or not, and to assess ways in which we can be of even greater service to you.

We are sending forms out again, and hoping for an even better response than last time. Please do not put these forms in the same category as the junk mail which comes through your letterbox or email spam, as by returning them you will be helping to make your own organisation more efficient and better able to help you.

We will, as always, appreciate any suggestions which you wish to make and take your comments seriously - and to save your postage costs, the KASBAH freepost address is included.

NOTICE

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 the use or misuse of that information.