

KASBAH Advisor Service

The KASBAH Advisor Service is a unique part of our Charity, offering support and advice to our members through telephone support, written communication and home visits.

Our two part time advisors offer information, guidance and act as advocates for our members when dealing with other professionals and agencies. Due to a change in the provision of funding for specialist support services, funding for this service will cease on 31st March 2013.

It is therefore crucial that we review the provision of our current and future advisory services. Your input and feedback into this process as members is essential and we have enclosed a survey to be completed and returned to The Hive by 15th November 2012.

We value your comments so please show you support and return the survey so that your views on this long standing service can be taken into consideration.

Julie Appleby
Senior Officer

Volunteers needed in East Kent - can you help?

KASBAH has a wonderful opportunity to work in partnership with the Strode Park Foundation in Herne, managing a cafe once a fortnight. We have established a regular client base and have received outstanding feedback week on week. Unfortunately we have not been able to find local willing volunteers to assist, so the KASBAH staff have been travelling down from Northfleet every two weeks which is not a good use of our time or resources, so we may need to withdraw from this great project.



Could you give up a few hours to shop for and prepare lunch for around 20-25 people, once a fortnight? If you are willing to help (or know someone who can) or would like to know more please contact Emma on 01474 536501 or e-mail ecarver@kasbah.org.uk.



A message from Emma...

Now that the sunnier weather is starting to fade, people often feel more negative about the daily challenges we all have to face, please do remember we are here to help and identify possible solutions.

We had fantastic news this month, DIAL's funding has been agreed for a further 18 months, which has added security to this much needed service. DIAL provide benefits and disability rights information, all information is by phone or in the office. If you have a query they could assist you with, call them on 01474 356962.

KASBAH have a number of new developments in the pipeline including a possible business opportunity for our service users to run and manage, I will keep you updated with news as we make further progress.

Due to the uncertainty of this service's future funding, Christine Cunningham has taken the hard decision to find alternative employment. From 5th November 2012, Christine will become the Support and Development Worker (London and South East) for SHINE (formerly the National Association for Spina Bifida and Hydrocephalus) so that she can continue to work in a role she is passionate about and very experienced in. We will retain close links and continue to provide the existing Advisor Service with the current staff team and additional support from Sandra Fofie, our new social work student. We are very sad to see Chris go, but are delighted that she will continue to work alongside us with SHINE.

Best Wishes, *Emma*

KASBAH Chief Officer



Seabrooke House Update

We would like to congratulate Scott Matthews, Seabrooke House's Apprentice on his appointment as a full time Life Skills Coach, following on from his year's apprenticeship. Scott's place of work has not yet been finalised but we know Scott is and will continue to be a valuable addition to the staff team. You can read about Scott's experiences as an Apprentice on page 10.

Seabrooke House offers training in daily living skills for adults aged 18-35. Support is provided to empower our service users to make decisions and take actions regarding their lives.

Residential placements will be available within the next six months.

Day service training is available on Wednesdays for life skills, and Fridays for Garden Gang.

Please contact Becky Glibbery, Supported Housing Manager, for more information on 01322 386841 or email rglibbery@kasbah.org.uk

It's goodbye from me!

As some of you may now I have decided to leave Seabrooke House in order to go and train to be a Secondary school teacher and am really looking forward to completing the next chapter in my life. However, I will be sad to say goodbye to KASBAH, especially the wonderful team at Seabrooke House.

I feel extremely privileged to have been a part of such a wonderful team of people who always go the extra mile to ensure the residents live a full and satisfying life. Each and every trainee has been amazing in their own way and I will have memories to keep me giggling for a very long time. So thank you and all the best in all your future ventures.

Emma Tiller
Life Skills Coach



Hattie Webb House Update

Hattie Webb House are pleased to welcome their new resident Emma, along with her Bedlington Terrier, Skye. Skye has been a real asset to the house as she is a very well behaved dog who loves everyone she meets, and it's made the house feel more homely having a four-legged friend around! We are turning into a bit of a zoo here, what with our fish tank in the lounge, and Ross & Amber's guinea pig Sammy!

We're also pleased to welcome a new member of staff to Hattie Webb House. Ashley is our new Life Skills Apprentice and is working alongside the other staff to learn all the skills she needs to become a fully-fledged Life Skills Coach. You can read about her experiences working here and at Rochester Road, on page 10.

We heard about Chair Fit from another member so we went along to Cascades Leisure Centre in Gravesend to find out more about it and to see if it was suitable. The instructor, Lisa, was very welcoming and explained how the class is tailored to everyone's different needs to help improve fitness and flexibility. Chair Fit isn't just for wheelchair users, anyone with mobility problems can go along and join in the session. It's also suitable for all ages, and above all, looks like fun! Chair Fit runs at Cascades on Tuesdays (11 til 12) and Thursdays (10 til 11). A similar class is also held at Strood Sports Centre on Fridays at 11.30am.

We also found out about A Better Medway's health programme designed for anyone who would like to lose weight and/or get fit. This takes place in all Medway leisure centres and gives people the chance to get regular hands-on experience using gym equipment, with help from an instructor. The Better Medway public health team can be contacted on 01634 333720 or email medwayexercisereferral@nhs.net

We continue to try and raise funds so that we can move to much needed larger premises. If you can help in any way with fundraising, please contact Sally Cochran, Medway Development Manager on 01634 404468 or email scochran@kasbah.org.uk

Rochester Road Update

Rochester Road opened its doors to everyone in August for our Victorian Tea Party Opening day. Guests were served tea, cloudy lemonade, homemade sandwiches, cakes and biscuits. Everyone who came had the chance to have a look around the house and meet the tenants. It was a beautiful day and the sun was shining, so everyone made use of the garden and enjoyed the sunshine, two of the tenants even had a dip in the pool to cool off towards the end of the day. Ash, Abigail, Simon and Natalie would like to thank everyone who came, and hope you enjoyed the day as much as they did.



Short Breaks Update

The Short Breaks project team and young people have been busy over the summer accessing a wide range of new services as well as our monthly sessions in the Millennium Hall in Rainham. In July we had another trip to B & Q where the young people built bird nesting boxes. They glued, nailed and painted the boxes and went home happy and proud with their achievements, promising the staff there that we would be back.



In the middle of August we visited the Turner Gallery at Margate. The staff were very welcoming and the young people took part in an art activity painting material samples in their own designs. The young people, including the boys, learnt how to sew their samples before having a tour of the gallery. We were very impressed with the lift which was bigger than most people's garage! The young people thoroughly enjoyed their visit and said they would like to return in the New Year. We then went on to Broadstairs where we bought fish and chips which we ate on the beach. It was a beautiful day and many of the young people enjoyed paddling in the sea to cool off.

Instead of being in the hall for the August session we arranged to have an orienteering activity around Rainham. The young people were given maps and a list of tasks to complete e.g. finding the post office and buying stamps so as they could post cards to the Kasbah office; finding out where the library was and asking what services they offered and how they could join; finding the pharmacy and buying a box of plasters and finding the local Contact Point and asking what they offer in services, amongst a number of other tasks. The young people enjoyed themselves despite the weather being alternatively wet and fine which meant we were pretty damp by the time we returned to the hall!



Future sessions are on 27th October; 24th November and 15th December (trip to be advised). We are always happy to welcome new members. To contact the team call Rachel, Short Breaks Co-ordinator on 07505 489049 or Jane, Deputy Co-ordinator on 07758 703627 or e-mail us at short-breaks@kasbah.org.uk. We can be contacted on Mondays or Tuesdays.

News from the Advisor Service



Christine Cunningham
KASBAH Advisor

Email ccunningham@kasbah.org.uk

Gill Reynolds
KASBAH Carers' Advisor

Email greynolds@kasbah.org.uk



The Advisors can also be contacted on
01474 532950

We hope that you have enjoyed the summer and the little bit of sunshine that we experienced...! I hope that you have also enjoyed the coverage of the Olympics and Paralympics which hit our nation with unseen enthusiasm from the great British public. What a wonderful atmosphere it created and hopefully has inspired many people, especially children to want to get involved in sport in some capacity. Without doubt the Paralympics have left us admiring the drive and determination of the athletes and given us hope that no matter what the disability; somehow brilliance can be achieved, whether it is in sport or any other area of life.

I would therefore like to pay a fitting tribute to the person who made it all possible...

In the 1940's a German doctor named Ludwig Guttmann (now known as Sir Ludwig Guttmann) realised the potential of involving sport in the recovery programme of World War II veterans with spinal injuries at Stoke Mandeville Hospital, in Buckinghamshire. He introduced forms of sporting competition between patients and was



sometimes known to be quite unsympathetic at times by challenging and pushing them to the limit of their endurance. However, by developing drive and determination to do better this enabled patients to recognise their own potential and was therefore a very positive aid to their recovery. As this strategy proved more and more successful and patients would go on to achieve things way beyond what they ever thought possible, Sir Ludwig went on to eventually organise the first unofficial Paralympic Games in history - now referred to as the 1948 International Wheelchair Games.

What an amazing achievement that over 60 years later the Paralympic Games features as a major sporting event on our calendars and can be shared by millions the world over. I hope that you join me in saying a big "thank you" to Sir Ludwig, who has inspired so many to go beyond their wildest dreams. If you would like to read more about Sir Ludwig Guttmann and his wonderful achievements please go to; www.bbc.co.uk/news/uk-17703391 to hear tributes from Dame Tanni Grey-Thompson, Paralympic athlete, and others.

The Paralympic Games are a multi-sport event for athletes with physical, mental and sensorial disabilities. This includes mobility disabilities, amputees, visual disabilities and those with cerebral palsy. If you would like to get more involved with sport, or know of a disabled person who would, check out your local sports facilities as many places now have dedicated Disabled Sports Advisors who may be able to help. Visit www.scope.org.uk/Disability-Sports for more information

The Paralympic Games are held every four years, following the Olympic Games, and are governed by the International Paralympic Committee (IPC) - (The Paralympic Games are sometimes confused with the Special Olympics, which are only for people with intellectual disabilities.)



Meet the Board of Trustees

KASBAH's Board of Trustees are a group of volunteers who oversee and determine the running of our services. They meet regularly throughout the year, along with the management team who provide information to enable them to make decisions about how we operate.



Ann Everett - Chair

For any KASBAH members that I haven't yet met, I am Ann Everett and this is my first year as Chair of the Board of Trustees.

I was born with Spina Bifida and I am a full-time wheelchair user. I have been married to Michael for over 50 years and we live on the Isle of Sheppey with our cat. We have two grown-up daughters, Kathryn and Helen; and two grandsons, Josh and Sam.

Before I retired I worked for Social Services at the Crawford Centre which is a day centre in Sheerness for people with disabilities so I have plenty of experience of my own disability and those of other people.

In my younger days I played wheelchair basketball and archery. Nowadays I like to go out with friends and family to the theatre and concerts and I am a regular at local pub quizzes. I also enjoy reading and gardening.

I believe KASBAH is a great organisation and I am proud to be a part of it.



Richard Chapman - Vice Chair

I have been a member of the Board of KASBAH for about five years. For over 20 years I was Headteacher of Furness School in Hextable, which caters for young people with special needs so I have experience in working with people with a variety of disabilities.

I was a member of Swanley Town Council and Sevenoaks District Council and twice Mayor of Swanley. I was also involved in various charities and social groups in the North West Kent area, although I retired and moved down to Thanet ten years ago.

I was asked to join the Board of KASBAH which I was very happy to do. However since I live so far away I have not been able to be as involved or become as well known to staff and members as I would like but it has always been my ambition to see KASBAH develop a service in this part of Kent and I am very happy to see that

this is now happening.

My wife, Suzanne, and I have been married for 46 years and Sue has been a constant help and support in both my work in education and our charitable activities. We have had a home in Thanet for about 15 years but still keep many of our contacts in NW Kent and are still active members of Swanley Twinning Association.

We have three married daughters who all work with children with special needs, and six grandchildren aged between 9 and 16 years. Their families live in Greenhithe, Biggin Hill and near Cambridge so we see them all quite often and this, of course, also brings us to NW Kent. Down here in Thanet I am chairman of the Thanet Community Development Trust and a school governor, and I also do some private tutoring. Who said retirement is a time to relax and put your feet up?



Graham Steele - Treasurer

I am now retired. I used to work as a professional engineer carrying out safety assessments of equipment like lifts, cranes and industrial machinery. During much of that time I was the trade union representative for my fellow engineers.

I was a councillor on Dartford Borough Council for 12 years. I have been on the Trustee Boards of several local charities and also involved as a public & patient representative with the local health services.

In my free time I enjoy touring in Europe with my caravan and am also a keen sailor. I recently sailed my boat across the Channel to Dunkirk (and back!).



Trevor Sinclair – Vice Treasurer

I have been interested in the work of KASBAH since about 2008. My interest stems from your work with disabled young people. I have something in common. Since my teenage years I have had a physical disability and have had to face the difficulties younger people have to deal with. Your tag line “Supporting Disabled People Towards Independence” is certainly one I would like to support. I have, at first hand, had to face the problems of finding appropriate training, and looking for employment in a competitive work place. And dealing with impact of rejection that being disabled sometimes brings.

And now something about me. I left school at the age of fifteen and found work with an American engineering company in the Advertising Department. I have worked for the Youth Employment service and later for a Friendly Society in the accounts department. At the age of twenty one I decided to work for myself and started a driving school and later employed seven people. I have also, after a number of years, started a small car hire business.

In 2004 my wife became seriously disabled by the effects of primary progressive multiple sclerosis and had to retire from her work as a school teacher. I then decided to retire from business to play some part in looking after her.



Mandy Webb—Board member

KASBAH has been part of my family’s life for many years, through our four children growing up and taking part in some KASBAH activities.

Our children, Rod, Hattie, Charley and Brad have all raised money for KASBAH and follow the organisation with interest. Hattie in particular has been a great ambassador for the supported living project in Rochester, and the house is named after her. It was therefore a natural progression for me to become a board member for KASBAH. I try to visit the projects as often as I can and particularly enjoy cooking with the service users.

Tennis is my passion and I have worked as a tennis coach since my children were young.

The Expert Patients Programme

run by Kent Community Health NHS Trust

(covering Ashford, Shepway, Canterbury, Swale, Dartford, Gravesham, Swanley, Dover, Deal, Thanet, Maidstone, Malling and Weald)

The Expert Patients Programme is a free 6 week course (approximately two hours each session) for anyone living with a long-term health condition. The programme aims to help you take more control of your health by learning new skills to manage your condition on a daily basis. The course looks at the following topics and others:

- Dealing with pain and extreme tiredness
- Coping with feelings of depression, stress and anxiety
- Relaxation techniques and exercise
- Healthy eating
- Communicating with family, friends and healthcare professionals
- Planning for the future

The programme is led by trained tutors who themselves live with a long-term health condition. The programme can help you:

- Learn new skills to manage your long-term health condition
- Develop confidence in the daily management of your specific condition
- Meet others and share similar experiences
- Learn about developing more effective relationships with healthcare professionals

Jane Reynolds Expert Patients Programme Co-ordinator

Telephone: 01233 667808 **Mobile or SMS Text:** 07944 935047 **Email:** jane.reynolds@kentcht.nhs.uk

Nippies—KASBAH's Community Café

On Friday 17 August I worked as a volunteer at Nippies at Strode Park. My mum, Sally Cochran, works for KASBAH and asked me if I would help out. As it was the summer holidays and I was a bit bored at home, I thought it would be a good thing to do!

We drove down to Strode Park with Christine Cunningham, KASBAH's Advisor, and another volunteer Frances, and started setting up for the day. I buttered so many slices of bread I lost count! We made sandwiches with fillings such as egg mayonnaise and cheese & tomato, and we also had quiches, a cold meat platter, rice, pasta and some really nice focaccia bread. Desserts were slices of cake including Swiss roll, cream slice, profiteroles and chocolate covered strawberries. We set everything up and then went for a walk around the grounds to let people know the café would be open.



Michael helped make the tea!

Strode Park is a nice place, the buildings are really beautiful and it has lovely gardens with a fountain. The staff were all really friendly and everyone was smiling wherever we went.

We got back to the Coach House ready for opening. Two of the service users helped out, Jade took the money and Michael made the tea and coffee. We had around 30 customers who munched their way through all the food. Before I knew it, it was time to clear up so I helped with the washing up and packing away. I was on my feet nearly the whole time so I was quite tired but I definitely enjoyed helping out, and it's something I've told my friends about since being back at school.



Heather Cochran
Age 13



Top:
Look how busy we were!

Middle: Me with all the food
we prepared!

Bottom: Me again, in the
grounds of Strode Park



Christine has a chat with one of our customers

Feedback from the AGM

At KASBAH we are always looking for ways to improve the services we offer to you, our members. Those of you who attended the AGM in July may remember completing a feedback form, as we like to hear from you what you thought of the venue, accessibility, organisation and atmosphere, among other things. Here is a snapshot of the feedback we received:

Content of AGM	Excellent 4	Good 14		
Content of Annual Report	Excellent 9	Good 9		
Readability of AGM Report	Excellent 10	Good 7	Fair 1	
Organisation of AGM	Excellent 7	Good 13		
Presentation of Business	Excellent 4	Good 13	Fair 1	
Trustees' Accessibility	Excellent 7	Good 11		
Staff Accessibility	Excellent 7	Good 11		
Image of Trustees	Excellent 5	Good 13		
Image of Staff	Excellent 8	Good 10		
Wheelchair Accessibility	Excellent 4	Good 12	Fair 1	Poor 1
Wheelchair Friendly	Excellent 5	Good 10	Fair 1	Poor 1
Atmosphere	Excellent 12	Good 6		
Ease of finding venue	Excellent 3	Good 13	Fair 1	
Parking	Excellent 3	Good 12	Fair 2	
Day of Meeting	Excellent 2	Good 14	Fair 2	
Time of Year for Meeting	Excellent 2	Good 16		
Time of Day for Meeting	Excellent 2	Good 15	Fair 1	
Start Time	Excellent 3	Good 13	Fair 2	
Finish Time	Excellent 3	Good 15		
Refreshments	Excellent 5	Good 15		



A few people commented that they felt the presentation of business wasn't loud enough. Some also said there wasn't enough room to manoeuvre wheelchairs around the meeting room.

We will take your comments on board, and next year we'll aim to improve the venue accessibility and the volume.

Please do let us know if there are any topics you would like discussed at the AGM, or speakers you would like to hear from. Do also tell us what you make your experience better - and any other suggestions you'd like us to consider.

Our annual review report and accounts can be accessed via our website kasbah.org.uk

You can now donate your old mobile phone with 20% of the proceeds coming directly to KASBAH. It's a great way to get rid of your old mobile, have some cash in your pocket AND raise money for KASBAH!

Log on to shopforcharity.co.uk/ Kasbah for details

By visiting our website and recycling an old or disused mobile phone you can raise money for yourself, your nominated charity, reduce electronic wastage and help the environment.



www.shpforcharity.co.uk will:

- Offer a competitive price for your old mobile
- Pay 20% extra to your chosen charity
- Give you the option to donate extra
- Pay you within 7 days*

*see website terms and conditions for full details

The Life of an Apprentice

KASBAH'S two Apprentice Life Skills Coaches tell us about their experiences of working at our housing projects

Scott Matthews - Seabrooke House

I was taken on as an apprentice in October 2011 and have been an apprentice for almost a year now. I have completed shifts at both Seabrooke House and Rochester Road on a full time basis.

During my apprenticeship I have become familiar with all aspects of being a Key Worker, lone working, and working with outside services.

In conjunction with being a full time member of staff, I have been completing my Diploma Level 3 in Health and Social Care. I have been observed whilst working at both sites. An integral part of my learning and development has been working with the staff team and having their support at all times. Whilst being hands-on in my job, I have identified best practices that members of the staff team use and have taken on board all that I have seen.

In conclusion, my experience as an Apprentice has been an enjoyable one and I'm grateful to have been taken on last year.



Ashley Pidwill - Hattie Webb House/ Rochester Road



My first day as an Apprentice was 6 August this year. I've now been working for KASBAH for two months and I'm really enjoying the experience of shadowing staff, supporting clients and getting involved in meeting their needs.

I feel I'm gaining primary and secondary experience and learning new skills all the time.

I've experienced working at all three sites but I'm now based at Hattie Webb House and Rochester Road. I support clients with their one-to-one needs and support plans.

I've met my training provider and will shortly be seeing my tutor to plan my observations and written work. I will also be attending several mandatory training courses, such as first aid, medical admin, effective communication and health & safety.

It's still early days for me but I hope to be a successful apprentice through working with KASBAH and to become a qualified life skills coach.

Disability Golf Project in Kent

The following taster sessions have been organised and will be delivered by PGA Professionals, in association with the Disabled Golf Society, KCC Disability Sport and Kent Golf Partnership. All lessons are free and each participant will receive light refreshments as well as a fun introduction to golf and high quality coaching.

The Oast Golf Centre, Tonge
Sittingbourne, ME9 9AR
Coach - Gary Bason
gary@gbgolfcoaching.co.uk

Thurs 25 Oct 11am-1pm
Thurs 1 Nov 11am-1pm
Thurs 8 Nov 11am-1pm
Thurs 28 Feb 11am-1pm
Thurs 7 Mar 11am-1pm

Marriott Tudor Park Golf Club
Maidstone, ME14 4NQ
Coach - Jason Muller
jason.muller@marriott-hotels.com

Thurs 11 Oct 12.30pm-2.30pm
Thurs 15 Nov 12.30pm-2.30pm
Thurs 22 Nov 12.30pm-2.30pm
Thurs 7 Feb 12.30pm-2.30pm
Thurs 14 Mar 12.30pm-2.30pm
Thurs 18 Apr 12.30pm-2.30pm

Chelshfield Lakes Golf Centre
Orpington, BR6 9BX
Coach - Nigel Lee
nlee.golf@btinternet.com

Sun 21 Oct 2pm-4pm
Sat 17 Nov 2pm-4pm
Sun 10 Feb 2pm-4pm
Sat 2 Mar 2pm-4pm
Thurs 14 Mar 11am-1pm
Sat 23 Mar 2pm-4pm
Sun 14 Apr 2pm-4pm



If you would like to attend please contact the coach to reserve your place(s). Bookings will be taken on a first come first served basis and each session will have a maximum of 15 participants.

ARE YOU ON FACEBOOK?

If so, join the **KASBAH** page to connect with us and other members

It's a chance for you to meet with other like-minded people, share your news and achievements, and chat about life in general

Want to get involved?

www.facebook.com/groups/125477702659/

FOR SALE

Quickie Q2 Wheelchair
20" frame, metallic red
Been used twice,
as new condition

£250

Please call Hattie Webb House for more details
01634 404468



Voluntary Action within Kent has expanded its "Be Our Buddy" project into all Kent districts. BOB recruits peer mentors to work with young people (8-18 years) with mild disabilities or a social communication difficulty. This service supports young people to overcome real and perceived barriers and enables them to access mainstream activities such as sport, Uniform groups, dance, art and drama classes etc.

This community based service is also recruiting volunteers (16-30 years) to befriend young people and full training will be provided. For further information, including referral procedures and local contacts please see our website vawk.org.uk/Young-People/Be-Our-Buddy

Fundraising News

THANK YOU!!

A big thank you to Sarah Gough who had one of our fundraising boxes at her workplace, and raised £10.36.

Our collection boxes can be located anywhere, such as pubs, clubs, shops, workplaces or at events. If you would like to help raise funds for KASBAH with one of our collection boxes, please contact The Hive (contact details below).

THANK YOU!!

Our friends at the Acoustic Valium Music Project have raised £253 for KASBAH. Some of this was from the Rock 4 KASBAH event they held a few months ago, although additional donations have come in from two other events. Acoustic Valium provides a showcase for unsigned musicians in Kent, with the aim of supporting local charities by fundraising at local gigs.

Please see livemusicaroundtw.co.uk for more details.

Your chance to raise funds for KASBAH

Could you raise funds for KASBAH by taking part in a sponsored event? Here are some ideas to get you thinking:

- Sponsored walk, jog or run, or wheelchair event or bike ride
- Want to lose weight? Be sponsored for every pound in weight you lose
- Keep the kids quiet for a whole day and have a sponsored silence
- Bounce a ball for as long as you can
- Karaoke marathon - sing as many songs as you can (could be with a group of friends)
- Giving up smoking
- Bungee jumping or parachute jump
- Sponsored swim
- Dog owner? Take your pooch for a sponsored walk
- Like knitting? Be sponsored to knit for a set time (or with a group of knitting friends) and create something memorable that could be donated or raffled
- Sponsored leg wax (for the men) or are you brave enough to have your chest waxed??
- Sponsored head shave



If you need help arranging a sponsored event please let us know, we may be able to assist with organisation, publicity and finding a suitable venue.

Your donations really are VERY important to us. We could not keep going without them, especially as many of our services are provided for free, such as our Advisor Service and DIAL.

Every penny really does count.
Can you help?



Stay in touch....

Remember the staff at KASBAH are here to assist you. We can be contacted at our main office at 7 The Hive, Northfleet, Kent, DA11 9DE
by phone on 01474 536501
or email admin@kasbah.org.uk

The office is open from 9am to 4.30pm weekdays.

Let us know!

Please tell us if you have anything you'd like to share with other members.

We're also keen to hear from you if you have any comments about how KASBAH can improve its services, or if you have any new ideas. We can also share your experiences with other organisations or services you'd like to recommend to others.