

KASBAH Annual General Meeting Fast Approaching!

**11 am, Monday 13 October 2014 - Dehavilland Suite,
Holiday Inn Rochester – Chatham, Maidstone Road,
Rochester ME5 9SF. If you can attend, please arrive
promptly. Tea and coffee will be available from
10.30 a.m.**

**Please come in the side access for easier direction to
the meeting room. A volunteer or member of staff
will be there to direct you.**

**Don't forget to send your postal vote back to the
office if you are unable to attend. Your vote does
Count!**

Seabrooke House Fete

**The Seabrooke House Summer Fete which took place
early September was a great success
raising over £500!**

**See staff, volunteers, service users and the Mayor of
Dartford, Councillor Avtar Sandhu MBE (who also
opened the Fete) enjoying their day out!**



A message from Emma...

Hi From me

I hope you are well.

We have had a quiet summer and are all now Refreshed and ready for our next challenge.

We are actively looking to relocate our KASBAH office, preferably in the Northfleet, Gravesend area. Can you please keep your eyes open and let us know if opportunities arise as we need office space for at least 10 staff members and ideally extra capacity for a new venture.

I am currently based at The Sailing Club in Gravesend but can still be contacted via the main office.

Do keep in touch!

Becky wins a Prestigious Award

For the first time, the Kent

Learning Disability Partnership Board set up an award programme to acknowledge service user success and exceptional staff contributions.

KASBAH nominated Becky Glibbery (Supported Housing Manager) for the 'Supported Housing' award with a particular emphasis on how Becky has been innovative with learning and finds way to make it fun.

Becky won this category with a special acknowledgement to her contributions such as 'Come Dine with Me' and the various events the KASBAH service users have been supported to organise.

Becky received her award and a winner's lunch on Tuesday, 2nd September at Sessions House. Well done Becky!

Best Wishes

Emma



Seabrooke House

Seabrooke House Service Users went to the New Forest for a weekend away. They stayed in a cabin in 'Milton on Sea'. Once we all arrived, we were a little early so everyone had lunch in the park's pub 'Cheers' and got to know where everything was. Once we collected the keys to the two lodges, we all settled in. The accessible cabin was a great size, it had a soak away shower and low sides in the kitchen. After each cabin was inspected and rooms were chosen, everyone decided to unpack, have a game of tennis and explore the park. We all then met up in the entertainment area and took part in a quiz (we didn't win!). After discussing our plans for Saturday, we all decided on going to the Isle Of Wight for the day, it worked out cheaper to take our mini bus and go on the ferry from Southampton - so on Saturday at 10am on the dot we set off on our adventure. After arriving on the Isle of Wight, we found somewhere to eat, it was a picturesque village with thatched cottages, and quirky little shops. We set off around the island to see the Needles, before heading back to catch the ferry. On Sunday, we decided on driving through the New Forest, and visiting the village Burley. After viewing outstanding scenery and stopping to see the famous New Forest ponies, we set off to Burley, a small village with lots of character and quirky shops, it was then time for a spot of lunch of Fish n Chips and onto the beach, where Richard and Jim braved the bitter water and stoney beach for a dip in the sea. It was then decided by the guys that we should head back to the park to get ready for our last night. On Monday, it was time to pack up and head home. Everyone had a fantastic time and would like to visit the New Forest again in the future. Catherine Kemp, Life Skills Coach



All Directions

At All Directions we have now begun short courses and two courses of particular interest may be the Youth Programme from 19-28 as well as the Volunteers Course. Each course runs for eight weeks concentrating on particular areas of interest.

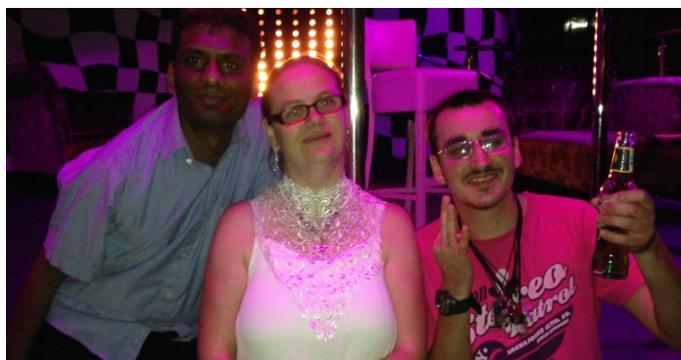
We have Friday Coffee Mornings 'For All' from 10-12.30p.m. which include Table Sales and Raffles (you can also have your own Table Sale). On the 26th September, we combined the MacMillan Coffee Morning with our 3rd Birthday Party with a live band, food and games for £5. On the 27th October we are hosting a Caribbean Festival including food for £6.00, prepared by a wonderful chef. Best Wishes, Caroline (caroline.mcgonigle@hotmail.co.uk).

Rochester Road

Katie celebrated her 26th birthday at the Meeting Place Café where all the other service users from different homes joined her for lunch and birthday cake. Here Katie opened all her birthday cards and was thrilled when Rochester Road surprised her with hair accessories as their gift to her.

Recently service users from KASBAH have been attending a disability event held at a nightclub in Maidstone called Wonderland. This event is held

once a month for the guys to get their groove on. Ash from Rochester Road is a regular attendee and thoroughly enjoys the evening, allowing him to meet new people, let his hair down and dance the night away.



I would like to take this opportunity to provide you with some information about Young Kent's me2 programme. Funded by BBC Children in Need and Aiming High Medway, this programme aims to counter the negative attitudes and social barriers that often prevent disabled young people (including young people with additional needs) from being included in mainstream youth and leisure activities. This is achieved by bringing together disabled young people aged 13 to 19 with non-disabled peer mentors. Mentors (aged 15 to 19) are given the opportunity to complete an intensive 3-day peer inclusion mentor training course and subsequently provide supportive relationships that enable disabled young people to be included in local clubs of their choice. Mentors receive on-going support and there is a planned withdrawal process. Young Kent delivers the me2 programme across Kent and Medway. Please find enclosed leaflet for anyone who might like to refer a disabled young person onto this programme.

Please do not hesitate to contact me if you would like to discuss this programme in more detail. Jon Rees- me2 Coordinator—: 01622 351150 : www.youngkent.org.uk

The Meeting Place Café

Don't forget about our café. We are Unit 70, High Street, Gravesend. Pop in for an iced coffee and/or some delicious gluten free cake! We are there Monday-Saturday.



Brogdale CIC

Hello, with everyone back at school and hopefully settling back in we have all our clubs running this week.

MASH

Lego and arts club from 4.30 – 6pm where we have the use of both the sensory and soft play rooms

West Faversham Community Center

Monday Youth club 5.30 - 7.30 with Johnathan and Kelly for 11-25 year olds.

Wednesday 5.30 - 7 for 8-12 year olds, the Jr youth club for both disabled and mainstream young people.

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

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

Ashford Gateway +

Cooking up Ideas clubs - teen club is from 10 - 12 for 14 - 18 year olds the JR club is for 10 - 13 year olds from 1.30 to 2.15 both this Saturday with Rachel and Ben.

Brogdale Farm Saturday 10 - 1 gardening club, Growing for the future with Kelly and Laura

Maidsmorton Farm Sunday 10 - 1 gardening club, Muddy Puddles with Johnathan and Pete.

We look forward to seeing all soon.

Kind regards – Sarah, Brogdale CIC

News from the Advisor Service

Karen Heath
KASBAH Advisor
& Carers Development Officer

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



After working within the Advisor role during the summer, Veronica is leaving on the 24th of September. During this time, we have set up the buddy group and the group has been out twice. Our last outing was to the Guildhall Rochester museum, Rochester Cathedral, before going the Cosmo Chinese restaurant for a buffet meal. The group thoroughly enjoyed the day and is looking forward to future outings.

A new trainee social work student (Katie Finch) started in September and will be with KASBAH until the 19th of December 2014. Katie will be working along-side Karen within the Advisory role.

We are still looking for volunteers to act as sitters/befriender service for carers in the Dartford, Gravesham and Swanley areas. Please contact Karen or Katie on 01474 532950 if you are interested in this role, or know someone who might be. This role involves a volunteer visiting a carer for about an hour or so to sit with the member, so that the carer can do something like watch TV or have a bath without worry. **Even if you are unsure if volunteering is for you, you could try volunteering just once, even as a taster to see if you would like to continue?**

Veronica would like to take this opportunity to say 'thank you again for making me feel so welcome at KASBAH.' Best Wishes, *Karen*

Short Breaks

During our July session a photographer from the Kent Messenger visited to take pictures of our Co-ordinator, Rachel Bowman, who had been nominated for a Pride in Medway Award. Also during our July session we were delighted to receive a donation from one our parents towards the project and we are very happy to have also received a donation from the grandmother of another of our young people. With part of the money, we purchased sports equipment which we were able to take with us when we visited Broadstairs in August. With the remainder of the money we will be able to fund another trip out, possibly to the pottery in Maidstone. Thankfully the weather was lovely when we had



Rachel Bowman with Mayor and Mayoress of Medway at Ethnic Minorities Fair (left photo).

our seaside trip, enjoying the beach and having a fish and chip lunch, we had a fun time when visiting the local crazy golf course also.



Continued..

An activity which was enjoyed by young people and staff alike. Members of the Short Breaks staff had a stand at the Youth Fair, at Fort Amhurst, in July. We were pleased to meet a large number of young people who were interested to find out what we had to offer disabled young people in Medway. We also attended the Transition Fair at the Corn Exchange in September and showed young people what we can offer them.

Our sessions run on the fourth Saturday of the month at the Millennium Hall in Rainham from 11 pm to 2 pm. We are always happy to welcome new members. Please come along and see what we have to offer. Forthcoming sessions are 25th October and 22nd November. Please contact Rachel, Co-ordinator, on 07505 489049 or e-mail us on shortbreaks@kasbah.org.uk



Hattie-Webb House

Hattie Webb House tenants and day service users have been making full use of the nice weather with various trips out and about, these have been planned by the service users themselves - they choose what, where and when and then discuss further details, cost, how to get there, times etc.. During times when the weather is not so great they fulfil their skills within the house.



HWH are pleased to welcome a new day service user,

Bianca. Bianca accesses the services here at HWH twice a week and has settled in with us very well. We are looking forward to making some great memories for Bianca as well as meeting her independent living skills needs.



Staff are now looking forward to having their office space at HWH redecorated, using calming and vibrant colours.

Look out for the photo's from the Staff v's Service Users wheelchair basketball match, this took place on the 27th September 2014. More information on this event will be in the next newsletter, watch this space.

Amber is looking for a second hand guinea pig run for the garden, if anyone can help, maybe a keen carpenter could make one or if anyone has one that is no longer needed, please do contact HWH. Amber's fur kids desperately need a new one so they remain safe in the garden.

Ross has started his wrestling commentary this involved commentating live on wrestling matches; he is really happy with this achievement and has wanted this for a very long time. Well done Ross ;-)

There will be a vacancy at HWH in the future for a live in tenant/service user; do you know of anyone that would like to join the service with the benefit from having staff support to enable them to live independently in the community? For further information please contact Dawn Varley House co-ordinator 01634 404468 dvarley@kasbah.org.uk.



Maddison House

Maddison House and Rochester Road join SASBAH for a weekend away

In early September, seven of KASBAH's residents (Nicola, Ash, Abigail, Michael, Graham, Dan and Simon) went to Sussex for an activity weekend. They took part in activities such as Rock Climbing, Abseiling, Archery, Target Practice (with a gun that shoots pellets!) and more! All of our guys really enjoyed the weekend and said that they would go again next year!



'It was quality, I made some good friends, my favourite activity was the tunnelling. The food was good! (I had sixteen roast potatoes!)- Daniel Storey quoted on his weekend away. Thank you SASBAH for a lovely weekend!

Shine Bowel & Bladder Workshop

Please find the following event that is taking place on Tuesday 21st October at Resource for London, Holloway Road, London. There will be two sessions - the first for parents and the second for adults. Please see the flyer (see below) for anyone who may be interested. More information can be found on our website under the events section.

Kind regards -Joanne Tailor, Administrator - Southern Region

Suite 1a, Grove House, London Road, Halstead, Kent, TN14 7DS Tel: 01959 534618

Shine: Spina Bifida, Hydrocephalus, Information, Networking, Equality Registered in U.K 877990
Charity No: 249338 <http://www.shinecharity.org.uk>

Shine's Lifelong Opportunities Programme 2014



Bowel and Bladder Workshops

for Parents and Adults

21st October 2014
10.30am – 1pm Morning session for parents
2pm – 4.30pm Afternoon session for adults

An opportunity for members to receive up to date information on bowel and bladder issues and discuss any concerns/issues in a confidential environment.

Sessions to be presented by Gill Yaz and a representative from Qufora.

Venue: Resource for London (Seminar Room 4)
356 Holloway Road, London N7 6PA



Cost – £5/head • Refreshments will be provided.
Light lunches can be bought in the café at the venue.

There is no provision for children at this event.
Nearest accessible Tube is Caledonian Road

To book, contact Joanne Tailor E: joanne.tailor@shinecharity.org.uk or phone the London and South office on T: 01959 534618. Closing date for booking 07.10.14

Reg Charity No. 249338

Making a Will

Why do Charities rely on gifts in Wills?

Everyday, people do legendary things or good causes such as skydiving, mountain climbing, marathon running to name a few. Gifts in Wills are lesser known acts but an equally extraordinary and important way to support charities.

How much should people give to charities?

All gifts of any size can make a real difference, this is completely your choice.

Many people find it hard to think about writing their Will. What advice could be given?

Firstly, there really is not a specific time when you have to write a will, but many people do it when a big life event happens, like having children or grandchild, retiring or moving house. You can choose to do it when the time is right for you. Your family and loved ones may come first when it comes to sharing out what you leave behind but once they are all looked after, you have a great opportunity to remember a cause that's close to your heart and matters to you.

What is the best way to go about arranging a Will?

It is recommend that you write your Will with the help of a solicitor or legal professional who can draft it for you. This will save putting your family and friends though any difficulties that may arise when distributing your estate. It will also ensure that your wishes are carried out exactly as your request. The cost of making a Will varies across the UK from solicitor to solicitor. For solicitors in your area go to:

<http://www.rememberacharity.org.uk/making-a-will/solicitor-finder/>

Charity Quiz Night



DGS My Choice
empowering people with learning disabilities

Charity Quiz Night

Thursday 9th October
Dartford Conservative Club
46 Spital Street, Dartford, DA1 2DT

Tickets
£5.00 per person
Bring your own 'nibbles'

Maximum of eight to a team
Doors open 7:00pm for a 7:30pm start

Licensed Bar
(drinks must be purchased at bar)

To book your table please contact:
Fundraising on 01322 425995 or email
mariska.messer@dgsmychoice.org.uk

KEIBA WINNER
Kent 2015
DGS My Choice
Charity Registration No. 1103190

To be held at Dartford Conservative Club, doors open at 7pm.

It will be a fun evening and a great way to spend a few hours with friends, family and colleagues.

Tickets are just £5 each with a maximum of 8 on a team. We do hope you will be able to joins us – don't delaying in booking your table!

Mariska Messer
Community Fundraiser
Direct Line: 01322 425995

ANIMALS FOR THERAPY

Therapy Groups

Starts - Mon 22nd Sept to Mon 3rd Nov
 ANXIETY - 5.30pm to 6.30pm
 DEPRESSION - 7pm to 8pm
 & then - Mon 10th Nov to Mon 15th Dec
 SELF-ESTEEM - 5.30pm to 6.30pm
 ANGER MANAGEMENT - 7pm to 8pm

6 Sessions Each

CALL 0845 6044921
 therapy@animalsfortherapy.org.uk

Animal and nature therapy led by our BACP Counsellor.
 Come and learn coping skills in a small group
 at our beautiful environment centre

£60 for the Program
 or £100 for each combined programme

Please Call or Email to Book or for Further Details
www.animalsfortherapy.org.uk

Animals, Nature & Horticulture

Activities & Therapy

Animals for Therapy

Monday therapy groups start in just a few weeks. These programs are suitable for young people and adults aged 15 years. Spaces are limited to 10 per group so please call us direct for more information and to book.

Parents/Guardians/Carers for children, young People and adults that may be more suited to 1-1 Animal Assisted Activities and outdoor/nature therapy including those younger than 15 years old, please do get in contact to discuss availability for 1-1 sessions during the week. Direct payments and personal budgets can be used against our services.

Victoria McHolland-Pilcher
 Education & Therapy Programme
 Director

T: 0845 604 4921 or 020 8850 6778

E: victoria@animaldaysout.com

W: <http://www.animaldaysout.com>



Easy Halloween spiderweb biscuits (makes 8 biscuits)

Ingredients

8 Rich Tea biscuits or other buttery biscuits

100g dark chocolate, melted

2 or 3 tablespoons icing sugar & a few squeezes lemon juice

Melt the chocolate in the microwave for about 30 seconds. Mix well until smooth and shiny. Spread some over each biscuit, then set them aside to set up, about 10 minutes or so. Mix the icing sugar with a few squeezes of lemon juice to make an icing paste. Spoon into a pastry bag with a fine nozzle. Starting at the centre draw 3 circles, each one bigger than the other. Use a fine knife or skewer to drag or distort the circles from the centre outwards in order to look like a web. You can fill in these lies with icing too. Set aside to harden before serving.

Thursday, 19th March 2015 9.30am – 4.30pm
Jaguar Exhibition Hall, Ricoh Arena, Coventry, CV6 6GE

Floor plans now available!

Book now to secure your space – No payment due until December!

The Kidz exhibitions are the largest UK events of their kind aimed at parents, carers and healthcare professionals. The focus of these events is equipment, products and services for children and young adults with disabilities and special needs, their families, carers and the professionals who support them. Kidz in the Middle (now in its seventh year!) will once again be held at the prestigious Ricoh Arena. The venue is fully accessible with the entire exhibition all on one level. There is also ample **free** parking to accommodate all our visitors and exhibitors. With a 16% increase on visitors last year and over 120 exhibition stands offering information on equipment, seating, beds, mobility, bathing, communication, accessible vehicles, transition, services, wellbeing, sports and leisure, the event promises to be a hive of activity. Third Sector and Statutory Organisations will also be on hand providing a diverse range of information and advice relating to alternative funding streams, specialist schools and colleges, transition, benefits - direct payments, personalised budgets and much more. A full programme of **free** CPD seminars will be running alongside the event covering a wide range of issues and more. By exhibiting you will have the opportunity to:- Get face to face with a highly targeted audience of over 2,500+ potential customers in just one day Use the event as a platform to launch your new and existing products and services

- Generate onsite sales
- Develop new sales, leads and contacts
- Grow your brand awareness in the pre-show marketing campaign and with your onsite presence.
- Gain immediate customer feedback

The Kidz Team are very passionate about their work and have a very proactive approach. They have, and continue to work tirelessly to ensure that all people with an interest are aware of our events, and that they do have the opportunity to access the most up to date information on products and services etc. The Team continue to establish good working relationships and partnerships with key stakeholders: health and social care professionals, local authorities, equipment services, portage, case managers; schools, funders, disability groups, individuals and a vast number of other relevant organisations to help build awareness and promote our events.

Due to the level of interest in our Kidz events we anticipate demand for space at Kidz in the Middle will be high. You can book now to secure your space and no payment will be due until December 2014! The cost of exhibition space for commercial stands remains the same as last year, £135 + VAT per square metre. The cost includes a shell scheme stand with name board, listing on the visitors free entry ticket, listing on the website and show within the show guide for this event. The ticket and show guide are both mailed out electronically to all contacts on our database. The ticket is mailed out hard copy 6 weeks prior to the event and the show guide is handed out to all who attend on the day. or a shell scheme stand. To view the floor plans click on the link below:-

<http://www.disabledliving.co.uk/Kidz/Middle/View-floorplan>

To register your interest click the link below to access the provisional online booking form:-

<http://www.disabledliving.co.uk/Kidz/Middle/Book-a-stand>

Once you have completed and submitted the provisional online booking form, a member of the Kidz Team will contact you. Although we cannot guarantee your stand option, we will do our best to accommodate your requirements. Disabled Living reserve the right to change the floor plans and stand numbers and will have the final say on stand allocations. If you have any questions or would like more information on other promotional opportunities available please contact the Kidz Team on the number below.

We look forward to working with you in the coming year. Kind regards Carmel Hourigan
Admin & Exhibitions Manager - 0161 607 8200

Fun Page -



Halloween has many titles including; All Hallows eve, Samhain, All Hallowtide, The feast of the dead, Summers End, Witches Night, Snap-apple Night, Lamswool, Hallowed End and El dia de los muertos.

The word "Witch" is derived from the Celtic word, "Wicca" which was someone who believed in the supernatural and had special supernatural powers.

The traditional Halloween black and orange colours represent the two sides of Halloween. Black representing the dark side of the festival and orange referring to the harvest season.

The tradition of , 'Trick or treating' came from the Celtic tradition of leaving out treats to please the spirits who roamed the earth at the old Celtic festival of 'Samhain', a sacred festival which marked the end of the year!

Boston, Massachusetts in the U.S.A holds the record for the most Jack-O-Lantern's lit at one time in the world, with a staggering 30,128 burning!

The Bonfire originated during the pre-Halloween sacred festival of 'Samhain', when bonfires were lit to ensure that the sun would return after the long, hard winter. Druid priests would throw the bones of deceased cattle onto the fires and so the name, "bone fire" was created, which later evolved to become 'Bonfire' as we know it today.

Halloween is believed to have originated in Celtic Ireland around 4,000 BC!

The tradition of bobbing for apples originated during ancient Roman times, during the harvest festival of 'Pamona', the goddess of fruit trees!

Stay in touch...

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

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

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

Newsletters are edited by Mrs Sophie Aiken