

KASBAH Summertime Ball

Our KASBAH Summertime ball was held on the 7th September 2018 and was a great success. We thank everyone who came and made it a great night and our staff members who continue to support KASBAH and make events like this possible for our guys. Thank you to everyone who helped out on the night and Vegan Antics for their KASBAH cake and Jason Owen, for giving out the awards. Of course a big thank you to Victoria, Sam and the Maddison house guys for creating a wonderful night for all of us to enjoy. We received some brilliant silent auction and raffle prizes and raised over £1500 for KASBAH.



KASBAH AGM

We held our KASBAH AGM on 26th September at Port Lympne hotel in Ashford, which had a big turnout of members. We first had our meeting and then enjoyed a safari ride around the park. The Mayor of Ashford, Jessamy Blanford, attended too and joined in with the safari ride. Overall it was a huge success and our best yet!



A message from Emma...

Hi from me,



It was lovely to see some new faces at this year's Annual General Meeting and a lovely day at Port Lympne, it was a really pleasant way to conduct some necessary business of the charity and to socialise with our KASBAH members. Our new house purchase is progressing well in Northfleet, KASBAH would also like to focus on development within our outreach team so if you have a need we can assist with in North West Kent or Medway in your home or out in the community, please contact Jill Tiller on 07762 340682. We provide specialist support in completing all daily living skills such as housework, budgeting, cooking, shopping, interacting in the community. This team does not have the capacity to provide personal care but can prompt in this area. KASBAH are also keen to recruit more volunteers for our specialist benefits service; DIAL in Northfleet. We provide training in form filling and also need confident people to answer disability queries and book in appointment on the phones. I hope to hear from you soon.

Best Wishes

Emma

KASBAH Christmas Competition



As Christmas is approaching we have decided to host a competition for our members. To have the chance to win a £15 Love to Shop voucher then simply solve the riddle below and send your answer back via post or email.

You will know that I am coming from the jingle of my bell, but exactly who I am is not an easy thing to tell. Children, they adore me for they find me jolly, but I do not see them when the halls are decked with holly. My job often leaves me frozen, I am a man that all should know, but I do not do business in times of sleet or ice or snow. I travel much on business, but no reindeer haul me around, I do all my traveling firmly on the ground. I love the time of Christmas, but that's not my vocational season, and I assure that is because of a sound economic reason.

Officeadmin@kasbah.org.uk / 7 The Hive, Northfleet, Kent DA11 9DE

All entries must be in by the 20th December 2018.

Good luck!

News from the Advisor Service

Sophie Heath - KASBAH Advisor

Email sheath@kasbah.org.uk Office: 01474 536 202

Hi all,

Some of you may know me as the Gingerbread House Coordinator however, I have had a role swap within KASBAH and am now the new Advisor (I will still be involved in our Playscheme service too). I have been part of the KASBAH family for 5 and a half years, during this time I have worked alongside Karen when needed in an Advisor capacity. Karen is still with KASBAH but she too has had a role swap and is now supporting the housing projects. I am ready for a new challenge and look forward to helping you all with any advice or guidance.

Best Wishes

Sophie



WE'RE
ALWAYS HERE

Nobody needs to feel alone this Christmas

Talk to us any time you like, in your own way – about whatever's getting to you.

 **116 123** **FREE**
This number is FREE to call

 jo@samaritans.org

 samaritans.org

SAMARITANS

A registered charity

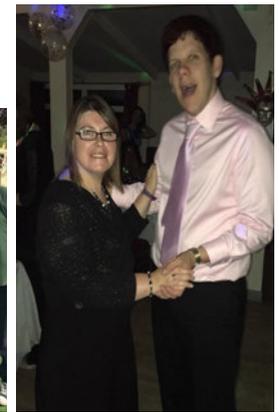
News from KASBAH Services.

Rochester Road- Rochester Road have been spending a lot of social time together, making most of the weather before it gets too cold. Nicola, Karen, Abigail and Katie A visited the Fenn Bell Inn this month alongside some very chatty parrots. Katie also joined in with a weekend activity with Matthew and Abigail to Kent Life. They said they thoroughly enjoyed the day out and really made the day of it. Finally, Rochester Road would like to wish Stephanie good luck in her new flat. We hope you settle in well and enjoy your independence.



Maddison House-Hi Everyone! It's been a fun filled few months at Maddison House. We have attended lots of social events including Race Night and Katie A's 30th Birthday celebrations. We helped to organise KASBAHs Summer Ball in September, huge thank you to everyone who helped out and supported the event we raised over £1500 which is a new record! We have also had some great social skills sessions including Laser tag and we bumped into the lovely Katie Price at The Beach at Bluewater! She stopped for a photo with us. By the time this goes out we will have also been to

Butlin's in Bognor for a 90's weekender also. We have our usual Christmas dinner planned at Maddison house and hope everyone has a brilliant Christmas and New Year!



Short Breaks-At our session in August we had a drumming workshop which the young people thoroughly enjoyed, especially as they were able to make as much noise as they wanted! At the beginning of September young people paid a visit to Howletts Zoo. The weather held up and they had a great time seeing as many animals as they possibly could and marvelling at their antics. At the end of September, we had a visit to the go-karting circuit in Sittingbourne. This was our second attempt as we were rained off when we tried before! Everyone had a great time and enjoyed visiting the American diner on-site for their dinner. We are planning a visit to Planet Ice at the end of October to watch an ice hockey game. Our young people really enjoy watching the games which can be incredibly noisy and chilly in the arena! Our Christmas dinner will be on 14th December at Spoons in Chatham where young people will have a vast choice of foods to choose from. On 15th December will be having our Christmas party and would like to invite as many present and past young people to come along. For more information please contact short breaks on - Shortbreaks@kasbah.org.uk



Gingerbread House-

This month Gingerbread House have had a full house. We have welcomed Jake and Darren to Gingerbread House. Day service have taken trips to equine therapy & the cinema. They even had a little treat with a visit to Creams Café. The house has celebrated Halloween in full scare style. We made ghosts out of milk bottles and carved loads of pumpkins! We even had a lot of visits from trick or treaters. As you may have read Sophie Heath is leaving us to join the advisor service and will be greatly missed, we wish her the best of luck on her new journey however we are all looking forward to Scott Matthews joining the Gingerbread team as the new house coordinator.

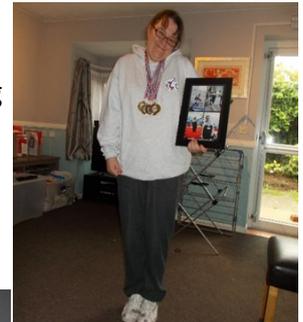


Hattie Webb House—

All the service users and staff here at Hattie Webb House are in the process of planning for Christmas, this includes festive meals out and activities. We love this time of year and we aim to always make it extra special for everyone. Sadly, we will be saying farewell to Tina, Tina has decided to take a break and spend time with her family, she will be greatly missed by everyone, however we have persuaded Tina to join us with our Christmas plans and pop in regularly for cake. Day service are going to be pumpkin picking and carving for Halloween, in addition to their Christmas activities. Day service have been focusing on cooking and healthy eating, there have been some fantastic meals produced, that all have enjoyed. Well done to Emma Shires on winning your medals for Gymnastics, we are all very proud of you and your achievements.

Since the summer Hattie Webb House has been very quiet, service users have been supported and encouraged to identify their individual support needs along with how staff can support them effectively and how they would like to be supported, in addition to this, with staff support and planning on how to achieve new future goals. Bunny updates: All four fur babies are doing very well, Jack and Lily have successfully bonded and are now living together, Dexter and Darcy continue to keep Daisy very busy with their cheekiness.

These cute bundles of fluff are very entertaining for all and enjoy lots of cuddles. If you would like to pop in and visit us or for further information about our services then please contact us, Dawn Varley, Hattie Webb House, House Co-ordinator 01634 404468



Seabrooke House- We hope as many of you as possible will be able to attend our Annual 'Come Dine with Us' fundraising event this December. Our funds raised during recent years have enabled us to purchase a new telly with a soundbar, as well as the opportunity to rejuvenate our gym (as well as purchase a Multi Gym) for more information on this years event please contact Seabrooke House on—01322 386 841. We have had lots of movement in regard to our staff and trainees. We would like to wish Jake and Kieran well in their new homes- we hope that they have achieved everything they would have hoped for at Seabrooke House and that by staying under the KASBAH umbrella our staff within our organisation can continue to support them to identify goals and achieve them. Please make time to pop in to our Charity Shop where there will be various Christmas stock and gifts available to purchase. We hope everyone has a fantastic Christmas, Happy New Year to you All and here's to a happy and healthy 2019.

Seabrooke House Day Service— Don't forget that Seabrooke house day service is on Monday to Friday on a weekly basis. On Mondays day service do in house training and also work at the charity shop for work experience skills, We are possibly looking at taking the day service for work experience at a farm. On Wednesdays and Fridays day service will be doing in and out of house activities and on a Thursday we do a social meal where the guys will choose, prepare, cook and eat a meal together. If you are interested in our day service please call Seabrooke House on 01322 386 841.



Do you have a little free time to offer? Kids are at school, or you want to meet new people or you have retired and need a little stimulation? Whatever your situation we need people to volunteer for the benefits service that we offer. DIAL (Disablement Information & Advice Line) are based in Northfleet and are a lovely team of volunteers who help fill in benefit forms, answer disability questions over the telephone and book in appointments. Office hours are usually 10 a.m. until 3 p.m. Monday – Thursday. If you are interested and want to hear more about this position, contact Sheila on

01474 532 950.

A kind letter from our previous DIAL volunteer

So now I am finally back in paid work after a few years of preparing myself, I can reflect and realise how far I have come since my caring role ended in 2016. I started at DIAL only 8 months after my caring role ended. I was feeling overwhelmed by going back into work even if it was only voluntary. My very first day arrived and, as I walked into the office, I was greeted by Sheila the volunteer coordinator. She exclaimed “are you any good at unsticking doors, the back door is jammed!”. We spent the next fifteen minutes with first me lifting the door while Sheila turned the key and then the opposite way around. We unjammed it and then I said “blimey – I’m going to put the kettle on”. Sheila and I had been introduced and I immediately liked her. The first couple of weeks were a bit hard as I really wanted to help but didn’t know much really. I slowly began dealing with queries on the telephone and was praised constantly by my colleagues even when I got it a bit wrong! Slowly my confidence began to build, and I became more knowledgeable of the benefits system. One day a client rang and asked if I could help them with a housing benefit form. I confidentially said to them that it isn’t something that DIAL usually do but I had completed them for myself and that we could go through it together if she wanted. I told Sheila and I was a bit worried that she may say I shouldn’t have said that. She didn’t! She said that it was kind of me to offer our client help and, if I felt confident, to carry on. She then explained to me that whatever I did it would be a help because the client had rung me because they were unable to complete it themselves. I was pleased with this comment and carried on doing this sort of thing whenever I felt confident to do so. It was at about this time that I realised a good change in myself. As I continued my role at DIAL my confidence grew even more with me suggesting ways of making things easier in the office and my opinions being taken seriously. Then it came the time where I thought about moving on to paid work. My feelings of nervousness hadn’t changed really about this subject and I was dreading interviews and going back into paid work. Karen, my line manager, helped me with this. She assured me that if I went for an interview and didn’t get the job, it didn’t really matter as it was good practice! A bit of moral support was always available over a cup of coffee. Karen has been very helpful with my new caring role too. Mostly she just ‘listens’ knowing that sometimes that is all I need. So, as I embark upon this new stage of my life. I can see how much DIAL and the staff there supported me over the last two years. They offer help when it is needed most in the most positive way, never forcing anyone to move on to do things that they are not confident doing but more ‘suggesting’ ways of moving on. They help you to build your confidence through voluntary work as well as supporting you on a personal level with everyday tasks. I have built lasting friendships with the people I worked with. When you work for DIAL you are never totally alone with anything inside or outside work. The ‘camaraderie’ among the staff means that everything from helping someone with a difficult benefit form to having to find a venue for a course outside of work is dealt with whilst being supported, you are never alone. Their extensive knowledge of disabilities means that they can support all employees with whatever they are facing. I was privileged to work at DIAL; I enjoyed it and will miss it terribly.

-Sent to us by Suzi Mason, a wonderful ex DIAL volunteer



New! Support group for Carers



Where:
Live Well Centre, Canterbury Road
Ashford TN24 8QF

When:
Courses running from November

To book onto a course please visit:
www.westkentmind.org.uk/carers

Caring for someone else can have a huge impact on your own health and overall wellbeing. It can also be very lonely and isolating...

West Kent Mind are proud to offer a 7 week support group based in Ashford.

The group will provide a space for you to meet other carers and learn the appropriate tools to help ensure that you are taking good care of yourself too.

Live well Kent
Community wellbeing

mind | West Kent
for better mental health



Delivering
independent support

Independent Support Service in the Kent County Council authority area
Since October 2014, Totius a consortium of parent-driven charities, with Beams as the lead agent, have been commissioned by the Council for Disabled Children to deliver Independent Support in Kent. The Independent Support programme was originally commissioned to be a time limited resource, supporting the transition from Statements to Educational Health and Care Plans, and although the service has previously been extended it will now come to an end on 31 July 2018. During the 4 years that we have been involved in this programme, our staff have supported hundreds of families. As parent-driven charities, we are extremely proud of the professional support and dedication our staff have given to parents and young people who have used this service. From August 2018, advice and support will continue to be available to families through their local SEND Information, Advice and Support Service, which in Kent is delivered by Information, Advice and Support Kent (IASK) Helpline: 03000 41 3000 and also through the National Contact helpline Freephone: 0808 808 3555. If you have any queries, please do contact us.

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 officeadmin@kasbah.org.uk

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

Newsletters are edited by Lauren