

Membership Renewal Forms

It's that time of the year again, time for a membership renewal. Please fill out the form inside the envelope and return back to us as soon as you can. We wouldn't want to have the incorrect details. Please know that if you can't pay the full £6 membership fee not to worry, as we appreciate any contributions. If you would like to send this by post then our KASBAH Freepost address is **KASBAH Business Response RTJU-TGUZ-AJUE Gravesend, DA11 9DE** Alternatively if you would like to send it via email then please email your completed membership form to officeadmin@kasbah.org.uk



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 365 962 on Monday or Thursday.

A message from Emma...

Hi from me,

I hope you have had a positive start to 2019! We are anticipating a change in the way DIAL and our Advisor Service is funded this year so I would like to ask you all a few questions to assist us in understanding the current needs of the service: Please feel free to e-mail your answers back to officeadmin@kasbah.org.uk or give Lauren a call with your feedback on 01474 536501



Do you utilise the Advisor Service to assist you with problems, disability issues or issues of discrimination?	YES/NO
Do you need support with your benefits entitlement?	YES/NO
What is your most important support need that KASBAH can assist with?	ADVOCACY/PRACTICAL HELP/ ADVICE/LISTENING EAR
Does support need to be provided face-to-face?	YES/NO
Would you use an online forum to connect to other KASBAH members?	YES/NO

We are also having a recruitment drive to increase our support staff team so if you have skills and experience to share, please call the office for an application pack.

Best Wishes
Emma

AGM Statistics

Our AGM was held at Port Lympne Zoo in Ashford on Wednesday 26th September 2018 and a lot of people attended. We totalled up your answers to our survey and below are the majority results.

Overall content, representation and organisation of the AGM	GOOD
The image of the board and staff	GOOD
Was the venue wheelchair accessible and wheelchair friendly	GOOD
The start and finish time of the AGM	GOOD
The majority for the preferred day and time of the AGM	Monday and Tuesdays
Preferred Time of day	Lunchtime and Evening

The next AGM will be in 2019 so please look out for the dates in our newsletter if you would like to attend

News from the Advisor Service

Sophie Heath - KASBAH Advisor

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

It has been a busy period for us of late in both the Advisor and DIAL setting. I've been to many networking events lately, expanding my knowledge in local services available to offer help in many different areas and DIAL have been inundated with benefit forms. We are currently seeking new volunteers to join our DIAL team in Northfleet, the work includes answering the telephone, offering information, advice and guidance and form filling when training is complete. If you would be interested in the opportunity and would like more information please contact Sheila on 01474 356962. Playscheme was up and running this February half term, all enjoyed a fun filled week of activities, from the Amazing Animal Kingdom joining us, to a day out at Flip Out and indoor arts and crafts activities with some cooking skills included. If you know of someone with a disability who would be interested in Playscheme, supported living or respite services, you can contact myself on 01474 536501 and I am happy to talk you through the process.



Kind Regards,
Sophie Heath - Advisor and Playscheme Coordinator

COLOUR DASH

IT'S OUR 5TH YEAR FOR
THIS EVENT AND 2019 WILL
BE BIGGER AND BETTER!

SUNDAY 9TH JUNE 2019

Swanley Park, New Barn Road, Swanley BR8 7PW at 10.00am

**START IN WHITE AND FINISH LIKE A RAINBOW
WEAR OLD CLOTHES AND A WHITE T-SHIRT**

£16.00 per Adult • £11.00 for 11-16 yr olds • £5.00 for under 11s
£40.00 for Family Tickets, 2 adults & 2 children

BOOK ONLINE

[www.wearebeams.org.uk/events-challenges/
fundraising@wearebeams.org.uk](http://www.wearebeams.org.uk/events-challenges/fundraising@wearebeams.org.uk) 01322 668501 x 5

You can run or walk the 5K route and we will throw coloured powder at you at each 1km marker.
The colour powder is harmless, and is made from natural corn starch with colour dyes that are food and cosmetic grade tested to the highest FDA standard and manufactured specifically for throwing at people.

 **Beams**
Supporting disabled children & families
www.wearebeams.org.uk

We Are Beams is a local charity that supports disabled children and their families in Kent. RNC 1054129

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News from KASBAH Services.

Rochester Road- Rochester Road has been learning about internet safety for internet safety week. They also took part in a Scottish cultural day organized by Yvonne. They were supported to make traditional home cooked food eaten by people in Scotland and did activities about the country. We've also been focusing on healthy eating and food portions. Everyone handmade their own portion plates which all look fantastic. We've also had Thomas come to stay with us who joined in with some lovely group meals and cinema trips. Abigail was supported to go and see Thriller Live which she has recommended as amazing and Matthew has been working hard at his voluntary job at the Woodville Halls on some weekends, so if you need reviews on the latest films he's the man to ask!



Hattie Webb House— We all had a lovely Christmas here at Hattie Webb House, and we hope you did too. Staff supported us to cook a yummy Christmas dinner so that we could all eat together; however, there was far too much food and we were so full afterwards to bursting point. We have recently been preparing for the dreaded snow that is forecasted, by ensuring we have plenty of food and essential items in our cupboards and freezers so that we can stay in the warm and safe.

Day service: Day service have been focusing on healthy lifestyles since Christmas, we have been cooking healthy meals and taking regular exercise. We also always incorporate all areas of independent living, these are literacy skills, budgeting, basic food hygiene, personal safety and much more. Some of us went to SBH for "come dine" the food was amazing, and the atmosphere was very festive, a great time was had by all, well done team SBH. Bunny updates: All our bunnies were very spoilt over Christmas with plenty of treats. As the weather is



now really cold, they are unable to get outside to run around as much as they would like, so they are entertaining themselves indoors in the warm by getting up to all kinds of mischief. If you would like to pop in and visit us or for further information about our services then please contact Dawn Varley, Hattie Webb House Co-ordinator 01634 404468, dvarley@kasbah.org.uk.



Gingerbread House / Outreach -

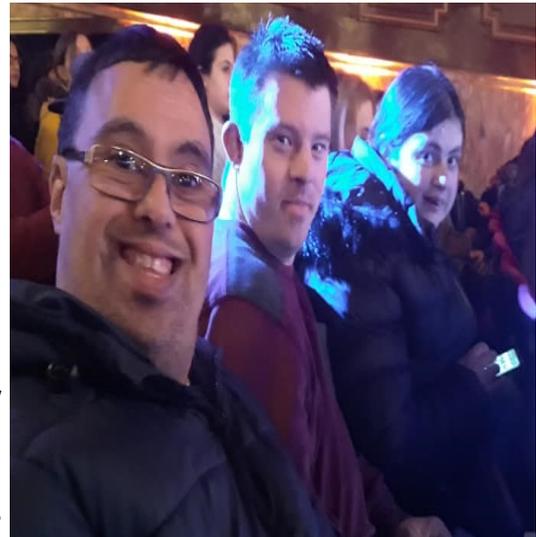
It has been very busy over at Gingerbread House the past few months what with the girls moving into Shortbread House next door. Gingerbread House is now an Outreach house with Jill Tiller as the coordinator. Along with this change we have had some new residents, the house occupants are now Daren, Jake, Victoria and Michael who are settling in well. Gingerbread House has had a lot of decorating done over the past few months as Jake has had his room painted red, we have replaced the carpet in the upstairs hallway and the living



room furniture has been replaced with the walls painted too! There are still discussions between the guys as to what they would like to decorate next to make it really feel like home. The guys have had many days out since being at Gingerbread such as celebrating Michael's birthday with a Chinese and having a trip to the seaside. We also had dinner with Shortbread House next door. The outreach team said goodbye to Charlie and we wish her all the best for the future!

Maddison House—

Hi everyone, It's been a busy start to the New Year at Maddison House. We went to Butlins in November and The Inn on the lake just before Christmas. Everyone spent time with family over Christmas then we went to the New Year's Eve party at The Leather Bottle pub in Northfleet, we were joined by some of Gingerbread House and it was a brilliant night. Everyone has completed new goal planners here so we have fresh challenges and things to look forward to this year. We have welcomed Kieran to Maddison's Outreach as he has recently moved to live independently very close to us. We have enjoyed a trip to London to see Britain's Got Talent being filmed, it was brilliant to watch filming and seeing what goes on behind the scenes. We have lots of other exciting things planned. Let's see what other exciting times and opportunities 2019 brings, we're ready and we hope you are too!



Seabrooke House & Day Service—

Seabrooke House and day service have embraced the colder weather with several rambles in Shorne Country Park. SBH recently went to Laser Tag. Laser tag is a competitive shooting game similar to a video game, but far more interactive. Each player has a laser tag gun and wears a sensor headband. The players try to hit members of the opposing team by shooting at the other players' sensors. If you have never been, here are the details: www.combatlasergames.com or call 01634321317 for more information. We are going to try meditating in the mornings. Meditation is for resting the mind by being silent and just concentrating on you/breathing and thinking positive thoughts. This is a great way to start the day. If you would like to join us for a Mindfulness Day, where we will do yoga and meditation, as well as making vegan food, then give Becky Glibbery a call on 01322 386841. We are having a Taste Sensation Day this month....ever tried any of these?



Short Bread— Since Christmas, Katie & Katy have moved to our new house which we have named Shortbread House they settled in. Shortbread house has completely been redecorated, refurbished, painted and plastered with the help of staff too. We even have some Becky original paintings around the house so keep a eye out for those when you come to visit! In the spring time we are potentially looking at holding an open day for the sites to come and visit so watch this space for dates and times. We have had regular visits from Sophie and Thomas on respite. Cookies day service has now moved into the shortbread conservatory and Katy has joined in with a few activities. Cookies day service have sadly said goodbye to Chantal who is taking on a new adventure of a teaching assistant, we wish you good luck Chantal! Katy spent the night in Canterbury with Alice to watch her favourite actor Harry Reid in panto of Cinderella. Katy has been on many days our and has recently enjoyed a trip to a new swimming pool in Deal.

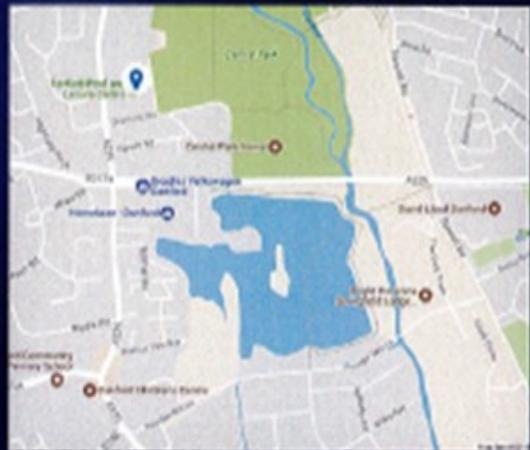




Boccia is a Paralympic Sport similar to Pétanque or Boules. It is played in a seated position therefore ideal for disabled or non-disabled persons to play together.

We meet once a fortnight on a Saturday between 5-6pm. Cost is £2.50 per player per session. There is FREE parking on site.

Venue:
Fairfield Leisure Centre, Lowfield Street, Dartford, DA1 1JB



We welcome new members.

Autism Friendly

A Brighter Future

90 minute workshops to help your life after loss

Loss is the
feeling of
grief after
losing
someone
or
something
of value



West Kent Mind are offering a FREE 90 minute workshop for people who want to help deal with loss in Tonbridge, Sevenoaks & Tunbridge Wells. This may include the loss of a loved one, the loss of employment, a home, your mobility or a pet.

To find out more or to book your place please visit:

www.westkentmind.org.uk/loss or call 01732 744950

Please follow us on our social media accounts

 @NWKDIAL

 @KASBAH

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

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