

Hattie Webb Returns to Kent



Hattie Webb, now an international musical sensation has been an inspirational figure to KASBAH from the moment we met; her genuine caring nature, her passion for life and music. Willingness and desire to help and support any person in their time of need led KASBAH to name its second home in her honour, 'Hattie Webb House'. Hattie has always kept in touch even as her career took on a world-wide tour with Leonard Cohen and as an organisation, we feel very proud of our strong connection and friendship with this very special lady.

On the 12 February, Hattie returned to Kent to open a Songwriters' Season at the Gulbenkian Theatre in Canterbury. It was an intimate affair which made Ross and Emma feel like she was singing just for them and when she dedicated one of her new songs to Ross, it literally blew him away.

It was a fabulous evening, thank you Hattie x

It is now that time of year again when we are looking for your annual subscription.

Please complete the membership renewal form attached and send back to the office (or email back if you prefer).

If you are unable to afford the whole subscription of £6. A donation however small, would be much appreciated. Don't forget, you can even use paypal to make this donation.

A MESSAGE FROM EMMA.....

Hi Everyone

I hope you are well, if any of the KASBAH team can be of assistance please do make contact with us, we would love to hear from you.

I have been spending my time recently developing my knowledge in the expectations of CQC (Care Quality Commission) as we now are registered to support service users develop skills in the area of personal care. This has been a real eye-opening experience as we know we are a good provider but have had to develop new systems of recording to evidence the good work we support and achieve every day.

If you have any experience in this area do give me a call.

We now have two trainers in-house that provide accredited training in de-escalation and how to manage signs of stress; this will be rolled out across the whole organisation over the next few months.

We have been very fortunate to recruit two new volunteers in the DIAL Advisor Service supporting people with benefit queries, if this is something you feel you can support, Karen is always actively looking for more support in this service.

We also have a great new resource which adds in appropriate pictures to match the text to make it more user-friendly and easier to read, if this may be of interest to you, Sarah in the office can give you more information.

Best Wishes

Emma



DIAL Advice Line

Hi Everyone,

I hope you all had a lovely Christmas; it seems such a long time ago now. Our KASBAH volunteers had a lovely lunch with us at the Woodlands Beefeater restaurant just before the Christmas festivities commenced, it was a great opportunity to kick back and unwind together.

Historically the DIAL/advisor project is very busy during the month of January and true to form our statistics have reflected this.

We continue to receive excellent results with regards to benefit applications and advice services.

Our team have grown by 2 more volunteers joining us, as a result of our recruitment drive, Coffee Morning.

Due to its great success, we will be facilitating another volunteer recruitment coffee morning session during National Volunteer Week. On Thursday 21st May 10.30 am to 12.30 pm. If you have any free time to spare and would consider volunteering for DIAL, please do drop by for a coffee and a chat.

Please do not hesitate to contact us for any support and guidance, we are always happy to help.

Best wishes

Karen Heath

DIAL Advice Manager

Karen Heath - KASBAH Advice Manager

Email kheath@kasbah.org.uk

Office: 01474 536 501

Outreach

Hello everyone, We hope you had a lovely Christmas, everyone from the outreach certainly did, we especially enjoyed the trip to Seabrooke House for their annual Come Dine lunch. Thank you everyone at Seabrooke for your hard work.

The Outreach team have been very busy. Recently it was brought to our attention that some Service Users have asked about the use of candles. As this could be a potential fire hazard , it was decided that it would be beneficial to everyone to attend a Fire Safety Awareness session. This took place during our social skills day. First we went through some different signs that might be seen in houses and businesses and explained what they all mean, then we discussed what we should do and not doing in the event of a fire starting in the home. We talked about how to stop potential dangerous issues from arising. We also discussed safer alternatives to candles such as battery candles and battery fairy lights.

We then went on to do a fun quiz which we will all be revisiting monthly to help keep it fresh in our minds. I'm happy to say that everyone whizzed through the quiz with flying colours (helped by coffee and biscuits) and earned a certificate and a well deserved meal in the local pub.

I am very proud of everyone. Thank you all for taking part and for making it such a fun day. Kind regards, Linda Shaw, Outreach Coordinator



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Shortbreaks On The Go

Short Breaks on the Go had many trips before Christmas. We went to a tenpin bowling alley and has a Christmas meal at the Honourable Pilot which we all really enjoyed.

We recently went to see Cinderella at the Oast House Theatre in Rainham. The young people loved interacting with the staff and we had a great time.

We have a trip to Medway Park coming up where the young people will be able to have a go at badminton and table tennis, after which we will have lunch locally. Other future trips we are planning include outings to the cinema, more tenpin bowling (always popular), a visit to the local museum, a river trip in Canterbury and a trip to the seaside in the summer. These trips are self-funded by the young people this includes their travel, refreshments and any expenses for the various activities. We also ask for a £2 subscription per person, per trip. This goes towards treats for the young people when we are out and about.

We welcome new young people from age 14. If any young person would be interested in coming along, please e-mail us on shortbreaks@kasbah.org.uk or text/telephone mobile 07432 363859.

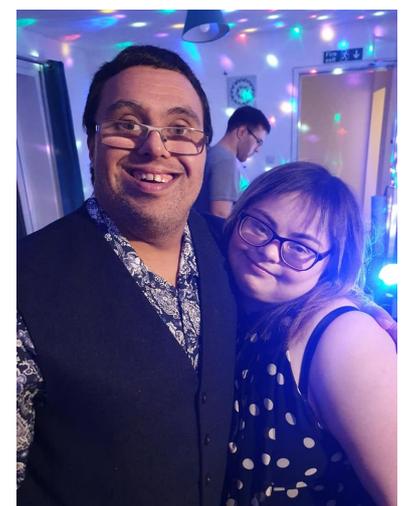


Maddison House

Hi Everyone! Hope you had a fab Christmas and New Year. We have been busy at Maddison House, Dan and Danielle are back horse-riding at Arrows Riding Centre, Simon has started a new pottery course at the Victoria Centre and Alex has been taking part in a local walking group in Dartford.

Recently we had Sarah Haslam, an Oral Health Educator come to Maddison and talk to us all about getting the best out of our oral health. It was a great session which we all really enjoyed.

We have lots of exciting things coming up, including a trip for Toms 30th Birthday to see Comedienne Jo Brand in Maidstone. We have included some pictures of our epic New Year's Eve party this year, there's no party like a Maddison Party!



Gingerbread House

It's been a busy few months here at Gingerbread House a few changes have been happening, I'm sure that most people are aware that Daren has moved on from KASBAH and is now living in a lovely flat at the seaside he actually lucky enough to overlook the beach. All of us here wish him the very best and hope he is happy in his new home.

Gingerbread House had another engagement Michael proposed to Sadie on the 8th of January and she said "yes". Such an exciting start to the new year for them. Congratulation to you both.

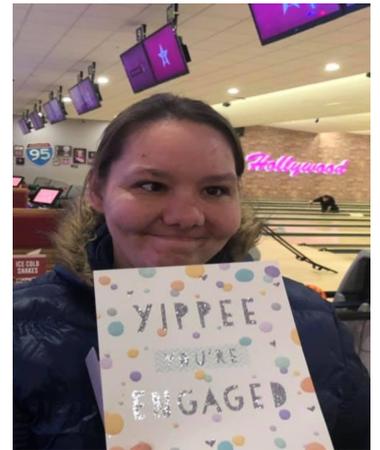
Jake and Victoria welcomed in the new year with everyone from Maddison House, they joined them for an epic New Year's Eve party.

Michael recently celebrated his 28th birthday by going out for lunch with Sadie, Jake and Victoria. They all went to the Harvester in Maidstone. They all had lots to eat and drink and it was very jolly according to Sadie.

Jake, Michael and Victoria all enjoyed their Christmas Come Dine at Seabrooke House. The meal was delicious and Michael was very excited to win the meat raffle. Thank you everyone at Seabrooke,

Everyone had a lovely day out to Christmas Tree Farm and were all shocked to learn how large the cows tongue was. (I would not want to share an ice-cream with it)

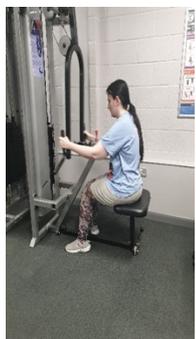
Gingerbread and Shortbread have been enjoying some lovely afternoons together, sharing pizza and watching DVDs. It is a very nice way to chill out and relax. All of Gingerbread House went with Sadie to the re-opening of the Leather Bottle Pub. They enjoyed drinks and a dance and all are looking forward to going back to have lunch there soon.



Hattie Webb House

We had a lovely Christmas and New Year at HWH, we promoted personal choice with planning activities and inclusion for service users throughout the festive season. As expected, we have overindulged way too much, the temptations for treats got the better of us. All the staff and service users planned a special birthday lunch for Dawn for her not so big birthday milestone.

Day service: Day service have been focusing on healthy lifestyles since Christmas, we have been cooking healthy meals and taking regular exercise. We also incorporate all areas of independent living into planned activities, these are literacy skills, budgeting, basic food hygiene, personal safety and much more. Some of us went to Seabrooke House for "come dine" the food was amazing, and the atmosphere was very festive a great time was had by all—well done Team SBH. This year we will be focusing on topic



related training sessions covering important areas i.e. how to make a complaint, Equality and Diversity etc.

Furry updates: We have a new part time addition to our

HWH family, Chubby the Therapy Pug. Chubby has had a positive impact visiting HWH although he is still young, his character lifts the spirits within the house. Everyone enjoys seeing him and making a fuss of him. In addition, he loves all the attention too. 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, dvarley@kasbah.org.uk

Seabrooke House

The trainees celebrated Chinese New Year, by cooking authentic food and making Dragons.



We would like to introduce you to Brandon who joined us in December.

We have another addition to Seabrooke..... meet Brooke.



Seabrooke House recently learnt about the Traffic Light food symbols.....

Take a look at your food, is it mostly Red, Yellow or Green?

Food Shopping Card

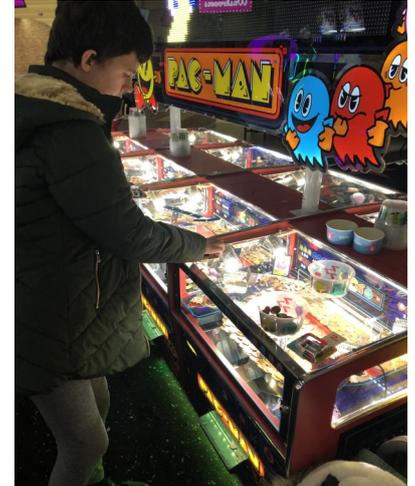
Check how much fat, sugar and salt is in your food



Remember that the amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.

Shortbread House

The past couple of months in Shortbread have been busy, the girls had a great Christmas and had lots of festivities in the house such as making gingerbread houses & decorating the house. Since Christmas we've had lots of outings, the girls have been bowling, to Eagle Heights, to the pub for a drink and even to parks. We are looking forward to Easter now and hoping the Easter bunny arrives at Shortbread House!



Rochester Road

Rochester Road would like to wish everyone a very happy new year for 2020 and we hope you all had a great Christmas. Abigail and Matthew celebrated new year by attending a new years eve party at Maddison House, whilst Thomas and Karen celebrated with Yvonne at Rochester Road. They had a yummy takeaway and watched the London fireworks on the TV.

Before Christmas Rochester Road had a visit from Our Amazing Animal world, which everyone really enjoyed. Matthew really likes the chameleon, Mika the meerkat was also very popular with everyone at Rochester Road. Everyone thoroughly enjoyed the visit for Wednesday social skills and we able to even able to walk a skunk.



We are looking forward to sharing our news and photos from activities to come in future newsletters.

Fond Farewells

Since our last edition we have unfortunately lost two valuable KASBAH members. Ivan Armstrong and Emma Gough will be fondly remembered. Our thoughts are with their families at this time.

PoolPod Has Landed!!!

PoolPod is a submersible lift designed to provide dignified and independent access to the water for swimmers. Thanks to funding by the London Marathon Trust and Swim England, Ramsgate Leisure Centre aims to create an inclusive swimming environment for people with long-term health conditions, disabilities and rehabilitation needs. The fantastic team at Ramsgate are really excited to share this amazing opportunity with you and help even more people enjoy swimming and improve their wellbeing, who perhaps felt they couldn't before.

If you would like anymore information:

T: 01843 585111 E: ramsgate.reception@yourleisure.uk.com

A: High Street, Ramsgate CT11 9TT



We are on Social Media



Follow us on Twitter and Facebook!

@kasbah_kent

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.

