



KASBAH News

December 2020

In loving Memory of

Emma Hastings

28th March 1983 – 8th September 2020

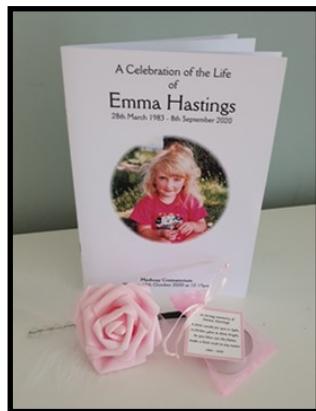


On the 8th of September 2020 Emma peacefully passed away, at home with Dawn by her side, just how Emma wanted it to be.

Emma was at the heart of Hattie Webb House, she was strong minded with an amazing sense of humor and her many characteristics certainly kept us all entertained. Emma knew what she wanted in life and enjoyed the simple things that she chose for herself. Emma loved all animals and was a huge Westlife fan. She would attend several concerts a year and nothing would stand in her way. These were just a few of her passions, Emma had a loving and generous nature and often liked to share this with others that she was close to. All at Hattie Webb House miss her dearly and remember her every day, we have some very fond and funny memories to treasure as we are sure others do too.



We are aware of many people that were sadly unable to attend Emma's funeral due to current COVID restrictions, we are planning on having a memorial for Emma in the future, this will be advertised nearer the time.



A MESSAGE FROM EMMA.....

Hi All,

I am not sure if you are aware that I have been on my first social work placement within KASBAH for the last three months and what an eye-opening experience it has been, and both good and bad timing with Covid-19 restrictions still in place.

I would like to say a huge thank you to everyone who works and volunteers at KASBAH, I have always thought we were exceptional at what we do each day but working on the shop floor, I now know it and I am very proud to be part of Team KASBAH!

If we can help you in anyway, please do call the office on 01474 536501.

Best Wishes

Emma Carver



DIAL Advice Line

I hope you are well and in fine spirits at the tail end of what has been a difficult year for us all. Please remember the Advisor Service is here to offer support, information, and guidance or even just a chat, we are always happy to listen. Please do not hesitate to contact us if you require any assistance on 01474 536501.

Here is some useful information that is especially relevant during the winter months and on the run up to Christmas, when everyone is busy planning the big day and doing their Christmas shopping.

We often forget to take a breath and make time to look after ourselves but getting a flu vaccine during 2020-2021 is now more important than ever, due to the continuing COVID-19 pandemic. The vaccination is especially important for people who are at high risk of contracting flu; many of whom are also at high risk for contracting Coronavirus.

The vaccine is usually given at the end of October but the flu season usually continues until the end of March so if you have not already done so, now is the time to get vaccinated.

It is especially important if you are 65 years or older or have a chronic health condition such as:

- Heart Disease & Stroke
- Diabetes
- Chronic Kidney Disease
- Asthma

Where to get the flu vaccine

You can have the NHS flu vaccine at:

- Your GP surgery
- A pharmacy offering the service
- Your midwifery service if you're pregnant



If you have your flu vaccine at a pharmacy, you do not have to tell your GP. The pharmacist will tell them for you.

For more information on the flu vaccine please visit

www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/

I wish everyone a safe and happy Christmas.

Karen Heath

Outreach

Graham has been busy supporting our outreach service users to have some lovely days out, which they all appreciated greatly. They have been on trips to The Science Museum, The Imperial War Museum, Deadman's Island, Herne Bay and Whitstable, to name but a few. So far, The Science Museum has been the favourite. Geoff particularly enjoyed his trip on a fast train there and was thrilled to see lots of airplanes and a rocket that went to the moon.

Linda has been busy, she has been supporting Fiona to decorate her flat. Fiona is very pleased with the end result, especially her new laminate floor, her cushions and curtains. The whole place looks amazing.

Paul has also had his flat decorated and is very pleased with his nice new walls ready to put up his latest artwork. He has some new Buddy Holly lamp shades, that he loves and is keeping his eye out for more Buddy Holly bits to decorate his flat.



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Gingerbread House

Gingerbread House have loved being able to get out and about again and have recently enjoyed a wonderful nature adventure walk at Trolley Park. Everyone enjoyed looking at the autumn colours and were amazed when they discovered a Beehive.

Teepan has been especially busy, He has been planting bulbs in the garden and with help from Thomas C and Thomas H painted the garden furniture ready for the spring. Well done guys the outside space is looking great!



Some of our Tuesday Day Service have been enjoying creating a new smallholding area in the garden. Teepan, Thomas H and Michael have been busy building a hutch for the rabbits and a coop for the chickens. Teepan is particularly excited about being outside and cannot wait for the chickens to arrive.

Thomas C has been with us a while now and has settled in here amazingly. He achieved his first Independent Living Plan Meal, when he made a fabulous Shepherds Pie. He was very proud of the result, as are we. Well done Thomas! Jagdeep has been joining us on a Wednesday afternoon for Day Service. He has enjoyed a few nice trips out with us, as well as learning some valuable life skills in house. Well done and keep up the good work Jagdeep.



Maddison House

It has been a busy few months at Maddison House. Nat and Dan have moved out and into their own flat in the community and we have welcomed Jake and Victoria into the house!

We have celebrated many Birthdays this year but the most Memorable, was a big party for Danielle's 30th. It was a Hawaiian theme and we all really enjoyed getting dressed up and letting our hair down. We had a Barbeque, piñata and a great game of limbo!



We have all been keeping busy clearing and tidying the garden, Tom helped to cut back all the bushes and Nat and Dan helped build and paint our new garden bench. Jake and Kieran helped take everything to the local recycling centre. Now the garden is looking much better.

It has been a bit limited socially, the same as everyone else and we had an in house Halloween Party and cannot wait for Christmas and our Maddison House Christmas day in December.

Shortbread House

The past few months in Shortbread House have been busy! Katy S went on a trip with staff to Legoland, where she went on loads of rides and took her Teletubby toy Po with her. On the same day, Katie A and Sophie went to near by Windsor with the staff to have a look around. They ended their day with a lovely drink at a pub.



We've had lots of healthy walks and done lots of exploring recently. We have been to Ingress Park, Wombwell Park, we have had trips to the beach and much more! We have also enjoyed lots of fresh homemade cooking and pamper sessions with Katie A. The girls here have enjoyed getting their hair cut too!

Katy and Sophie have been on a short break holiday to Allhallows. They went for 3 days and whilst they were there they played bingo, went swimming, played crazy golf and went into the arcade. The girls especially enjoyed the evening entertainment and food.

Mariyam is staying with us here at Shortbread for a few weeks. She is enjoying being around the other girls and learning more skills so if you see Mariyam at Shortbread be sure to say hello!



Rochester Road

The last few months at Rochester Road has been full of excitement. It has been nice to get back to a normal routine. Matthew has been able to attend Spadeworks and has had lots of fun there weeding, sanding, painting furniture and potting new plants and flowers.

Karen is attending Peppercorns on Fridays again and everyone looks forward to seeing what lovely delights she will bring home to share. A strawberry and cream cake was a particular favorite with everyone.

Amber is kept busy and on her toes by her dog Skye. She has been taking her for lots of walks and giving her lots of cuddles and love.

As always, Nicola looks forward to seeing her friends and family on zoom and loves to sing and dance as she goes.

Thomas is super busy too, especially on Tuesdays when he attends Gingerbread Day Service. They certainly keep him active over there, he has lots to talk about when he gets home.

Abigail has returned to the farm and is happy to be back there looking after all the animals that she loves. She has also been very lucky to have had a recent trip to The Harry Potter Studio in London.



We are defiantly keeping our days busy but have found time to do some relaxing Yoga too.



Seabrooke House

The weather is getting colder now and we have had a good few cosy nights in, watching films and eating popcorn.

We ventured out and took a trip to Rochester on the train, unfortunately it rained very hard but we managed to keep dry in a lovely cafe where we ate some lunch, and spent some social time together.

We have been for quite a few walks in the local area and taken in the beautiful autumn colours.



On Friday's we often share a delicious homemade brunch, Becky used to help us to make lovely curries that we all share and love. After this, we all play board games.

Jonathan has been enjoying gardening and has harvested his carrots that he has been watering all year. He promptly ate them for dinner!

Abi served homemade pizza to her family at the 'Seabrooke Restaurant' to celebrate a family birthday.

Ruvimbo and Lee swapped living accommodation. We wish them both well in their new surroundings.

Stacey has been helping everyone to make a pencil cases on the sewing machine. An activity that everyone enjoyed.

We are all looking forward to Christmas now after a very long year but feel a bit disappointed that we will not be able do our annual 'Come Dine With Me' this year, but we are trying to come up with other ideas for the future.



**Run by disabled people,
For disabled people**

DIAL provides free confidential information and advice on all aspects of disability to the residents of North West Kent (Dartford, Swanley and Gravesham) and to KASBAH service users and members across Kent.

Call the advice line to arrange an appointment

01474 536501

Available

Monday to Thursday 10am - 4 pm

Unfortunately we are not able to arrange face to face appointments due to the current situation with Coronavirus. Please ring for a telephone appointment.

dialnwk@kasbah.org.uk

Hello and welcome

We would like to extend a warm welcome to our new members of staff. Annabelle has joined the team at Rochester Road, Jodie who has joined us at Seabrooke House, Shannon who has also joined the bank staff team, working at Shortbread House and Ruth who has joined the Seabrooke team. We hope you will find working with us an enjoyable rewarding experience. We also welcome back Chantel who is returning to work for us after a short break.

Unfortunately, we have to say good by to Ian who has been working at Rochester Road and Becky, Supported Housing Manager. We would like to thank you both for all of your hard work and wish you both well on your future career paths.



Everyone here at
KASBAH
would like to wish
you
a safe and
Merry Christmas
and a Happy New
Year.



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 officemain@kasbah.org.uk

If you have any suggestions or comments for up and coming newsletters, please get in touch

