



KASBAH News

March 2022

DATE SET FOR 2022 ANNUAL GENERAL MEETING

KASBAH are very pleased to announce that this year's Annual General Meeting will be held at Princess Christian's Farm. We are very proud of how we have managed the recent takeover and changes at the farm and would love you all to take this opportunity to come and see for yourselves. We are hoping the weather will be kind to us so you can have a good look around and meet some of our animal friends. There is plenty of on site parking and most areas are wheelchair friendly. You might even like to have a look in our shop and pick up some fresh eggs for your tea.



KASBAH ANNUAL GENERAL MEETING

Thursday 15
September 2022
Princess Christian's
Farm
Riding Lane
Hildenborough
Kent
TN11 9LN

Refreshments available from 11.30 am
Meeting starts at 12 noon

SAVE THE DATE

A MESSAGE FROM EMMA..



Hello from Me

Happy New Year everyone, isn't the year speeding by already. I hope you all have positive plans in development and reach your goals. Remember we are here to help in anyway we can. We are seeing an increase in calls for support and guidance into the office, if we do not have the answer we can find someone that can point us in the right direction.

We are hoping to be able to offer new respite solutions by the Summer and will then have the farm open to the public so you can all pop in and see the great work in place and the developments we have made, it is a lovely place to be and exciting too with our new additions; two pet pigs are joining us this month who will be trained to be walked and pampered.

We do have volunteer vacancies; supporting the office function at the farm, supporting benefit applications at the office and for general maintenance and repairs if you have few hours to support us, we would love to hear from you.



Princess Christian's Farm

Since taking over Princess Christian's Farm, KASBAH have been very excited to expand the provision and continue the good work. We are happy to say that the transition went very smoothly, and the old and new staff are happily working together as part of the KASBAH family.

We are pleased our service users are being offered more days and some of our old service users are making a very welcome return. We are very proud to be supporting you all.

The service users seem to be delighted with the changes, however big or small. We have a new logo and uniform; we have redecorated the offices and common room and have new furniture including a pool table and darts board for everyone to enjoy at lunchtimes.

The kitchen is open too! We are very excited that it has been given a 5-star rating for hygiene. Service users are now enjoying preparing lunches every day, learning how to cook and improve their skills in the kitchen. Its lovely to see how proud everyone is of their cooking skills.

We have introduced some new animals to the farm, including some giant rabbits and some turkeys. We have also had our first birth since we took over in November, 10 piglets born on the 9 January.



Another new for the farm is the introduction of a sports programme, every Wednesdays, some of our service users participate in football sessions and sometimes play against the houses. It has been received very well and we hope everyone will get the opportunity go give it a go in the future.



Outreach

Christmas seems like a long time ago but as usual we had a get together for our outreach service users. This year we went to the Hot Rod Diner and after eating the biggest of meals still had room for a piece of cake that was shaped like a brussel sprout. I am pleased to say it tasted much better than a sprout though. Everyone got a present to open and was given a photograph album of special events and memories that have taken place over the last year. Everyone had a nice story to tell or special moment of their own to share whilst remembering these times. It made the night very special.

Earlier this year we all helped Mark celebrate his 60th birthday. It was a very special day and Mark enjoyed a lovely meal at the Spring River. He was treated to a delicious birthday cake and some lovely presents. Mark has a love for camouflage clothing and was fully kited out in a new camo outfit and dog tags. He was very pleased with his presents.

Whilst out shopping some of our service users have taken an interest in helping the local foodbank and a few of them are making small contributions to the collection every week. Some of our service users were surprised to know that there are still people living in crisis and rely on the weekly foodbank for help with things we take for granted such as toiletries and hygiene products. If you are interested in donating to your local foodbank, please look out for the collection points in your local supermarket even the smallest donation will be gratefully received.



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Gingerbread House

Christmas in the house was lots of fun with many activities such as cooking and art being centred around the big day. We went to the pantomime too and everyone laughed out loud. Sophie especially laughed so hard, she really had a lovely time. The house was actually very quiet on Christmas Day as everyone decided to spend the day with their families. New Year's Eve was the seasons highlight though as we had an in house party that includes lots of cake, singing and Wii games.

In the New year Jim retired. He had a last trip out to Leysdown with everyone and in the afternoon, a little party for him and a chance to say goodbye. We wish Jim a very peaceful retirement and thank him for all his hard work during his time working with everyone. He will be especially missed by Teepan and Sam, who very much enjoyed working on little projects and helping in the garden.

Gingerbread are very happy the nights are getting lighter and are looking forward to getting out for more walks locally once the weather get a little warmer. We have been keeping fit by joining in with the other houses at sports sessions and have recently completed virtual challenge week and attended the Round the World Challenge Community Festival that included boxing, tennis, Zumba and lots more.



Maddison House

Christmas seems a while ago now but what a lovely time we had celebrating together. New Years Eve was also very memorable as we spent it in the local pub, The Leather Bottle, enjoying lots of food, drink and dancing.

We have been enjoying trying lots of sports to keep fit, such as football and basketball and have also been going to a new exercise class at the gym which is lots of fun.

Recently, we enjoyed a day trip to London on the train where we visited Buckingham Palace and saw the Changing of the Guard. We also visited the Science Museum. This was very exciting, there was so much to see and do there but there were lots of sore feet after!



Shortbread House

We have had a great start to 2022. Some brilliant new activities attended, some healthy exercise classes and lots of smiley faces. Everyone has been trying hard to learn new skills, from playing musical instruments to spending time making fresh meals in the kitchen.

Georgia and Craig spent time together making a tasty shepherd's pie and enjoyed it as part of a social meal. We have been working on making our lunches fun at home and tried making our own homemade Subway. We have all been out and about and Katie A and Craig have recently enjoyed a trip to Little Potters where they enjoyed painting and decorating clay pots.

Katy S loved her trip to Whitstable and having an ice cream by the sea was definitely a big highlight for her. We are all still very much enjoying our trips to the farm, helping with the animals, and learning how to care for them. Georgina is especially enjoying time at a neighbouring farm that is teaching Georgina to ride a horse.



Rochester Road

Our Christmas was full of fun and festive days out. These included The Bedgebury Light Trail, Rochester Christmas Market, going to the theatre to watch the Panto, Robin Hood, visiting some celebrities at Madame Tussauds in London and plenty of giggles whilst tobogganing. The service users enjoyed spending time with family and friends over Christmas and were excited to return to Rochester Road to start the new year.

All the service users have enjoyed getting stuck in with arts and crafts at home and have been engaging in our popular cultural days, recently celebrating the Chinese New Year, and planning new activities. This will hopefully include a group trip abroad. Rochester Road are still enjoying taking part in the MENCAP around the world challenge. Abigail has enjoyed returning to her clubs and adding horse riding and some work at PCF on a Friday as well as working at Northfleet School for Girls Farm on a Tuesday. Amber enjoys her twice daily walks with Skye and visiting family. Karen was happy to return to her twice weekly club Peppercorns and visiting her mum at the care home. Nicola has been keeping herself busy out in the community with her clubs three times a week and maintaining music club via zoom on a Friday.

Matthew is continuing with his twice weekly session at Spadework and is also working at Northfleet School for Girls Farm on a Tuesday. Thomas has enjoyed starting the new year fresh with being more active and involved in activities either solo or as a group.



Seabrooke House



Here at Seabrooke House, we love our special social skills days. Amongst other days, we have recently been to Rochester. We enjoyed it so much that we are planning to visit again soon. Why you ask? We have found a board game café, called Playopolis. Everyone enjoyed themselves, even those of us that have no interest in board games. If you are local to the area, we recommend you give it a go. Another favourite activity is a bake off. This was held at Seabrooke House to find the best baker between the in-house service users and the service users, that access our day service. It was a tough competition, but Kian and Alex were declared the winners. Everyone participated and had a brilliant time, especially when it came to eating the cakes. I am sure there will be a follow up competition very soon, best out of 3 maybe.

DIAL
NORTH WEST KENT

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 and 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

Hattie Webb House

Hattie Webb House would firstly like to wish you all a very Happy New Year and give you some fantastic news for the start of the year. Ross proposed to his lovely childhood sweetheart and fellow Kasbah member Steph on New Year's Eve and she said YES! They are now very busy planning their perfect wedding for 2024 and everyone here at Hattie Webb House could not be happier for them. Congratulations to you both.

Everyone here has been keeping busy and safe enjoying some special days out accessing the community. We love a chance to get out the house even if it is for a cheeky coffee and slice of cake. Respite sessions have been going very well, we have two regular service users who utilize our sessions, where we promote life skills through preparing and cooking meals and accessing various activities in the community.



Membership Renewal

It is that time of year again, we kindly ask you to renew your KASBAH membership. Please go to kasbah.org.uk and follow the membership link to complete the form. As usual we are asking for a small donation of £6.00. If, however you are unable to donate for any reason please do not worry. Complete the form and you will still receive our full support should you require it. May we thank you in advance for continuing to support our charity.

DIAL Advice Line

Hello, I hope everyone is well. I am very busy here in the office answering your calls. Since Christmas, I have seen a big surge of people requiring support with form filling and benefits advice. We are very lucky here at KASBAH to have some very dedicated volunteers, who have been kind enough to dedicate more of their spare time to helping. We couldn't do it without you and thank you very much.

If you or anyone you know, needs support with form filling, Please to contact us as early as possible to avoid disappointment.

Goodbye We would also like to say a special good bye to Jim and to Audrey who have recently retired after both working for KASBAH for a good number of years. We thank you both for all of your hard work and you will be missed by us all. We hope you both enjoy your well earned rest and have plenty of time to put your feet up.



Welcome

We would like to welcome Chloe R, Susan, Sandra and Bethany who are all joining the Shortbread House Team. We hope you will be very happy working with us as we continue to expand and improve our services.

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

27—27A East Kent Avenue, Northfleet, Kent. DA11 9HU

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

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

