

RESPIRE READY

Princess Christian's Farm respite flat is now fully open and many of our service users have already enjoyed overnight stays. Its quaint setting is very appealing and the thought of waking up with the animals just outside makes it a unique experience.

The layout of the flat offers full accessibility and the bathroom has a large walk in shower allowing service users to be as independent as possible.

The flat has been finished to a very high standard with a contemporary farm design and is well equipped to provide a home from home experience. It has two double bedrooms and the kitchen is fully functional with everything you need to cook a lovely meal. A cosy fire in the lounge gives the place a very homely feel.

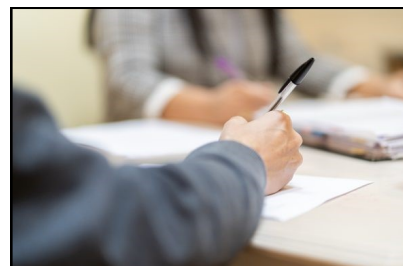
Our staff who are both familiar and knowledgeable around individual needs are available to make respite a positive and enjoyable experience, providing a much needed break for parents and carers to recharge. Hours of respite are between 4pm – 10am or 7pm – 10am.



If you would be interested in booking a respite stay at the farm, please do get in touch either by calling 01732 838408 or email pcfarm@kasbah.org.uk

Membership Renewal

It's that time of the year again, when we ask for a membership renewal. Please fill out the form inside the envelope and return back to us as soon as you can. If you would like to send the form back 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 Please do not worry if you are unable to pay the £6.00 membership fee. Your support and a donation, however much it may be, would be gratefully received.



MESSAGE FROM EMMA.....

I hope you all had a lovely Christmas and Happy New Year, but I do understand that this is not always possible for a number of reasons, so please do remember we are here to help and listen.

We have started the new year with positivity and enthusiasm, we have lots to look forward to this year. The farm is now an established site within KASBAH and the school holiday openings are proving to be a big success, please do (if you can) follow us on Instagram @princess_christians_farm or on Facebook, Princess Christian's Farm-Hildenborough.

Our contract with Disability Assist is approaching the end of its first year, it has been a very busy year and a learning curve in using new systems and protocols, we are actively helping people in North West Kent and making a difference.

Respite take-up at the farm flat has been slower than we anticipated, if you have a need do give us a call on 01732 838408; the flat can be utilised with our support staff, outside agencies or if the farm is available, just for some time to reflect and enjoy the tranquil setting, that is until the cockerel wakes up first thing...

We made the decision last year to remove the small petting farm from the office area now we have our fabulous farm and are starting work on a sensory garden. The houses are in the process of being updated and freshened, we have had three new kitchens fitted; making the most of the heart of each house.

KASBAH is always looking for the next challenge and is here for you, so if you have a need and we can help, do get in contact.

Best Wishes, Emma



NINJA WARRIOR UK

Ninja Warrior UK Chatham are now offering SEN session on the first Saturday of the month for their 9 am sessions. This is a closed session but those attending will still have full access to the park. The rules will be more flexible and the music and announcements will be on a lower level.

Inspired by ITV's TV show, you can climb, balance, jump and swing across lots of different obstacles. A great place for a fun day out or to keep fit. The venue is suitable for ages 5 plus and of any ability.

For a free carer place, a PIP, DLA, bank statement, EHCP Plan or medical evidence from a professional will be required.

It is worth noting that the venue is cashless and booking will need to be done in advance on line

WWW.ninjawarrioruk.co.uk/chatham



HELLO AND GOODBYE

We would like to give a warm welcome to Alex G who joined the farm team in January. We would also like to welcome Bobbie and Wendy who have joined the team at Shortbread House.

Charmaine from Gingerbread House and Lauren from Rochester Road have both left us recently and although it is always sad when we have to say goodbye, we know they will both go on to achieve great things. We wish you both the very best of luck with your chosen career path.



GINGERBREAD HOUSE

The month of December was the build up to Christmas and Gingerbread House enjoyed all the festivities from attending discos and parties to going to panto. We've had a great time putting the tree up and decorating the house. We also enjoyed many arts and craft sessions where we made our own decorations. Great fun to do for all!

Just before Christmas we all exchanged gifts and had a small farewell party as everyone was going home to spend Christmas with their families.

Gingerbread House joined with Shortbread House for a memorable New Year's Eve party. Everyone made it to midnight to say Happy New Year.

At the very beginning of January, we celebrated Sam's 24th birthday. He had a great day and was very spoilt.

At the end of January, we had a new kitchen fitted. The disruption that comes with having work done in the house was not fun but did mean we had an excuse to go out for dinner once or twice. Everyday we were excited at the progress and couldn't wait to start using our new fresh living space.

Everyone living at Gingerbread is enjoying visiting the farm. Even Sophie. Everyone loves attending and they all work so hard when they are there although I think they are looking forward to the weather being a bit warmer.



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SHORTBREAD HOUSE

What a busy Christmas period we all had. Lots of parties, discos, concerts and visits to family. Shortbread House service users have been really busy, cooking, washing and generally enjoying their new kitchen. They are all very happy with it.



MADDISON HOUSE

Maddison house have had another busy period enjoying lots of exciting activities. We had an early Christmas day so we could all spend it together with secret Santa gifts and a delicious turkey roast dinner with all the trimmings cooked by Sam W. We were all so full, we all wanted a snooze afterwards. The Gravesend pantomime Aladdin was next . It starred Arg from TOWIE playing a policeman. Just before Christmas we had a few unexpected cold days with no heating or hot water and we all had to leave Maddison for a few nights. Most of us went home for a while as it was over Christmas but we all came back to Maddison for our New Year's Eve get together at The Leather Bottle, where we all welcomed in 2023 with a drink or 3.



ROCHESTER ROAD

We have been busy attending our clubs and have also been enjoying some fun activities like bowling and going to Cyclopark. We really like it there and have around half an hour to ride each time.

We have been learning about personal and dental hygiene. We have watched You Tube clips and enjoyed answering the quiz after each one. We have also been learning through word searches and colouring.

Thomas has been enjoying time at PCF but not the cold weather so much. He works very hard when he is there and always does a super job.

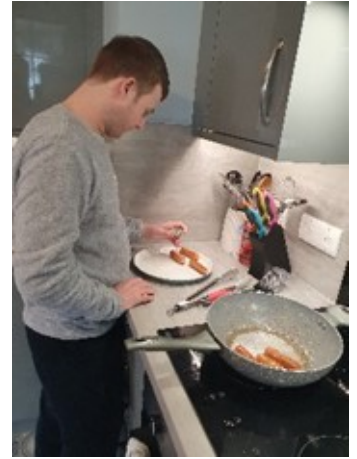
Nicola has been enjoying her clubs and seeing her mum.

Abigail has been focusing on being healthy and getting back into her exercising. She particularly enjoys seeing the horses on a Friday, when we go to a stable local to the farm. We get a chance to groom, feed and even learn about the different parts of the horses.

Matthew has been attending his clubs and spending time with his grandad going to golf.

Amber has started back at the gym and is enjoying it.

Penny has been settling into Rochester Road and getting to know the other residents. She has also enjoyed going out shopping for girly bits for a pamper night.



OUTREACH SERVICES

Mark, he has finally reached his goal of losing a stone at slimming world, after many months of trying, he has a certificate to verify this displayed proudly on his wall. He was presented with a healthy eating guide plate as a reward and an aid to keep him on track. Mark has worked very hard to achieve this and we are all very proud and happy for him. Well done Mark!

We have a new addition to the Outreach team, Liz Read has joined us as our new and much valued line manager, a big welcome from all of us Liz, we look



forward to working with you.

Geoff has had a revamp to his living room, with a new carpet and sofa, he is over the moon with his choice and we think it looks marvellous.

Michael has been busy volunteering in a local charity shop.

He likes to be kept busy and is enjoying it immensely, well done Michael, keep up the good work.

Lexie reached the big 30 in January and we celebrated in the usual outreach style at The Copperfield in Gravesend. We all enjoyed a tasty Carvery. Congratulations Lexie!

Queenie, the outreach mascot dog had her first birthday in January too. She received lots of presents which she had great fun with.



HATTIE WEBB HOUSE

We all hope that you had a lovely Christmas and New Year. Here at Hattie Webb, we worked on being mindful to others as some people we know struggle during this time of year and investigated different ways in which we could help.

We all really thought we were going to have a white Christmas, the snow impacted on our day-to-day routines, however as a team we ensured everyone was safe and warm. It was very quiet here at the house. We did make the most of our time together and with our families.

As a group we enjoyed several Christmas shopping trips out on the run up to Christmas and a lovely meal out together.

As we have moved into 2023, we are busy planning new goals for the year and have said our goodbyes to Daisy as she moved out of Hattie Webb to back home to be closer to her family. Daisy had lived at the house for six years. We all wish Daisy the best of luck for the future.

Day respite also enjoyed their Christmas and New Year with their families and are back now accessing our service. They have been busy planning new things for the year ahead especially new goals that they would like to achieve which they struggle with day to day.



Disability Assist is a charity which helps people with disabilities in Kent to live more independent lives. This means having the right support in place and being in control to live the life they choose.

We are run by disabled people, so we understand the challenges of life with a disability or long-term health condition. We support disabled people to have choice and control in all aspects of their lives

We assist you with information, guidance and support, peer support, advocacy and benefit support such as form filling, preparation for an assessment as well as the tribunal process.

Take a look at our website
www.disabilityassist.org.uk

Call 01233 633187 or email
info@disabilityassist.org.uk



PRINCESS CHRISTIANS FARM

December brought us snow and although it looked very picturesque it brought with it some challenges for us at the farm. Lots of our water pipes had frozen and getting water to the animals was made extra difficult by having to defrost everything first. As pipes started to defrost leaks started to appear as the ice had expanded the pipes and made them split. Paths and pens were extra slippery with the ice and had to be made safe for animals and attendees.

Princess Christian's Farm were lucky enough to get a special visit from Santa this year. He set up his grotto right next to the animals. Luckily as the public arrived the snow was almost gone and he was able to open his grotto, to the delight of many children.

We had a special week of Christmas dinner where attendees, supported by Sharon, worked hard to prepare a roast dinner with all the trimmings every day. This was so that everyone attending got a chance to enjoy a special Christmas dinner. What an amazing job they did, the dinner was yummy!

During December we also had the opportunity to visit the local church for a carol service and had a trip with the other KASBAH houses to the theatre to watch a panto.

At the end of December, we said farewell to Sharon, who is joining the team at Seabrooke House. You really are missed at the farm but wish you all the best with your move to Seabrooke.

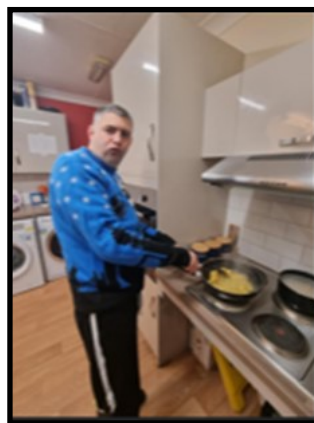
Welcome to Alex who is joining the team as Sharon moves on. Alex has a fantastic knowledge of animals and we are looking forward to getting to know you and working with you in the future.



SEABROOKE HOUSE

The last few months have been crazy and December especially. Firstly, it brought us some surprise snow days that we all really enjoyed. Brandon built a snowman and Ru enjoyed writing in the snow.

We all went to the panto at Gravesend to see Aladdin. We all enjoyed the show and we will all hopefully be returning to see another show at Easter.



Jodie and Stacey cooked a special Seabrooke House Christmas dinner for everyone. It was lovely, and the guys swapped their secret Santa gifts. This was a lot of fun, and it was nice to have everyone together.

We sadly said goodbye to Penny, who has now moved into Rochester Road House. This is a really positive move for Penny and we are delighted that she is staying within the service. She had a special leaving pizza party. We wish her all the best and will hopefully still see her at KASBAH group events.

Seabrooke House has welcomed Luke into our house family, he moved in at the beginning of December and has fitted in well and is doing great.

Ru and staff had a lovely Christmas meal at the Spring River on Christmas Eve, Ru said "it was delicious" and we agree.

We celebrated James's 40th birthday in December too! We had a small party and as a special present he got some tickets to a wrestling show.

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

