

General News

Spring has sprung at PCF!

The first litter of piglets of 2026 have arrived! Baby Spice gave birth to 9 healthy piglets. You can meet them along with our lambs and kids at our upcoming open days.



Join us on the 4th and 5th April and you will have an opportunity to meet the newest additions to the PCF family. To book tickets use the following link

<https://princesschristiansfarm.org.uk/buy-tickets>

You can only buy tickets directly with us via our website. We look forward to seeing you there.

Adults are £12, Child (2-16) £8 and Under 2's are Free.

Not only will you get the chance to pet the lambs and the kids, there will be animal tours, you can play crazy golf and visit our virtual rocket. The café and farm shop will be open and the students have been busy preparing plants for sale.

Hydrocephalus Awareness Week 9-13th March 2026

SHINE Charity (<https://www.shinecharity.org.uk/>) are raising awareness of Hydrocephalus on their website this week.

Shine is the UK's leading charity supporting people affected by spina bifida and hydrocephalus, and related complex conditions that affect the brain and spine and can cause physical



and cognitive disabilities. To become a member of SHINE, you can access their website using the above link or this QR code.



CEO Welcome – Emma Carver

Welcome to this edition of the KASBAH News, remember we are only a phone call away and if you would like to contribute articles and share topics of interest for the newsletter do contact the office on 01474 536501 or email: admin@kasbah.org.uk

KASBAH Advice Service — Carly Gadd

Our form filling service is run from our office in Northfleet, Tuesday and Wednesday each week. Call the office to get booked in as soon as receive your form to avoid a delay in getting it back by deadline date. On some occasions there can be a wait for appointments so we advise, you call DWP and ask for an extension on the date.

Be advised that DLA and other legacy benefits for most is coming to an end over the next year or so and you will be invited to claim PIP (Personal Independence Payment) or Universal Credit. Don't panic if you receive a letter saying your benefit it is ending, you will continue to receive it until your new claim for either PIP or UC has been assessed.

For further information please contact the KASBAH Office on 01474 536501 or email admin@kasbah.org.uk

NHS Talking Therapies

NHS Talking Therapies in Kent and Medway provides free, confidential mental health support for adults aged 17.5 and over who are registered with a local GP. We help people manage common difficulties such as stress, anxiety and depression, and make it easy to access support through self-referral.

What mental health services are offered by Kent and Medway Talking Therapies?

We offer several services to support you with your mental health, including Cognitive Behavioural Therapy (CBT), Counselling for Depression, Eye Movement Desensitisation & Reprocessing (EMDR), Interpersonal Therapy (IPT) and Employment Support.

We also offer Digital Talking Therapies, where you can receive mental health help through webinars or the SilverCloud platform.

Referral to the service can be done online, GP/Professional or by telephone. See their website for further information: <https://kmtalkingtherapies.co.uk>



Kent County Council has recently approved an increase in council tax for the coming year. With this bill set to rise, it is important to make sure that you apply for any discounts that you may be entitled to. You might be able to apply for a council tax discount or exemption if you or someone you live with is disabled. There are conditions for eligibility which can be found on the Gov.uk website but, if you are eligible, your council tax could be reduced to the next lowest band rate.

Kent Community Equipment Service is now being provided by Medequip. If you have community equipment in your home that was supplied by NRS Healthcare before 1 August 2025, you will need to contact Medequip to arrange for a visit to have your equipment serviced or repaired to make sure it stays safe and in good working order. You can email kent@medequip-uk.com or call 01322 917 909. Further information is available [here](#).

If you are not sure whether you have NRS Healthcare equipment, look for the NRS logo.

KASBAH News

Seabrooke House enjoyed their cultural days so much so they have arranged some more! The service users enjoyed learning about India and Australia by helping to prepare and cook foods from the different cultures to try.

The Ladies at Rochester Road enjoyed a impromptu trip to London, enjoyed the rare sunshine while visiting some the sights.

Gingerbread and Shortbread have been trialling a new Sensory session. This was a great success and they are looking forward to going the next one.

Maddison took on the TV Quiz at The Panic Room Gravesend

LSA groups have been enjoying a range of different activities. They have visited the Fenn Bell zoo, had guided tour of Southwark Cathedral and seen some of the famous sites of London.



Wheelchair Rugby

Gravesend Dynamite Wheelchair Rugby League Club, provide a safe and welcoming environment for everyone. Regardless of your background or protected characteristics, come join us and give it a go. We strive to celebrate diversity and ensure that all individuals feel respected, valued, and able to thrive.

As a club we are inclusive and representative of the community, and provide opportunities for all to participate within the club. We aim to promote and educate the community about the sport, with the emphasis that you don't have to be a wheelchair user to participate in the sport.

We offer the opportunity to develop new skills, form new friendships and be part of a great team, in a fun and exciting sport, which also has excellent health benefits.

For further information please contact: Email: generalwcrl@hotmail.com

Call: 07729 049 456 or Facebook: Gravesend Dynamite Wheelchair Rugby League 2025



The Bread and Butter Thing

Get around £35 worth of food for £8.50, including fresh fruit and veg, fridge favourites and cupboard staples.

Local hub: Blackthorn Trust, St Andrews Road, Barming, ME16 9AN

Open every Monday at 12:30pm.

You need to become a member to use the hub but it's free to sign-up and book a slot.

- Text 07507 237 311 with your full name, postcode, and the name of the hub you will be collecting from.
- Select the size of the order you want to receive: Family £8.50, individual £5 or large family £17. There is a vegetarian option too
- You'll get a text every Saturday to see if you want an order. Just reply YES by 10am the next day. Your order will be delivered to the hub on Monday at 12:30pm.
- Collect and pay for the goods at Blackthorn Trust hub

The Bread and Butter Thing - Affordable Food Clubs

KASBAH Membership Renewal 2026-27

It's that time of the year again, when we ask for your 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 admin@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.

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 admin@kasbah.org.uk

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



@kasbah_kent