

KASBAH AGM 2025

We will be holding the Annual General Meeting on Tuesday 30 September 2025 at Ebbsfleet Football Club, The Kuflink Stadium, Stonebridge Road, Northfleet, DA11 9GN.

We hope that you will be able to join us, this meeting is to ensure that last year's performance both in activities and finance is approved by you, the KASBAH members, so we would love to see you there.

The meeting will start at 11am so please arrive from 10.45am in order to collect your AGM pack and take your seat. We will serve refreshments at the end of the meeting and it will be an opportunity to view our new KASBAH and Princess Christian's Farm videos!

Please check the website; www.kasbah.org.uk as this is where we will upload the Draft Agenda 2025, Audited Accounts 2024-25 and Minutes of Meeting 2024 so that you can review the documents in advance of the meeting.

If you can not join us in person you will be able to vote electronically using the following link;

<https://www.surveymonkey.com/r/HYKPQQ6>

which is also on the website. Thank you for your support.

KASBAH Christmas Card Competition!

We know it is very early to mention Christmas but this year we would like to invite you to design the next KASBAH Christmas card. This can be hand drawn, painted or even a digital format. Make it as festive as possible and it must be your own original artwork. This can be in portrait or landscape. This is open to any age group. Please send your entries (including your name and contact details) to KASBAH, 7 The Hive, Northfleet, DA11 9DE or admin@kasbah.org.uk. Closing date for entries is 12 noon on 31 October 2025.

Good luck and we look forward to receiving your entries!

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 53605 or email: admin@kasbah.org.uk

KASBAH Advice Service — Carly Gadd

How To Prove Pain To PIP Assessors

Taken from an article on the following link:

<https://www.msn.com/en-gb/health/other/proving-pain-for-pip-eligibility/>

For millions of people in the UK living with chronic pain, applying for Personal Independence Payment (PIP) can feel like a battle against an invisible enemy. Pain, especially when it's invisible or fluctuating, is difficult to measure, explain, and prove. The PIP assessment system, designed to support people with additional care or mobility needs, often falls short in recognising the daily impact of pain, leaving many to feel dismissed, doubted, or denied.

Understanding PIP and the Criteria

PIP is not awarded based on a diagnosis, but rather on how your condition affects your daily life and mobility. The two components are: **Daily Living** (e.g., preparing food, washing, dressing) and **Mobility** (e.g., moving around, planning a journey).

You are assessed on your ability to perform specific activities “safely, to an acceptable standard, repeatedly and in a reasonable time”. This is where pain especially unpredictable or severe pain plays a major role.

The Challenge of Proving Pain

Pain is subjective. It doesn't show up on a scan or blood test in the way a broken bone might. As a result, claimants with conditions like fibromyalgia, complex regional pain syndrome, MS, arthritis, or back injuries often face scepticism.

Common challenges include:

- Assessors assuming if you look well, you *must* feel well
- Lack of detailed medical records or specialist input
- Disbelief around fluctuating or “good and bad days”
- Failure to consider mental health impacts (e.g. depression, anxiety)

How to Prove Pain Effectively

Use a pain diary, include medical evidence, use supportive statements (for example from carers, family, professionals) and be clear in assessments. Describe real-life examples of when pain prevented you from doing something, caused harm, or required assistance.

Focus on your **worst days**, and explain fluctuations clearly.

Common Mistakes to Avoid

Minimising your condition, assuming assessors understand your pain, not explaining the real-world impact of your symptoms and failing to track or provide evidence of fluctuations.



Barclays Bank Quiet Hour

From July the 7th 2025, Barclays Branches are introducing a quiet hour, daily between 09:30am –10:30am on the days that they are open to support neurodiverse customers.

We will be silencing our machines. 🚫 and dimming our lights 💡 to create a more calming environment for our customers.

KASBAH News

We have had a jam packed summer of fun with Gingerbread House, Shortbread House and Rochester Road making lots of lovely memories on their respective holidays. Life Skills Access at Seabrooke House have also been out and about to various locations. Maddison House have been very active completing long walks and taking part in tennis and cycling activities.



KASBAH Services

We love sharing what our Supported Housing and Life Skills Access services get up to but did you know that's just a part of the support we offer?

From Occupational Therapy to Social Work, find out how we can support you here:

<https://www.kasbah.org.uk/occupational-therapy-and-social...>



Princess Christian's Farm



Our tractor day has something for everyone: incredible tractors (including vintage ones for photos!), tractor rides, expert winter gardening advice, last-minute plant sales, unique handmade crafts, and delicious food and drinks at Munchkins Café. Plus, try out the trim trail!

If you want to come, please prebook. If we do not get enough interest we aren't able to run the event due to our volunteers and costs.

Entry: Adults £8, Children (2-16yrs) £4, Under 2s FREE. Book here: <https://princesschristiansfarm.org.uk/buy-tickets/>

Invictus Active

About Invictus Active

Founded by Scott Smith and Paul Cooksey, both full time wheelchairs users, we have tried and tested each solution and believe in the products we have available – from the fantastic freewheel to brand new innovative ways to exercise, like our very own Invictus Active Trainer.

Here at Invictus Active we have a range of solutions that we hope will make a difference to your lifestyle – we call these ‘lifestyle solutions’. Using these you will be able to keep active and reap the benefits that an active lifestyle brings.

<https://www.invictusactive.com/>



We excited to be hosting the UK wheelchair roadshow 2025. Saturday, 27th September 2025.

The Active Hands Company | Limited Mobility Gripping Aids

The Active Hands Company makes gripping aids for people with limited hand mobility, giving you independence in all areas of life.

www.activehands.com

Blue Badge Mobility Insurance

<https://www.bluebadgemobilityinsurance.co.uk/> company offering insurance for mobility aids and carers.

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 newsletters, please do let us know.



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