

Goodbye Christine....

Christine Cunningham, KASBAH's Advisor left KASBAH in November after working with us for an incredible ten years. Chris's knowledge and enthusiasm for her job is amazing, and we will miss her on both counts, as well as her friendship.

Staff and service users gathered at The Hive to present Chris with her leaving gifts, which included a wooden elephant, a stone Buddha, flowers and chocolates. Emma Carver, Chief Officer, thanked Chris for all her years of service, determination and support. There were a few tears shed that afternoon!

Chris will be working as a Support and De-



velopment Worker for the national charity Shine (formerly ASBAH), although she will still retain some links with KASBAH and will continue to work as the Advisor at Strode Park until at least the end of March 2013.

We would like to wish Christine all the very best in her new role.



Above: staff and service users give Christine a send-off to remember

Left: Mark Axford from Seabrooke House presents Christine with flowers

Dorothy saves the day!

The Strode Park cafe will now be continuing once a fortnight (flyer attached) at The Coach House within the Independent Living Project at Strode Park in Herne.

After three months of staff team effort, the cafe was becoming unmanageable due to the distance from the main office in Northfleet and no space to store the prepared food. One of our valued KASBAH members got in touch and said she would like to assist, after being shown the ropes and not being deterred, Dorothy has been successfully running the cafe for one month now. In October, a Halloween theme of Pumpkin soup and crusty bread went down well and last week (10/11/12) the cafe customers were treated to a Mexican delight. My chicken and salsa wrap was delicious!

Thank you Dorothy, you have saved the day.



Come Dine with Us!

Seabrooke House are planning another "Come Dine With Me" event where you can book a table and share a meal with family and friends this Christmas.

Our service users take part in cooking and serving meals with support from staff.

This years dates are as follows: 10th, 11th, 12th, 13th, 14th, 17th and 18th December.

Donations of £6.50 per meal are greatly appreciated. Please feel free to bring your own alcohol, soft drinks will be available.

To book a table, please contact the Seabrooke House team on 01322 386841.



DIAL NW Kent

The DIAL service remains busy and has bookings until early January 2013. A large proportion of enquiries relates to benefits specifically - please remember that DIAL support anyone in the North West Kent area with disability advice, sign posting, advocacy and of course, benefits form filling.

DIAL has achieved 100% customer satisfaction from customer satisfaction surveys and would still like to hear of any improvements that could be made.

Volunteers are welcome to apply to Sheila Stinger on 01474 356962.

We would like to wish all KASBAH members a Merry Christmas!

Raffle Survey

KASBAH are considering setting up a monthly raffle, to help raise funds and give you the chance to win cash prizes!

Enclosed in this newsletter is a survey, take a few moments to fill this in and send it back to us. We'll pick one reply from all those received and that person will receive a prize!

Befriender needed

KASBAH have an intelligent young gentleman in the Medway area who would really appreciate some regular adult company, if you are able to assist please call the KASBAH office on 01474 536501.

A message from Emma...



Christmas will soon be upon us and I would like to take this opportunity to wish every KASBAH member and their families a Happy Christmas.

KASBAH will soon be able to share our latest developments regarding the take over of an established cafe in Gravesend and a potential new supported living scheme in Northfleet, we are still in the consultation stage but watch this space, we are continuing to develop and identify new ways to meet your needs. If you have any ideas of where you would like to see development or new services please do contact me.

Whatever your plans are this festive season, enjoy yourself and remember we are still here on the end of the phone.

Festive Wishes,

Emma

KASBAH Chief Officer



Seabrooke House Update

T'was an overcast day, began an exciting match of football
Doing our warm ups, didn't we all look erm.. so cool!

A 13-13 draw, was the final score
What a match it was, our muscles became so sore!

An on-form Ross Phillips, scored eight goals and was a star
Don't forget goalie Daniel Storey, tipping shots over the bar!

A hard-working midfield, including Stephen, Tom, the girls Nat and Rosie P
They all did so well, and timed their tackles to a tee
Including goals from Jason Norris, he filled his boots by scoring three!



On the staff team they had, a loud and bubbly Becky G
A brave and fearless goalie, goes by the name of Emma C!

Chasing around the trainees, was Victoria and Ashley
Tackling anyone and everyone, and scoring so casually!

At the heart of all the shenanigans, was a gentlemen named Jim
He amazed everyone, subbing him would've been a sin!

Seabrooke's secret weapon, was a certain Mr. Yusuf
An asset in all areas of the pitch, his form was conclusive!

Hattie Webb House Update

We've had a lot of changes at Hattie Webb House this last few weeks. As you may know we had planned to purchase a larger property to move the service to, but this has now been postponed.

We recognised that our day service - provided for young adults who want to improve their daily living skills - was very useful and successful, but was impacting on the privacy of the residents at Hattie Webb House. We therefore made the decision to take the day service off site, and we are pleased to confirm we have linked up with MAPS, who have allowed us to use their facilities at Walderslade and Strood on Mondays and Thursdays. The day service has continued without any break in service and all the guys now have the option to socialise with MAPS members and take part in their activities



as well as continuing to learn and promote their independence with us. As you can see, our sandwich making session was very successful, with both our own day service and some of the MAPS members practicing their skills, we made several plates of sandwiches with different fillings which everyone enjoyed eating! Please see more about MAPS and their activities on page 9.



The residents met with the Rochester Road crew for lunch and an afternoon of Wii challenges, which included bowling and Deal or No Deal (we won!); and also met with the Seabrooke House guys in Rochester, where they socialised and had lunch in one of the many pubs in the High Street.

The residents are also planning for Christmas, we have a cabaret night booked and will also be joining Seabrooke House for their annual "Come Dine with Me" lunch. Have a Merry Christmas everyone!

Rochester Road Update

It has been an exciting time at Rochester Road, Victoria has now taken over as House Co-ordinator and we have a new social work student called Sandra, as well as Ashley and Andrea as part of the staff team. We have had a trip to Southend one weekend, which everyone really enjoyed (look what lovely weather we had!).

Christmas is coming and we are all looking forward to it and plan on starting our Christmas shopping soon (although Natalie has already done all hers!).



Short Breaks Update



The Short Breaks team and young people have had a very varied couple of months. A photographer visited the session to assist and advise the young people in using a camera and they shot photos around the local church and in the surrounding area. Barclays Bank visited the session in September and helped the young people make a curry which everyone gave the 'thumbs up'. The bank representatives are always very ready to 'muck in' and help in any way they can. They returned for the October session. This session was funded by the bank and we were given a sum of money to buy craft materials. Their staff helped the young people to decorate t-shirts and this turned out to be a very popular activity. The session was based on Halloween and the hall was suitably

decorated and many turned up in wigs, masks etc. We had Halloween food and the young people all brought along tasty nibbles.

At the end of October we visited B & Q where the young people made coffee trays. This is always a popular activity and we hope to return there next year. At the end of the half term holiday we visited the Bowling Alley in Chatham. The vast majority of our young people attended and we all thoroughly enjoyed the evening. This activity, as well as being very popular, helps in socialisation and handling money – they all ordered and paid for their own food and drinks, understanding what it is to be part of a team and taking turns to play. The young people were a credit to us and helped any less able amongst them.

Richard Barker, from Aiming High, visited us at the November session and the young people made a curry which we hoped went down well with Richard. Wendy Daws, a local artist, who has visited us previously, helped us with 'finger casting' with the young people. Wendy ran a very popular activity when she last visited, helping the young people make their own silhouettes.

In December we will be going Christmas shopping at Hempstead Valley Shopping Centre and having a Christmas party at the Millennium Centre to get us all in the spirit of Christmas.

Future sessions in the Millennium Hall will commence on 26th January 2013. We are always happy to welcome new members.

To contact us please call Rachel, Co-ordinator, on 07505 489049 or Jane on 07758 703627 or e-mail us at shortsbreaks@kasbah.org.uk. We are happy to be contacted on a Monday or Tuesday.



News from the Advisor Service



Gill Reynolds
KASBAH Advisor

Email greynolds@kasbah.org.uk
01474 532950

Hello from the Advisor Service!

I am sure that you all know that Christine has now left the Advisor Service and has started her new role as Support and Development Worker – London and South with SHINE; to date all is going well and Christine is enjoying her new role and the challenges of working for a new organisation.

We will of course continue to provide an Advisor Service but please be aware that it may take a little longer for us to respond to your messages. Please remember that you can always speak to my colleagues in the main office should I not be available, they will always endeavour to help and will ensure that your messages get passed onto me when I return to the office.

On a different note, it has been predicted that we are going to have a cold winter so with this in mind please see the article on HOME HEAT Helpline for ideas on how to keep warm and minimise your energy costs.

 HOME HEAT 0800 33 66 99
HELPLINE

The Home Heat Helpline is a **free phone** service set up to tackle fuel poverty and help vulnerable energy customers worried about their bills. The specially trained Advisors help people access further information, schemes and services that will help them manage their energy costs and grants for home improvements that can reduce energy consumption in the future.

You don't have to be the bill payer to contact the Home Heat Helpline; you can call on behalf of a relative, friend, or someone you care about. The Advisors will give you access to a range of services provided by all the major energy companies, including:

- Ways in which you can potentially save money on your gas and electricity bills
- Grants for free home insulation with no means testing for the over 70's
- The Priority Service Register for customers with disabilities and special needs – among the services on offer are bills in Braille, large print and audio formats; meters moved to more convenient locations, gas appliance safety checks and safety passwords so you know when a caller is from the gas or electricity company
- Flexible payment options for customers in fuel debt
- Benefits entitlement checks to see if you are missing out

You can visit the website www.homeheathelpline.org.uk or you can call **free** Monday to Friday 9am-6pm.

A goodbye message from Christine Cunningham

It was with mixed emotions that I left the the role of Kasbah Advisor last month, after 10 years with the Charity. When I first arrived back in Sept 2002 my knowledge about the conditions of Spina Bifida and Hydrocephalus was minimal and I had not worked in the capacity of an Advisor before. It all seemed quite scary to say the least. However, over the years my knowledge grew and my professional relationship with many of our Service Users and their families blossomed. I have learnt so much along with way, and worked with some wonderful people whom I will miss very much. My decision to 'move on' was not easy, but I knew that I was ready for new challenges and surroundings. I would just like to take this opportunity to say a massive thank you to everyone I have worked with over the years, whether it be Service Users, their families, professionals and of course my colleagues. You have all helped shape who I am today and I wish you all well in the future.

With sincere best wishes, now & always *Chris*

Your views are needed



Kent County Council is transforming the way Adult Social Care Services are delivered to people in the county including those with a Physical Disability.

They have asked The Simon Paul Foundation and Centre for Independent Living Kent (CiLK) to find out what is important to you and which services are most helpful to you.

We are holding 'Open Forums' across the county for any adults living in Kent (except Medway) who have a Physical Disability and also anyone who is a Carer of a person with a Physical Disability.

These Open Forums are being held on the following dates:

SWANLEY - 12th December 2012 at 11am - 3pm
Alexandra Suite, St Mary's Road, Swanley, Kent BR8 7BU
Tel: 01322 613900

CANTERBURY - 13th December 2012 at 11am - 3pm
Thanington Neighbourhood Resource Centre,
Thanington Road, Canterbury Kent CT1 3XE Tel: 01227 767720

This is your opportunity to voice your opinion, to share your views and experiences and to let Kent County Council know what services you would like to be available to you! We are both independent user-led organisations working with and or people who have a physical disability. We will be reporting our findings to Kent County Council so that they get a greater understanding of what people with Physical Disabilities want and need. So, please come and let us know what you want us to say!

We want to talk to as many people as possible. Travel expenses will be reimbursed and lunch is provided. If you can come please let us know which forum you will be attending **AT LEAST A WEEK BEFORE THE EVENT** along with any access or dietary requirements.

You can call or email us on:

Sophie Turley (CiLK) - 07917 670372 George Sapiets (SPF) - 01322 615165
or email us both: cilk.spf@gmail.com

Acoustic Valium Project



The Acoustic Valium Project was founded by Dan Littlechild in 2011 and provides a showcase for musicians and singer-songwriters within Kent & surrounding areas. Now performing at several venues around the area, we are pleased to announce a new joint venture between Acoustic Valium and KAS-BAH, taking place fortnightly at The Meeting Place, Heritage Quarter, High



Street, Gravesend.

The first event is taking place on Wednesday 19th December at 7pm and we would love to see you there. Featured artists on the night include Aaron Hudd, a Young acoustic Hip hop singer/songwriter in a similar style to Ed Sheeran, Plan B, etc. A definite crowd pleaser, he has been with The Acoustic Valium Project from the start and is now a partner in the project.

The Meeting Place is a relaxed and quaint coffee shop serving hot and cold food, such as paninis, jacket potatoes, cakes and pastries, as well as the best coffees in town!

For Sale

Roma Marbella Powered Wheelchair
Joystick controlled from left or right side
Back folds down for transport, both armrests remove
Please note: this wheelchair folds to seat height only
Red Metallic Frame, Black Upholstery
Very Good Condition
£500.00
Or very near offer
Tel: 07905 321843

FOR SALE

Quickie Q2 Wheelchair
20" frame, metallic red
Been used twice, as new condition
£250
Please call Hattie Webb House for more details
01634 404468



According to government figures, £16 billion in benefits goes unclaimed every year in Britain. Are you entitled to some of this money? As the benefit system is complicated, it's not always easy to understand what you're entitled to.

The Welfare Advice Service can help. They aim to help people claim the benefits they are entitled to, and find out whether you can get help over the phone and by email. They can also visit you to help complete forms. They cover most of Kent and Medway.

The Welfare Advice Service can be contacted between 1pm and 5pm, Monday to Friday, on 0845 345 0310 or they can be contacted by email at enquiries@welfareadvice.co.uk

**VACCINATE
DON'T
HIBERNATE...**

Protect yourself from **FLU**
book your appointment today!

If you are aged 65 or over or suffer from chronic disease, such as heart, lung, liver, kidney or neurological disease, have diabetes, a weak immune system or if you are pregnant, then you may be at risk from flu*

*This list is not exhaustive and vaccination will be based on your GP's clinical judgement.

Ask about a flu vaccination NOW!

Models needed!

I am a student photographer studying A level at St Faith's in Maidstone. I myself am disabled, and following on from the positivity of such events as the Paralympics, I have chosen to represent disabled people in an "honest, strong, hard or gentle way", showing the range of emotions we as everyday people feel.

I require volunteers to pose for me as models. This can be individuals, groups, families, teams, young or old (under 18's require parents' written permission). You choose how to look, strong, soft, hard, weak, even sexy or sassy, it's up to you (no nudity permitted).

In return you will get copies of the images for your own use; all I ask is that I can use them in my college portfolio. Shoots can take place at the college photo studio in Maidstone, on the pitch, at work, at home or even in the park, and you don't have to consider yourself handsome or pretty either.

For more information please call or text Paul on 07581 214047 between 10am and 8pm, or please email me at paul@blindluck.co.uk

Meet Sandra - social work student

Hi guys, I'm Sandra.

As you now may be aware, I am currently the new social work student at KASBAH. I am based at Rochester Road and Hattie Webb House (& occasionally Seabrooke House). I have been here for 9 weeks, and finish with KASBAH at the end of February. I am presently a student at University of Kent (Medway Campus), studying my 2nd year of a Social Work BA (Hons) degree. My interest in social work stems from having the passion for people, creating a positive impact and re-building the lives of individuals those affected by society and change. In social work there are a range of social issues I will be dealing with due to consequence of society which leads individuals in facing a variety of hardships. I am aware social work is a very challenging profession, however I believe very rewarding. I can get to see the transformation of where individuals came from and where they may possibly get to at the end will be truly inspirational. Being here at KASBAH,



has given me such awareness, experience and knowledge of all the different types of disabilities and how it can impact and influence lives as well as people around them. Gaining this knowledge from my time at KASBAH will truly help me throughout my career as a social worker in life and I can apply this when working with all different service users I come in contact with. I am enjoying initiating relationships with all the service users here as well as staff, and I must say it's a fabulous team here at KASBAH. I will terribly miss everyone when I leave in February! I am here to make a positive change in your lives, so anything anyone needs help with let me know and I will do my best to help you (whether that's one-to-ones, target/aims settings, individual session/activities). Thanks everyone for making me feel welcome in the team!

Shine's Lifelong Opportunities Programme

Family Opportunity Weekend 2013

Fri 15th – Sun 17th March

A weekend residential for families with a child (0 – 5 years) with spina bifida/hydrocephalus, IH
Holiday Inn Hotel, Coventry M6 J2



£160
per family

The event offers social and learning opportunities for the whole family, including siblings, and the opportunity for families to engage closely with the Shine staff and one another.

This event will include:

- Information sessions and workshops for parents
- Activities for all children and their siblings
- An organised trip for all of the family
- Benny Bear's birthday celebration
- Family portrait sessions
- Social times for families together
- Family swimming sessions
- Complimentary therapies for parents


Closing date for applications 11th January 2013

Shine working in partnership with Holiday Inn.



For an application form for this event contact: Joan or Denise
Shine, 63 Bagley Lane, Farsley, Leeds LS28 5LY
T: 0113 255 6767 E: office@shinecharity.org.uk

Please register your interest as soon as possible





LoopEd Flow

Dance classes for people with physical disabilities, learning disabilities and those in wheelchairs. Over 18's. Carers welcome!

Wednesdays
11 am – 12 pm
£4 per class

Create your own dances, explore dance styles. A fun way to get fit and learn to dance!

The Brook Theatre,
Chatham. ME4 4SE

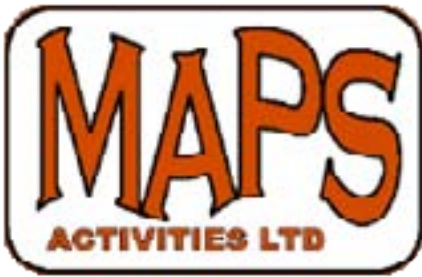



01634 831531

www.loopdancecompany.co.uk
info@loopdancecompany.co.uk

Registered Charity No 1112763
Company Limited by Guarantee No 4847257

Patron: Alan Darroshan Artistic Director: Vera Alkhon



MAPS (Mark's Activity Programme Service) is a service for people with learning disabilities, providing activities and opportunities.

This project was started in 2006 by Mark Spurgeon and will soon be entering its 7th year.

Mark saw that the needs of people with learning disabilities were not being met by the local authority, and decided to do something about this. Since then, over 600 people have used the services that Mark provides, meaning that MAPS is developing into a very important community project. They are able to give people a positive outlook on life, as we are helping them gain new experiences, make new friends, and come to a place where they are valued.

MAPS clients are developing their personal, social, and negotiating skills through various activities. Two examples of this are: The Wii computer means that individuals have to develop "turn-taking" and "negotiating skills", as well as social and physical skills in order to play, and the Bingo activity promotes "speaking out" and "assertiveness".

MAPS are keen supporters of Ebsfleet United FC, and during the football season they often take a group of people to their home matches. They also provide country walks for all abilities, and regularly put on discos and karaoke nights.

MAPS sessions are as follows:

Walderslade Baptist Church Catkin Close, Walderslade, ME5 9HP
Mondays - 9.30 to 12.30 and 13.30 to 16.30

Telegraph Public House, 1 Hamilton Road, Walmer, Deal, CT14 9BH
Tuesdays - 10.00 to 13.00 and 13.00 to 16.00

Canterbury Baptist Church, St Georges Place, Canterbury, CT1 1UT
Wednesdays - 9.30 to 12.30 and 13.30 to 16.30

Shaws Wood Day Centre, Mill Road, Strood, ME2 3BU
Thursdays - 9.30 to 12.30 and 13.30 to 16.30



Members can for half day sessions, or stay all day and bring a packed lunch. Cost is £5.00 per session, carers £1.00

If you have questions about MAPS, please call Mark Spurgeon on 01634 317431 or mobile 07770 912437 or you can email markspurgeon61@hotmail.com.

Further information can be found at www.mapsactivityprogrammes.co.uk

Wheelchair Tennis Sessions

If you live anywhere in the East Kent area, why not come and join us

Two indoor tennis courts will be available

- Friends and family also welcome
- Tennis wheelchairs available

Tennis equipment provided.



All sessions are on Sundays 4:00 to 6:00 p.m. (unless otherwise stated) - 2012 16th December 2013 Saturday 26th January 5:30 to 7:30 p.m. 24th February, 31st March, 28th April, 26th May, 30th June

Canterbury Indoor Tennis Centre, Polo Farm Sports Club, Littlebourne Road, Canterbury, CT3 4AF



Please contact Michael Bishop if you plan to attend:

Tel- 01732 525389

Email - mike.bishop@kent.gov.uk

Rise & Shine

A lifestyle event for adult members with spina bifida/hydrocephalus.
**Stoke Mandeville Stadium, Guttman Road, Aylesbury,
 Buckinghamshire HP21 9PP**

Sat 20th - Sun 21st July 2013

Adult Member Lifestyle Event to promote getting involved in social activities including sports and other leisure pursuits. Elements of the event will also cover health, wellbeing, and mobility/independence aids.



● **Saturday 20/7/13 to include:**

Healthcare: Hollister, Mitrofanoff Support Group, Nutrition advice, RN Sports Therapy, and Complimentary Therapy **Sports:** Basketball, Badminton, Boccia **Misc:** Wheelchair Services, Disability Holiday/Breaks, Art workshop. **All exhibitors subject to change/confirmation*

● **Have a go sessions & workshops**

● **Sunday 21/7/13 to include:**

Breakfast and coffee morning/social time.

Costs: Weekend rate £120

(All inclusive, overnight rate)

Day rate £15 (Lunch included)

*Closing date
 for applications
 Friday 21st June
 2013*

Weekend rate includes lunch, dinner, fully accessible accommodation maximum 35 twin rooms and breakfast. A limited number of rooms can host 3 people. Details of additional off-site accommodation can be provided, at visitors own cost.

For an application form contact: Maureen Jobson,
Shine, 42 Park Road, Peterborough, PE1 2UQ
T: 01733 555988 E: info@shinecharity.org.uk



Looking ahead - planning for the future



Leaving money, belongings or property to a son or daughter through a will is an important process for any parent. But for the parent of a vulnerable adult, this could be doubly important. Parent may worry about a variety of unknowns, such as whether their child will be capable of dealing with an inheritance, becoming vulnerable to financial abuse from others, or whether they may lose means-tested benefits or funding. One way for parents to protect their child is by setting up a trust fund. A trust fund is a formal transfer of assets - such as cash or property - to a number of people, known as trustees with instructions to hold the assets for the benefit of others. Placing money in a trust means a vulnerable person will not have to manage investments or money. Trustees may use the trust fund to buy specific items or pay for services on their behalf. The reality of not making a will could mean your son or daughter isn't

provided for. Examples include:

Inheriting outright from their parents estate without a trust fund being in place. Depending on how much they inherit, this could mean they immediately lose the entitlement to their state care package and means-tested benefits.

They may be forced to vacate the family home because it must be sold upon the death of the parent.

They may not have the mental capacity to deal with their own finances and therefore do not have a bank account in their own name. This results in a mandatory application to the Court of Protection, which appoints someone, often a solicitor not known to the person, to act in their best interests regarding the inheritance.



Some parents may not want to place the responsibility of managing a trust on family or friends, or their family circumstances may be changing and they want to protect against uncertainty. Parents need trustees who will always understand their child's needs, but they just may not know anyone they can ask. These situations cause real concern for parents and carers. Mencap Trust Company Ltd was set up to manage discretionary trusts that have been provided to benefit a vulnerable person, and each trust is handled on an individual basis. The service is ideal for parents who don't know where to begin or who might be unsure of choosing their trustees.

For more information, please go to mencap.org.uk/willsandtrusts or email willsandtrusts@mencap.org.uk or call 0207 696 6925

Recommended!

We are pleased to recommend Damien Hopkins, an electrician from the Medway area. Damien very kindly PAT tested some of our electrical equipment for free. As well as portable appliance testing, he can also carry out re-wiring, wiring new points, fault finding, inspection and testing.

www.hopkins-electrical.co.uk or email damien@hopkins-electrical.co.uk

Tel 01634 235465 Mobile 07592 577521

Stay in touch....

Remember the staff at KASBAH are here to assist 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

The office is open from 9am to 4.30pm weekdays.

Office Closing Dates

The KASBAH Office will be closed from 4pm on Monday 24th December (Christmas Eve) until Wednesday, 2nd January 2013.

If you have an emergency during this time please call or text the on-call phone on 07505 749082 and a member of staff will get back to you as soon as possible.