

**FEBRUARY
2009**

News

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KASBAH Hits The Air Waves

*KASBAH would like to say a big 'Thank You' to our member **Bill O'Hara** who works as a volunteer for Medway Hospital's Radio Station. Bill kindly arranged for Emma Carver, Christine Cunningham and **Kasbah Volunteer, Jodie Smith** to attend an interview with DJ Ian James to promote awareness of KASBAH.*



Emma, Christine and Jodie were made to feel like celebrities during a question and answer session, which covered all aspects of the services that Kasbah offers, including the Advisor Service, our Independent Living Project, Seabrooke House and our Supported Living Project, Hattie Webb House.

It was fascinating to be given the opportunity to see what goes on behind the scenes of a Radio Station, and to be made to feel so comfortable and welcome. Thank you to both Bill and Ian for being so gentle with us.

If you would like to hear the interview please log on to the Kasbah Website:

www.kasbah.org.uk

OUR AGM IS ON THE HORIZON !

It will soon be the end of the administrative year and we are looking for a suitable, easily-reached and wheelchair accessible building where we can hold our AGM, which we hope to hold some time in June. An indication of your preferences regarding a weekend or weekday meeting, morning, afternoon or evening etc would also be very helpful.

Do you have any suggestions for a venue in your area, or any comments on this plan? If so, please send us your venue suggestions and comments so that these can be taken into consideration as soon as possible.

Members who wish particular items of business to be included on the agenda for discussion by our members should send in these agenda items as soon as possible. A deadline for receipt of agenda items will be announced in a future issue. Please give these matters your earnest attention.

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FROM EMMA

A Happy New Year to you all!

This year we will be producing our newsletter bi-monthly so please let us have any news items by the 15th of March for our next edition. If you want to know more about an article or a service KASBAH offers, then feel free to contact me for a chat.

All is well at KASBAH, apart from insufficient funds, so if you know of any fundraising opportunities; I would love to hear from you.

Bye for Now

Emma Carver
(KASBAH Services Manager)

'Your Voice' presents: **CELEBRATING DIVERSITY**

An event for people with Spina Bifida or Hydrocephalus from all cultural and ethnic backgrounds. Open to all aged over 16.

Forum @ Greenwich, Saturday 18th April 2009.

£35 - includes workshops, buffet lunch and refreshments.

For further information:

Mark Harris
ASBAH House
42 Park Road
Peterborough PE1 2UQ

Tel: 01733 421322

Email: mark@asbah.org

WHAT'S HAPPENING AT KASBAH?

Hattie Webb House

Hattie Webb House hopes that you all had a fantastic Christmas and a great new year. It was very quiet over the festive season, and now we are in 2009 we aim to continue to grow and promote Hattie Webb House.

We currently have two supported living vacancies. One room is on the ground floor and would suit a wheelchair user, the other is on the first floor occupying two living space rooms, which would suit a non wheelchair user.

We now have three day service users and are able to take on more. The day service is to promote independence to those that would like to remain living where they currently are but need some support and guidance.

We have had 2 respite clients over the last year that have truly benefited from receiving our support.

Dawn Varley, Support Co-ordinator

*For further info please contact Dawn Varley,
Support Co-ordinator, on 01634 404468
or hattie-webbhouse@kasbah.org.uk
or Emma Carver at the KASBAH main office.*

Seabrooke House

Three people have moved out and are now living independently. Seabrooke House now has two new residents who have settled in nicely.

Staff and residents are embarking on a New Year healthy living regime; we are all now eating fruit and vegetables in abundance and Fridays will now be 'Fitness Fridays', where we will be taking fresh air and exercise.

Congratulations to Claire Armstrong who has successfully secured a work placement with 'Branches Out'.

We would like to wish Fiona Harward good luck in her new work placement at Oakfield Nursery.

Rosie Penfold recently completed an ALL NIGHT sponsored row to raise money for her youth club.

Read all about her efforts below.

Becky Glibbery, Team Support Leader



ROSIE ROWS TO SUCCESS

Rosie Penfold, a service user at Seabrooke House, is a part of Northfleet Youth Centre, whose members are taking part in a youth exchange with Finland as part of a planned cultural activity programme.

Since September 2008 Rosie has been working towards going to Finland to spend a week with Finnish Youth Centre students, who will fly over here in July to spend a week with the British group.

Rosie took part in a 24hr 'row to Finland' using a rowing machine to raise funds towards the flights. All participants rowed for 20 minutes at a time throughout the night, but only managed to get 'half way' as the rowing machine kept breaking down, much to the amusement of everyone taking part.

Rosie will be jetting off to Finland on the 14th February 09, and will be treated to a Valentines Disco on arrival.

Rosie said "I'm really, really excited and I can't wait; I'm looking forward to learning a new language while I'm there". We wish her every success.

TRUSTEES STILL NEEDED URGENTLY!

If you have skills or experience that can and will benefit KASBAH, and would be willing to become a trustee, (training may be available) please write a short summary about yourself and send it via the KASBAH office to Betty Hague-Smith, Chair of KASBAH.

CHRISTMAS SMILES

Thanks to all who nominated someone to receive one of our 'Christmas Smiles' awards.

There was a good response and we think that we were able to put a smile on quite a few faces as a result.

ADVISOR'S PAGE

New Contact Times

- I will now be working on Mondays, Tuesdays & Fridays between 10.00 & 15.00.
- If I am in the office, I will try to take your call during those hours, but if you are unable to reach me by phone try email, as I check my emails regularly!

Thank you; Christine Cunningham



*** You can contact Christine as follows:**

Christine Cunningham, KASBAH Advisor, 7 The Hive, Northfleet, Kent, DA11 9DE,
Telephone: 01474 536501, or **Email:** ccunningham@kasbah.org.uk

Your Feedback on Normal Pressure Hydrocephalus

Thank you to everyone who responded with feedback to the article in our November 2008 issue regarding NPH (Normal Pressure Hydrocephalus) & Hydrocephalus in the over 60's.

It has been quite difficult to ascertain an accurate picture of the impact that these conditions have on each individual Service User, but it is apparent that most have some degree of difficulty with balance or mobility.

For those who are 70+ it is difficult to establish if their infirmity is due to the NPH, Hydrocephalus, or to ailments that can be expected at that age.

On the whole, this enquiry has not brought forward the specific information that I was hoping for. I guess it is fair to say that as individuals, each person with NPH or Hydrocephalus has their own unique way in which they are affected.

However, from those persons we are aware of, the research has indicated that there are 21 persons either registered with ASBAH or KASBAH who are over 60 with Hydrocephalus and 14 persons with Normal Pressure Hydrocephalus.

Many thanks and bye for now.

*Christine Cunningham
KASBAH Advisor*

A CD @ £2.95, "Living With Normal Pressure Hydrocephalus" and an informative leaflet, can be ordered via www.asbah.org or from: ASBAH, 42 Park Road, Peterborough, PE1 2UQ

Direct Payments and Tax Incentives

From Angela Lansley – ASBAH Advisor

The item below appeared in a local families' newsletter. (Thanks to Gaynor of the National Autistic Society). I believe this is a tax incentive for employers with fewer than 35 employees. Does anyone know of anyone who has done this and did he / she receive a cheque in his / her hand? Does it apply to people who don't use a broker but are still small employers?

"If parents have direct payments for their child/adult and use a broker to do the wages the broker will probably have made the tax return on line. People should contact the broker and ask if their tax return was done on line. If it was, then the Inland Revenue pays an incentive. Parents can ask the broker to contact the IR on their behalf and ask for a cheque to be sent to them at home. The money does NOT have to be used for services as the service user can spend the incentive in any way they like!"

Comments:

It applies to all small employers, not just Direct Payments. It is to try to get people to submit their accounts online rather than paper. If you use a broker you would probably not be aware that this incentive was being offered, so it is available to all.

Gill Yaz - Advisor, ASBAH, ASBAH House, 42, Park Road, Peterborough, PE1 2UQ

When I first went back to work, I had a nanny for a while, and we used a payroll company to sort all our taxes out. As they did our return on line, we got the £100, and the cheque was sent directly to us not via the company, so I should imagine it would be the same with a Broker. I understand there is a £75 incentive for the tax year 08 to 09.

Emma McKeever, ASBAH Thames Valley Adviser, 209 Crescent Rd, New Barnet, Herts, EN4 8SB

Education Update

from Joanne Grenfell – ASBAH North Education Advisor

Happy New Year to you all!!

2009 has lots of changes and adjustments to do with education so I thought I would list some of the main ones for your information.

1. The Government is encouraging more 1-1 tuition to be available for children falling behind - providing schools can find tutors to provide it!
2. Year 6 SATS tests should go ahead as before but will be carefully watched after last years fiasco. It may be (if it is a disaster again), that an alternative could be single level tests done when the child "is ready", but so far trials have revealed problems.
3. Ofsted has a new inspection framework (again!). League tables may eventually be replaced by the new school report cards.
4. This will be the first year secondary schools will not have to prepare 14 year olds for compulsory national tests (SATS). Teachers will be expected to study further to Masters level if they haven't already! Secondary schools will have to work in behaviour improvement partnerships; school reps will be able to legally physically search pupils - i.e. for drugs/weapons, and the transfer of funding for 16-19 education moves from the Learning and Skills Council to Local Authorities and Apprenticeship schemes. (Let's hope the economic downturn does not affect their availability). Finally, the new exams system moves to OFQUAL, Qualifications Curriculum Development Agency.
5. Special Needs education especially is under the microscope this year, with Ofsted looking into the whole system. The legal information from Local Authorities and schools which parents are entitled to will be re-researched for its quality and availability and from September all special educational needs co-ordinators (SENCOs) will have to be qualified teachers, or be trained to be qualified by 2011; about one third of all secondary schools will have to retrain their SENCOs to gain a teacher qualification.
6. The private sector may well be under extra pressure if its intake declines due to parents' economic concerns, and state schools too are likely to receive less money this year.

For further information, or to respond, contact:

Joanne Grenfell
ASBAH North Regional Education Adviser
ASBAH House North, 64 Bagley Lane, Farsley, Leeds, LS28 5LY

Benefits Advice

Disabled persons and their carers can get benefit advice, and/or the contact number for their Regional Disablement Benefit Delivery Centre from the Benefit Enquiry Line.

Benefit Enquiry Line: 0800 882200

Textphone: 0800 243355

Lines are open Monday to Friday from 8.30am to 6.30pm and Saturday from 9.00am to 1.00pm

From Our Carers' Advisor

Hello Everyone

I hope you all had a peaceful Christmas and would like to wish you all a happy New Year.

The festive period can be one of the most stressful times of the year. Everyone is busy, but for carers, stress levels are increased significantly. Many carers report that Christmas brings added expense, pressure with essential services being unavailable and help not being there when it is most needed. Carers can often feel isolated and unaware of who to turn to, but somehow, carers do manage to summon the energy and enjoy the festivities whatever their circumstances.

Throughout this month I shall be focusing on three main objectives. I am currently reviewing our database and have compiled and plan to distribute a survey for carers to evaluate the quality of services available and to see how KASBAH can help. I would be very grateful if you could take

some time to complete this questionnaire and return it to the KASBAH office as soon as possible. The results of this survey will be published in the next newsletter.

My second objective is to establish a support group exclusively for carers to allow people to come together, share experiences and help each other out in what are difficult times.

My third and final objective is to organise a "Pamper Session", I will be present if anyone would like to meet and talk to me (Please keep an eye out for details in future issues).

Best wishes to you all and I look forward to hearing from you in due course.

Lynne Mynehan
Carers' Advisor

Fundraising News



MARDEN MISTLETOE MADE US MONEY!

Eunice Doswell, one of our members, arranged for mistletoe to be sold from Stanley's Garage in Marden and raised £73 for KASBAH. Thank you letters went to Mrs Hargreaves for supplying the mistletoe, and to Liz Stanley for selling it. It's lovely to hear that people are so willing to give their time and resources; we rely quite heavily on such donations.



CHRISTMAS CARD CASH!

Thank you again to the Webb Family. Graham and his family decided not to buy Christmas cards last year and made a generous donation to KASBAH instead - what a fantastic idea!

Graham and his wife Mandy also told their friends and family what they were doing and why, which also raised awareness of our charity and in particular Hattie Webb House.



We are very grateful to all the individuals, members, non-members, business organisations, and charitable sources who have contributed to our funds and worked so hard in so many different ways to produce the donations on which we rely to keep the charity running well.

Not surprisingly, given the current financial climate, KASBAH has suffered a considerable reduction in the amount of charitable donation received this year. We are looking for any more good income raising ideas which you may have. If you have any bright ideas, like those above, please send them to us at the office.

If you would like to help KASBAH raise valuable funds, please contact us. We need fund raising volunteers and could even start a fund raising committee if there is enough response. And of course we will not say no to any donations from you!

Please contact Emma or Sally at the KASBAH office (Contact details Page 12)



Volunteering Opportunities

KASBAH CHARITY SHOP - NORTHFLEET

The KASBAH charity shop is now open four days a week! Please drop off any donations during office hours!

We need volunteers, as well as donations of clean clothes, toys and household items (NB Non-electrical). All help is greatly appreciated.

Please ring or email the office if you can assist in any way, or want more information.

BEFRIENDER AVAILABLE - TUNBRIDGE WELLS

We have a volunteer in Tunbridge Wells who would like to befriend or visit a member who would like the support and company. If you are interested please call or email the KASBAH office.

BEFRIENDER WANTED - ROMNEY MARSH AREA

KASBAH is looking for a befriender / friendly listening ear to visit KASBAH members in the Romney Marsh area.

If you think you can help, please contact the Kasbah Office to discuss.

Kids' Art Studio

I run Kids' Art Studio, a weekly art group for up to 10 children (accompanied by a parent) aged 1-5 years, currently held in Faversham Children's Centre and locations in Whitstable and Bridge. I am also a Learning Disabilities Nurse and will be running a group for disabled children in Windchimes in Herne Bay. I am particularly keen to provide a group especially adapted for the individual needs of profoundly learning disabled children.

I charge £50 per session. Each hour long session generally includes plenty of painting, gluing, glitter fun and other hands-on messy activities, using recycled paper and environmentally-friendly paint and glue. I provide full length painting aprons with long sleeves, plenty of floor splash-mats and toddler-size tables and chairs, if appropriate. Each child always has artwork to take home with them, whether it's a full size painted outline of themselves, or a pirate hat and treasure chest! I offer creative, fun, messy art sessions with an educational theme.

Each week has a different theme. For example: Pirates - we made pirate hats, treasure chests and spy glasses, and painted pictures of parrots.

Aboriginal Art - we did dot painting, painted a boomerang and drew around each child on a large piece of card and painted the outline in aboriginal body art.

Weather - we painted clouds, blew paint through straws to symbolise the wind on water and put wellies on to walk in 'muddy' paint water and make footprints on card.

I feel I can offer an interesting, challenging and rewarding opportunity to children and their parents and hope to be able to work in conjunction with children's centres and other children-centred groups around north Kent.

Thank you. I hope to hear from you soon.

Tamar Beck

Kids' Art Studio

0797 5541 222 / 01795 890310

tamartree@talktalk.net

KASBAH KLUB

In January KASBAH Klub members met for their latest planning meeting.

Members have agreed to trial email contact over the next few months as opposed to meeting up face-to-face, to ensure that members who have a long way to travel can stay in contact with this support network. Members will contact one another via a "round robin" email starting in February, to

update other members on what's happening in their own lives as well as suggesting and arranging activities for all members to attend.

The KK welcomes new members aged 18-35 who like to socialise, go on trips and holidays and more. If you are interested in joining please contact Sally Cochran at The Hive for more information. (Details Page 12)

'So Who Really Cares Anyway?' Feedback from Matthew Kyle's Article

Thank you all for the feedback we have received regarding Matthew's very interesting article 'So Who Really Cares Anyway?' in our Nov 2008 issue, which gave an honest and open account of the failures in services which Matthew experienced.

We are told that more of our readers intend to respond to the article but have not yet done so. Can we please ask that you send in your responses by the end of February so that they can be collated and a summary made available for our next Newsletter in April 2009.

Thank you.

Services Available in the Medway Area

Following the recent 'Independent Living Fair' in Strood, we have listed a number of the services available to those living in the Medway area which we think will be of interest. You may wish to make enquiries from some of them. It is not exhaustive, and inclusion does not imply that any particular service is necessarily recommended by KASBAH. Let us know if you find this item useful or would like one featuring your area.

CPC (Kent) Care Services

**Bradbury House, View Road, Cliffe Woods
Rochester, Kent, ME3 8UJ**

Tel: 01634 220110 **Fax:** 01634 220530

Email: marionaldridge@cpcare4u.co.uk

Web: <http://www.cpcare4u.co.uk/>

Offers Home Care Services; Personal Care for the Elderly & Physically Disabled; Domestic Services; Learning Disabilities Support; Day Centre open to disabled people over 30 (subject to assessment, 10am -3pm Mon & Wed); Care Needs Assessment & Review; Health & Safety risk assessments; Training; Emergency Call Out Service; Life Skills Group.

Guardian Homecare

Head Office, 7 The Courtyard, Campus Way, Gillingham Business Park, Kent ME8 0NZ

Tel: 01634 264611 **Fax:** 01634 265893

Email: gillingham@guardianhomecare.org.uk

Web: www.guardianhomecare.org.uk

National organisation providing care and support services to a range of users with diverse needs. Please contact us if you are an individual requiring care or support at home

Medway Crossroads Caring for Carers

**(Office 7/8), 55 Balmoral Road, Gillingham, Kent
ME7 4NT**

Tel: 01634 577900 **Fax:** 01634 577900

Email: medwaycrossroads@btconnect.com

Web: www.crossroads.org.uk

Aims to relieve stress by providing short breaks for carers of disabled people living at home. This will help disabled people to stay in their own homes. Services are carer-led, flexible (to meet the needs of carers) and should supplement and complement rather than replace the existing social services.

Ethnic Minorities Senior Citizens Association

**Welcome Day Centre, 44/46 High Street, Chatham,
Kent, ME4 4DS**

Tel: 01634 844639 **Fax:** 01634 828212

Email: welcomedaycentre44.wanadoo.co.uk

Works for the welfare of BME Medway Senior Citizens who are vulnerable and physically disabled and cannot access mainline services due to language problems. Services can be accessed via a care manager or by visiting the centre and filling out referral forms. All communities welcome irrespective of religion, nationality or race.

**The Princess Royal Trust, Medway Carers Centre,
3 Canterbury Street, Gillingham, Kent ME7 5TP**

Tel: 01634 577340

Email: medwaycarers@aol.com

Web: www.medwaycarerscentre.org.uk

Aims to encourage people who are family carers to make use of the help that is available to them as family carers, both locally and nationally. Many varied activities, advice and information, and support groups are available.

MCCH Society Ltd

**Unit 28/29 Turkey Court, Turkey Mill, Ashford Road,
Maidstone, Kent, ME14 5PP**

Tel: 01622 355300 **Fax:** 01622 355330

Email: contactus@mcch.co.uk

For people with learning disabilities, autism or mental health needs. Offers Registered Care; Supported Living; Community Support; Self Directed Payments; Employment and Vocational Services; Activities.

Carers Support Scheme

**Sunlight Centre, Richmond Road, Gillingham, Kent
ME7 1LX**

Tel: 01634 338600

Email: caresupport@btconnect.com

Aims to relieve the stress and difficulties experienced by families and friends caring for an older person who is suffering from a mental health condition. Meets at Rose Street Community Centre, Sheerness on the last Friday of the month 12.30-3.30 and also at Phoenix House, Central Avenue, Sittingbourne. One-to-one support is provided in the Medway and Swale areas.

Carers' Relief Service

**Teresa O'Brien, Room 222, Main Office Block, Crest
Complex, Courtney Road, Gillingham, Kent ME8 0RX.**

Tel: 01634 302654

Email: carersreliefservice@tiscali.co.uk

Aims to relieve stress in the family for anyone in the Medway and Swale area who cares for a mentally disabled adult at home.

Carers Support & Information Access & Information Team

**Municipal Buildings Canterbury Street Gillingham
Kent ME7 5LA**

Tel: 01634 334466

(24 Hr Emergency Community Services 0845 762 6777)

Email: access.information@medway.gov.uk

Web: www.medway.gov.uk/index/socialcare/carersupport.htm

Help available includes practical help at home, equipment, day care, information and respite care which may be of specific help to carers.

Early Years & Child Care Children's Services, Medway Council, Gun Wharf, Dock Road, Chatham, Kent

ME4 4TR

Tel: 01634 335566. (Mon-Thurs 8.30 - 5.30, Fri.8.30 - 5.00)

Email: familyinfo@medway.gov.uk

Web: www.childcarelink.gov.uk/whitebox/cis.asp?cisid=5021&mapid=59

Aims to provide parents and carers with up-to-date information on local childcare availability; guidance on the different forms of childcare and nursery education; impartial advice on childcare-related issues; help to balance work and family life

Carers' Support In Ashford and Shepway

CARERS' SUPPORT

Norman House, Beaver Business Park, Beaver Road
Ashford, Kent TN23 7SH
Tel: 01233 664393 Fax: 01233 646709
Email: admin@carers-ashford.org.

*Do you feel selfish with your emotions?
'The Selfish Pig's Guide to Caring'
highlights some of the thoughts often experi-
enced by Carers, and is a useful tool for
appreciating your emotions.*

*Do you think the opportunity to meet with
others in a similar situation, for a chat
would be light relief? A moment to reflect on
what is happening?*



Come and Meet

Mondays 2nd, 9th, 16th and 23rd February
at the Old School, Church Lane, **New Romney**
from 10.30am to start 11.00 until 12.00.

**If you would like to come, or want more information,
please send your Name, Address and Telephone Number to Carers Support (above).**

CARERS' TELE-LINK- UP IN ASHFORD AND SHEPWAY



This is a new project for Carers' Support to be launched in the New Year. Its aim is to provide social contact & interaction to carers in the Shepway and Ashford area, without them having to leave the comfort of their own homes.

For some, caring duties do not leave them with the opportunity to get out and about to participate in social interaction. This scheme provides an accessible and friendly discussion forum in the form of a telephone conference for an hour once a week for a period of up to ten weeks at a time.

A group of about 5 carers and a host, "meet" on the phone to discuss mutual topics and interests such as books, films, cookery and so on. It is a chance for stimulating conversation, friendship and a brief escape from routine and the pressures of daily life without transport issues or a sitting service being required and at no cost to the carer.

To find out more about this amazing and fun new scheme, or to register your interest in joining it, contact Frances at:

CARERS' SUPPORT, Norman House, Beaver Business
Park, Beaver Road, Ashford, Kent TN23 7SH
Tel: 01233 664393
or Email: befriender@carers-ashford.org.uk



SUPPORT FOR CARERS IN SHEPWAY

**Do you look after someone in your home?
Is there ever time to have your own health checked?
Do you know what services are available to you?**

It doesn't matter who you care for - a disabled adult or child, an elderly relative or someone with a debilitating illness - we know that YOU the CARER need support too!

We aim to provide you with a free basic health check and an opportunity to speak to Keeley Taylor, our Shepway Link Worker, who will be able to lend a listening ear and direct you to appropriate services and help available.

Sessions will be held in village halls and community centres in your area over the next ten months. We will be open during school hours for people to just drop in, or you can make an appointment.

DYMCHURCH Village Hall 10.00 - 1.30 on
Mon Feb 2nd; Thur Feb 5th; Tues June 9th; Thur
June 11th.

The Old School, **NEW ROMNEY** 10.00 - 1.30 on
Mon 17th May; Thur 21st May.

Hardy Hall, **LYDD** 10.00 - 1.30 on
Mon 11th May; Fri 15th May.

To know more contact Keeley Taylor on 01233
664393 (mob 07330 875460) for an informal chat,
or email supportgroups@carers-ashford.org.uk

Sports Opportunities



Sitting Volleyball in Kent

The Kent Club – Invicta Hellhounds - has its own website:

www.Invicta-hellhounds.co.uk

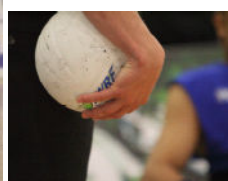
where you can find full details of the Club, its training times and venues, and information on recent tournaments and results



If you would like more information on sitting volleyball in Kent, please contact Kent's Volleyball Development Officer Tom Middleton on 07710 772533



FOR INFORMATION ABOUT ALL TYPES OF SPORT FOR THE DISABLED IN ALL AREAS OF KENT VIEW THE SPORTS DEVELOPMENT UNIT WEBSITE AT: www.kentsport.org/ OR CONTACT KCC's SPORTS DEVELOPMENT OFFICER, MIKE BISHOP: Tel No: 01732 525389 Email: mike.bishop@kent.gov.uk



WE NEED YOU

Kent Crusaders Wheelchair Rugby Club

Cascades Leisure Centre
Thong Lane
Gravesend
Kent
DA12 4LG

Wednesdays

12.00 - 3.00 pm

Contact Alan Caron:

07879 861011

lwrcdevmanager@aol.com

Kent Boccia Centre of Excellence

The club is primarily for disabled youngsters and adults.

The aim is to provide training from an experienced coach, for individuals to practice and improve and to enter Kent players and teams into regional and national competitions

For more information contact Mike Bishop on

Tel No: **01732 525389**

Email: mike.bishop@kent.gov.uk



**At Astor of Hever Sports Centre
Oakwood Park, Maidstone**

10.30am - 12.30pm

Sunday 8th and 29th March 2009

Sports Opportunities

WHY NOT TRY POWERCHAIR FOOTBALL ?



The Gillingham Mean Machines Powerchair Football Club was started in September 2006 by Nurinder Bhohi who wanted to find something that her son could participate in and enjoy.

The sport is for people of either gender who use electric wheelchairs, and is played on a basketball sized court. Each team has four players, one of whom is the designated goalkeeper. Bumpers attached to the front of the wheelchair are used to kick and pass the ball with the object of kicking the ball across the opponents' goal line. There are strict rules governing the sport, which can be found at www.thewfa.org.uk

Club members meet fortnightly for training, at the Sports Hall at Chatham Grammar School for Girls, and for the first time the Gillingham Mean Machines are entering a team in the WFA National league in Kettering, Northamptonshire. There are two leagues, the Premier league and the Championship, with fixtures played over five weekends.

It is a really enjoyable sport that power chair users can participate in independently and also develop team working skills. The team has developed over the last two years and the players are all set to perform well in the national league.

The club is looking for more members and anyone who is interested is welcome to come and watch a training session. If you just want to come along and enjoy playing powerchair football there is no pressure to play in National League events.



For further details please contact: Nurinder Bhohi
Tel: 01634 377300 Email: nurinderb@gmail.com

WHEELCHAIR BASKETBALL IN SWALE

THE BLACK PEARLS Wheelchair Basketball Team, SITTINGBOURNE
Contact Sarah Kelly on 07516 605379 or email: SittingbourneWBC@aol.com

Wheelchair Tennis Sessions

If you live in the East Kent area, **FREE OF CHARGE** why not come and join us?

Two indoor tennis courts will be available for the session and we hope to soon be able to provide structured coaching.

Friends and family also welcome!

- Tennis wheelchairs available to try soon.
- Tennis equipment provided.



Sunday 22nd February 2009, 4.00-6.00pm

**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

Maidstone Rebels Wheelchair Basketball Team



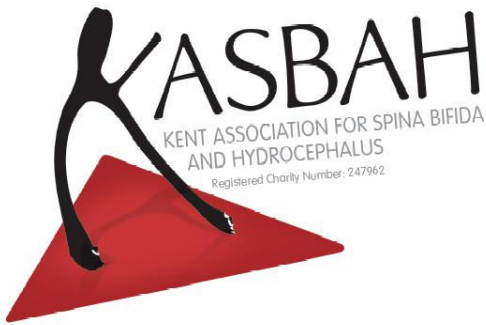
**Every Saturday
3.00 - 5.00pm**

**Astor of Hever Sports Centre,
Oakwood Park, Maidstone, Kent**

The club is primarily for wheelchair users with upper body coordination, but non-disabled players are welcome

The Club will aim to join the GB Wheelchair Basketball Association League and participate competitively.

Tel No: **01732 525389**
Email: mike.bishop@kent.gov.uk



7 The Hive, Northfleet, Kent, DA11 9DE

Tel: 01474 536501

Fax: 01474 536202

Email: admin@kasbah.org.uk

KASBAH COMPETITIONS!

From this issue on, our competitions will appear less often, but if you feel strongly that you would like a competition in every issue please let us know and we will consider bringing them back on a regular basis!

Congratulations to the winner of the autumn newsletter word search who was Tanya Gilmurray, mother of Ryan Gilmurray aged 4. The prize was a family ticket for Aladdin at the Assembly Hall in Tunbridge Wells.

NEW VOTING AGE FOR KASBAH MEMBERS ?

What do you think about lowering the voting age for KASBAH members from 18 to 16 ?

Please send your thoughts to us at the office.

Write, telephone or e-mail as above.

PUBLIC CONSULTATION ON THE USE OF 084 TELEPHONE NUMBERS IN THE NHS

The Government is considering banning the use of 084 numbers in the NHS because patients who use them are paying more than the equivalent cost of a local rate call to access services provided by the NHS.

However, it recognises that the extra functions offered by an 084 number can improve access to services for patients. It wishes to find out how valuable people think the enhanced functions provided by 084 numbers are, and how they might otherwise be provided without patients having to pay more than a local call rate for them.

This national consultation runs from 16 December 2008 until 31 March 2009. The internet link below will lead you to full details of the consultation process and a questionnaire. To participate in this consultation you will need to print and complete the questionnaire and return it by post to the address below:

084 Consultation Responses, Department of Health, 2N16 Quarry House, Leeds, LS2 7UE

http://www.dh.gov.uk/en/Consultations/Liveconsultations/DH_091879

If you need any further information please do not hesitate to contact:

Claire Doran, Health Matters Reference Group Coordinator

Direct Line: 01304 216857 Fax: 01304 212583

Email: claire.doran@eastcoastkent.nhs.uk

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