



KASBAH Develops its Services

After several months of negotiation, KASBAH are pleased to announce we have two new projects due to open around April 2013.

Maddison House

Maddison House in Northfleet will be another addition to our supported housing network. It is a seven bedroom property (akin to small bedsits) in a spacious and modern four storey building in Northfleet. The property is on the major public transport routes and a short distance to Gravesend town centre.

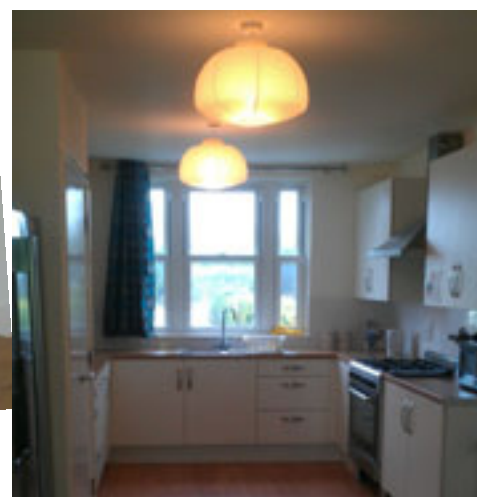


Each of KASBAH housing projects has a slightly different niche; Seabrooke House is our only 24 hour supported short term project which trains young adults with the potential to live independently in the next two years in the life skills necessary to keep the person safe, well and happy. Each person has their own individual learning plan and all needs and ambitions are welcomed. Hattie Webb House is a more independent service with like minded young people living in a shared house with support as and when they require it, this services specialises in physical disabilities.

Rochester Road currently has a live in staff member and is able to support a higher level of learning disability (this property does not have full wheelchair access).

Maddison House will be a longer term project for predominantly able disabled young adults to live in a shared living environment with individual support packages to meet each young disabled person's needs predominantly around cooking, keeping self safe, understanding letters and bills and social skills, this service specialises in learning disabilities.

Each year KASBAH identifies a new area of need in housing, Maddison House will fill a local need to combat isolation and ensure the young adults succeed in their next move into independent living. We are currently allocating rooms and do still have vacancies. If you are interested or would like further information please contact Becky on 01322 386841 or e-mail rglibbery@kasbah.org.uk.



See page 2 for more exciting developments!

Time to renew your membership...

As you probably know, KASBAH ask for a voluntary donation of £6 a year from its members. Therefore it's time to renew your membership - please see enclosed KASBAH membership renewal form and complete your details as soon as you are able. This will enable KASBAH to make sure we hold your correct contact details and let us know if you need any assistance and what you may like to read in one of the future newsletters.

Remember if you use the freepost address, it will not cost you a stamp, however, if you would like to help to save costs – a stamp would be appreciated:

IMPORTANT!

**KASBAH, 7 The Hive, Northfleet, Kent, DA11 9DE or
KASBAH, Freepost SEA13792, Gravesend, DA11 9BR**

Thank you.

KASBAH's First High Street Venture

For several years a trend has appeared in the local members' needs; a need for meaningful work and access to paid employment.

KASBAH are proud to announce its first steps in meeting this need. 'The Meeting Place' is a well established cafe in the heritage end of Gravesend's High Street. The current leaseholder Muriel has decided after ten years in the business that it is time to retire and concentrate on her passion in empowering young disabled adults to meet their full potential. KASBAH seized this opportunity to set up a plan to take the cafe over, we are currently negotiating the terms of the lease, the cafe is intended to be handed over to KASBAH by April 2013. This will be the first KASBAH project led and managed by KASBAH members and service users, staff will always be present to guide, support and develop the cafe workers to gain in confidence, skills and a structured training plan which will hopefully lead these people into future paid employment.

Please watch this space and show your support when we get into the cafe and pop in for a cuppa and a delicious homemade slice of cake.



A message from Emma...

Happy New Year! I hope you all enjoyed the festive period, it is always difficult adjusting to everyday life after the break, please do remember we are here to help. It will be an exciting year for KASBAH with a new supported housing project due to open shortly in addition to our very own high street cafe. This is a significant step for KASBAH to help find KASBAH members meaningful work, which we hope will be the first of a new line of developments.

We are always interested in your views and thoughts, if you feel there is an unmet need in your area, please contact me on 01474 536501 or e-mail ecarver@kasbah.org.uk.

Emma

KASBAH Chief Officer



Seabrooke House Update

It was that time again to open the doors to the guests of 'Come Dine With Me' our yearly fundraiser. In preparation of the upcoming Dining sensation, the dining room was cleared and the ingredients were purchased, a special Thank You to Mr & Mrs McDermott for donating a big bag of potatoes and bags of peas!

Each morning, everyone helped set the tables, prepare the vegetables and make sure everything was ready. Each trainee had a job to do, from Greeter to Head Chef or Waitress to Washer Upper, and everyone took it in turns to have a go at the jobs.

Each day 10 dinners were served, Turkey, Roast Potatoes, Peas, Carrots, Yorkshire puddings and sausage wrapped in bacon, and for

dessert there were Mince Pies, Christmas Pudding and Chocolate Cake.

Everyone who took part worked hard and by 4pm were ready to sit down and relax for the evening.

A big congratulations to all the trainees who took part and a big thank you to everyone who came to support us again, without you we would not have raised £400, which will be going towards a holiday for the trainees at Seabrooke House.

We look forward to seeing you all again in December 2013!



Hattie Webb House Update

The Hattie Webb House crew were happy to receive a visit from our favourite singer, the one and only Hattie Webb! Hattie stopped off in the UK in-between touring with The Webb Sisters and made time to come and visit us in January. It was great to catch up on all the news, and she also spent time with Ross doing some song writing and recording.

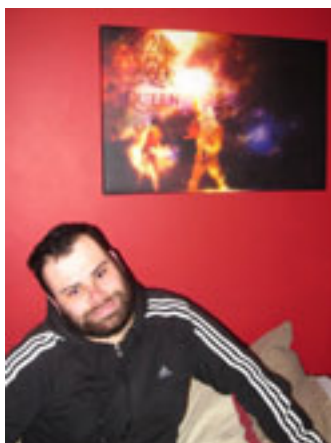
In December the guys celebrated Christmas with a night out at the King Charles Hotel, for dinner with a disco and Dirty Dancing and Grease themed cabaret. We all really enjoyed this and are hoping to go to another cabaret night soon, hopefully before next Christmas!

We also went to the Acoustic Valium gig (see page 5) which was fab! Ross was able to secure two guests for his radio show on Radio Sunlight, those being Arron and Georgia who were both performing that night.

Another celebration in the house took place when James had his 30th birthday, we presented him with a canvas print of his favourite band Queen, which now takes pride of place in his bedroom.

The snowy weather meant we were stuck indoors for a few days, with three of our guys in wheelchairs and living in a quiet residential area made it a little difficult to get out and about. Luckily the staff were able to get into work and help out with tasks like shopping and making sure everyone was safe and healthy.

We are pleased to welcome Jane Candler to our bank staff team; Jane is a familiar face at KASBAH as she previously worked with the Short Breaks Team and also provides 1:1 support for one of our service users.



Short Breaks Update

Short Breaks' November session saw us welcoming back Richard Barker from Aiming High and Wendy Daws, a local artist, who helped the young people make finger casting. Richard joined in the fun making a cast of his fingers and 'mucked in' helping with the washing up and had time to play table tennis with some of the young people. We all enjoyed the session and had a delicious curry for lunch, cooked by the young people.



Our Christmas shopping trip to Hempstead Valley Shopping Centre was very successful. The young people were able to choose Christmas presents for family and friends and learn valuable skills such as travel training and money management.



Short Breaks' Christmas party was well attended and thoroughly enjoyed by young people and staff. We had lots of games and prizes for all, plentiful snacks and cakes, including Christmas cake and the parents joined us for the buffet towards the end. We held our Christmas draw and we were very pleased to have so many very good prizes to give out thanks to the generosity of local businesses. We are planning to have a fish and chip supper for the young people in the near future using the proceeds of the draw.

We would like to thank the following local businesses for their generosity in making our draw such a success:

Premier Travel, Rainham
Ascot Flowers, Rainham
Subway, Lower Gillingham
Rare Breeds Centre
Rochester Wines, Rainham
Rik's Store, Rainham Mark
Lush, Bluewater
Invicta Dynamos
Boots, Rainham

Lloyds Chemist, Rainham
Micallef Jewellers, Rainham
Just Cutts Butchers, Rainham
Bell Glass, Rainham
Nutter Cutters Hairdressers, Wigmore
Happit Clothes Shop, Rainham
Roko Gym, Rainham
Wilkinsons, Rainham
Arizona Limousine



Hawkins Bazaar, Bluewater kindly let us have a number of prizes for the party at a much reduced cost. We raised £176 from the draw.

We had a trip to the Ice Bowl in Gillingham in January to watch the Invicta Dynamos and the young people were able to meet the players at the end of the game.

Our first session of the year will be on the 26th January in the Millennium Hall. Future sessions will be held on 23rd February; 23rd March; 27th April; 25th May; 22nd June 2013.

We are always happy to welcome new members.

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

Rochester Road Update



It was a busy Christmas at Rochester Road, the guys all went out and purchased new Christmas decorations and enjoyed decorating their tree!

We went on a day trip to Oxford Street to see the Christmas lights and went to Harrods and Hamley's the toy store, before stopping off for lunch in China town. We went with some old friends from Seabrooke House, Jamie Gowland and Paul Hoadley, it was great to catch up with them again. In the new year we went to try out the Crazy golf course at Bluewater.

As you can see we've also enjoyed the snowy weather and here's Ashley, our Apprentice Life Skills Coach, helping build a snowman in the garden!



The Meeting Place - Acoustic Valium gig

The evening of 19th December was very wet, but that didn't dampen our spirits!

Service users and staff from Hattie Webb House, Rochester Road and Seabrooke House all made their way to



Gravesend town centre and to The Meeting Place, a lovely little café in the High Street (see page 2 for more details). We settled in for the evening and were entertained by singers Arron Hudd and Georgia Swallow. They got everyone singing and clapping along to some well known favourite songs.

We also enjoyed teas and coffees, mulled wine and mince pies, with thanks to Muriel and her staff team.

A really intimate evening with good friends, watch this space for future events with Acoustic Valium.

Thanks to Dan Littlechild for helping arrange this event.



Love, loyalty and relationships

You may remember that KASBAH member Jon raised money for us by doing a skydive at Headcorn. Jon asked for the sponsor money to go towards helping members in understanding relationships.

With the money raised, we have been able to develop a resource pack for members which aims to help the personal development and knowledge of people with disabilities around sex, sexuality and relationships.

The KASBAH staff team are also shortly due to attend a training session which will increase their knowledge and enable them to give specific advice and guidance in all areas of relationships.

Please let us know if you require assistance or advice in these areas, as always KASBAH is here to help you. If you would like a resource pack, please contact us at The Hive (contact details are on the back page of this newsletter).



News from the Advisor Service



Gill Reynolds
KASBAH Advisor

Email greynolds@kasbah.org.uk
01474 532950

The Advisor Service continues to be busy providing information and signposting on a variety of different issues including accessing voluntary work, returning to work and finding local social and activity groups.

We have also received a number of new referrals from our colleagues at DIAL. Following their appointment with DIAL to complete Disability Living Allowance forms, the Advisor Service has also been able to provide more specialist information.

As always we are keen to hear from our members so if you have a topic or area of interest that you would like to read about in the newsletter please let us know. You can email me at the address above or leave a message on the office answer machine.

I don't know about you but I ate way too much chocolate over Christmas, so in celebration of all things sweet and chocolate please enjoy trying to complete the chocolate and confectionery quiz - answers are included on page 8 of the newsletter to avoid frustration!!

CHOCOLATE AND SWEETS QUIZ

1. Clever Folk
2. Big Cats pub
3. Wobbly Infants
4. Locals from Malta
5. Toothless Drink
6. Garden Flowers
7. Arrange dates for partners
8. Its a party!
9. Lorry drivers chocolate snack
10. Outside Meal
11. Spin around
12. Big Bus



Thank you and Congratulations!



Thank you to everyone who completed the questionnaire in the last issue of the newsletter; we wanted to know your thoughts on holding a lottery within KASBAH.

Congratulations to Tracey Beal who won a Morrison's voucher, her name was picked out of the hat from all the replies we received.

Come and join us at MAPS Fun Quiz Night

Saturday 16th February
6.30pm

Walderslade Baptist Church
Catkin Close, Walderslade, ME5
9HP

£3 per person - maximum 8 per team
Bring your own snacks and drinks (non-
alcoholic please)

Prizes Games Raffle
Something for EVERYONE!

To book your table please call Elaine or
Cedric on 01474 833407

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press limited

DESIGN & PRINT SOLUTIONS

London Road Press have been a sponsor of KASBAH's for the last five years and come with our highest recommendation. This local business offer:

Litho and Digital Printing
Graphic Design
Stationery
Leaflets
Brochures
Folders
Posters
Banners
Labels
Signage
Vehicle Graphics
Website Design

The products are always competitively priced and delivered with a smile, so please support this local business.

Call Steve on 01634 682298 or 07974 431610 for more information.

Thinking of booking a holiday?

Brambles Chine Holiday Bungalow is owned by the Isle of Wight Association for Spina Bifida and Hydrocephalus, and situated in a quiet spot at Freshwater on the west coast of the Isle of Wight. The island is easily accessible from the ferries that operate from the mainland from Southampton, Portsmouth and Lymington.

The holiday site is half a mile off the main road and would be more convenient for families with transport. The bungalow is fully furnished, and includes an automatic washing machine and tumble dryer, fridge, electric cooker and microwave, colour TV and radio. The kitchen area includes a height-adjustable sink unit convenient for wheelchair users. There is also a fully accessible wet room. Duvets are supplied, but visitors can supply their own linen or hire linen on site. A cot is also provided. Electricity is included in charges, also gas (water heater only). On the site is a shop, and telephone box. There is also a local swimming pool nearby with adaptations. The bungalow accommodates a maximum of six persons with two single beds, a double bed and double bed settee. If you wish to make a reservation, please contact the Association to obtain available dates and a reservation form.



Mrs S Griffiths
3 Western Rd, Shanklin,
Isle of Wight
Tel: 01983 863658

The Hive Volunteer Team

Over the last year the KASBAH office has had the support of four very dedicated volunteers; Abigail Ryan, Ash Kugathasan, Simon Bindra and Thomas Mays. As a token of KASBAH's appreciation the volunteers were given certificates of appreciation and a small gift at the office on Thursday, 20th December 2013.



We will continue to support work experience in the office next year and both parties have found this experience very rewarding.

Shine's Lifelong Opportunities Programme

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



Chocolate & Sweets Quiz Answers

1. Smarties
2. Lion Bar
3. Jelly Babies
4. Maltesers
5. Wine Gums
6. Roses
7. Match Makers
8. Celebrations
9. Yorkie
10. Picnic
11. Twirl

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.