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ADKC Member Stephanie Vaz shares her Top Tips for Looking Good!

I have been a member of ADKC for about 8 years now. I suffer from a few medical conditions but the one that's the hardest to manage is called EDS (Ehlers-Danlos syndrome). EDS is a group of inherited conditions that affect collagen proteins in the body. Typical features are stretchy skin, loose joints and fragile body tissues. It affects all my joints and I'm in constant pain.

Living with complex conditions that affect your whole body can be quite tricky to get used to. When I was 16 my condition deteriorated and my life was just turned upside-down. I didn't recognize my body anymore and just felt lost. I went from going out with my friends and family to

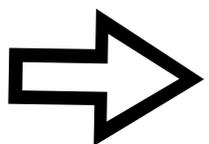
having to stay at home or hospital all day, not being able to move. I couldn't do simple things like painting my nails or making a cup of tea. At that age and time, I really didn't think I could do anything independently again. Since then I have gone through a lot of challenges and changes.

I am now 25, living in supported housing and I am more clued up on my body and the conditions I live with. I now know and understand that life goes on and anyone can do anything they want as long as you're smart about it and have self-belief. I have learnt so much especially when it comes to making sure I live my life to the fullest while still looking after myself but I couldn't do

it without my 'life cheats' as I like to call them.

Life cheats are basically things that help you in life to just be you. The best life cheat is SUPPORT. It's always important to reach out and accept/look for support. Whether it's someone coming to change a light bulb, meeting up with friends for dinner or going to ADKC to play scrabble. I have noticed that when I do talk to friends we always end up talking about our 'life cheats'. So I thought I would share some with you now and again in Newsflash. So here goes...

Please see inside for **Life Cheats** Article



Editor's word

Jamie Renton



Here at ADKC we're all about your voices, choices and rights. That's why we run groups and meetings to help you get heard and bring about the changes that matter to you?

There's our Access Group, which campaigns to make our borough more inclusive of disabled people, removing the barriers of all kinds that prevent us from doing the things everyone else takes for granted.

Then there's the Positive Rights Action Group (or PRAG for short), which lets you know about the services that are important to you and campaigns to make the changes you identify as in need of sorting out!

The Personal Budget User Group offers info, advice and peer support for all

those in receipt of a PB in K&C.

...and look out for our occasional Disability Network events, "Question Time" style meetings, where local disabled people get to fire questions at a panel of senior service providers.

To find out more please contact us here at ADKC and grab these chances to get involved and get your voice heard.

The next issue of Newsflash should be with you in the summer.

Jamie Renton
Chief Executive

Life Cheats by Stephanie Vaz

Dry Shampoo – Is a product you put into dry greasy/oily hair in-between washes to refresh your hairstyle. It's very handy if you haven't had time to have a shower or you find it hard to wash your hair. They are widely available in all major supermarkets and pharmacies ranging from £1 to £5. These are my top three:

- Batiste Dry Shampoo - Spray onto roots, rub it in then brush it out. It also makes your hair smell fresh.
- Tresemme Instant Refresh Dry Shampoo - it's a light foam that you just scrunch into your hair and let it dry. Perfect for curly hair.
- Baby Powder/Talcum Powder - it's a cheaper alternative to dry shampoo. Rub small amounts into your roots with your fingers. Then brush or blow-dry it out.

More from Stephanie in the next issue.

Brief Therapy for Stroke Survivors Service

Kensington and Chelsea council and Central London Community Healthcare NHS Trust provide a local service to people who have had a stroke...

It is very common for people to experience difficulties with low mood and/or anxiety following a stroke. This can be a result of losses (roles, employment and relationships) and adjustments to disability or communication problems. These difficulties may occur soon after the stroke but are

also very common months or years later.

This service has been set up specifically to offer emotional support to stroke survivors over the age of 18 who live in the borough of Kensington & Chelsea. We offer both brief one-to-one counselling and a Life after Stroke Group.

The service is funded by the Royal Borough of Kensington & Chelsea, in partnership with Central London Community Healthcare NHS Trust.

For more information contact us on 020 7349 2400.

Introducing Groundwork...

Groundwork is a national charity that works with communities across the UK, supporting them to live and work in a greener, more sustainable way and to improve their economic prospects.

Groundwork promote environmental best practice through education, training, community engagement, business support and collaborative open space improvements.

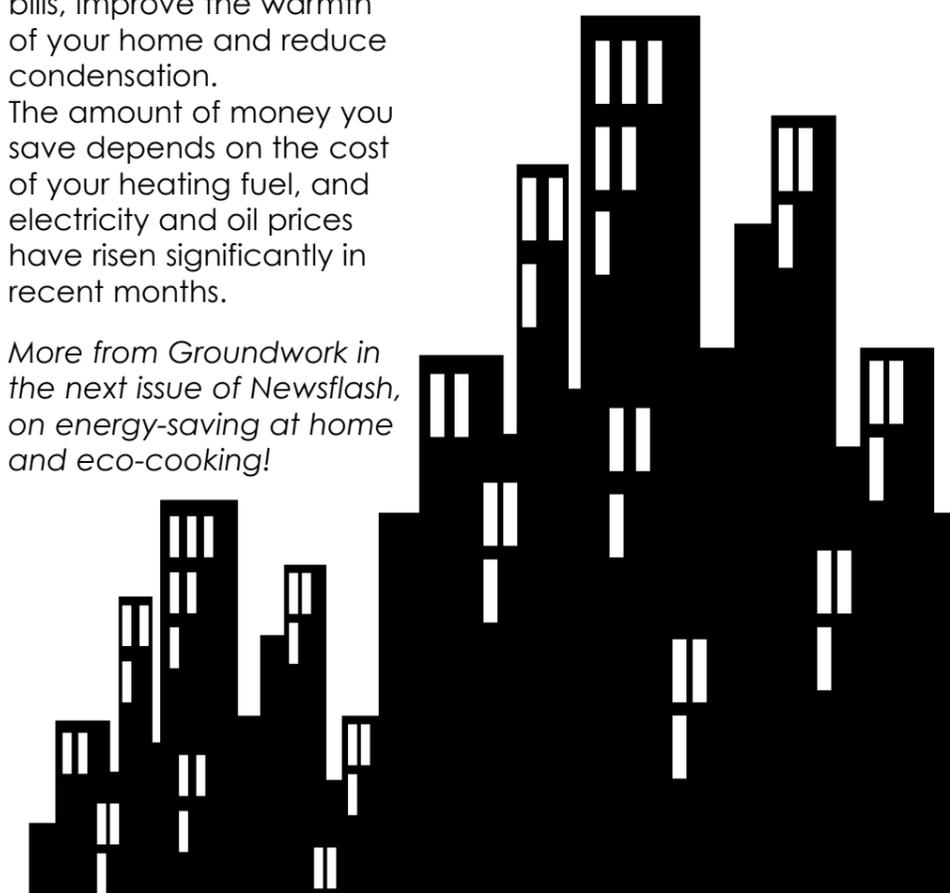
Savings in the Home: Why save energy?

There are two reasons why we should try and save energy – for the planet and for ourselves. When we burn fossil fuels (to produce electricity, heat our homes or fuel our cars) carbon dioxide is released into the atmosphere. Since the industrial revolution the amount of carbon dioxide that is released each year has increased year after year. One important way to achieve this is to reduce the amount of energy we waste, by improving the energy efficiency of our homes.

Saving energy will also save you money, and make your life more comfortable and healthy.

You can reduce your energy bills, improve the warmth of your home and reduce condensation. The amount of money you save depends on the cost of your heating fuel, and electricity and oil prices have risen significantly in recent months.

More from Groundwork in the next issue of Newsflash, on energy-saving at home and eco-cooking!



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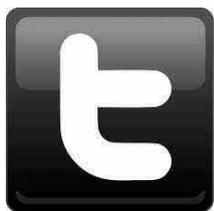
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