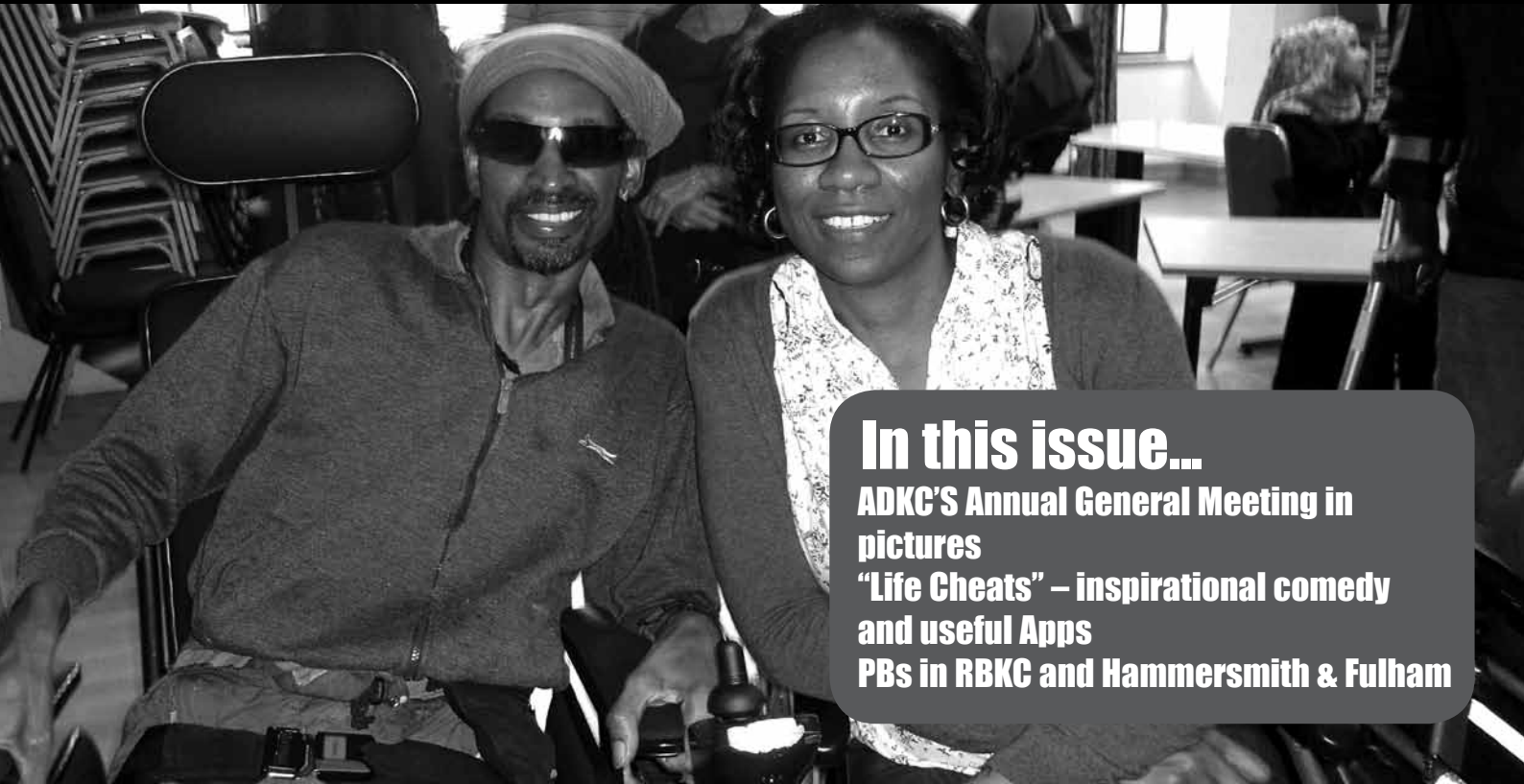


*The Voice of Disabled People in Kensington & Chelsea*



## In this issue...

**ADKC'S Annual General Meeting in pictures**

**"Life Cheats" – inspirational comedy and useful Apps**

**PBs in RBKC and Hammersmith & Fulham**

# ADKC AGM 2014 in pictures...

**ADKC's Annual General Meeting 2014 was held on 2nd September 2014 at The Lighthouse West London.**

Around sixty people attended, including local Councillors Adrian Berrill-Cox (former Chair of ADKC Executive Committee), Pat Mason, Tim Ahern and the Leader of Kensington and Chelsea Council Cllr Nick Paget-Brown who was also guest speaker at the event.

Chair of ADKC's Executive Committee, Margaret

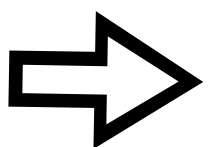
Donnelly, said that in a time when funding is particularly hard to secure, ADKC has continued to deliver and develop quality services to local disabled people.

Jamie Renton, ADKC's Chief Executive, thanked ADKC members, Trustees and Volunteers for their continued support throughout the past year. Jamie said that the effect of funding cutbacks were felt by many organisations in the past year, but that ADKC ended the year stronger and more

confident than ever with long term development plans for the future in place.

Cllr Nick Paget-Brown, Leader of the council, addressed the meeting and commended ADKC as an organisation for its service to local disabled people.

**[Please see inside for pictures]**



## The ADKC staff



Jamie Renton  
Chief Executive



Eric Dilley  
Office Manager



Marian  
O'Donoghue  
Information and  
Advice Officer



Simone Galloway  
Day Opportunities  
Co-ordinator



Martha Girgis  
Personal Budgets  
Information and  
Advice Officer



Jenny Hurst  
Personal Budgets  
Support  
Co-ordinator

## Jamie Renton



Editor Jamie Renton is currently away but will be back to contribute another Editor's word in the next issue of Newsflash, which should be with you in November.

## More from ADKC Member Stephanie Vaz on "life cheats".....

.....the things that help you to live life and  
just be you

As well as SUPPORT – according to Stephanie this is the best life cheat - finding inspiration from other people and using something as ordinary as a useful app on your phone can be life cheats:

### Inspirational YouTube

Arab-American comedian Maysoon Zayid says:  
"I got 99 problems... palsy is just one"

Maysoon announces at the beginning of her exhilarating, hilarious talk. "I have cerebral palsy. I shake all the time" (Really, it's hilarious.) "I'm like Shakira meets Muhammad Ali." With grace and wit, she takes us on a whistle-stop tour of her adventures as an actress, stand-up comic, philanthropist and advocate for the disabled.

Have a look at comedian Maysoon's videos on YouTube (just copy and paste this link for some inspiration.  
[www.ted.com/talks/maysoon\\_zayid\\_i\\_got\\_99\\_problems\\_palsy\\_is\\_just\\_one](http://www.ted.com/talks/maysoon_zayid_i_got_99_problems_palsy_is_just_one)

**"I got 99 problems... palsy is just one"**

### Apps to Download

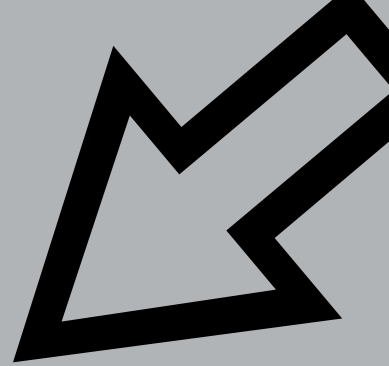
Radar now have an app you can download on your Smartphone to help you locate your nearest Disabled toilet that supports their key scheme. Simply search: "Radar National Key Scheme" in your app store and download it for free.

### ADKC Centre

Whitstable House  
Silchester Road, W10 6SB  
T: 020 8960 8888 F: 020 8960 8282  
Minicom: 020 8964 8066  
[www.adkc.org.uk](http://www.adkc.org.uk)

### Disclaimer

ADKC's Newsflash aims to provide a forum for local disabled people. The views expressed here do not necessarily reflect those of ADKC or its Executive Committee. We obtain our news and information from reputable organisations



# ADKC Annual General Meeting 2014



*...in pictures*



# Joint PB Meeting:

## Action Disability Kensington and Chelsea (ADKC) and Action on Disability (Hammersmith and Fulham) PB User Groups

Find out what the Personal Budget (PB) issues are in each Borough.

Work on solutions to improve the PB experience for PB users.

**Wednesday 29 October 2014**  
**1-3pm**

At The Latymer Christian Centre  
116 Bramley Road  
London W10 6SU

**Please confirm on any of the following to Jenny or Martha:**

**Email:**

**PB [admin@adkc.org.uk](mailto:admin@adkc.org.uk) or [PBsupport@adkc.org.uk](mailto:PBsupport@adkc.org.uk)**

**Text: 07553 370 074**

**Phone: 020 8960 8888**

