

NEWSflash

December 2014

ADKC
Action Disability
Kensington & Chelsea
A Centre for Independent Living

The Voice of Disabled People in Kensington & Chelsea



In this issue...

Introducing Health and Fitness Workshops at ADKC!

Energy saving and Green Cooking, Leisure Centre re-opening

Join us at ADKC for festive celebration – mince pies and drinks!

Health and Fitness Workshops Introducing a new activity at the ADKC Centre

Tuesday, 20th January, 2-4pm

Andreea, a health and fitness professional will cover topics including:

Nutritional Presentation

Meal Ideas/Meal Planning
Made easy/Portions Control,
Hydration, Macronutrients

Physical Activity Presentation

Easy ways to keep fit,
Exercises routine for everyone

Stress Management

Sleep from A to ZZZ's

For more information or to book your place, contact Marian at ADKC:

Phone: 020 8960 8888

Text: 0755 337 0074

e: information@adkc.org.uk



Editor's word

Jamie Renton



Welcome to the annual festive issue of Newsflash.

Our offices will be closed from lunchtime on Wednesday 24th December until 9.30 on Monday 5th January 2015. However, with this issue of Newsflash, you should find a list of emergency contact details where you can get support while our offices are closed. If you haven't received these, please let us know before 24th December and we'll get them out to you.

Here at ADKC we're all looking forward to having a well earned break, before we return refreshed and ready for action at the beginning of next year. As ever I want to thank our

staff team, our Executive Committee and above all else you, our members for your continued support.

Whatever you're celebrating in this festive season, I hope you enjoy it and look forward to seeing you in the New Year.

The next issue of Newsflash should be with you by February.

Jamie Renton
Chief Executive

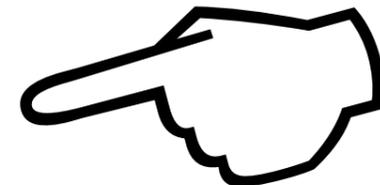
NEW KENSINGTON LEISURE CENTRE RE-OPENING IN JANUARY 2015

The newly re-built Kensington Leisure Centre opens in January 2015 and will have a range of facilities, including three swimming pools, fully equipped gym, fitness studios, squash court, café and more.

More information online at: www.better.org.uk/kensington



Tips for energy saving over the festive season from Groundwork...



(Groundwork is a national charity working to support communities to live and work in a greener, more sustainable way and to improve their economic prospects.)

Green Cooking

Let's start from our ingredients:

One of the most eco-friendly things you can do food wise is to eat local. Not only are you supporting your local farmers, you're getting the freshest and, in many cases, the best organic and natural foods available. Plus, you're saving the environment the oil-hungry transportation cost of moving food across the country or the globe to your supermarket.

Cooking accounts for about 3% of your electricity bill but you can still save money by being more energy-efficient in the kitchen:

1. Microwave is the most energy-efficient, followed by a hob and lastly an oven. Therefore, to keep your energy bills down, it's a good idea to purchase a microwave oven if you don't already have one, and to use it for as much cooking as possible. But, remember to switch off your microwave at the wall when you're not using it, so it isn't left using electricity to power its clock.
2. Outdoor grills take less energy than your stove and keep heat out of the house, reducing costly strain on your air conditioning. Better still: upgrade to induction cooking - it's most efficient.
3. Always fill your kettle with the amount of water you need and do not reheat water, and always use the kettle and not the hob to boil water.
4. Slow cookers can also be an energy-efficient option - they use just a little more energy than a traditional light bulb, and you can leave your food to cook slowly while you get on with other things.
5. Always use the right size of pan for the amount of food you are cooking and use the right burner.
6. Always put lids on pans to keep the heat in and avoid the steam in the kitchen to avoid mould related issues and reduce your light bulb life span.
7. Keep the hob clean, as burnt foodstuff absorbs heat making an electric ring less efficient.
8. Grow your own herbs. We all spend a lot of money buying the vegetables and herbs we need daily. If you have some space in your yard or even windowsill, you can grow your own herbs and vegetables. Cooking with your own veggies and herbs means fresher food, no pesticides, and peace of mind.
9. Cut your food into small pieces. If you cut your vegetables and meat into smaller pieces before cooking them, you'll find that cooking takes a lot less time. You'll save on time and energy bills and manage to feed your hungry family a lot faster this way.

The ADKC staff



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Chief Executive



Eric Dilley
Office Manager



Marian O'Donoghue
Information and Advice Officer



Simone Galloway
Day Opportunities Co-ordinator



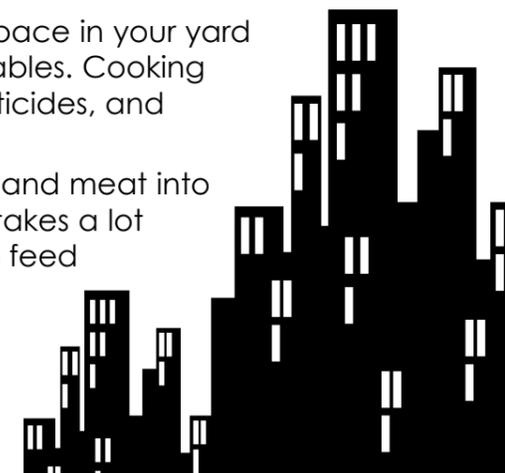
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Disclaimer
ADKC's Newsflash aims to provide a forum for local disabled people. The views expressed here do not necessarily reflect those of ADKC or its Executive Committee. We obtain our news and information from reputable organisations.





**Please come and
join us for our
Festive Celebration**

**Wednesday 17th December 2014,
3.00pm to 8.00 PM
At ADKC Centre
Whitstable House,
Silchester Road, LONDON W10 6SB.**

**Mince pieces, mulled wine and
Non-alcoholic punch available.**

*Please RSVP
to Martha
020 8960 8888/
PBadmin@adkc.org.uk*

