

# NEWSflash

December 2016

**ADKC**  
**Action Disability**  
Kensington & Chelsea  
A Centre for Independent Living

*The Voice of Disabled People in Kensington & Chelsea*



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## The ADKC staff



Jamie Renton  
Chief Executive



Marian  
O'Donoghue  
Information and  
Advice Officer



Simone Galloway  
Disability Connect  
Co-ordinator



Martha Girgis  
Personal Budgets  
Information and  
Advice Officer



Jenny Hurst  
Personal Budgets  
Support  
Co-ordinator



Glenda Joseph  
Lifelong Learning  
Project Worker



Mariya Stoeva  
Access Project  
Co-ordinator



Dorota Zielinska  
Finance Officer

## Jamie Renton



Welcome to the annual festive issue of Newsflash.



Our offices will be closed from lunchtime on Friday 23rd December until 9.30 on Tuesday 3rd January 2017.



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 23rd December and we'll get them out to you.

Here at ADKC we're all looking forward to 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, our volunteers 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



## ADKC Christmas and New Year Closing Times



ADKC will close at lunchtime on Friday, 23 December 2016. We will be open again at 9.30 am on Tuesday, 3 January 2017.

We have enclosed a list of emergency and out of hours services and contact numbers. Contact the relevant service from the list if you need urgent help or advice during the Christmas and New Year break.



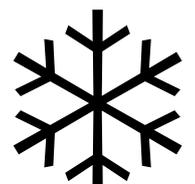
## Massage Therapies Price Increase

The price of massage therapies at the ADKC Centre is increasing.

The price was frozen for members for the last 10 years. However it is now time to make a small increase of £2.50 per massage.

The new price will be £17.50 for members from the New Year.

Thank you,  
Dorota



### ADKC Centre

Whitstable House  
Silchester Road, W10 6SB  
T: 020 8960 8888 F: 020 8960 8282  
Minicom: 020 8964 8066  
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.

# Some things to do over the Christmas and New Year... Enjoy a Free Swim!

ADKC has received vouchers for FREE swimming sessions from Kensington Leisure Centre, to give away! This is a funded scheme to encourage more people in the borough to take part in sport and to use the swimming pools at Kensington Leisure Centre and Chelsea Sports Centre.

Phil Kemp, the Community Sport Manager running the scheme, has offered the vouchers to local disabled people's organisations and approached ADKC as a local organisation to Kensington Leisure Centre.

The voucher entitles you to a free swim during the

'free for all swimming' times. There is a short monitoring form to be completed with each voucher. Phil said that: "You'd simply come to the centre, hand in the voucher and monitoring form, and go swimming."

- Vouchers are valid until 31 March 2017
- Disabled people can also take a voucher for a companion or carer to go with them (both of you need to complete a monitoring form).

Collect the vouchers at ADKC from Marian or Simone, or at ADKC Reception.



Find out when the 'free for all swim' times are at Kensington Leisure Centre on 020 3793 8210 or their website:  
[www.better.org.uk/leisure/kensington-leisure-centre](http://www.better.org.uk/leisure/kensington-leisure-centre)

## See Little Red Riding Hood at Chelsea Theatre!

**Suitable for:  
4 to 100 year olds.**

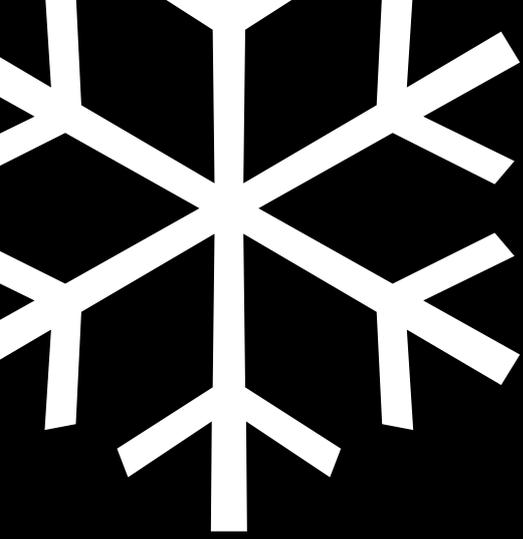
A musical version of "Little Red Riding Hood" is on at Chelsea Theatre until 24 December – weekdays at 10am and 12 midday, weekends at 11am and 2pm.

**Dress code:** wear "pyjamas, slippers, onesies or dressing gowns".



**Tickets: £9**

Contact Chelsea Theatre on 020 7352 1967 for more information or to book, or visit their website at [www.chelseatheatre.org.uk](http://www.chelseatheatre.org.uk)



**Season's Greetings from ADKC  
to all our members, friends,  
SUPPORTERS.**



**Whatever you're celebrating  
during the Christmas Holiday,  
have a good one!**

