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ADKC Open Day: In pictures

At ADKC's latest Open Day, held in October, Jamie welcomed everyone who came into the ADKC Centre, staff members gave short presentations on each of the services ADKC offers and photographer Matthew Rosenberg, who designs Newsflash, was on hand to take pictures.

There was conviviality and connecting over refreshments, with staff members on hand for any queries and existing and new members getting to know

each other and the different project workers and staff and volunteers at ADKC. More images inside on page three.



The ADKC staff



Jamie Renton
Chief Executive



Marian O'Donoghue
Information and Advice Officer



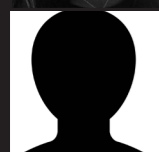
Simone Galloway
Disability Connect Co-ordinator



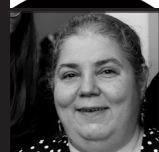
Jenny Hurst
Independent Living Project Co-ordinator



Glenda Joseph
Personal Development Officer



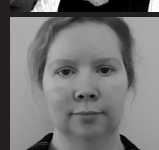
Carla Camilleri
Disability Specialist Legal Advice Worker



Mariya Stoeva
Access Project Co-ordinator



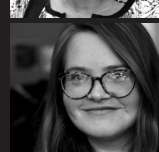
Mary Ann Mallet
Volunteer Project Coordinator



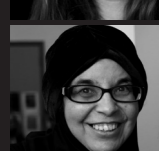
Theresa McGrady
Voice of Experience Co-ordinator



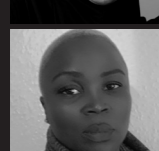
Beverly Powell
Office Administrator



Hannah Roques
Youth Peer Support Co-ordinator



Naima Mouhda
Trainee Legal Advice Worker



Simone Francina
Trainee Legal Advice Worker

Editor's word

Jamie Renton



Welcome to the November edition of Newsflash. We're currently getting ready for our Annual General Meeting which is taking place on 3rd December, The International Day Of Disabled People. You'll find an invite to it elsewhere in this issue.

We're keeping things very local this year by holding the AGM at The Maxilla Social Club, just at the back of our centre (I can see it from my office window as I write this). It's a friendly accessible space. A bit bigger than previous AGM venues, as last year we had the best attendance ever and space was a bit tight!

So I hope you can join us

on the 3rd. In person or via Zoom. You can be sure of a warm welcome.

The next issue of Newsflash will be our annual festive edition. Which should be with you some time in the second half of December.

Until then, stay safe, take care and please get in touch if you need our support with anything.

Jamie Renton
Chief Executive

Alex's Limericks

ADKC Happy Group member Alex has written some limericks to cheer us all up...

Mildred was a mischievous nun

And she was one hundred and one
She had a bright green Mohawk – and, was seen
Out clubbing 'til quarter past one!

A doctor was shocked when he heard
The details of what had occurred
Instead of some water
Fred poured his daughter

Just martinis – shaken not stirred!

When Mr and Mrs Milton
Had a posh "do" at The Hilton
Hotel in Reading
They sliced their wedding Cake – baked with mature blue stilton!

Alex Day
ADKC Member

Fruit bread and butter pudding

A warm and comforting recipe from Jean as the seasons change...

You will need:

7 slices of fruit bread, lightly buttered and cut in half
2 cups of milk
30g caster sugar
2 eggs and a pinch of nutmeg.

Method:

Pre-heat the oven for 180C, 350F, or gas mark 4.
Grease a baking dish and arrange the sliced fruit bread in the dish.
Mix eggs, milk, sugar and whisk well, pour over the fruit bread and sprinkle with nutmeg. Bake for 30 to 35 minutes or until brown on top.



Eat with custard or pouring cream. Enjoy!

Jean Davis
ADKC Member

NEW : Police Drop-in at ADKC.

Are you worried about crime?

Have you been affected by hate crime?

Would you like to talk to a police Officer in confidence?

Starting next year, a local officer from the Metropolitan Police will be available to talk to you at our centre.

Drop-ins will take place from 1pm-3pm on the following dates:

Monday January 6th 2025
Monday February 3rd 2025
Monday March 10th 2025
Monday April 7th 2025
Monday May 19th 2025

No appointment necessary

ADKC Open Day in pictures



**The Chair & Executive Committee of
Action Disability Kensington & Chelsea..
Request the pleasure of your company at their**

Annual General Meeting

Presentations from ADKC members on our groups and services

On Tuesday 3rd December 2024

4.00pm–6.00pm

At

Maxilla Social Club

2A Maxilla Way

London W10 6SW

(Bottom of Kingsdown Close)

Tel: 020 8969 2308

And via Zoom:

*To confirm your attendance or receive a Zoom invite link please contact
Beverley Powell on any of the following,*

e: admin@adkc.org.uk

Phone: 020 8960 8888



ADKC Centre

Whitstable House

Silchester Road, W10 6SB

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Minicom: 020 8964 8066

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Disclaimer

ADKC's Newflash 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.