



In this issue...

- Games, drama and creative writing with the Happy group!
- Universal Credit – how to claim if you receive a migration letter
- Road Tax Exemption for disabled drivers
- How to contact all of us!

Happy Group Games...

On a cold and dull Monday, I attended the wonderful Happy Group's games, theatre, drama and creative writing taster sessions.

I had a fabulous time playing dominoes with other ADKC members. Then I tried other taster sessions, which I was very much looking forward to taking part in. I particularly enjoyed making a story from food items.

Here is my story was about a chocolate cake setback.

The Chocolate Cake Setback

Bob was very excited, it was his best friend, Jack's, birthday. Bob thought: "I'll make him a chocolate cake." Jack loved cakes. This was Bob's first time at baking, and all seemed to be going well, the cake looked perfect, Bob was pleased with himself. Until Bob tried to remove the cake from the tin. Something went wrong. Instead of a chocolate cake it became a trifle. Bob did quick thinking. He opened a tin of fruit and

poured this over the cake. Then he poured some cream and topped with chocolate drops. Bob's cake turned out to be a lovely dessert. Jack enjoyed the chocolate cake trifle and it was a wonderful birthday gift.

Jean Davis
ADKC Member



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 first Newsflash of 2025. How has the New Year been for you so far? Well, I hope. In spite of everything!

Because things really are very challenging for us disabled people right now. They have always been hard but seem to have been getting even harder of late.

With the migration over to Universal Credit, our benefits system is getting more complicated and difficult to navigate. Please contact us here at ADKC if you are struggling with this. You don't have to face it alone. We're here to support you with advice and information.

We're also seeing a very worrying increase in hate crime and abuse directed at disabled people. In response to which we have set up a monthly drop-in here at the ADKC Centre, where

you can talk in confidence to local representatives of the Metropolitan Police and Kensington & Chelsea Council's Community Safety Team.

You can find out more information about all of this elsewhere in this issue and on our website: www.adkc.org.uk

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

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

Jamie Renton
Chief Executive



Universal Credit

Migrating from existing benefits...

Replaces some existing benefits:

- Employment and Support Allowance (Income based)
- Jobseekers Allowance (Income based)
- Income Support
- Housing Benefit
- Child Tax Credit
- Working Tax Credit

Migration to Universal Credit

If you receive any of the above benefits, you will receive a Migration Notice letter, telling you that you need to claim Universal Credit.

You need to complete your claim by the deadline date in your migration letter.

How to claim – what to get ready in advance:

- an email address
- access to a phone
- your bank or building society account details
- your National Insurance number
- proof of how much rent you pay – rent statement or tenancy agreement*

and to prove your identity:

- driving licence OR
- passport OR
- debit or credit card.

Start gathering the above information and PREPARE IN ADVANCE BEFORE YOU BEGIN your application when you receive your Migration letter.

You have 28 days to claim once you set up your account and start – do not leave it until near the deadline to begin your claim.

You do not have to complete your claim all in one session, your application will be saved and you can sign in again and continue where you left off – **ALLOW YOURSELF ENOUGH TIME AHEAD OF THE DEADLINE** to complete your application.

Support available:

Universal Credit Helpline

† 0800 328 5644
(Monday to Friday, 8am-6pm) – if you have problems setting up your account and claiming online.

Citizens Advice Help to Claim line

† 0800 144 8 444
Dedicated helpline supporting people to claim Universal Credit – may have some face to face appointments.

ADKC Information and Advice

m 0754 550 6114
For information and support, referrals to specialist support where necessary.

Useful video on how to make an online claim to UC:

<https://www.youtube.com/watch?v=pJoe14OV8o>

Important Information for Disabled Drivers

Did you know that if you get Enhanced Mobility rate of Personal Independence Payment (PIP) or you have a Blue Badge you may not have to pay for vehicle tax?

All you need to do is get the application form from the Post Office (if you do not have a renewal reminder form) and have your Blue Badge number and your proof of PIP Enhanced Mobility, your log book (V5) certificate, take them to the Post Office with the filled in form, and they should be able to help you.

I never knew this, I have been paying for road tax all the time.

Sheila Taylor
ADKC Member



How to Contact ADKC...

The ADKC landline and mobile

† 020 8960 8888
m 07553 370074

ADKC Volunteer Project

Mary Ann Mallett
Co-ordinator
m 07762 190971
e mmallett@adkc.org.uk

Independent Living Project

Jenny Hurst
Independent Living /
Personal Budget Coordinator
m 07922 811 281
Monday - Friday from 9.30-5
(texts and emails preferred).
e independentliving@adkc.org.uk

Personal Development Officer

Glenda Joseph
Personal Development
e personaldevelopment@adkc.org.uk

Information and Advice Project

Marian O'Donoghue
Information and Advice
Officer
m 07545 506114
e information@adkc.org.uk

Disability Legal Advice Project

Carla Camilleri
Disability Legal Advisor
e legaladvice@adkc.org.uk

Disability Connect Project

Simone Galloway
Co-ordinator
m 07595 968 587
e disabilityconnect@adkc.org.uk

Access Project

Mariya Stoeva
Co-ordinator
e access@adkc.org.uk

Office Administrator

Beverley Powell
e admin@adkc.org.uk

Voice of Experience Project

Theresa McGrady
Voice of Experience
Co-ordinator
e voiceofexperience@adkc.org.uk

Youth Peer Support Co-ordinator

Hannah Roques
Co-ordinator
e young@adkc.org.uk

Chief Executive

Jamie Renton
Contact ADKC
† 020 8960 8888
e chiefexecutive@adkc.org.uk



Action Disability
Kensington & Chelsea
A Centre for Independent Living

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 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.