



## In this issue...

- Access Group news
- A Spanish-inspired one-pot recipe
- Summertime art
- Autumn Open Day at ADKC!

## News from ADKC's Access Group...

The ADKC Access Group contributed to an important new report by the Chartered Institution of Highways and Transportation (CIHT) called "Creating a Public Realm for all".

The report highlights the issues disabled people face using public roads and spaces and encourages people designing new schemes to consult early and meaningfully with disabled people from the concept stage all the way through to implementation and monitoring.

The Access Group Co-ordinator, Mariya, spoke on behalf of ADKC at the launch event for this report about the Access Group's experience of doing site visits with RBKC's network management team to roadworks to highlight issues with the way the roadwork site was set up and managed.

**The report (including an easy read version) is freely available from.....**  
[www.ciht.org.uk/publicrealm](http://www.ciht.org.uk/publicrealm)

Antoneta Horbury (Director of Policy and Technical Affairs of CIHT) and her colleagues warmly thanked the ADKC Access Group at the launch for our brilliant support of this project!"

**Mariya Stoeva**  
Access  
Group  
Co-ordinator



## The ADKC staff



Jamie Renton  
Chief Executive



Marian O'Donoghue  
Information and Advice Officer



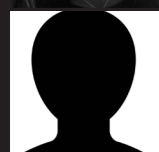
Simone Galloway  
Disability Connect Co-ordinator



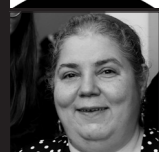
Jenny Hurst  
Independent Living Project Co-ordinator



Glenda Joseph  
Personal Development Officer



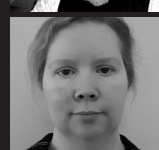
Carla Camilleri  
Disability Specialist Legal Advice Worker



Mariya Stoeva  
Access Project Co-ordinator



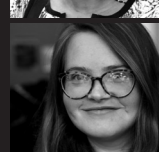
Mary Ann Mallet  
Volunteer Project Coordinator



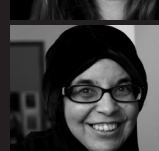
Theresa McGrady  
Voice of Experience Co-ordinator



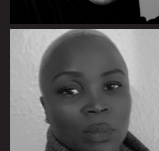
Beverly Powell  
Office Administrator



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 latest edition of Newsflash. Elsewhere in this issue you'll find information about our forthcoming Open Day, taking place at our centre (and online via Zoom) on Thursday 24th October 2 - 4.30pm.

This is our second Open Day of the year, back by popular demand (the one we held in April was a big success). You, our members have told us that many of you are still finding it difficult to get out into the community following the Pandemic and that you would welcome another opportunity to get together with other local disabled people somewhere you know is going to be friendly, welcoming and inclusive.

Which is just what we are here at ADKC!

So please come and join us. We'll make sure the kettles on and get some biscuits in specially.

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

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

**Jamie Renton**  
Chief Executive

## Emma's Art

Summertime art from ADKC member Emma Humphrey, who recently had one of her paintings exhibited at the Tate Modern Gallery London.



## Jenny's Spanish-inspired broccoli and chickpea one-pot meal

**I love to cook this stew with my Personal Assistants. It is quick, affordable, nutritious, and flexible. It is cooked in the same pan, so less washing up!**

### Ingredients:

- Tinned chickpeas,
- Frozen broccoli, green beans, and spinach,
- Cherry tomatoes,
- Chopped Onion, Garlic, Cumin, Paprika.
- Stock.
- Oil (optional).

### Method:

- Choose a large wide pan with a lid - I use a wok and saucepan lid.
- Lightly fry the onions in a little oil or sauté with a

tablespoon of stock.

- Add the chopped garlic, cumin and paprika, and cook until fragrant.
- Add the frozen vegetables and cherry tomatoes and stir to coat.
- Add a few tablespoons of stock and simmer, covered with lid.
- Once the veggies have thawed and partly steamed and the tomatoes have just started breaking down, add the tinned chickpeas.

- Simmer uncovered until the chickpeas are warm and the stock has reduced a little.
- Serve and enjoy!

It is warming and filling by itself as a light meal or served as a side dish. Experiment with different veggies, herbs, spices, and pulses to bring variety. I love the Spanish-inspired flavours... what will your favourite combination be?

**Jenny Hurst**  
Independent Living Project Co-ordinator



# Action Disability Kensington and Chelsea Open Day Autumn 2024

Thursday 24th October 2 - 4.30pm

At the ADKC Centre  
Whitstable House, Silchester Road, W10 6SB

Come to our centre and find out all the latest on the services and support we offer disabled adults (with physical, sensory or invisible impairments) who live or work in Kensington and Chelsea.

Meet ADKC staff, volunteers and members

And online via Zoom

Light refreshments provided

**RSVP to Beverley**

020 8960 8888

admin@adkc.org.uk



## 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.