



# NEWSflash



December 2021

*The Voice of Disabled People in Kensington & Chelsea*

Action Disability  
Kensington & Chelsea



## In this issue...



- Pudding recipe for the festive season... or anytime!
- Christmas brain teaser – Word Search!
- Christmas closing times – online and telephone services
- Season's greetings – from all of us to all of you!



## Christmas closing times ❄️

All of our services will be closed from 5pm on Thursday 23rd December and we will be back online and on the phone from 9.30am on Tuesday 4th January 2022

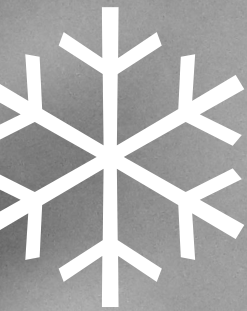


Photo by Brenda Dyer.



# Editor's word

Jamie Renton



Welcome to the annual festive issue of Newsflash.

All of our services will be closed from 5 pm on Thursday 23rd December until 9.30 on Tuesday 4th January 2022. However, with this issue of Newsflash, you should find a list of emergency contact details where you can get support while our services are closed. If you haven't received these, please let us know before 20th December and we'll get them out to you.

Here at ADKC we're all looking forward to a well-earned break at the end of a very strange year, before returning refreshed and ready for action at the beginning of 2022. 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 (even if it's just on Zoom!) in the New Year.

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

**Jamie Renton**  
Chief Executive

S	E	I	P	E	C	N	I	M	F	P	A
P	U	D	D	I	N	G	S	M	A	R	Y
C	R	A	C	K	E	R	S	Y	I	E	L
E	L	V	A	S	F	S	T	O	R	S	L
L	O	W	R	P	E	A	O	A	Y	E	O
V	Y	A	D	R	S	I	T	S	L	N	H
E	E	L	S	A	T	S	R	E	I	T	P
S	K	S	B	N	I	A	E	L	G	S	L
A	N	E	E	G	V	U	E	D	H	L	O
N	O	V	L	E	E	H	T	N	T	E	D
T	D	L	L	L	A	T	M	A	S	O	U
A	R	E	S	L	O	R	A	C	A	N	R

Advent  
Angel  
Bells  
Carols  
Candles  
Cards  
Crackers

Donkey  
Elves  
Festive  
Fairy lights  
Holly  
Mince Pies  
Noel

Presents  
Pudding  
Rudolph  
Santa  
Star  
Tree

ADKC Christmas word search

## The ADKC staff

**Jamie Renton**  
Chief Executive

**Martha Issa**  
Office Manager

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

**Glenda Joseph**  
Personal  
Development Officer

**Marian O'Donoghue**  
Information and  
Advice Officer

**Carla Camilleri**  
Disability Specialist  
Legal Advice Worker

**Simone Galloway**  
Disability Connect  
Co-ordinator

**Mariya Stoeva**  
Access Project  
Co-ordinator

**Mary Ann Mallet**  
COVID-19 Volunteer  
Coordinator

**Catherine Dohou**  
Lifelong Learning  
Co-ordinator

**Theresa McGrady**  
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# A Festive Recipe from Jean...

## Vegan sticky toffee pudding

- \* Prep Time 20 minutes
- \* Cook Time 35 minutes
- \* Total Time 55 minutes
- \* Servings: 6 servings

### Ingredients

#### For the Pudding

- 100 grams non-dairy butter
- 100 grams light soft brown sugar
- 200 grams pitted dates
- 200 grams or millilitres non-dairy milk
- 1 teaspoon vanilla essence
- 200 grams self-raising flour
- 1 teaspoon baking soda
- 100 grams walnuts, chopped

#### For the Sauce

- 100 grams non-dairy butter
- 200 grams light soft brown sugar
- 50 grams or millilitres non-dairy milk
- 1 teaspoon vanilla essence

### Method

1. Preheat the oven to Gas mark 4/180c/356F.
2. To make the pudding mixture, put the 'butter' and sugar in a large mixing bowl and stir to combine.
3. Chop the dates as finely as possible and add to a saucepan along with the 'milk' and vanilla essence. Simmer for 3-5 minutes, stirring constantly and crushing the dates until they break apart and become soft.
4. Add the date mixture



to the 'butter' and sugar mixture in the bowl and stir to combine. Add the self-raising flour, the baking soda and the chopped walnuts and stir to combine. The consistency should be like a very soft peanut butter.

5. Line a baking dish or cake tin with a little 'butter' and then line with baking paper.

6. Pour the pudding batter into the baking dish, smooth it out and cook in the oven for around 30 minutes. The top should have darkened and be dry to the touch.

7. Insert a toothpick or small knife into the centre of the pudding. If it comes out dry, the pudding is ready. If not, cook for a further 5-10 minutes or until it is cooked through. Allow to cool.

8. Once cooled, pierce all over with a toothpick. This allows the sauce to soak into the pudding.

9. To make the sauce, Add all of the sauce ingredients to a saucepan. Heat on med-high heat until the butter is melted and the sugar dissolved. Bring to a very gentle simmer and

leave it to simmer for 5 minutes without stirring, adjusting the heat as necessary.

10. Thoroughly stir the sauce and then pour half all over the pudding. Use a spoon to help spread it out.

11. To serve, you can microwave individual slices to warm them and then pour over the remaining sauce. Add some vegan ice cream if desired.

### My notes:

Can be frozen.

I used sunflower spread as the non-dairy butter, and almond milk.

For the sauce - I think I used about half the amount and used honey too. The sponge pudding was sweet enough with the sugar and dates. Serve with vegan custard or normal custard. The pudding is also very tasty just as it is.

**Jean Davis**  
ADKC Member



# SEASON'S GREETINGS

From all of us at ADKC to all of you, our members, volunteers, friends

Wishing you a safe and happy holiday, whatever you celebrate!

