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- Autumn Recipe, ADKC meetings (on zoom), how to contact us
- Annual General Meeting 2021

Introducing Theresa...

Hello everyone.

My name is Theresa and I am the new Voice of Experience project co-ordinator for ADKC. I work on Mondays & Thursdays and I am very much looking forward to getting this project underway. In particular, I look forward to working with local disabled people; to help develop your voices and raise greater awareness of the key issues being faced in the borough and then working with local services/organisations to

start addressing them and bringing about greater inclusion and equality.

Prior to recently joining ADKC, I have worked for a number of Charities in and around London, including Disabled People's Organisations, on a variety of development programmes & projects, supporting disabled people. I am a disabled person myself, with a mix of visible and invisible impairments and I aim to feed this range of experience into the Voice of

Experience project to help bring about lasting and meaningful change.

If you would like to take part or if you are interested to find out more, please email me: Voiceofexperience@adkc.org.uk

Theresa McGrady
Voice of Experience
Co-ordinator



Editor's word

Jamie Renton



Welcome to the autumn issue of Newsflash.

One way or another, good news seems to be in very short supply at the moment. However, here at ADKC, we've recently had a couple of bits of good news regarding continued funding for successful projects. With two years' future funding secured from City Bridge Trust for our Independent Lives project and a further three years' from Trust for London for our Legal Advice project.

Elsewhere in this issue, the newest member of our team, Theresa, introduces herself and our new Voice of Experience project.

And there's info about our AGM, to which you are all, of course, invited.

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

Until then, please stay safe, take care and remember that all of our services are available to you remotely.

Jamie Renton
Chief Executive

How to Contact ADKC while we are closed...

The ADKC landline 020 8960 8888 + mobile: 07553370074

ADKC COVID -19 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 Maistre - 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

Lifelong Learning Project

Catherine Dohou - Co-ordinator
e lifelonglearning@adkc.org.uk

Office Manager

Martha Issa
m 07928821346
e pbadmin@adkc.org.uk

Chief Executive

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

The ADKC staff



Jamie Renton
Chief Executive



Martha Issa
Office Manager



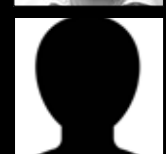
Jenny Hurst
Independent Living Project Co-ordinator



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 Mallett
COVID-19 Volunteer Coordinator



Catherine Dohou
Lifelong Learning Co-ordinator



Theresa McGrady
Voice of Experience Co-ordinator

ADKC Centre

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

An Autumn recipe from Jean...

Sweet Potato and Chickpea Pastry

(makes four servings)



Ingredients:

1 onion, chopped
2 tablespoons of olive oil
200 grams of sweet potatoes peeled and diced into small pieces
1 tablespoon ground curry spices
1 teaspoon of mixed dried herbs
400 can chickpeas, season to taste
450 grams rough puff pastry, ready-made, shop bought
Milk to glaze.

Method:

Fry the onions for five minutes then add the potatoes, spices and herbs, cover with a lid and cook slowly for ten minutes, or until the potatoes are soft, stirring occasionally.

Open the chickpeas, drain and rinse the peas and add them to the potatoes and season. Remove the pan from the hob and leave to cool.

Preheat the oven to gas mark 6, 200C/400F

Roll out the pastry then cut into four pieces: place a small plate on the pastry to use as a guide to make four circles. (Do not forget to remove the plate after making the circles).

Place a spoonful of the potato and chickpea mixture into the centre of each pastry fold. Then press down the pastry edges and brush with your milk of choice.

Place on baking tray, bake for 20 to 25 minutes.

Serve with fresh green salad or vegetables of choice.

Jean Davis
ADKC Member

ADKC Meetings (On Zoom)

Happy Group: Every 1st Monday of the month 12pm- 1pm

PRAG: Every 2nd and 4th Monday of the month 2 – 3pm

PEG: Every 3rd Monday of the month 12-1pm

Trauma Support Group: Every Tuesday 11am – 12pm

Personal Development Group: Every 1st Wednesday of the month 12-1pm

Personal Budget User Group: Every 3rd Wednesday of the month 12-1pm

Access Group: Every Thursday 3pm - 4:30pm

Zoom Invitation links are available in advance. Contact ADKC on 020 8960 8888 to get the link for the group/meeting you want to join.



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

Annual General Meeting

Special Guest Speaker and presentations to be confirmed

On Thursday 2nd December 2021

4.00pm – 5.00pm

Via Zoom

Invite Link: <https://us02web.zoom.us/j/86486560665?pwd=ZHVI dm5HREFjQ2dTUWd2R0pVRXJnZz09>

e: Pbadmin@adkc.org.uk

Phone/Text: 07928 821346

