

NEWSflash

February 2022

The Voice of Disabled People in Kensington & Chelsea



Action Disability
Kensington & Chelsea



In this issue...

- **ADKC Access Group news**
- **Recipe: Chilli for winter evenings**
- **How to keep in touch while we are closed and online meetings**

Access Group member Rose Doyle says:

"I just wanted to say: Thank you to the Access Group and how much the group has helped me through the last year with the zoom social and information group on Thursdays. When we first went into lockdown, I really didn't know how lost I would feel not meeting people and going out. I can remember Mariya phoning me and checking I was OK. And then when it was said how we could meet online and I didn't understand how to do this. The Access Group helped me get started using Zoom. And the meetings are so enjoyable and are run so well and with patience. You really helped me the Access Group. Thank you!"

Editor's word

Jamie Renton



Welcome to the first issue of Newsflash for 2022. It may still only be early in the year but we've already been busy. In January, we held the latest in our very successful Disabled People's Question Time events. A co-production with RBKC focusing on Adult Social Care. As you can imagine, it was a lively discussion! And we are currently planning a follow-up event in the Spring.

We are also looking at the best way to safely reopen the ADKC Centre. We continue to deliver all of our services, meetings and classes remotely. However, as I have explained in these editorials before, we're very keen to reopen as soon as we can. We know that the Centre is a local community hub for disabled people. A place where we can get

together, support each other and socialise. At the same time, it is vital that we do this in a way which doesn't put anyone (staff, volunteers and you, our members) at any kind of risk.

Please look out for updates on this on our website www.adkc.org.uk

The next issue of Newsflash should be with you in the Spring. Until then, stay safe and well and please don't hesitate to get in touch if you need our support.

Jamie Renton
Chief Executive

ADKC Access Group

Online meetings continue fortnightly and are well-attended. Members support each other campaigning on important issues for disabled people. Service providers and decision makers are invited into meetings to listen, discuss the issues and hopefully make changes. The Access Group also liaises with officers from a range of services.

Some of the Access Group's successful campaigns, activities and achievements:

- The ADKC Access Group has been shortlisted for the Disability Power 100 Awards 2021.

- Improved accessibility of parks' roads and pathways within the Royal Borough.
- Taking part in TfL Local Communities and Partnerships Interview, which helped TfL to improve their collaboration with elderly and disabled customers and will be used for their staff accessibility training.

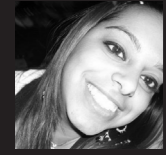
New members welcome, learn new skills and meet new people. Together let's make our Borough the most accessible place in London!

Mariya Stoeva
Access Group Co-ordinator

The ADKC staff



Jamie Renton
Chief Executive



Martha Issa
Office Manager



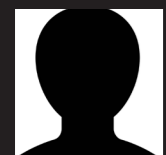
Jenny Hurst
Independent Living Project Co-ordinator



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 warming recipe from Jean...

Vegetable Chilli

(serves 2-4)

You will need:

- > Half tablespoon olive oil
- > 1 large onion chopped into small pieces
- > 2 garlic cloves peeled and chopped
- > 3 medium carrots peeled and chopped into small pieces
- > 1 green pepper seeded and diced
- > 1 teaspoon of chilli powder, season to taste
- > 2 tablespoons of tomato sauce
- > 400 grams canned kidney beans, drained and washed
- > 400 grams of canned sweetcorn, drained and washed
- > 400 grams can of chickpeas, drained and washed
- > 400 grams canned chopped tomatoes
- 200 ml of vegetable stock.



Method

1. Heat the oil in a large pan, add the onions and cook for 6 minutes.
2. Add the garlic, pepper and carrots and cooked for 3-6 minutes.
3. Add the chilli powder and cook for 36 minutes.
4. Add the tomato sauce, cook for 2-4 minutes then add the kidney beans, sweetcorn, chickpeas and

5. tomatoes and mix well. Add the vegetable stock bring to the boil, reduce the heat to simmer and cook for 35 minutes.

Serve with plain boiled rice and corn chips. Enjoy!

Jean Davis
ADKC Member

How to Contact ADKC while we are closed...

The ADKC Office

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ADKC COVID-19 Volunteer Project:

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Voice of Experience Project

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Chief Executive

Jamie Renton
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e chiefexecutive@adkc.org.uk



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 other 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.

