

NEWSflash

February 2012

ADKC
Action Disability
Kensington & Chelsea
A Centre for Independent Living

The Voice of Disabled People in Kensington & Chelsea



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Editor's word

Jamie Renton



We all need to get about, but for us disabled people, transport can be a real challenge. Most of our public transport system is still inaccessible to many of us. And even when it's supposed to be accessible, we can find that in reality it isn't. It's fine having ramps on buses, for instance, as long as the bus drivers remember (or are willing) to use them.

Parking is an issue too. I'm pleased to say that last year our Positive Rights Action Group successfully campaigned for an extra hour of free parking for disabled drivers at the Town Hall Car Park. But positive developments such as that are few and far between and for many local disabled people, it's difficult to find a decent place to park in our borough.

At a time when everyone seems to want us to break out of isolation and to find employment, you'd think there'd be a real push to improve transport and parking for us. But at the time of writing, most of our

local tube stations are still inaccessible and RBKC are currently considering a proposal to introduce charges for the Purple Badge Scheme (the local parking scheme for disabled people)

Which is why I'd encourage everyone to come along to our Disability Network Meeting at the London Lighthouse on 22nd February. This will be your chance to put questions to local transport service providers. You can find more details on this elsewhere in this issue of Newsflash. Please do try and come to this meeting, it's our chance to tell them what we think!

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

Jamie Renton
Chief Executive

"At a time when everyone seems to want us to break out of isolation and to find employment, you'd think there'd be a real push to improve transport and parking for us."

The ADKC staff



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Disclaimer
ADKC's Newsflash 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.

Come and have your say about Transport!

Ever had problems getting out and about in the Borough?

Do you find public transport isn't accessible?

Do you have ideas about how it can be improved?

Transport affects us all- from getting to the shops to going to work and enjoying a social life. Having an accessible transport system means we can get out and about and be independent.

Come and speak to a panel of senior service providers including representatives from the Royal Borough and Transport for London to share your views on transport services.

With cuts to services and Blue Badge charges being introduced this is your chance to ask questions and find out how changes might affect you.

When? Weds 22nd February
Time? 2pm - 4.30

Place?
The London Lighthouse
111 - 117 Lancaster Road
Ladbroke Grove
London W11 1QT
Light refreshments provided

Interested? Want to book or need more information? Call Kate Pieroudis at ADKC on 0208 960 8888 or e-mail Kate at policy@adkc.org.uk



Would you like support to get out and about?

ADKC volunteers are available on a one-off or ongoing basis to support disabled people under 65 with social and leisure activities in and around the local area.

Contact Jenny Reed to find out more.

0208 960 8888
07553 370074
volunteering@adkc.org.uk

Regular Events

ADKC Wheelchair Hire
Short term loans at reasonable prices.
£5 per day or £25 for a whole week (7 days).

Internet Café
Every Friday
10am -1pm FREE.
Come meet other ADKC members and surf the net.

Massage and Reflexology
At the ADKC Centre on Wednesday and Friday, £20/£15 Unwaged.
Please note that if you fail to turn up to your appointment or cancel it 48 hours or less before the time it is due, you will be liable for the full cost of the appointment.
Please contact Eric at ADKC for prices and to book a session.

ADKC Photo Service
Only £3 for four passport-size photos

Please contact us here at ADKC on 0208 960 8888 for more information.

Do you want to advertise in Newsflash?

Full Page:	£100
Half Page:	£50
Quarter Page:	£25

Email text of your advertisement and accompanying image (picture or logo) to: information@adkc.org.uk
Font should be 12pt minimum

Contact Marian at ADKC on 020 8960 8888 for more information



ADKC AGM 2011

On Tuesday 13th December 2011, we held our Annual General Meeting and 30th Anniversary Celebrations at the London Lighthouse.

A packed hall welcomed ADKC's new chair Margaret Donnelly and enjoyed the screening of two short films made by UK Disabled People's Coalition, which both featured ADKC members.

There was an exhibition of beautiful jewellery made by ADKC member Yvette Powell, as well as food and drink for all!

The evening ended with our annual ADKC quiz, with Jamie taking on the role of question-master for the first time. In spite of accusations of cheating by some teams (perhaps we should ban mobile phones from now on), this proved as popular as ever.

Thanks to all the members who turned up and helped us celebrate.



Members' Soapbox...

Some news from an ADKC member who likes to get involved

Hello, my name is Philomena Dominique.....

My first contact with ADKC came via Jamie Renton, now Chief Executive, when I met him at an Outreach Satellite Session at Respeech almost 8 years ago. Since then, I have had a lot of support and advice from staff members of ADKC with regard to various issues and am now able to offer support and empathy to those in similar circumstances.

I had to give up my part time employment as a school transport driver in July 2010 due to my ongoing long term ill health, which left me feeling very isolated and immobile living in the South of the Borough. I felt that there was nothing else that I would be able to do. I was so wrong.

The past year and a half has flown by since I have become a Regular Volunteer and Trustee Member for ADKC, which I enjoy very much. I also help Marian as a regular volunteer to provide Information and Advice to ADKC members needing

support with their disability related issues. I am also a Volunteer at Age Concern Kensington & Chelsea and the Volunteer Centre Kensington and Chelsea where I have volunteered as a receptionist and I am now helping as a Support Worker on the RBKC Olympics Legacy.

I am a member of various groups that help to support the needs of others living with disabilities and isolation within the community. Following on from one of our groups set up by ADKC members, we have created a Support Group called the 'Positive Empowerment Group - PEG'. This group meets once a month at ADKC and provides support and encouragement to members who feel isolated at home due to their illness or disability and need/want to have a chat, coffee and to socialise with others.

I have also recently become a casual Community Researcher for Turning Point who have recently opened

the new Earls Court Health and Wellbeing Centre whose objective is to provide more accessible services within the community in the South of the Borough.

I am actively looking for employment around my disability and limitations but my diary never seems to be empty with the amount of training, activities or groups that I attend.

I would urge any of our members out there to have a go. Despite being disabled I feel that I have gained more confidence and self worth in myself, achieving new skills and meeting and making new friends, so that I do not feel so isolated and alone anymore. Even though, I do have my good days and bad.

I hope to maybe to see some new faces at the PEG Group.

Philomena

"Despite being disabled I feel that I have gained more confidence and self worth in myself, achieving new skills and meeting and making new friends, so that I do not feel so isolated and alone anymore."



Advertisement -- see our disclaimer

K&C LINK

Kensington and Chelsea LINK Cancer Wellbeing Day

**Monday, 26th March 2012, 3pm-7pm
Kensington and Chelsea Town Hall, Small Hall**

Have YOU or a loved one been diagnosed with cancer recently?

Are you worried you might have cancer, but are afraid to visit your GP, or would you simply like information about Cancer?

Well, this day is for YOU

What is the Event for?

To provide people living and associated with cancer information to help improve and support their quality of life and their physical and mental wellbeing. To promote self help techniques and support services in the borough.

What will be there?

Cancer Information stalls, skin & hair stall, therapies, financial advice stalls, guest speakers, workshops, nurses, therapist doctors and so much more...

Guest Speaker: Mark Davies author of the book 'Saving My Arse'

For more information about the event please visit our website at www.rbkclink.org or call us on 020 8968 7049

**Come along this Event is absolutely FREE!
With light refreshments provided**

Parking at ADKC –

Have you displayed your ADKC permit?



Visitors to ADKC will know that there is accessible parking in front of the ADKC Centre. Recently, new signs have been erected by a security company that monitors the car park and people not displaying an ADKC permit have received tickets.

If you are visiting ADKC, don't forget to ask us for an ADKC visitor permit. You should write the date and your vehicle registration on the permit and put it on your dashboard.

We have put up some reminders in the car park, and on the door into our Reception to remind you!!

Personal Budget Surgeries and Meetings

Dates for your Diary:

SURGERY

Thursday 23rd February

1:30pm – 3:30pm

At: ADKC Centre

Whitstable House

Silchester Road

London W10 6SB

MEETING

Thursday 1st March

11:00am – 1:00pm

At: Chelsea Theatre

7 World's End Place

London SW10 0DR

**Contact Martha Girgis,
Personal Budget Administrator
at ADKC for more information
on 020 8960 8888**