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Keeping warm in the winter weather...

The Green Doctors Home Energy scheme is a FREE service offered by the environmental charity Groundwork London in partnership with the Council..

Eligible households in Kensington and Chelsea, particularly young families and elderly residents and those with multiple health conditions, can book a visit from the service. The visits provide guidance on efficient energy usage in the home, understanding heating systems and installation of small energy measures..

You are eligible to use the scheme if you are:
over 65, or on a low income, or have a long-term health condition or disability.

- Explain how to make your home energy efficient
- Install energy saving devices
- Offer impartial advice on switching energy providers to save money
- Give you income support and debt advice
- Connect you with other health services

Call 0300 365 5003 for more information or to book a FREE home visit.

Editor's word

Jamie Renton

Welcome to the annual festive issue of Newsflash.

Our offices will be closed from lunchtime on Friday 20th December until 9.30 on Thursday 2nd January 2020. However, with this issue of Newsflash, you should find a list of emergency contact details where you can get support while our offices 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, before we return refreshed and ready for action at the beginning of next year. 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 in the New Year.

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

Jamie Renton
Chief Executive



ADKC Christmas and New Year Closing

ADKC will close at lunchtime on Friday, 20th December 2019.

The office will reopen at 9.30am on Thursday, 2nd January 2020.



Seasonal recipes from ADKC member, Jean Davis:

Mince Pies

(Makes 12)

Cooking time: 10 minutes
Oven: pre-heat the oven to 220 degrees C or 425 F or gas mark 7.

Grease a tin that will hold 12 mince pies.

Grease pastry cutters to make circles for the pies. You need 7 cm cutters for the bottom circles of pastry and 6 cm cutters for the pie lids.

Ingredients you will need:

For the pie filling:

75grams mixed dried fruits
sultanas, raisins, currants, cherries.

1 medium bramley apple
chopped in small pieces,
The rind, and juice of a small
lemon and a lime.

One teaspoon of mixed
spices.

One tablespoon of sweet
syrup;

One tablespoon of either
brandy or grape juice.

Then for the pastry;

200 grams of plain flour;
100 grams of softened butter,
2-3 tablespoon iced cold
water.

Note: if you want gluten
free mince pies substitute a
gluten free flour.

Method:

First, place all the pie filling
ingredients in a bowl and mix
well. Cover the bowl and set
it aside. Leave for 12 to 24
hours.

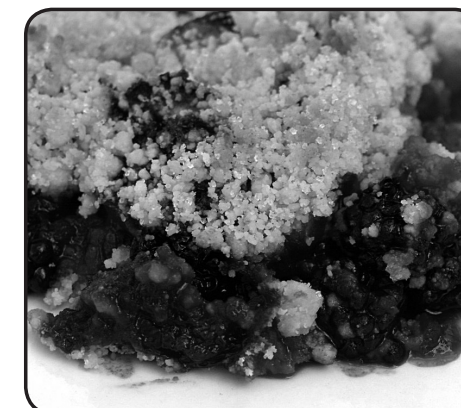
To make the pastry, sift the
flour into a second bowl;



then add the butter and rub
it in with your fingertips until
the mixture feels like fine
breadcrumbs. Add the water
a little at a time and use your
hands to press the mixture
together to form dough.
Place it on a lightly floured
surface and knead for 1 to
2 minutes, then wrap in foil
and put in the fridge for 30
minutes.

Next, roll out the pastry
thinly, and cut circles with
the round cutter to fit into
the small pie tin, 7cm round
cutters for the bottom circles
of pastry and 6cm cutters for
the top lids of pastry. Place
your mince mixture in each
pie, dab a little water around
the edge to help the top lid
to stay in place. Pierce the
pies with steam holes.

Bake for 10 minutes, when
mince pies are cooled
remove from tin.



Yummy fruity Crumble

You will need:

1 large apple, peeled and
chopped
1 medium pear peeled and
sliced
50 grams blackberries
1 to 2 tablespoon of water
2 tablespoons of light brown
sugar or honey
Pinch of mixed spices e.g.
nutmeg
200 grams of porridge oats

Method:

Preheat the oven to 190c
375f or gas mark 5
Lightly grease an ovenproof
dish with butter
Place the prepared apple,
pear and berries in the
ovenproof dish
Pour in the water and
sprinkle with sugar
Then sprinkle the oats evenly
over the fruit and cover with
a lid or foil.
Place in the oven and bake
for 20 minutes
Then remove lid or foil and
continue to bake for a
further 15 mins or until the
crumble is lightly browned.

Serve with custard or ice
cream.

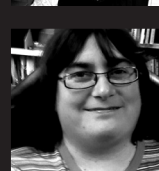
The ADKC staff



Jamie Renton
Chief Executive



Mary Ann Mallet
Office Manager
(Maternity cover)



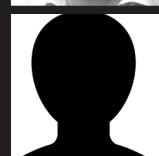
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Project Co-ordinator



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Lifelong Learning
Co-ordinator



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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.



SEASON'S GREETINGS

From all at ADKC

ADKC Christmas closing times...

**The office will close on
Friday 20th December, 2019
and open again at**

9.30am on Thursday 2nd January 2020.

