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- Personal story from ADKC member
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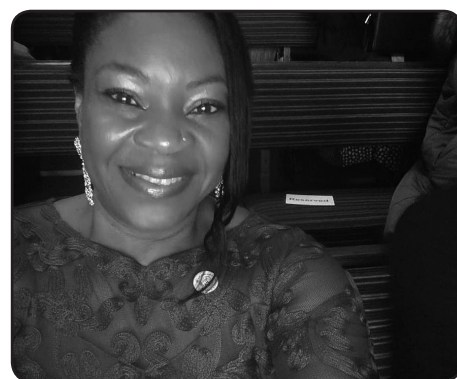
ADKC volunteer Glenda Joseph received an award in recognition of her voluntary work

Volunteer Centre Kensington & Chelsea celebrated its 50th Anniversary by holding a Recognition Ceremony on Tuesday 29th October honouring fifty local volunteers, nominated for their contribution in the community. This was followed by a reception in the presence of HRH the Duchess of Gloucester at the Victoria & Albert Museum.

I felt Honoured to be nominated for the Voluntary work that I enjoy doing at ADKC. I would like to say a special thank you to my Manager Jamie Renton, ADKC staff and members, family and friends for all their support and kind messages.

Having been out of work, following a road traffic accident, I wanted to use the skills I had acquired working prior to the accident, acquire new skills and most importantly regain the confidence I had lost through becoming a disabled person as a result of the accident.

I started as a volunteer receptionist. Now I facilitate our Happy Group, a social group which celebrates the positive things in life. This came out of our PEG (Personal Empowerment Group), a peer support group. Members said that they wanted to celebrate the positive side of life, as well as talk through their



problems (something which we, as disabled people, often don't get a chance to do).

I enjoy working with the members and seeing the way in which everyone is blossoming, going out and sharing their positive experiences. ADKC feels like my second home.

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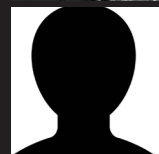
Editor's word

Jamie Renton

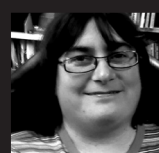
The ADKC staff



Jamie Renton
Chief Executive



Mary Anne Mallet
Office Manager
(Maternity cover)



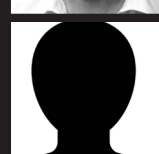
Jenny Hurst
Independent Living
Project Co-ordinator



Glenda Joseph
Personal
Development Officer/
Lifelong Learning
Co-ordinator



Marian O'Donoghue
Information and
Advice Officer



Carla Maistre
Disability Specialist
Legal Advice Worker



Simone Galloway
Disability Connect
Co-ordinator



Mariya Stoeva
Access Project
Co-ordinator

Welcome to the autumn issue of Newsflash. This issue includes information about our AGM in December, as well as photos from our very successful Open Day which took place back in September. There's also a feature on the Volunteer Centre's 50th Anniversary Celebrations, held at the Victoria and Albert Museum and at which ADKC member Glenda Joseph received an award.

I really hope that you can make it to our AGM. As ever, there will be a chance to have your say in our Annual Review of Services and tell

A personal story from ADKC Member and local musician, Ziad Sinno...

My main interest in life now is in making music, having first heard it being played as part of an exhibition for the sight impaired that I visited in Lebanon.

I learnt to play a number of string instruments, including the violin, guitar and oud (which is from the Middle East). I also wanted to read

Continued from front page

Coming through the door at ADKC, I always feel welcomed and supported, listened to and valued.

It makes me forget about everything else and I feel empowered. As though I'm really achieving something. And it's fun!

It's helped me to grow

us what you'd like us to do in the coming year. You can also take part in our friendly and inclusive quiz.

The next issue of Newsflash will be our Festive Special. Until then, I hope you enjoy this one and look forward to seeing you at the AGM.

Jamie Renton
Chief Executive

sheet music, and learnt other instruments, such as the piano.

My original ambition was to train to be a physiotherapist, then return to the Lebanon. But with the political unrest there, and having lost my sight, this wasn't practical. So I learnt to tune pianos in London, where I now live.

in confidence. I feel like I'm somebody, a valued member of the organisation. It's good to be working with members and staff. We are all equals here. Like a family.

Glenda Joseph
ADKC Volunteer and
Personal Officer/Lifelong
Learning Co-ordinator



ADKC Open Day 2019

ADKC held an Open Day in September to provide an opportunity for people to come and find out all the services and support available at ADKC for local adults with a physical impairment or condition (including hidden disability) and sensory impairments.

ADKC's new Specialist Legal Advice Service was launched at the event as well as a new Third Party Hate Crime Reporting Service now available at ADKC.

ADKC's legal advisor, Carla was available to ask any questions about the Legal Advice Service, and to promote the disability-related Legal Advice drop-in at ADKC on Wednesdays, 2-4pm.

Victim Support had an information stall at the event and were on hand to explain how Third Party Hate Crime Reporting works and helps to ensure disability-related hate crime is reported to the police. This service allows victims of hate crime to report the crime at a designated Third Party reporting centre – such as ADKC – where staff have received training to support you to complete the report which will then be passed to the police with your consent.

The successful event was well attended by ADKC members and other local disabled people, who chatted with ADKC staff about the projects and



ADKC members networking with visitors to the Open Day



RBKC Mayor, Cllr Will Pascall talks to Open Day visitors



Mariya Stoeva promoting ADKC's Access Project

services available, as did the Mayor of Kensington and Chelsea, Councillor Pascall and representatives from other statutory and voluntary organisations in the borough.

Feedback on the event suggests that there is an interest in more ADKC Open Days in the future, possibly as a regular annual event.



John Condon PEG Group member and Volunteer Nick Wimborne on Reception

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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.

ADKC Annual General Meeting and Quiz

Thursday 5th December 2019



**5-7pm
At Bay 20
71 St Mark's road
London
W10 6NQ**

**RSVP to Mary Ann Mallet on:
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Phone: 020 8960 8888
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