



## In this issue...

- Staying at home, staying safe
- Easy recipes for lock down
- Keeping busy and coping with social isolation
- One man and his dog
- ADKC COVID-19 Volunteer Project, online groups meetings and how to stay in touch

## ADKC COVID-19 Response Volunteer Project

The Volunteer project was initiated and set up as a response to the Covid-19 outbreak. It was originally intended for ADKC members living in the borough who were isolated and/or were unable, or not eligible to access the services set up by the council and local community organisations.

We started up the project by advertising for volunteers on the local Volunteer Centre's website. Fortunately we

received a good response which enabled us to initiate the project and direct the help to those that most need it via referrals and spreading the word. The services range from picking up and delivering a prescription to arranging delivery of a hot meal. The ADKC co-ordinator is the initial link between the volunteer and the person requiring help in organising the task required. Both parties are asked to report

back either via email or text when it has been carried out.

Following the initial set up, the service has now been extended to disabled people generally who live in the borough. The aim is to continue it as a long-term project. As it progresses the project will identify the need and highlight where help is most required.

**Mary Ann Mallett**  
Coordinator

# Editor's word

Jamie Renton



Welcome to this special issue of Newsflash.

I hope you're staying safe and well in these strange times.

Owing to the current COVID crisis, our offices have been closed since mid-March. But we continue to deliver our full range of services remotely. Elsewhere in this issue we've provided contact details for each of our projects.

All of our groups and meetings are up and running, only they are taking place via a video link-up rather than at our centre.

We have also launched a new Volunteer Project offering our isolated members support with delivery of food, medicine and other essentials.

Our Disability Connections project can provide you with regular emotional support and help you to remotely access the activities which you would like to get involved with.

Some of you have already been asking about when we plan to re-open the centre. At the time of writing, we have no current plans to do this. However, we will make sure that you are the first to know once this situation changes.

In the meantime, please get in touch if we can support you in any way. You don't have to feel isolated. You're part of the ADKC community!

**Jamie Renton**  
Chief Executive

**"All of our groups and meetings are up and running, only they are taking place via a video link-up rather than at our centre."**

## New Ways of Working!

The ADKC weekly team meeting via Zoom



### The ADKC staff

 Jamie Renton  
Chief Executive

 Martha Issa  
Office Manager

 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

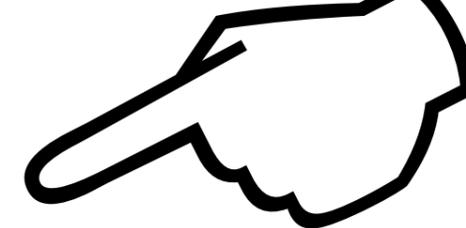
 Mariya Stoeva  
Access Project Co-ordinator

 Mary Ann Mallet  
COVID-19 Volunteer Project 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.

# How to Contact ADKC while we are closed...



**The ADKC landline**  
t: 020 8960 8888  
m: 07553370074

### ADKC COVID-19 Volunteer Project:

Mary Ann Mallet –  
Co-ordinator  
m: 07762 190971  
e: mmallet@adkc.org.uk

### Independent Living Project

Jenny Hurst  
Independent Living /  
Personal Budget Coordinator  
I am available on:  
m: 07922 811 281  
Monday - Friday from 9.30-5  
(texts and emails preferred).  
e: independentliving@adkc.org.uk

**Personal Development Officer**  
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**Information and Advice Project**  
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**Chief Executive**  
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## A lively little pug called Colle

We had a pug called Lester who passed in December 2018 and I grieved for 6 months, which resulted in bad anxiety and depression; he really was part of the family.

I was talking to my doctor one day and he said that he had noticed that I'd been depressed since Lester passed as I'd spoken about him every time we met and suggested that it would be beneficial for both my physical and mental health to get another dog. I thought long and hard about it (having a dog is a big commitment) so eventually we started looking at dogs and ended up with



a lovely, lively little pug called Colle.

There has been a big change in me since Colle came into my life: I don't feel so alone and isolated

and he has become a big part of my life and I don't know where I'd be without him.

**John Condon**  
ADKC Member

# jean's lockdown recipes

here are some favourite meals for you to try. jean davies, adkc member

## mixed bean and potato pie flapjacks

### you will need:

2 tablespoons of olive oil  
1 large onion chopped  
1 garlic clove crushed  
50 grams mushrooms chopped  
1 large carrot chopped  
2 x 400 grams cans of mixed beans in salted water  
1 can chopped tomatoes  
1 tablespoon tomato sauce  
1 tablespoon mixed herbs chopped,  
700 grams mashed potato  
60 grams grated cheese.

### method:

Pre-heat the oven to 200C/400F/gas mark 6. Heat the oil in a pan and fry the onion and garlic until soft about 5 minutes with the lid on, then add the mushrooms, carrots and cook for another 5 minutes. Then drain the beans, add to the pan with the canned tomatoes, sauce, herbs and cook on a low heat for 12 minutes. Sprinkle with ground pepper. Place into an ovenproof dish topped with mashed potato, spread evenly then add the grated cheese. Bake for 35 to 40 minutes until brown and crispy. I like it with a green salad.

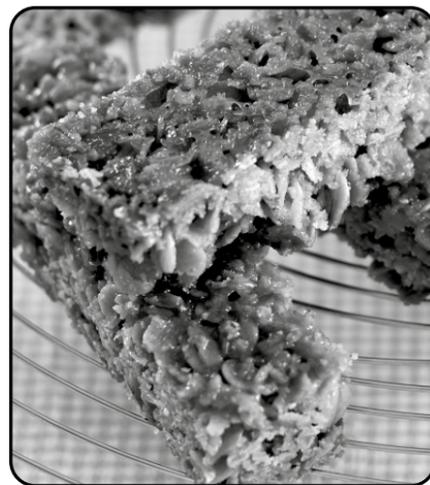


### you will need:

250 grams fruity muesli  
100 grams sunflower margarine  
20 grams brown sugar  
2 tablespoons of clear honey.

### method:

Pre heat the oven 180C, gas mark 6. Lightly grease a 9 inch by 7 inch shallow baking tin. Put the muesli into a mixing bowl. Melt the margarine, sugar and honey in a saucepan over a low heat, when melted add to the muesli and mix well. Place the mixture into the tin and level evenly. Bake in the oven for 20-30 minutes or until golden brown. Leave in tin until cool then cut into bite sized pieces, and place in a container.



## plum crumble

### you will need:

65 grams butter  
215 grams plain flour  
45 grams brown sugar  
6 red plums.

### method:

Pre-heat oven to gas mark 6/180C. Chop plums, remove stones and throw away, place plums into pie dish and sprinkle with a little sugar and 2 tablespoons of water. Rub together the butter, flour, sugar, until it looks or feels like bread crumbs, sprinkle the crumble over the plums and bake for 45 minutes and serve with custard.



**i hope you enjoy these recipes!**

## Some Thoughts on a Way to Survive, with Kindness...

Some months ago, while Lent was starting, I wondered what I could give up for this year. There was nothing really I could think of, but as I had listened to a motivational speech from Jordan Peterson. It made sense for me to try something out: set up a daily routine I did not have. I wanted to try to challenge a drawback that mornings were always difficult for me.

Having followed both Peer Support classes with ADKC, I was very keen to put my change to the service of someone else too. While waking up in the morning, whose life could I also improve? It was quite timely as I knew someone who would benefit from such a synergy.

So I started it in agreement with him, and this tandem of new mornings routine helped us both. I would occasionally not feel well or too tired and skip on it, or have a nap later in the morning or the day, but the most important is that I was awake by a certain time, and ready for my day by another one daily. The experiment stopped with the lockdown starting and I continued a more individual journey where I was mainly preparing the home to self-isolate.

It's been tough some days, I realised support was very important and on some

occasions, I received a very much needed help from ADKC and other entities. My everyday life has been through changes like never before, and I started putting in place new activities as suitable.

I did a lot of research, exchanged occasionally on the various topics of how to practically get through these unprecedented and testing times, rather than just discussing the facts.

As of today, I am still left with questions, uncertainties and personal concerns, however I am extremely lucky and will remember these days as an eye-opening experience, on the importance of sharing information and support, and that the best routine to set is kindness.

**SP**  
ADKC Member

**"While waking up in the morning, whose life could I also improve?"**



# Nick's Lockdown!

**Just as well I've a good sense of humour!**

While in the midst of being treated for an earlier injury, along came COVID, which has most certainly prolonged my recovery.

But I've a strong belief in myself, having a very positive "can do" attitude and frame of mind. I don't hope we'll return to life before COVID; I know we will! In the same way, I know my recovery will pick up where it left off before the lockdown.

My day's filled by having many and varied interests. These include joining ADKC's groups, attending some Council Housing Sub-Committee meetings, my GP Surgery's PPG (Patient

Participation Group) and a Mobility Forum.

As all are using the Zoom or Microsoft Teams video conferencing system, I can attend the full diary of meetings I attended before COVID. I've found it so useful!

As well as these interests, I've been the Vice-Chair of my estate's Residents Association. Even though standing down at our last AGM, I still participate in all Committee decisions.

My email "inbox" is so much busier since the lockdown. I've to read all that comes in, which takes me time and keeps me busy. I also call or WhatsApp family and friends to check all's

well, or just to say 'hi'.

Coronavirus will most certainly burn itself out, with lockdown and social distancing being confined to our memories, history and will become a moment of time. I'm as sure of that as being sure the sun'll rise tomorrow.

Look after yourselves, take care everyone. Be strong, and I know it's hard but try to be as patient as you can; this will end. Promise!

**Nick Wimborne**  
ADKC Member

***"I don't hope we'll return to life before COVID; I know we will!"***

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**Jamie and Mariya from ADKC met with Minister for Disabled People, Health and Work Justin Tomlinson MP and Felicity Buchan, MP for Kensington. Raising concerns around disability-related benefits and the recent changes to Government legislation on Social Care.**



# Staying Safe at Home

**Like everyone, I heard about COVID-19 in the news back in December 2019. I cancelled all my hospital appointments before lockdown started.**

I was hit most when I tried to do my grocery shopping online because I could not find a delivery slot within 2 or 3 days. In fact, the earliest slot was available 4 weeks from the time of placing my order. Luckily, I was contacted by my supermarket who told me that I am on their priority list, therefore I can place one order each week with their fair purchase policy in place.

I spent most of my time during lockdown at home communicating with my relatives and friends using social media platforms, making music using my computer and midi keyboard and accessing online tutorials to improve

and learn new skills, as well as following COVID-19 news and keeping up to date with the advice given by the government.

I also took my violin out one Thursday evening and played for a few minutes on my balcony during the weekly clap for keyworkers and uploaded it to my YouTube channel where my Arab-speaking followers could see. I made another video in English at the start of the lockdown discussing the impact of lockdown on me. This is available on the Blind TV YouTube channel. I wrote lyrics in Arabic and sang them encouraging my Arabic speaking followers to stay home and stay positive.

I received a courtesy call from a member of ADKC staff one day. I was so excited to suggest to them the possibility of resuming all the activities, i.e. the

PEG group meetings, PRAG, Trauma, Access group and Personal Development group by using zoom in order to keep up to date with all the latest developments and to catch up with friends and make sure our voice is heard when it comes to changes that concern us. I cannot thank ADKC staff enough for their effort put in running the zoom meetings and making sure they listen to our problems and concerns.

As we are in a gradual ease of lockdown, I believe we have to start going back to normality despite all the concerns that everyone expresses. All we need to do is follow the government's guidelines and maintain social distancing for everyone's safety and protection from contracting COVID-19.

**Ziad Sinno**  
ADKC Member

# Life During Lockdown

**As a visually impaired person living in a household with someone who is shielding, the last few months have been.. er... a bit unusual!**

I can't go out on my own because I couldn't be certain of seeing well enough to socially distance. So, I get taken out for a daily walk along with the dog.

I know, from talking to ADKC members, that disabled people have been struggling to access the essentials (food, medicine and basic

care support) during the current crisis. Sadly, those of us with the greatest needs are often the ones who get the rawest deal.

But it isn't all bad news. For years disabled people have campaigned for greater flexibility from employers and service providers. Now everyone's getting the things we've often asked for (flexible working hours, working from home) and usually been denied. Hopefully this new flexibility

will continue once the lockdown is completely over. Although we also need to keep up the battle to make our communities fully accessible for disabled people.

Now, please excuse me, with any luck someone might just want to take the dog (and me) out for a walk.

**Jamie Renton**  
Chief Executive



# 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

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