

## The Voice of Disabled People in Kensington & Chelsea



### In this issue...

- ADKC User-led Group in Brighton – report with pictures
- Easy summer cooking recipe
- Trauma group at the ADKC Centre
- 2019 Open Day – find out about new Legal Advice Service
- .....and more.

## Brighton Day Trip

In July, to Brighton we went, early morning weather predictions were questionable but nothing was to detour anyone from going. In the bus, you could feel the excitement in the air.

For some it was their first time, others had been before, the ones who wanted were able to get information on interesting bits to see or do.

Upon arriving, first things first, Fish and Chips! The bus had been full, People teamed up and 4 small groups went on their merry way.

Brighton has changed a lot in the last few years but some things remain. The Prince Regent Palace and Park if you want history, the

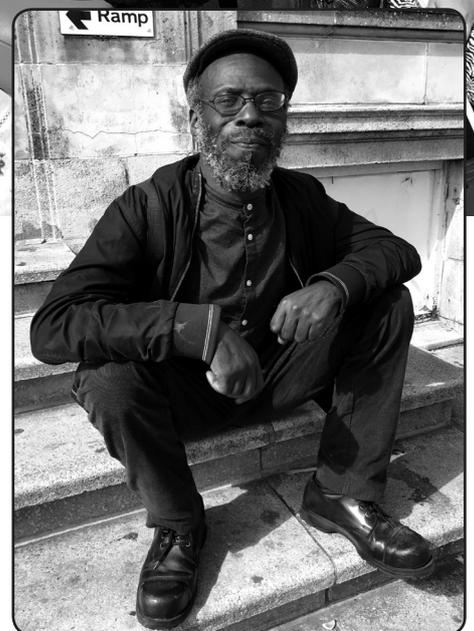
Theatre across the road for culture, The Lanes for electric shops, and lots of new shops on the high street for window shopping.

Let's not forget the Pier and its attraction but most important, the sea!

All in all, it was a beautiful relaxing day and the atmosphere in the bus confirmed what a great time we had.

Someone even had her picture done! And guess what? Remember the weather prediction? Well, the sun severely didn't fail us and it became obvious as one of us kind of reminded us of a certain seafood; the Lobster.

**Roselyne Stribel** (photo bottom right) ADKC Member



**More photos inside**

# Editor's word

Jamie Renton



Welcome to the summer issue of Newsflash. The second issue to be put together by an editorial board made up of ADKC members. I think that this has really revitalised our newsletter and I hope that you agree.

With this issue you should find information about our Open Day (if you haven't, please let us know and we'll send it to you). Your chance to find out about the services which we offer local disabled people. We will also launch our new programme of courses and initiatives.

This is something I'm very excited about. While many organisations that are similar to ours are shrinking or disappearing entirely,

we continue to grow and develop. We're lucky to have strong support from RBKC and other local funders. But luckier still to have such an active membership. It really is you, our members, who make all the difference.

I really hope that you can make it to our open day. There'll be tea and cakes there. Ask nicely and I might just make you a cuppa myself!

**Jamie Renton**  
Chief Executive

## More photos from Brighton



## 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 at ADKC Centre 10am-1pm FREE  
Come meet other ADKC members and surf the net

**Massage and Reflexology:**  
At the ADKC Centre on Wednesday and Friday, £30/£17.50 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.

**Trauma Support Group:**  
At the ADKC Centre every Tuesday morning, 11am-1pm.

Originally designed to support people who were suffering trauma as a result of the Grenfell tragedy, the Trauma group has now been opened up to support all local disabled people who need support about traumatic issues in their life.

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

**Please contact us here at ADKC on 020 8960 8888 for more information on any of these activities.**

## The ADKC Trauma Group

With the Grenfell Tower Disaster Traumatizing so many, ADKC ran an initial 6 week course, (with a psychologist advising) in which we all could talk of the trauma we felt.

However, it was quickly found more time was needed to allow all to speak of their loss and feelings in their own time.

To allow them to do this, ADKC have kindly agreed to the trauma groups continuing every Tuesday from 11am – 1pm, where anybody is welcome, should you have a problem you wish to discuss.

**Nick Wimborne, ADKC Member**

## Chickpea and Spinach Curry

**ADKC member Jean Davis provides another easy cooking recipe...**



**You will need:**

- 1 teaspoon of vegetable oil
- 1 small onion sliced
- Pinch of salt
- 1 teaspoon of curry powder
- 215 grams / 1 tin of chickpeas drained
- 50 grams of fresh or frozen spinach chopped
- 200 grams of fresh tomatoes chopped or 215 grams / 1 tin of chopped tomatoes
- 1 tablespoon of natural yogurt

**Method:**

Heat the oil in large pan and place sliced onion and cook until soft, add little of the salt to bring out the juices. Add the curry powder and cook for another minute. Then add the chickpeas and spinach and cook for 3 to 5 minutes. Next add the tomatoes and cook for 6 minutes. Stir in the natural yogurt. Serve with cooked rice.

## A message from Kensington Leisure Centre...

Swimming sessions for disabled people at Kensington Leisure Centre on Thursdays from 12pm – 1pm will no longer be in a lesson format.

The Centre said:  
"We were unable to secure the funding in order to continue providing the instructor for the session, therefore it is being changed to a drop-in session for disabled users."

**ADKC Centre**  
Whitstable House  
Silchester Road, W10 6SB  
T: 020 8960 8888 F: 020 8960 8282  
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www.adkc.org.uk

**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 to the ADKC Open Day 2019!**

## **When?**

*Thursday 12th September, 2-5pm*

## **Where?**

*At The ADKC Centre*

*Whitstable House*

*Silchester Road, W10 6SB*

*RSVP to Martha at ADKC*

*on 020 8960 8888*

*or [pbadmin@adkc.org.uk](mailto:pbadmin@adkc.org.uk)*

