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## Volunteering with ADKC

### A word from one of ADKC's hardworking volunteers...

When Covid-19 hit the UK in March 2020 none of us were immune to the health risk, or the social isolation brought about by the lockdowns. For my part, working from home at least had the upside of giving me more free time, and greater flexibility with my schedule. Thus, I was able to answer ADKC's call for volunteers.

ADKC were quick off the blocks in providing essential support to our members during the pandemic. I was contacted by Mary Ann, ADKC's Volunteer Coordinator, and once she had made the formal checks on my credentials, she began to deploy me on a variety of tasks for our members.

The first was to do the grocery shopping for a housebound elderly gentleman, which I did several times. I also picked up prescriptions for some of our members on a regular basis, and for another, her PPE material. More recently I have been asked to deliver members' PIP forms to the office.

One member asked for help tidying up her garden, and I continue to do a little maintenance on it once a month. We always have a good natter, and it is satisfying to help keep the garden tidy, especially as I don't have one myself.

I also meet up for a coffee and a stroll with a couple

of our members who have found the pandemic rather isolating.

The voluntary work I do always seems to be warmly appreciated, and it has been very rewarding for me to help, in a small way. Covid was the catalyst that introduced me to ADKC, but I am pleased to continue as a volunteer, in these more normal times.

Finally, I also help Mary Ann stuffing envelopes with these Newsflashes, so you might just see my fingerprints on this one!

**Peter Lewis**  
ADKC Volunteer

# Editor's word

Jamie Renton



Welcome to the Autumn issue of Newsflash for 2022.

It looks as though we will be facing difficult times in the coming months. Things will be hard for everyone I'm sure, but particularly so for us disabled people. We always seem to bear the worst of it in tough times. Which is why I want to remind you that ADKC is here for you. Offering support and advice for local disabled people with all aspects of life. And if we don't have the answer, we'll do our very best to put you in touch with those who do!

throws our way as disabled people. Financial problems, emotional problems, problems getting the care and support we need to live our lives. Please just contact us. You really don't have to face these things alone.

The next issue of Newsflash should be with you in the Winter.

Until then, I hope you stay safe and well.

**Jamie Renton**  
Chief Executive

I just think it's really important, right now, that no-one feels isolated or is struggling to cope with all of the problems life

## Planning for re-opening...

Staff met at the office this month - some online - to plan re-opening of ADKC. The ADKC Centre remains closed apart from some courses run by Catherine, Lifelong Learning Co-ordinator and some user-led groups' meetings. But we hope to be opening soon for appointments - watch this space for updates! Some images from our office meetup in this issue...



## The ADKC staff



Jamie Renton  
Chief Executive



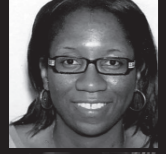
Catherine Dohou  
Office Manager  
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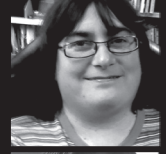
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# Easy Ice Cream from ADKC member, Jean Davis...

## Here is a simple recipe for ice-cream.

### You will need:

575 millilitres double cream or whipping cream  
400ml can of semi-skimmed condensed milk.

### Method

Whisk the cream until soft peaks form, add the can of condensed milk to the cream and mix to combine, then pour in to a plastic container.

Freeze until firm, remove from the freezer 15 minutes before serving.



Here is a suggestion add chocolate with the cream then just follow instructions or try adding favours of your choice and enjoy.

**Jean Davis**  
ADKC Member

# The Ability of Disability

My leg is not quite straight.  
And this affects my gait,  
So when I walk my homeward mile  
The zig-zag path takes quite a while.

I have to cross a style.  
It always makes me smile.  
It's wonky step and crooked post  
And craftsmanship amuse me most.

I found a sixpence there.  
All bent and in despair,  
Because its crooked shape had made  
It valueless for doing trade.

I saw a cat for sale.  
She had a crooked tail.  
The price was sixpence flat or bent.  
So that is where the money went.

A mouse went limping by.  
She gave a cheerful 'Hi'.  
"My crooked leg makes me so slow  
I cannot run from friend or foe".

Come join and make us three  
With low mobility.  
And zig zag slowly to my house.

Myself, the cat and crooked mouse.

None of the walls are straight.  
The chimney - figure of eight.  
We live in cheerful harmony  
Each sharing her ability.

**Anon**  
(inspired by an ADKC member)

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# Contacting ADKC...

## The ADKC Office

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