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- Early cancer screening news from Age UK
- Plum Crumble recipe to greet the summer and...
- ADKC Open Day

Cancer Screen Awareness Project

Some news from Age UK Kensington and Chelsea's Head of Community Engagement, Tasio Cabello

Age UK Kensington & Chelsea and Age UK Westminster are working in partnership in this new exciting project along with other 8 organisations across the bi-borough. The aim is to increase attendance at Early Cancer Screenings, by raising awareness among the population, focusing on Prostate, Bowel and Breast cancer screenings.

Early detection of cancer is important because:

- Detects cancer before it spreads, making treatment more simple and short.
- Improves survival rates as early detection increases chances of successful treatment.
- Reduces treatment costs, duration and minimizes the side effects of added and

combined therapy.

- Avoids suffering from symptoms caused by the progression of the disease.
- Saves thousands additional lives every year in the UK, according to the NHS.28.

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The ADKC staff



Jamie Renton
Chief Executive



Marian O'Donoghue
Information and Advice Officer



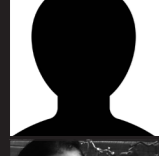
Simone Galloway
Disability Connect Co-ordinator



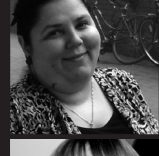
Jenny Hurst
Independent Living Project Co-ordinator



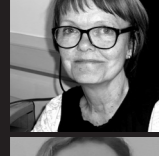
Glenda Joseph
Personal Development Officer



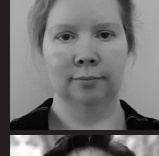
Carla Camilleri
Disability Specialist Legal Advice Worker



Mariya Stoeva
Access Project Co-ordinator



Mary Ann Mallet
COVID-19 Volunteer Coordinator



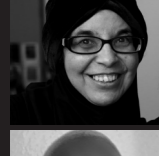
Theresa McGrady
Voice of Experience Co-ordinator



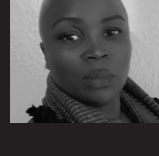
Beverly Powell
Office Administrator



Hannah Roques
Young Disabled Leaders Project Co-ordinator



Naima Mouhda
Trainee Legal Advice Worker



Simone Francina
Trainee Legal Advice Worker

Editor's word

Jamie Renton



Welcome to the Spring edition of Newsflash. With this issue you should receive an invitation to our Open Day, taking place on Thursday 18th April. If you haven't, please let us know and we'll get one out to you. I really hope that you'll be able to drop in and look forward to seeing you there.

At the time of writing the sun is out and Spring is in the air. And yet, thanks to our national politicians, I'm not really currently feeling full of the joys of Spring!

The UK Government has, yet again, been condemned by The United Nations for its treatment of disabled people and recent rhetoric coming from all of the major political parties suggests that, regardless of the outcome of the forthcoming General Election, this situation isn't going to change any time soon.

We are fortunate that, in spite of this very grim national picture, our local

politicians continue to support ADKC and the work that we do. I'm not suggesting that everything is great for disabled people in Kensington and Chelsea. Very far from it. There is still a lot of work to do, much to challenge, many changes that urgently need to be happen. But the support we continue to receive gives some cause for hope. And there's precious little of that about at the moment.

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

Until then, stay safe, take care and please get in touch if you need our support with anything.

Jamie Renton
Chief Executive

Correction to Simone's Introduction...

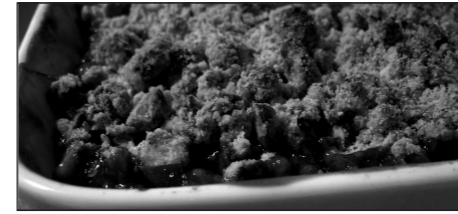
In the February/March issue of Newsflash, we introduced ADKC's new Trainee Legal Advice Workers, Simone and Naima.

Simone has pointed out an error in the last paragraph of her introduction which said that she "loves fish" and a good roast dinner. Simone loves fish and chips! And the UK is home away from home to her. So the last sentence of her Introduction is:

'I do not like the weather but I love fish and chips and a good roast dinner.'

Plum Crumble

Another recipe from Jean to chase away the winter cold...



Method

Heat oven to gas 4/10°C/350°F

Roughly chop plums, remove stones and lay in the bottom of a pie dish. Sprinkle with sugar, and add a couple of tablespoons of liquid – water or elderflower cordial. (NB - the plums we used were VERY ripe and needed very little sugar or additional liquid; if you use harder plums you will need to add more sugar or water).

To make the crumble, rub together the flour, butter

and sugar until the mixture resembles breadcrumbs; don't worry too much about lumps, as buttery lumps cook into a lovely crunchy texture.

Sprinkle crumble over the plums. If you like you can sprinkle some extra seeds or nuts on top to add to the crunch. Bake for approximately 45 minutes, remove from oven.

Serve with custard or cream

Jean Davis
ADKC Member

Ingredients

- 4 oz 113 grams butter
- 6 oz 170 grams plain flour/oats/seeds (sesame, pumpkin, pine nuts)
- 3oz (85 grams) sugar - use light muscovado, but granulated or Demerara gives a better texture
- 6-8 plums, plus 1 tablespoon of sugar and 4 tablespoons of liquid (see below)*

Cancer Screening Awareness Continued from front page

We are aiming to:

- Encourage clients and support them to take up screening or asking for blood test or test kits, if they have any concerns.
- Do not ignore possible symptoms.
- Where possible create opportunities for discussion, debate, and engagement among individuals and groups, where people can share their thoughts and ask questions.
- Reach a wide range of individuals from different backgrounds, ages, cultures, and perspectives.
- Encourage people who have transport barriers to use the Uber Health App to access screening services. Age UK K&C can provide free transport to attend the screening sessions, depending on capacity.

Bowel cancer is the 4th most common type of cancer. The sooner you find it, the easier it is to treat. Screening is every two years from 54-74 with a test kit in the post. Aged 75+ or lost your test kit? Call 0800 707 6060 to request a test.

Breast cancer screening is every 3 years from the age of 50-71.

You will be invited to attend a screening appointment. Aged 71+? Call 020 3758 2024 to request an appointment.

Prostate cancer affects 1 in 8 men.

This can be 1 in 4 for black ethnic communities. To check your prostate health, see www.prostatecanceruk.org/risk-checker; or request a blood test via your GP.

Lung Cancer is highest risk for those with a history of smoking. If you are aged 55 – 74 and have ever smoked, you can request a free NHS lung health check. Ask your GP or call: 020 7351 8607. This programme is available from April 2024.

If you have any concerns about your health speak to your GP.

Age UK can provide help with transport for residents aged 50+ who would not otherwise be able to attend their screening appointments.

If you live in Kensington & Chelsea, call 020 8969 9105 - Option 0, Mon to Fri, 9.30am-1pm and 2-4.30pm.

If you live in Westminster, call 020 3092 9914, Mon to Fri, 9.30am-2.30pm

Action Disability Kensington and Chelsea Open Day 2024

Thursday 18th April 1.30-4.30 PM

At The ADKC Centre

Whitstable House,

Silchester Road, W10 5SB

Light Refreshments Provided

And online via Zoom:

<https://us02web.zoom.us/j/89736878193?pwd=bHh5RFdwSzNCNUV1b3A1cUJoOEpldz09>

Please RSVP to Beverley:

020 8960 8888

admin@adkc.org.uk



ADKC Centre

Whitstable House

Silchester Road, W10 6SB

T: 020 8960 8888

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Disclaimer

ADKC's Newflash 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.