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A Fresh Start: Simone Francine Your New Information and Advice Officer

When I started this journey back in November 2023, I never imagined it would grow into such an exciting and rewarding experience. As a young, energetic, and enthusiastic individual, I am passionate about learning on the job, deepening my involvement in the Kensington and Chelsea community, and continuing to develop my role in a positive and meaningful way.

My goal is to support all members accessing the Information and Advice service. If I am ever unable to assist directly, I will make sure to carry out thorough research and signpost you to the most appropriate organisation to meet your needs.

I am approachable, friendly, empathetic, and always happy to share a smile. If you see me around the office, feel free to say hello

or give the office a call and ask for me by name, SimoneF, as there are two Simones. I will always get back to you as soon as I am available.

Simone Francine
Information and Advice
Officer



The ADKC staff



Jamie Renton
Chief Executive



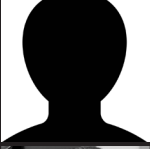
Simone Galloway
Disability Connect
Co-ordinator



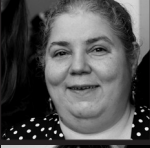
Jenny Hurst
Independent Living
Project Co-ordinator



Glenda Joseph
Personal
Development Officer



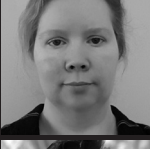
Carla Camilleri
Disability Specialist
Legal Advice Worker



Mariya Stoeva
Access Project
Co-ordinator



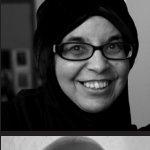
Mary Ann Mallet
Volunteer Project
Coordinator



Theresa McGrady
Voice of Experience
Co-ordinator



Beverly Powell
Office
Administrator



Naima Mouhda
Trainee Legal
Advice Worker



Simone Francina
Information and
Advice Officer

Editor's word

Jamie Renton



Welcome to the late summer issue of Newsflash.

Here at ADKC we have a reputation for 'growing our own'. Supporting local disabled people to develop the skills and experience you need to take control of your life and do the things you want to do. Whether that's employment, education, active citizenship or just getting out into the community.

Of course, you can just receive our services. That's what we're all about (we want to be here when you need us). However, if you wish to, you can become a part of our active community of local disabled people. Attend our groups, maybe volunteer and in some cases, find employment with us

I mention all this because of a couple of recent events highlighted elsewhere in this issue of Newsflash. Debbie Graves, longstanding and much-loved ADKC member, volunteer and trustee, sadly passed away earlier this year. She was a dedicated and very active part of our

organisation and will be sorely missed.

On a happier note, Simone, ADKC member and one of our Legal Advice Trainees, is progressing to take up the role of Information and Advice Officer (following Marian's departure in April).

We love it when our membership of local disabled people grow and realise their full potential. There's a lot of talk from politicians at the moment about disabled people taking opportunities and gaining skills. The difference is, here at ADKC, we actually mean it!

The next issue of Newsflash should be with you in the autumn. Until then, stay safe, take care and please get in touch if you need our support with anything.

Jamie Renton
Chief Executive

Reading Group

We're currently working on setting up a Reading Group for our members. The plan is for a volunteer to read aloud from an article/magazine/book followed by an informal group chat. Subject matter will have been agreed by the group

beforehand. If you are interested in joining the group please contact me.

e mmallet@adkc.org.uk
m 07762 190971

Mary Ann Mallet
Volunteer Project
Coordinator

Remembering Debbie Graves



We were very saddened to hear of the death of ADKC trustee and stalwart volunteer and member Deborah Graves.

In June, a group of ADKC staff, volunteers and members attended Debbie's funeral in Tumbidge Wells. It was a moving and warm-hearted event in which Debbie's spirit and humour shone through. All who attended were presented with a Peace Lily to remember Debbie by.

Following the funeral, ADKC member and Debbie's friend Karisse Mutumbo wrote this poem:

Peace Lily

I heard rain
Weeping to your lips,
While roses blossomed on her cheeks.
Did you know I asked the clouds to move for you,
The sun smiled when he called her name.
Did the peace lily bloom joy to your face,
I felt calmness,
Watching your soft gaze wonder,
How did a bright star shine through darkness.
Praying not to fade away,
She gripped on time,
Travelling through barriers,
Passing fields,
Boundless by distance,
Both anxiously awaiting,
To fill in the missing pieces.
A morning breeze,
breathlessly brushes my skin.
Finally, you lay your hand in

my palm,
A warm embrace, a name to face.
Together, we walked into a quiet room,
Emerging, were rays of clear blue Streams,
Appeased birds, humming to her favourite melodies —
Unlocking endless trades of memories.
Once strangers, now sharing laughter and cries,
Did she imagine one day our paths would collide.
When we called her name in every room,
She opened the door, and healed our Wounds.
One more glance over my shoulder,
We're here because of you —
We're here for you.

Adaptive Yoga at Westway Sports and Fitness Centre

Classes are held at Westway Sports Centre on Tuesdays from 5pm-6.15pm.

Westway Sports & Fitness Centre, 1 Crowthorne Rd, London W10 6RP
t 020 8969 0992

Adaptive Yoga classes give an opportunity for those living with different disabilities to practice yoga together. The yoga poses are individually adapted and taught, with everyone practising at their own level and pace, but supporting and encouraging one another. Carers are also



welcome. It's a wonderful, inclusive and welcoming group and a joy to teach!

The centre is accessible and there are disabled parking bays.



MP surgery at ADKC

Following a successful surgery at ADKC in July, Joe Powell, MP for Kensington and Bayswater, will be holding another surgery at our centre on Friday 31st October.

This is your chance to discuss issues of concern with our local MP, in a confidential and accessible space. You can join in person or remotely via Zoom.

Please note that this surgery is strictly for residents of Mr Powell's Kensington and Bayswater constituency. However, we are hoping to organise a surgery with the MP for Chelsea and Fulham in the future, if there is sufficient demand.

To book a slot, please contact Beverley:
e admin@adkc.org.uk
t 07553 370074

Places are very limited.

If your issue is more urgent and cannot wait until the end of October, you can contact Joe directly using the details on his poster here.

A poster for Joe Powell, MP for Kensington and Bayswater. It features a circular portrait of Joe Powell in the center. The background is a black and white image of the Houses of Parliament and Big Ben. The text on the poster provides contact information and a QR code for his newsletter.

Joe Powell
Member of Parliament for Kensington and Bayswater

My team and I are here to assist with a wide range of issues, from housing challenges to visa and immigration matters. If we're unable to assist directly, we can point you to someone who can. I'm also always open to hearing ideas for improving our community.

Please feel free to reach out using my contact details below. For local updates and campaigns, scan the QR code to sign up to my newsletter.

Contact me
✉ Joe.Powell.MP@Parliament.uk
🌐 Joepowell.org.uk



Free Workshop for Members: "Skills for Care" funding to train Personal Assistants / Support Workers

If you directly take on a Personal Assistant (PA) (also called a support worker or private carer) then join our special hybrid workshop

Find out:

- Who the Skills for Care Individual Employer funding is for,
- What type of training it can cover and
- How to apply.

Wednesday 10th September
11am to 12.30pm
At the ADKC Centre or
online, by Zoom.

For info or to sign up..

email Jenny at
IndependentLiving@adkc.org.uk
or
WhatsApp message to Jenny
on 07922 811 281
or
Leave a message with
Beverley on 020 8960 8888



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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.