



ADKC Open Door

ADKC is a user led organisation and so we want to hear from you, our members.

- What would you like us to do?
- What do you think works well at ADKC?
- Are there any problems?
- Is there anything you think we could do better?

As ADKC's Chief Executive, I want to hear your ideas, suggestions and concerns. I can't promise to make everything you want happen (sometimes things

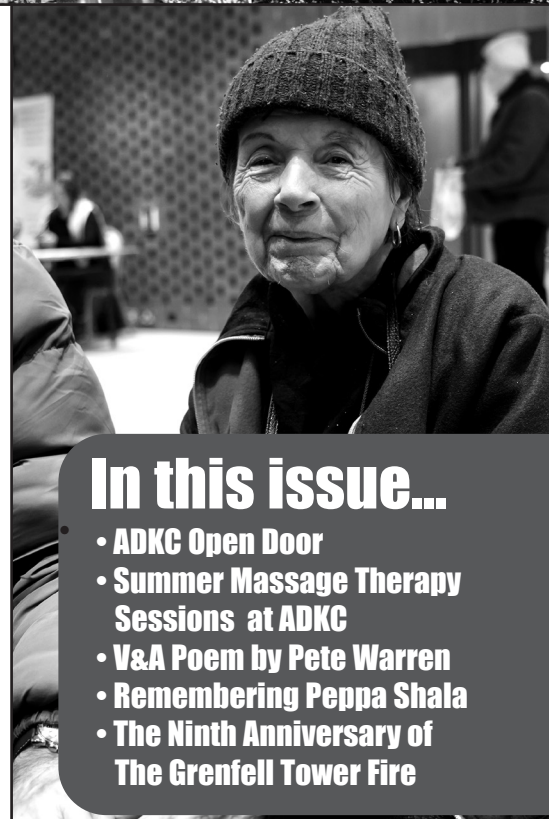
need funding. Sometimes things might fall beyond the remit of what we do). But I promise to always listen and respond.

You can contact me:
chiefexecutive@adkc.org.uk

Or phone: 07395 531129

I look forward to hearing from you.

Jamie Renton
Chief Executive



In this issue...

- ADKC Open Door
- Summer Massage Therapy Sessions at ADKC
- V&A Poem by Pete Warren
- Remembering Peppa Shala
- The Ninth Anniversary of The Grenfell Tower Fire

The ADKC staff



Jamie Renton
Chief Executive



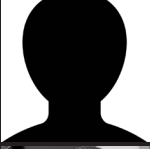
Simone Galloway
Disability Connect
Co-ordinator



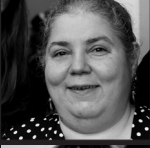
Jenny Hurst
Independent Living
Project Co-ordinator



Glenda Joseph
Personal
Development Officer



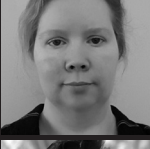
Carla Camilleri
Disability Specialist
Legal Advice Worker



Mariya Stoeva
Access Project
Co-ordinator



Mary Ann Mallet
Volunteer Project
Coordinator



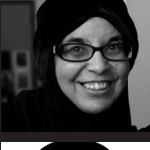
Theresa McGrady
Voice of Experience
Co-ordinator



Beverly Powell
Office
Administrator



Ify Obi
Young Disabled
People's Project
Co-ordinator



Naima Mouhda
Trainee Legal
Advice Worker



Deena Sari
Trainee Legal
Advisor

Editor's word

Jamie Renton



Welcome to the Summer issue of Newsflash.

Here at ADKC, we've never been busier. With new initiatives on the go and in the pipeline.

In part, this is a tribute to our dynamic community of staff, trustees, volunteers and members. However, it is also a direct response to the huge and growing demand for our services.

However tough things have been for local disabled people in the past, this year things seem to have got that much tougher. As the cuts to essential benefits and services are felt ever deeper, disabled people are turning to us to combat isolation and get the support they need. All we can do is try our best to meet those increasing needs.

Just having the opportunity to get out and mix with other people can prove a struggle for many. It is in response to this that we

recently launched Afternoon Tea At ADKC. A chance for local disabled people to get together over a cuppa and a biscuit or three (healthier options of fruit are also available). Please check our website www.adkc.org.uk for dates of future Afternoon Teas. I'll make sure the kettle's on!

Special thanks, as ever, to Kristina Rochelle for putting this issue together and to our designer Matthew Rosenberg.

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

Jamie Renton
Chief Executive

SUMMER MASSAGE THERAPY SESSIONS AT ADKC

This summer, Lucy, our massage therapist, is taking a well-earned break.

Fortunately, Naya, a qualified and highly experienced therapist, will be covering for Lucy until her return in September.

Naya will be taking bookings for individual therapy sessions

at our usual subsidised rate of £20 unwaged (£35 waged). Cash payments only please.

To find out more or book a session please contact Beverley

020 8960 8888/07553 370074
admin@adkc.org.uk

Remembering Peppa Shala

We were very saddened to hear of the death of ADKC member Fhpresa 'Peppa' Shala.

Peppa was a warm and friendly person, very much a part of our community of local disabled people.

Always ready to support others, she was full of kindness and laughter (in spite of the challenges life often unfairly put her way).

Peppa's Bread with Almonds and Sunflower Seeds

Ingredients

- 300 grams of rolled oats
- 200 grams of sunflower seeds
- 150 grams of flax seeds
- 20 grams of chia seeds
- 50 grams of sesame seeds
- 300 grams of ground almonds (50 grams for decoration)
- 2 teaspoons of salt
- 400 ml of milk
- 2 eggs

Method

1 Put the rolled oats, sunflower seeds, flax seeds, chia seeds, sesame seeds, ground almonds and salt into a medium deep bowl and mix well.

Add 200 ml of the milk, stir again and rest for 1 hour. After an hour, mix well again and add the eggs one by one with the rest of the milk (200 ml).

Tip the mixture into an oiled



Peppa was also an enthusiastic and gifted baker, who would bring delicious home-baked cakes to our centre.

With this in mind, there can be no better tribute to Peppa than to share one of her recipes ...

baking dish or bread pan - you can also use baking parchment to make it easier to turn out.

Decorate the surface as desired with slivers of roasted almonds and sunflower seeds, pressing them a little with your fingers so that they do not fall out during cutting.

Baked for around 50 minutes in a preheated oven at 200°C

After 45 minutes, check if it is cooked (a skewer or knife blade should come out clean). Extend the cooking time if it does not.

Peppa said, you can make it vegan by using plant milk and "flax egg" or mashed banana instead of egg.

She advised cutting it into thin slices when it is cool. Enjoy a thin slice, keeping the rest of the precut slices in the freezer.

V&A Poem

by Pete Warren

We love sharing your creative work in Newsflash and are delighted to include this insightful poem by Pete, the husband our lovely member Sue Warren, based on an experience in the disabled bathroom at The V&A!

Oh Dear! What can the matter be

With the V&A disabled lavatory?

One in a wheelchair can't open the door,

It's heavy to push and she hasn't the power.

It's a wide hansom door that we all can admire,

Specially designed so it holds back a fire.

One hand on its handle and one for the chair,

Leaves only her legs to push open the door.

The door is sealed shut by a very strong spring,

It prevents for a time, smoke and flames getting in.

But a fire on the inside would rapidly choke,

The disabled person with fire and with smoke.

Those who plan things with such care,

Should try them in a wheelchair!

The Ninth Anniversary of the Grenfell Fire

Nine years on from the tragedy of Grenfell Tower, Jamie shares his thoughts on the legacy and proposed memorial.

I can see the Grenfell site from the kitchen window of our centre. A reminder of the horrific, tragic, fury-inducing events of 14th June 2017, when the Tower was burnt to a smouldering shell and at least 72 of its residents were killed in the flames. Many of them disabled people.

The deconstruction of the site is due to take place next year. It is to be replaced by a permanent public memorial.

Which is all well and good, but if we really want to honour the memory of those whose lives were destroyed that night, we need action. We, as a society, need to learn from the appalling mistakes and heartless indifference which I believe brought about those tragic events.

We need our government to make Personal Emergency Evacuation Plans (PEEPS) mandatory for all buildings.

Had they been in place in Grenfell Tower, I believe the lives of many disabled residents would have been saved. If they were made law, I believe many more could be saved in the future.

We need our buildings, our homes, our streets to be made fully accessible for everyone. Disabled people very much included.

But the legacy of Grenfell needs to be much more. I feel strongly that the root cause of the fire stems from those with power viewing some lives as less important than others.

And all I see is that situation worsening with time. Disabled people viewed as a burden. Demonised with lies by our politicians and media.

I want to live in a society where we make sure we meet everyone's needs, regardless of what those needs are. Where the lives

of disabled people are not thrown on the fire.

That's the Grenfell memorial I want. I believe that's the only Grenfell memorial that really matters.

Jamie Renton
CEO, Action Disability
Kensington and Chelsea



Action Disability
Kensington & Chelsea
A Centre for Independent Living

ADKC Centre
Whitstable House
Silchester Road, W10 6SB
T: 020 8960 8888
F: 020 8960 8282
Minicom: 020 8964 8066
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.