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A Summertime Recipe from ADKC Member Jean Davis...

Beans and walnut mini rolls

You will need:

1 tablespoon of olive oil
2 garlic cloves, chopped
1 carrot, grated
110 grams walnuts
2 teaspoons dried herbs
1 tin of mix beans, drained and washed
1 tablespoon tomato sauce
2 tablespoons of plain flour
And one shop ready-made rough puff pastry.

Method

Heat a pan with the oil; add garlic, carrots, chopped walnuts and herbs. Cook until soft. Then add the beans, tomato sauce and salt and pepper to taste.



Cook for five minutes, transfer into a large bowl and add the flour and set aside.

Meanwhile roll out the pastry.

Then place the mixture in the middle and shape like a sausage, then fold the pastry over it and press

together. Then slice into mini rolls and place them in the baking tray in a hot oven for 20 minutes at 200C or until golden brown.

Enjoy!

Jean choice and enjoy.

Jean Davis
ADKC Member

Editor's word

Jamie Renton



As I'm writing this editorial, it's a warm day and sunshine is streaming through the window.

I'm working from home and good thing too. Because, at the time of writing, our centre remains a cold and inhospitable place!

As some of you may know, the central heating, hot water and shutters in the ADKC Centre have all been in need of repair.

The good news is that the shutters are now fixed. The boiler and pressurisation unit, which control the heating and hot water, are proving a tougher nut to crack!

We were advised that the pressurisation unit was repairable. Then found out that it was so old, the parts weren't available any more and it needed to be replaced. Then a pump in the boiler wasn't working. A replacement for which is currently on order... and on it goes ...

Can you tell that all of this is getting to me? Those of you who know me will know it takes a lot to stress me out. But this interminable saga is doing just that.

All I want is for our centre to reopen so that we can welcome you, our members, back in to meet up and make full use of the services we offer.

We'll get there. I just hope it's sooner rather than later!

Hopefully, by the time you receive the next issue of Newsflash, the ADKC Centre will be back open and buzzing with activity.

Until then, please take care and remember, ADKC is always here to support you whenever you need us.

Jamie Renton
Chief Executive

Light in the storm

The tree said, "I have no choice...."

I was thunderstruck with the storm of life, feeling lonely and overwhelmed, with an unknown state of mind beyond my control.

Helpless, isolated, with no strength to fight the battle for survival. Extremely fragile and vulnerable to manage the pain, grief and sorrow.

Absolute darkness in the path of life with no sign of light in the horizon. Depth of loss and pain is getting deeper and deeper. No desire to continue, as existence seems too hard to cope with, and feels intolerable.

Months pass by, years pass by and there seems to be no sign of calming down and the storm of life is getting harder and harder to deal with.

Emotions are running high that barely I can survive and becoming unbearable. Feeling trapped on this lonely journey, with no sign of



light and nowhere to escape to in isolation.

Suffering in silence, with anger, frustration and completely helpless, looking for light in this dark path of life. Tears are rolling down like a thunderstorm asking for help. Days are passing by and there seems to be no light.

I have no choice," said the tree, "but to hope that one day, the sunlight will shine

upon my path and calm the storm, so I can fulfil my purpose in life."

Maria Maleki
ADKC Member

If you'd like to submit a piece of creative writing for Newsflash, email to information@adkc.org.uk



Wanted... more articles for Newsflash! We want to hear from you!

Do you have anything to share in Newsflash...a story or poem, information of interest to local disabled people, photographs, share an interest...the list is endless!

We love reading your recipes, articles, news! And we would like more to make Newsflash interesting and your own! It is your newsletter, as ADKC members or service users.

To find out more, contact Marian at ADKC on 0754 550 6114 e: information@adkc.org.uk



Have you changed your address?

Please let us know...if you have moved, your contact details have changed, so we send your copies of Newsflash and any other news about ADKC events or services.

If you need to tell us about any changes, email admin@adkc.org.uk or information@adkc.org.uk or call us on 020 8960 8888.

The ADKC staff



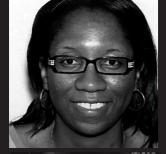
Jamie Renton
Chief Executive



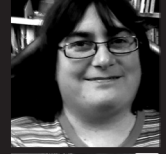
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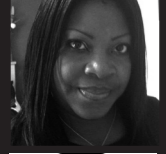
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