NEWS 1351 Shape Action Disability Kensington & Chelsea



The Voice of Disabled People in Kensington & Chelsea





ADKC Review of Services

Tell Us What You Think and What You'd Like Us To Do

At this time of year, we ask members to share their experiences of using the ADKC services in the last 12 months and suggest ideas for the future.

You can fill out our short anonymous survey here: www.surveymonkey.co.uk/r/9SKWJBH

If you need support with this please contact Martha: 07928821346 / PBadmin@adkc.org.uk who can discuss other ways for you to feed in.







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Editor's word

Jamie Renton

ADKC Christmas and New

ADKC services will be closed from 5 pm

on Wednesday 23rd December 2020.

will reopen at 9.30am on Monday 4th

Our offices remain closed during the

Our telephone and online services

Year Holiday Closing

Jamie Renton Welcome to the annual Chief Executive festive issue of Newsflash.

> All of our services will be closed from 5 pm on Wednesday 23rd December until 9.30 on Monday 4th January 2021. However, with this issue of Newsflash, you should find a list of emergency contact details where you can get support while our services are closed. If you haven't received these, please let us know before 20th December and we'll get them out to you.

Here at ADKC we're all looking forward to a wellearned break at the end of a very strange year, before returning refreshed and ready for action at the beginning of 2021. As ever I want to thank our staff team, our Executive



Committee, our volunteers and above all else you, our members for your continued support.

Whatever you're celebrating in this festive season, I hope you enjoy it and look forward to seeing you (even if it's just on Zoom!) in the New Year.

The next issue of Newsflash should be with you in February.

Jamie Renton Chief Executive



Add the carrots and drained tuna and cook for 7 minutes, then add the plum tomatoes, puree, soy sauce and hot sauce. Mix well and cook on low heat for 15 minutes.

Serve with rice and green salad.



ginger and almonds and natural yoghurt You will need:

1 can of pears in natural iuice Fresh ginger peeled and chopped Chopped almonds Natural yoghurt

Method

Open tin of pears and place them in a bowl with the juice Mix in ginger and place in the fridge.

Chill for 1 hour then place pears in serving bowls Sprinkle with the chopped almonds, then spoon a dob of yogurt on top of the pears. Then enjoy!



More Winter Warmers from ADKC member, Jean Davis

Seasonal Photography Competition!

Whether you're a keen beginner, an accomplished amateur photographer, or you just like taking photos of anything interesting you see...

A spicy pan-fry and a

festive twist...

You will need:

tomatoes

Method

meals for you to try.

Spicy tuna and Rice

spring water or brine

100 grams of button

mushrooms chopped

1 tablespoon of soy sauce

1 teaspoon of hot sauce

Oil for frying and salt and

Heat a large pan with oil, put

in onions, garlic, mushrooms

pepper to taste.

and green pepper.

Fry gently until soft.

2 garlic cloves crushed

Here is a chance to help us here at ADKC to get a fresh stock of photos to brighten up Newsflash and our publicity flyers or reports. And a chance to let your creativity run free.

During the COVID-19 restrictions, we have all had

to remain indoors most of the time and unable to socialise with friends and family as before. However, the outdoors is still there and nature has carried on, well, being there. So, whether you have a balcony with a view, a space with some interesting plants, a garden or a shared outside space, or you have access to a local park or open space, now is the time to start thinking about what you might like to capture, to

reflect your view of the season from lockdown. Even an interesting street view, if that's your outdoors, can be fascinating! (Just remember social distancing rules.)

Free your imagination and start dreaming of your seasonal photos now!

Full details in the Sprina issue of Newsflash!

Marian O'Donoghue Information and Advice Officer





Martha Issa

Office Manager



Jenny Hurst Independent Living Project Co-ordinator

Glenda Joseph



Development Officer O'Donoghue

Information and

Advice Officer

Personal



Carla Maistre Disability Specialist Legal Advice Worke



Simone Galloway Disability Connect Co-ordinator



Mariya Stoeva Access Project Co-ordinator



Mary Ann Mallet COVID-19 Volunteer Project Co-ordinator



Catherine Dohou Lifelong Learning Co-ordinator

ADKC Centre

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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





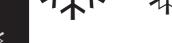
January 2021.

pandemic.































SEASON'S GREETINGS

From all of us at ADKC to all of you, our members, volunteers, friends

Wishing you a safe and happy holiday, whatever you celebrate.

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