

NEWSflash

Christmas 2020



The Voice of Disabled People in Kensington & Chelsea



In this issue...

- Winter recipes
- ADKC services review
- Seasonal photo competition in 2021!
- Season's Greetings – from us to you!

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.



Editor's word

Jamie Renton

Welcome to the annual 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 well-earned 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



ADKC Christmas and New Year Holiday Closing

ADKC services will be closed from 5 pm on Wednesday 23rd December 2020. Our telephone and online services will reopen at 9.30am on Monday 4th January 2021.

Our offices remain closed during the pandemic.

The ADKC staff

Jamie Renton
Chief Executive

Martha Issa
Office Manager

Jenny Hurst
Independent Living Project Co-ordinator

Glenda Joseph
Personal Development Officer

Marian O'Donoghue
Information and Advice Officer

Carla Maistre
Disability Specialist
Legal Advice Worker

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
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.

More Winter Warmers from ADKC member, Jean Davis

A spicy pan-fry and a seasonal dessert with a festive twist...

Here are some more tasty meals for you to try.

Spicy tuna and Rice
You will need:

Two 250 gram tins of tuna in spring water or brine
1 medium onion chopped
2 garlic cloves crushed
1 green pepper chopped
100 grams of button mushrooms chopped
1 medium carrot chopped
One 250 gram can of plum tomatoes
1 teaspoon tomato puree
1 tablespoon of soy sauce
1 teaspoon of hot sauce
Oil for frying and salt and pepper to taste.

Method

Heat a large pan with oil, put in onions, garlic, mushrooms and green pepper. Fry gently until soft.



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.



Dessert: Pears with ginger and almonds and natural yoghurt

You will need:

1 can of pears in natural juice
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 dollop of yogurt on top of the pears. Then enjoy!

Seasonal Photography Competition!

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

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 Spring issue of Newsflash!

Marian O'Donoghue
Information and Advice Officer



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!

