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ADKC Photography Competition

To fight the Covid blues ADKC are encouraging our members to let their creativity run wild with a photography competition. You don't need an expensive camera (a phone will do) or any experience.

We hope you will all join us in this fun exhibition that will bring us all together.

Get permission before including people in your photograph; no children. Remember, these are public photos, in that we will use them for ADKC publicity, in Newsflash and any other publications, posters, or exhibitions.

Rules are made for breaking, but here are some rules of thumb to consider:

What's the subject of your photograph? Composition - If it's a particular object, person or your pet that's the

subject of your photo, don't forget to frame them so they are in the foreground, not far away.

Avoiding fuzzy or blurry pictures – check before you click. Is your picture sharp, clear and in focus?

Think about lighting. Notice light and shade, check your picture is not too dark, also beware of glare from lighting or bright sunshine.

The theme for this competition is: PERCEPTION

You can interpret this however you wish.

CLOSING DATE FOR SUBMITTING PHOTOS:
Friday, 16 April 2021

Judges

Thanks to Matthew Rosenberg who designs this newsletter, and to Lisa

Byrne who is a professional photographer, who have volunteered to be our judging panel.

Winning entries will be announced in the next issue of Newsflash. We will publish the winner plus two runners up in this newsletter and will print all photographs as part of lockdown ending celebrations when we are able to safely return to ADKC!

Ground rules...

You must submit an original photograph, your own work No advertising or promoting commercial interests.

Let your imagination go free!

Email your photo as an attachment (not embedded in the email) to: adkcphotos@gmail.com

Marian O'Donoghue
Information and Advice Officer

Editor's word

The ADKC staff



Jamie Renton
Chief Executive



Martha Issa
Office Manager



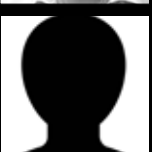
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Disclaimer

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.

Jamie Renton



Welcome to the first issue of Newsflash for 2021.

At the time of writing, the pandemic crisis continues and we disabled people are suffering more than most.

The only statistics around the COVID-related deaths of disabled people in the UK that have been produced so far showed that disabled people make up approximately two thirds of those who have died. And the Office of National Statistics, who produced those figures, acknowledge that they are likely to be an underestimation.

At the same time, disabled people are often experiencing isolation and lack of access to even the most basic support.

Yes, systems of support have been put in place since the initial lockdown last year, both locally and nationally, but we, as disabled people, are still struggling to get the support we need and to get our voices heard.

Here at ADKC, we are working hard to make sure that local disabled people can avoid isolation and

come together (even if only via Zoom) to share experiences, support each other and campaign to make things better. All of our services, groups and courses are running remotely and we continue to respond to our members needs during the current crisis by setting up new services. Please check our website for updates and announcements.

Hopefully, the current vaccination programme can turn things around and this will all just be a bad memory very soon. Then we'll be able to get together at the ADKC Centre and celebrate. Until then, please get in touch if you need us and get involved where you can. Doing things remotely isn't ideal, but right now it's the best lifeline we've got.

Jamie Renton
Chief Executive

“All of our services, groups and courses are running remotely and we continue to respond to our members needs during the current crisis by setting up new services.”

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Community Safety

your views are needed...

The Safer Kensington and Chelsea Partnership would like your help to find out what are the most important crime and community safety issues affecting residents and businesses in our borough. This survey is an opportunity to tell us how resources from agencies across a range of statutory services, including Police, Council, The National Probation Service, and Health services - should be used to make the borough a safer place to live, work and learn.

As a result of this consultation, alongside crime analysis and research, a Community Safety Plan will be written which will explain how the Safer Kensington and Chelsea Partnership will work together to reduce crime and its affects.

The survey will close on Sunday 18 April 2021 at 23:59pm:

www.consult.rbkc.gov.uk/communities/community-safety-survey/

Contact Information

If you have any queries, or would like to request a survey in paper, translated into another language or provided in any other accessible format, you can speak with a member of the Community Safety Team by phone or email please contact:

t: 020 7361 3000

e: commsafe@rbkc.gov.uk

COVID-19

Support if you live alone and have received a letter asking you to stay at home

1.7 million more people having been asked to shield from COVID-19 as well as those already identified as clinically extremely vulnerable.

People with underlying health conditions and on certain prescribed medications as well as older people are now also being asked to stay at home, go out as little as possible – only for essential health appointments. It is important to know where to ask for support with things like food and essential shopping, and collecting medication from the pharmacy.

Where to get help:

The Kensington and Chelsea COVID-19 Hub:

If you have any questions about what support is available, you can call the council's COVID-19 Hub Monday to Friday between 9am and 6pm and Saturday and Sunday between 10am and 4pm.

t: 020 7361 4326

e: C19Hub@rbkc.gov.uk

Register on the government shielding register..

...for support to get access to priority supermarket delivery slots and referral to local support: <https://www.gov.uk/coronavirus-shielding-support>

Do you need someone to collect your prescription medication or your shopping?

ADKC's Volunteer Project can arrange for a volunteer to collect your shopping, e.g. if you pre-paid online for collection from the supermarket. They can also collect your medication from the pharmacy.

Contact:

Mary Ann, ADKC's Volunteer Project Co-ordinator on **m:** 07762 190 971.

NHS Volunteer Responders can also help with getting to medical appointments or regular welfare calls

t: 0808 196 3646

(8am to 8pm, 7 days a week).

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Contact us at ADKC if you are having difficulty getting through to any of the above or finding the support that you need.

Marian O'Donoghue
Information and Advice Officer
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ADKC Meetings (On Zoom)

Happy Group: Every 1st Monday of the month 12pm- 1pm

PRAG: Every 2nd and 4th Monday of the month 2-3pm

PEG: Every 3rd Monday of the month 12-1pm

Trauma Support Group: Every Tuesday 11am-12pm

Personal Development Group: Every 1st Wednesday of the month 12-1pm

Personal Budget User Group: Every 3rd Wednesday of the month 12-1pm

Access Group: Every Thursday 3pm - 4:30pm

If you would like to join any of these meetings,
contact ADKC on 020 8960 8888 or email adkc@adkc.org.uk

An important message from Kensington and Chelsea's Census Engagement Team!!

The census is coming!

Census Day is Sunday 21 March 2021. The census is a unique survey that only takes place every 10 years. It's really important that you fill in your census questionnaire. The data collected from the survey helps to plan and fund public services for doctors, hospitals, schools, the emergency and council

services and more. These things matter to us all. The Office for National Statistics (ONS) runs the census in England and Wales and is independent from the government. Your details are protected by law and information published is always anonymous.

You can fill your questionnaire in online as

soon as you get your access code in the post.

Paper questionnaires and more information is available in Large Print, Braille, BSL and Easy Read formats.

t: 0800 141 2021
Text Relay: 18001

Find out more at:
www.census.gov.uk
