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New! Disability Connections Project

Hello, I hope you are all keeping well!

I would like to let you know about the new ADKC Disability Connections project, which is an additional service to the Disability Connect project which I usually and also run.

The Disability Connections project has been set up, as a direct response to the current pandemic and initial lockdown, and subsequent fluctuating restrictions we are all continuing to deal with. The service is for ADKC members or people with long-term physical health conditions, who feel

that they would like some emotional support, someone to talk to (over the phone or Zoom) about worries they are experiencing with regards to the pandemic and/or would just like someone to just have a chat with about anything non-pandemic, especially if you are feeling alone and/or isolated. Please note that this is not a counselling service.

In addition, if you are interested in taking part in online activities (such as meditation, please see ADKC member Yamina's experience of online guided meditation sessions in

this edition of Newsflash), courses or permitted outdoor ones, I would be happy to put my 'Disability Connect hat' on and support you with researching what is on and available.

If you would like more information, please call on 07595 968 587 or email: disabilityconnect@adkc.org.uk

My days of work are Mondays, Tuesdays and Thursdays: 9.30am – 5pm.

Simone Galloway
ADKC Disability
Connect(ions) Co-ordinator

Editor's word

Jamie Renton



Welcome to another issue of Newsflash. I hope you're continuing to stay safe and well in these strange times.

Our offices currently remain closed and at the time of writing, the current tightening of lockdown rules mean it's unlikely we will be able to open up any time in the near future.

However, we were successful in the application I mentioned in the last edition of Newsflash, for funding to help with the centre's safe reopening and are working with experts advising us on what needs to be done in order to reopen in a way that looks after the safety of all staff, volunteers and members. Hopefully, as soon as we can reopen the centre, we will have everything in place to do so quickly and safely.

In the meantime, we are delivering all of our projects, services, groups, meetings and courses remotely, via Zoom video conferencing. Please get in touch if we can help you to use Zoom. We really don't want anyone

to miss out on what we have to offer.

The funding also allows us to increase our Legal Advice Project by an extra day. Enabling Carla, our Legal Advice Worker, to deliver specialist disability-related Legal Advice 5 days a week. As I'm sure you can appreciate, this project is very much in demand during the current crisis!

The next issue of Newsflash will be our annual Festive Special and should be with you in December.

Until then, please remember you can always get in touch if there's anything we can support you with. You don't have to feel isolated. You're part of the ADKC community!

Jamie Renton
Chief Executive

“..as soon as we can reopen the centre, we will have everything in place to do so quickly and safely.”

YAMINA'S MEDITATION EXPERIENCE

LOCKDOWN HAD A BIG IMPACT ON ME, PSYCHOLOGICALLY AND PHYSICALLY, MAKING IT HARD TO APPROACH ANY PROFESSIONAL HELP.

One day when I was really depressed, Glenda from ADKC called to invite me to one of ADKC's group meetings. I didn't feel up to this. Glenda suggested talking to Simone at ADKC, who was offering a new emotional support service. I've known Simone for many years, and trusted her, and was happy for her to contact me. It is hard to open up to strangers, not knowing if I will get any help. I explained how I was feeling, and Simone asked if I had ever tried meditation. I had heard of it, via yoga classes I attended in the past and a breathing/relaxation course at ADKC. Simone gave me a brief outline and I agreed to try it. She found a five-minute guided session on YouTube. She phoned and put me on loudspeaker so that we could listen and take part together. Afterwards, amazingly, I felt more relaxed and fell asleep. I felt that I could do a longer session, so we arranged this.

THE EFFECT

Before each session, we have a chat to see how I am doing. The second time, Simone suggested talking therapies and support to find one. However, I felt so relaxed and calm after that session and said: I don't want talking therapies; I want to stick with meditation.

I now look forward to my weekly meditations. I tend to give up easily but not with this because Simone is always with me. I am working to improve my meditation experience by doing some light exercises for about five to seven minutes beforehand: pacing up and down, hand and breathing exercises. I find this helps me to benefit from it even more. We tried different guided meditations and I know now which one I respond to better. A really good one 'takes me off far away' and when I 'come back' I feel more comfortable, more relieved, very light and happy inside and sleepy. And I know I will have a good night's sleep afterwards.

For meditation to work well, try and relax, breathe correctly, take it seriously plus try not to get distracted. Find a quiet corner, the right position, sitting or lying, giving yourself time and listen to your body. To start, I prepare by saying that I am going to benefit from this.

FUTURE PLANS

My goal is to access YouTube guided meditations independently, using the tools I've learnt with Simone. I'm taking steps towards this. When you open up to people, it's not the same as listening and responding to your own body's communication. With meditation, breathing techniques and relaxation I'm finding that I'm

connecting more with my inner self and needs. It takes me out of my reality, where I can forget about pain, lockdown and, its effects carry on throughout my day, working in the now and after. If I can benefit from it anyone can. I even had a meditation session before going into a dentist appointment, which I was really anxious about. I

“IT MAY NOT BE FOR EVERYONE, BUT IF YOU ARE WILLING TO TRY, MEDITATION MAY HELP YOU THROUGH THIS PANDEMIC AND BEYOND.”

'kicked my daughter and PA out' of the car, and Simone was on the other end of the phone, she felt close by.

It may not be for everyone, but if you are willing to try, meditation may help you through this pandemic and beyond. For me, it's more beneficial than the breathing/relaxation course; perhaps because I am more comfortable being at home and doing it one-to-one; having said that, if Simone ran this as a group session at ADKC, I would be first in the queue. I strongly recommend meditation with Simone to any and everyone. Try out different relaxing positions and carry it with you wherever you go.

Yamina Sari
ADKC member

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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.



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



Why not learn new skills while self-isolating?

The scale of the pandemic is unprecedented and has led to major changes in our way of life. It can be boring, difficult and even depressing to remain indoors. But it doesn't have to be this way. In recognition of these challenges, ADKC are looking to help and support members of the community with a physical disability and living in the borough of Kensington & Chelsea, to

remain active and positive by offering both accredited and non-accredited courses to enhance your skills while staying at home.

Whether you choose to further your level of English (if English is not your first language), improve your well-being with our Exercise course, to brush up your Employability skills, gain an accreditation in ICT, learn

how to use Social media to stay in touch with your loved ones, or get an accredited qualification in Mentoring, we believe we have something to help you to learn new skills, stay positive and remain active.

Catherine Dohou
Lifelong Learning
Co-ordinator