

# NEWSflash

Feb/March 2024

The Voice of Disabled People in Kensington & Chelsea



## In this issue...

- Introducing Naima and Simone, Trainee Legal Advice Workers
- Disability Connection Service
- Jamie's Get-Well Soup

## Disability Connect Service

**Now that we are well underway into 2024, have you been thinking that this year you would like to start getting out more?**

Doing a new activity or maybe a course or volunteering or something else?

But do you feel like it would be much easier with some support and encouragement to take the plunge and go out and do it?

Or maybe you are unsure of what it is you want to do and would like to discuss this or have some suggestions given?

If this is you and you would like someone to be alongside you, then the Disability Connect service maybe for you.

I would work with you to find out where your interests lie and look at ways to start you pursuing your goals.

Please call or email me to find out more:  
07595 968 587  
or  
[disabilityconnect@adkc.org.uk](mailto:disabilityconnect@adkc.org.uk)

**Simone Galloway**  
Disability Connect  
Co-ordinator



## The ADKC staff



Jamie Renton  
Chief Executive



Marian O'Donoghue  
Information and Advice Officer



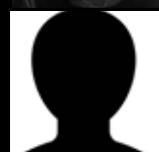
Simone Galloway  
Disability Connect Co-ordinator



Jenny Hurst  
Independent Living Project Co-ordinator



Glenda Joseph  
Personal Development Officer



Carla Camilleri  
Disability Specialist Legal Advice Worker



Mariya Stoeva  
Access Project Co-ordinator



Mary Ann Mallet  
COVID-19 Volunteer Coordinator



Theresa McGrady  
Voice of Experience Co-ordinator



Beverly Powell  
Office Administrator



Hannah Roques  
Young Disabled Leaders Project Co-ordinator



Naima Mouhda  
Trainee Legal Advice Worker



Simone Francina  
Trainee Legal Advice Worker

## Editor's word

Jamie Renton



Welcome to the first issue of Newsflash for 2024. We are well and truly back and busy here at ADKC. Our centre is open five days a week and you also always have the option of joining us online via Zoom.

I think it's been harder for us as disabled people to get back into the swing of things after the pandemic and worry that we are in danger of becoming an even more isolated community than before. With this in mind, I would encourage everyone to get involved in our groups and meetings in whichever way works best for you. And remember, if you join our meetings at the centre, there's usually a cuppa and a biscuit or two on offer.

And do please remember that if you need a bit

of support to get out and about, our Disability Connect project is here to help. Please see info on this elsewhere in this issue.

The next issue of Newsflash should be with you in the Spring.

Until then, stay safe, keep warm and please get in touch if you need our support with anything.

**Jamie Renton**  
Chief Executive

### Introducing two new staff members...

Naima and Simone are ADKC's new Trainee Legal Advice Workers. They will be working with ADKC's Disability Legal Advice Project once they have completed their training.

You may have spoken to them on the phone or met them in the office if you have visited ADKC recently.

Here, they each write a little bit about themselves and say hello to the ADKC community...

### Naima

Hello,

I am Naima Mouhda, a new Trainee Legal Advice Worker at ADKC.

I love speaking different languages. I speak Arabic, French, English and Berber as I am a Berber Moroccan originally. Also, I like meeting friends, walking, travelling and getting involved in society.

**Naima Mouhda**  
Trainee Legal Advice Worker



## Jamie's Get-Well Soup



**If someone's feeling under the weather in my house, they ask me to make them 'Dad's Get-well Soup'.**

It works wonders. A big bowl of warming comfort. With noodles, stock, vegetables, maybe some herbs, spices and other flavourings. It isn't really a set recipe, as it's based on what the person I'm making it for feels up to eating and which ingredients we've got in the house at the time. It can be as plain or as spicy as needed.

### Ingredients

- Noodles: Egg noodles or rice noodles (or even spaghetti, if you haven't got any noodles).
- Stock: whatever stock cube you've got. Vegetable or chicken are both fine.
- Vegetables: as few or as many as you like of sweetcorn, frozen peas, chopped carrots, onions, cabbage, mushrooms, red pepper, maybe some spinach.
- Herbs and Spices: chopped fresh coriander is good, grated ginger and (if you feel up to it) garlic.
- Other seasonings: some or all of soy sauce (or tamari, if you're gluten-free), lemon or lime juice, a splash of rice vinegar, a dash of sesame oil. A little bit of chilli sauce (I like Thai Sweet Chilli, but any hot sauce will do).

### Method

1. Find out which ingredients the person you're making it for would like
2. Chop fresh veg, garlic, ginger as required
3. Mix stock cube with boiling water and place in a pan with fresh veg, garlic and ginger
4. Add sauces, vinegar, juice
5. Cook on medium heat for a few minutes
6. Add the noodles
7. Cook for a few minutes more
8. Add chopped coriander and sesame oil if using
9. Transfer to a bowl
10. Serve (with a hug if possible)

Note: This soup should last for 3 days in the fridge. So it's always a good idea to make extra.

### Simone

I would like to introduce myself to the ADKC community and colleagues. I would like to confirm that I am grateful to be given the opportunity to be employed again. I would like to extend my appreciation to Carla, my manager, Chief Executive and the ADKC forum members for given me a chance to rebuild my self-esteem and a new career. I am learning every day something new at a



stable pace. I do not feel like I am working which is a good thing. I look forward to coming to work and I hope to make only positive impacts with my colleagues and all the people that I will give advice to.

I am excited to be a part of Action Disability Kensington and Chelsea as a Trainee Legal Advice Worker, since late November. I am looking forward to working as part of the team and making a contribution to the local community for all people living with physical, sensory

and hidden impairments. I am a local of this borough since 2010. I come from humble beginnings... being born in Kingston Jamaica. Brought up my grandparents, I have a special love for the elderly. I am friendly and approachable. The UK to me is home away from home. I do not like the weather but I love fish and a good roast dinner.

**Simone Francina**  
Trainee Legal Advice Worker

# Have your details changed? Please let us know!

It is important to tell us if you change your name, address, telephone number or email!

We want to keep in touch with you and keep you updated about any campaigns, new services, events at ADKC and more. And of course, send you Newsflash and any other news bulletins throughout the year.

If any of your details have changed, please tell us:

**Phone:**

020 8960 8888 / 07553 370074

**Email:**

adkc@adkc.org.uk

**Or write to us:**

Action Disability Kensington  
and Chelsea,  
The ADKC Centre  
Whitstable House  
Silchester Road  
London, W10 6SB



**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.