



In this issue...

- **Massage is back! This and more services at The ADKC Centre**
- **Another successful ADKC Access Group Campaign: new Changing Places facility at Holland Park!**
- **Artworks from ADKC member and local artist Emma**

The new Changing Place facility in Holland Park

Exciting news: As requested by Access Group, and part of our ongoing campaign for provision of more fully accessible disabled toilets and Changing Places facilities, the Council has now installed a new Changing Places Facility in Holland Park! Also, some of the group's members took part on Wednesday 19th July (Changing Places awareness day) in a launch event in Holland Park with the Council's officers, Lead Members Councillor Sarah Addenbroke and Councillor Emma Will and media to celebrate and promote the opening of this brand-new facility there.

Unlike a standard accessible toilet, the Changing Places



toilets offer more space and can accommodate two carers and another person/wheelchair/mobility user. They also include a height adjustable toilet, height adjustable sink, an adult-sized changing bench, a hoist and shower.

As Cllr Emma Will, Lead Member for Culture and

Leisure, said: "This new facility means far more people can now enjoy Holland Park, or go to the shops on High Street Kensington, or visit the Design Museum without having to worry about planning their journey".

Article continues on page 3

Editor's word

Jamie Renton



In the last issue of Newsflash you received an invite to the long-awaited reopening of The ADKC Centre. Thank you to everyone who attended what was a warm and wonderful afternoon. It was so great to finally see so many of our members in person for the first time in over three and a half years.

So now we're back in the centre. Open, just like before, 9.30 – 5, Monday-Friday. Please drop-in (or phone, text or email) if you need support with anything disability related.

should all get to take part the meeting on equal terms. Making it as accessible as possible. Including everyone, just like we want it to be.

It's all systems go here at ADKC. Please look out for information about forthcoming events, meetings, courses and

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workshops in this and future issues of Newsflash.

Hopefully see you (in person or online, whatever works best for

you) very soon!

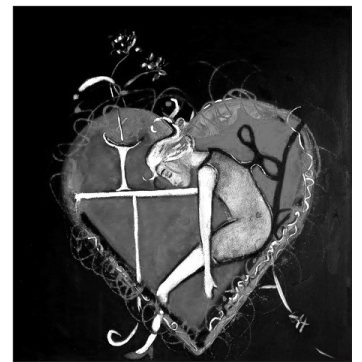
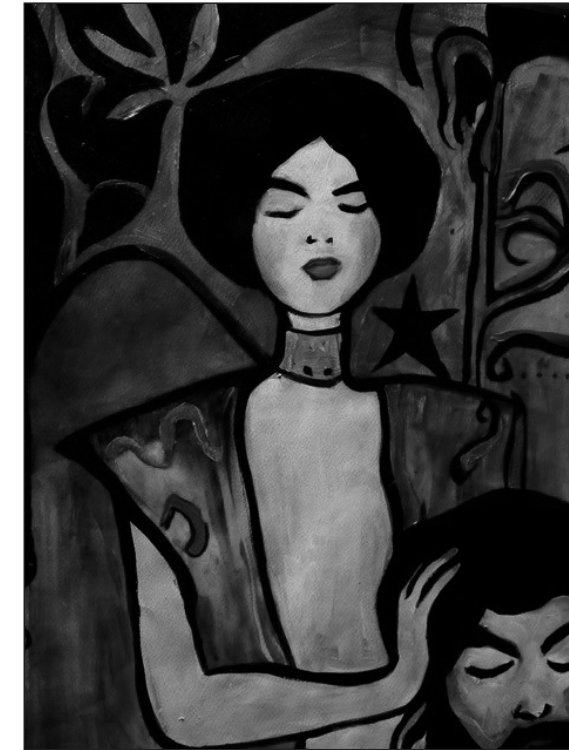
Jamie Renton
Chief Executive

Introducing Emma, local artist and ADKC member, Emma Humphrey

A little about myself as an artist. I am a disabled artist with dyslexia and post-traumatic stress disorder and a foot issue after surgery, currently awaiting more surgery.

I have been an artist since a young child. The images I want to include in this issue of Newsflash are angels of hope, strength, love and music to be of comfort to those who view them.

I am inspired by many things including Klimt paintings and find art sometimes the only way to express myself.



The new Changing Place facility in Holland Park (article continued from front cover)

There is also a recently opened Changing Places toilet in the Royal Brompton Hospital and similar toilets in Chelsea and Westminster Hospital, the Science Museum and the National Army Museum.

We are glad too that there is planning permission for another Changing Place in Kensington Memorial Park. Also, we are aware there are plans for a third Changing Place toilet in one of the parks in the south of the borough as well. Good access is not only about a physical accessibility, but it also is an ethos of the inclusion of everyone.

Lack of fully accessible disabled public toilets and Changing Place facilities

is one of the biggest barriers to disabled people accessing the opportunities which other people in society take for granted. It can result in disabled visitors hesitating to go to cultural and communal spaces like parks and galleries, and increase isolation.

Changing Places toilets are just so important because they offer freedom and flexibility and provide these basic human rights like dignity and independence for everyone. Also, they break down the barriers of inaccessible toilet facilities for disabled people with high support needs.



Congratulations on another of Access Group successful campaigns' outcome and thanks so very much to all group's members for their time, marvellous work and excellent support/very big cooperation!!

Together let's make our Kensington & Chelsea borough the most accessible place in London!

Mariya Stoeva
Access Group Co-ordinator

Wanted... more articles for Newsflash! We want to hear from you!

Do you have anything to share in Newsflash...a story or poem, information of interest to local disabled people, photographs, share an interest...the list is endless!

We love reading your recipes, articles, news! And we would like more to make Newsflash

interesting and your own! It is your newsletter, as ADKC members or service users.

To find out more, contact Marian at ADKC on 0754 550 6114
e: information@adkc.org.uk



The ADKC staff



Jamie Renton
Chief Executive



Marian O'Donoghue
Information and Advice Officer



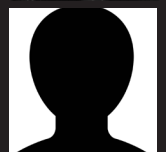
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Jenny Hurst
Independent Living Project Co-ordinator



Glenda Joseph
Personal Development Officer



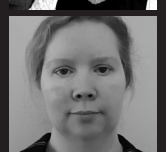
Carla Camilleri
Disability Specialist Legal Advice Worker



Mariya Stoeva
Access Project Co-ordinator



Mary Ann Mallet
COVID-19 Volunteer Coordinator



Theresa McGrady
Voice of Experience Co-ordinator

Massage Is Back!

We're reintroducing our popular massage therapy sessions at the centre.

Mondays and Fridays by private therapists offering massage, reflexology and acupuncture – special price of £20 for unwaged and £35 if you are earning.

Please call 020 8960 8888 for more details or to book a session.

How to Contact ADKC:



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