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Introducing Beverley...

Hello everyone,

My name is Beverley Powell. I am the new Office Administrator at ADKC. I have had a very warm welcome into the ADKC community.

I am the proud mother of three adult children. I enjoy spending quality time with my family, going to the cinema and theatre. I love eating out with friends and family.

I look forward to meeting more of the ADKC members

Beverley Powell
Office Administrator

Editor's word

Jamie Renton



Welcome to the November issue of Newsflash. Here at ADKC we have been busier than ever. Providing all of our essential services to you our members (now made even more inclusive, thanks to our hybrid way of working). We are also (at the time of writing) planning the launch of our new Young Disabled Leaders Project, for local young disabled people

(aged 16 – 30) and recruiting Trainees for our Legal Advice project. So that we can offer more Legal Advice support for you in the long term.

It's also the time of year when we start planning our Annual General Meeting, which I hope you will be able to attend (either in person or online). Look out for more details on that

soon.

And just a reminder that a good way to find out what's happening at ADKC is to look on our website:

www.adkc.org.uk. Which we keep up-to-date with the latest information.

The next issue of Newsflash should be with you just before Christmas.

In the meantime, stay safe, keep warm and please get in touch if you need our support with anything.

Jamie Renton
Chief Executive

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Regular Events at ADKC

ADKC Wheelchair Hire
Short term loans at reasonable prices. £5 per day or £25 for a whole week (7 days).

Massage and Reflexology
At the ADKC Centre on Wednesday and Friday by private therapists offering massage, reflexology and acupuncture – special price of £20 unwaged, £35 if you are earning.

Please note that if you fail to turn up to your appointment or cancel it 48 hours or less before the time it is due, you will be liable for the full cost of the appointment.

Please contact ADKC on 020 8960 888 for more details or to book a session.

Emma's Art...

Some artwork from ADKC member and local artist Emma Humphrey to cheer us up at the end of Autumn as the dark days of Winter approach.



Summer tulips, Holland Park (work in progress)



Angel's Prayers



Dancing Lady

News from Shelter's North Kensington Housing Advice service team:

"Our North Kensington service developed in the aftermath of the fire at Grenfell Tower. We support the community around their housing issues, help individuals and families, whilst also holding the Local Authority to account. We work with households living in the Royal Borough of Kensington and Chelsea (RBKC) or those who have a housing duty or local connection with RBKC.

We can provide advice and advocacy to people experiencing a range of housing issues including risk of homelessness, property conditions, possession action, and help with landlords."

Shelter's North Kensington team are planning a series of workshops with ADKC to cover various housing issues, dates and topics to be arranged.

Rajani Adam, Team Leader at Shelter North Kensington says:

"In some situations, ADKC can refer your case to us for assessment, please note that this can take up to 3 weeks and your case is not guaranteed to be taken on. You can also use our online resources here: https://england.shelter.org.uk/housing_advice"

The ADKC staff



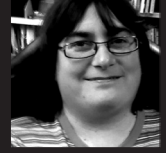
Jamie Renton
Chief Executive



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

ADKC's USER-LED GROUPS – MEETINGS:

(At The ADKC Centre and online)



Access Group

Twice a month on a Thursday, 3pm-4.30pm

A group of local disabled people who campaign to make Kensington and Chelsea a more accessible place.

Contact Mariya at Access@adkc.org.uk for more information.

Happy Group

Every 1st Monday of the month, 11am-1pm

A fun meeting to help people recognise the positives in life!

Contact Glenda at PersonalDevelopment@adkc.org.uk for more information.

Personal Budget User Group

Every 3rd Wednesday of the month - from 11am-1pm

Peer support sessions about care issues for anyone who receives care and support, whether paid for by a council Personal Budget, through CHC Personal Health Budgets, paid for privately, or support from a friend or relative.

Contact Jenny at IndependentLiving@adkc.org.uk for more information.

Personal Development Group

1st Wednesday of each month, 11am-1pm

A monthly workshop providing members with one-to-one support to develop their skills and interests.

Contact Glenda at PersonalDevelopment@adkc.org.uk for more information.

Positive Empowerment Group (PEG)

Every 3rd Monday of the month, 11am-1pm

Confidential peer support and counselling group. Friendly group atmosphere - any issues welcome.

Contact Glenda at PersonalDevelopment@adkc.org.uk for more information.

Positive Rights Action Group (PRAG) / Voice Of Experience Group

Every 2nd and 4th Monday of the month, 12pm-1pm

Campaigning group run by and for local disabled people.

Contact Theresa at VoiceOfExperience@adkc.org.uk for more information.

Trauma Support Group

Every Tuesday, 11am-1pm

An opportunity to talk in confidence and receive the support you need to deal with traumatic experiences (including isolation) with an experienced counsellor at hand.

Contact Glenda at PersonalDevelopment@adkc.org.uk for more information.

