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Meet Cathie O'Dea - Happy Group Creative Leader

Cathie leads our Happy Group creative workshops, offering a variety of hands-on activities such as greeting card making, Easter egg decorating, Christmas bauble crafting, collage and much more..

I've always loved arts and crafts - from making things with my children and grandchildren to running stalls at craft fairs. After retiring, I started using my

materials to host creative workshops, including wreath-making classes and discovered I have a real knack for teaching as well as creating. I love seeing people grow in confidence and enjoy making something they're proud of.

I've worked with wonderful organisations such as Open Age and Age UK, supporting older and disabled people through friendly, inclusive

sessions full of conversation and creativity. With a background in the travel industry which is customer focused, I've always enjoyed working face-to-face and helping people feel at ease.

The Happy Group is every 1st Monday of the month.



The ADKC staff



Jamie Renton
Chief Executive



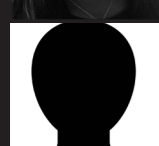
Simone Galloway
Disability Connect
Co-ordinator



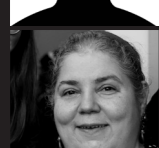
Jenny Hurst
Independent Living
Project Co-ordinator



Glenda Joseph
Personal
Development Officer



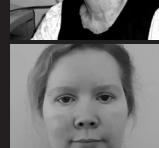
Carla Camilleri
Disability Specialist
Legal Advice Worker



Mariya Stoeva
Access Project
Co-ordinator



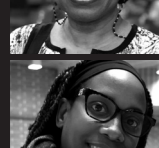
Mary Ann Mallet
Volunteer Project
Coordinator



Theresa McGrady
Voice of Experience
Co-ordinator



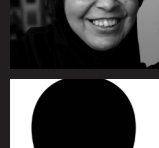
Beverly Powell
Office
Administrator



Ify Obi
Young Disabled
People's Project
Co-ordinator



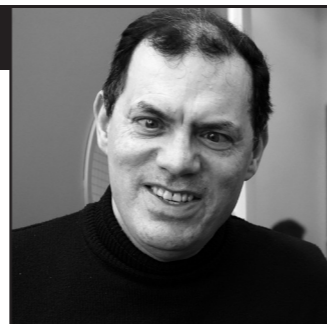
Naima Mouhda
Trainee Legal
Advice Worker



Deena Sari
Trainee Legal
Advisor

Editor's word

Jamie Renton



Welcome to the Spring issue of Newsflash.

In this issue you'll find an uplifting story and a mouthwatering recipe, both provided by ADKC members.

We would like to encourage more of this. More contributions from our membership.

So, if you've got something you'd like to share: a story, a recipe, a poem or maybe something about your experiences with ADKC, then please get in touch. And we'll do our best to include it in the next issue. You can email something over or dictate your contribution down the phone. Whatever works best to you.

Special thanks to Kristina Rochelle for putting this issue together and as ever, to our designer Matthew Rosenberg.

The next issue of Newsflash should be with you by the Summer.

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

Jamie Renton
Chief Executive

ADKC Reading Group & Discussion

We invite you to join us for our Reading Group followed by an informal and relaxed discussion. During each session, a volunteer reader will share a carefully chosen short story or poem, read aloud for our members to enjoy.

There is no expectation to read aloud or speak, this is a safe and welcoming space designed for you to relax, listen and discover something new. If you feel inspired by the piece, you're encouraged to create your own writing in response but there is absolutely no pressure to share.

Hot drinks will be provided in a warm, friendly environment.

We look forward to seeing you there!

Every 4th Wednesday of the month:

12pm - 2pm
at the ADKC Centre or
online, via Zoom.

• Wednesday 27th May

If you're interested in joining the group, please contact Mary Ann.

e: mmallet@adkc.org.uk
m: 07762 190971

Naima's Soup

This is my simple, healthy recipe that is also easy for people who are blind and/or have arthritis. It includes your 5 a day and will also increase your water intake. Great for kids too!

Ingredients

1 onion
3 carrots
2 sweet potatoes
1 large tomato
4 mushrooms
2 tablespoons of lentils
2 tablespoons of rice
Fresh coriander
Fresh parsley
Salt & pepper
1 teaspoon of turmeric
1 teaspoon of cumin
Olive oil to serve



Method

1. Wash, peel and chop vegetables (if you have difficulty with this you can simply add all vegetables whole).
2. Add all ingredients to a large pot of water and bring to the boil. Then leave to simmer for approximately 45-60 mins.
3. Leave to cool to prevent burning yourself.
4. Once cooled, either transfer contents to a blender or use a hand blender and blend to your desired consistency.
5. Upon serving, drizzle some olive oil and season with salt, pepper and cumin.
6. Enjoy!



RBKC Home Library Service

Have you heard about the RBKC Home Library Service? If you live in RBKC and are a disabled person, an older resident with mobility difficulties or a carer, you can apply to have library books brought straight to your door!

Once you're signed up, a friendly member of staff will visit you every four weeks at a day and time that works for you. You'll also have an initial visit to chat about the kinds of books and materials

you enjoy, so the service can be tailored to your interests.

You can borrow items for up to four weeks, including any book from the library collection, as well as large print books, music and audiobooks. A variety of digital resources are also available, such as e-books, e-journals and e-magazines.

Staff from RBKC Libraries will also be attending the Access Group to hear

feedback and discuss ways to improve accessibility and facilities for disabled people.

You can join the meeting in person at the ADKC Centre or online on 30th April via Zoom.

New Beginnings by Jean Davies

It's strange how when you lose something, you never know what you might find.

A friend and I would link together arm in arm, like a paper chain. Fifteen years ago, some of my links fell apart. I was a happy mum with two beautiful daughters, working part-time and studying for a degree in Social Science. Then I got a rare condition called VKH syndrome, which left me totally blind and partially deaf. I couldn't understand why this had happened to me. It left me in despair and extremely angry. I felt disconnected from the world; I just wanted to hide in my home. I couldn't and didn't want to talk to anyone.

Out in the world was my family. My young girls were worried that they could be losing their mum. There was a part of me that kept thinking, I am still the same person and I am still their mum. Adjustments would need to be made so I could live my life as a blind person.

Adjustments were made and over time my world started to look up and I began making new connections I could not have imagined.

My first connection was at the local disabled centre. I learnt to use a computer that could talk. Speech software was a huge challenge to me. It took a lot of patience and time, getting used to listening and touch typing at the same time was like learning to play an instrument. Somehow with this tool, this instrument, I was able to make links. I felt connected again to the outside world because I could share my views, experiences and knowledge. I also learnt from others and about activities I could be part of. My world opened to many communities: disability groups, local police and resident groups. This was different to anything I had known before.

Sometimes I wonder why I take part. Do my views really matter? Why did I end up helping at the local police information stall handing leaflets on a bitterly cold day? I could have been at home sitting in my cosy armchair with a large mug of hot chocolate and a slice of fruit cake, listening to an audiobook. It became a day not of handing out leaflets but of spending time with a neighbour, meeting interesting people



and finding out a wealth of information.

VKH left me wanting to hide, but in staying hidden away I would never have known so many wonderful people. In the early days of sight loss, I attended a visually impaired group in my local area. I met a lovely lady who was very sad about not being able to see and particularly missed being able to bake cakes for her friends. We shared our stories and I told her how I had received support from an organisation which had enabled me to do the things I had missed. Sometime later I received an invitation from this lady for afternoon tea and was pleased to be offered a delicious carrot cake she baked.

I have met many blind and partially sighted people who have given me courage to face life's challenges. One of the biggest challenges I've faced is being able to make connections/.

And as for my children, they are living their lives. Out in the world and are proud of their mum.



Action Disability
Kensington & Chelsea
A Centre for Independent Living

ADKC Centre

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Silchester Road, W10 6SB
T: 020 8960 8888
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Minicom: 020 8964 8066
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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.