

NEWSflash

The Voice of Disabled People in Kensington & Chelsea

December 2025

ADKC
Action Disability
Kensington & Chelsea
A Centre for Independent Living



**Season's Greetings
from all of us
to all of you!**

In this issue...

- New FREE Reiki therapies at ADKC
- Alex's limerick
- A festive recipe
- Police Drop-in at ADKC
- ADKC Holiday Closing hours

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Editor's word

Jamie Renton

Welcome to the annual festive issue of Newsflash. Our last issue for this year.

Our centre and all of our services will be closed from 12 midday on Wednesday 24th December until 9.30 am on Monday 5th January 2026. However, with this issue of Newsflash, you should find a list of emergency contact details where you can get support while we're closed.

All of us here at ADKC are looking forward to a well-earned break at the end of another very busy year, before returning refreshed and ready for action at the beginning of 2026. As ever I want to thank our staff team, our Executive



Committee, our volunteers and above all else you, our members for your continued support.

Whatever you're celebrating in this festive season, I hope you enjoy it and look forward to seeing you in the New Year.

The next issue of Newsflash should be with you in February.

Jamie Renton
Chief Executive

Alex's Limerick

As part of our ongoing invitation for members to share creative work for the newsletter, we're delighted to include this joyful limerick from Alex Day. His quick wit and cheerful spirit continue to brighten our groups.

**There once was a bloke in East Ham
Who loved eating leftover spam
His wife slapped his face
So he took his place
And was allowed just half a gram!**

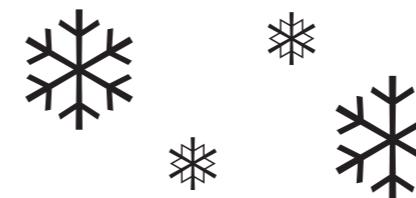
Jean's Recipe for Banana and Nut Loaf

ADKC member Jean Davis shares this delicious and easy recipe.



You will need

- 170g sugar
- 113g butter
- 2 eggs
- 3 tablespoons of milk
- 1 teaspoon of baking powder
- 12oz self-raising flour
- 2 ripe bananas
- 170g chopped walnuts
- Vanilla essence



10. Enjoy! *

Method

1. Grease a 2 pound loaf tin
2. Pre heat oven for 350f gas mark 4 180c
3. Cream butter and sugar together
4. Add well beaten eggs
5. Mash the bananas
6. Add baking powder, flour, milk
7. Mix well
8. Add 1 teaspoon of vanilla essence and the nuts.
9. Bake for 45 minutes until firm.
10. Enjoy! *

NEW Police Drop-In at ADKC

Are you worried about crime?

Have you been affected by hate crime?

Would you like to talk to a police Officer in confidence?

Starting in January, a local officer from the Metropolitan Police will be available to talk to you at our centre.

Drop-ins will take place on the following dates:

Tuesday 6th January 2026,
1.15pm-3.15 pm

Tuesday 10th February 2026,
1.15pm-3.15pm

Tuesday 17th March 2026,
1.15pm -3.15pm

No appointment necessary.

Introducing FREE Reiki Therapy Sessions

Mondays January – March 2026

We are very excited to welcome Reiki practitioner Jaya, who will be providing this new therapy for ADKC members at our centre.

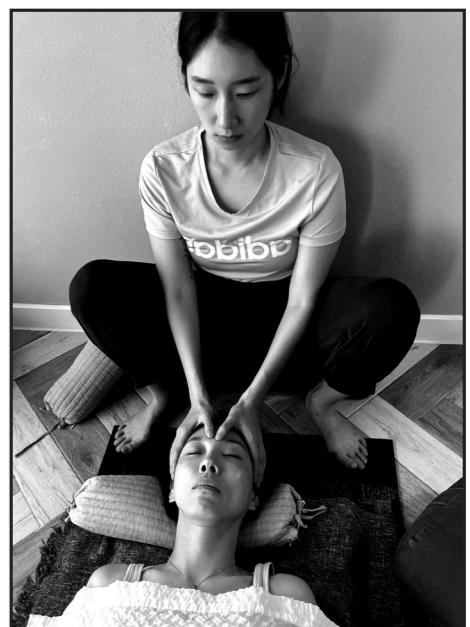
and coordination of multiple wellbeing projects throughout the borough since 2018.

She will be offering one hour light-touch hands-on the body therapy sessions. Reiki can be adapted for different body types.

Jaya is an active, qualified and insured Reiki Master, yoga teacher, sound healing practitioner and seasoned community development consultant and holistic practitioner, who has volunteered and worked within the management

Reiki is used to promote relaxation and can help with a range of issues including pain, stress and anxiety.

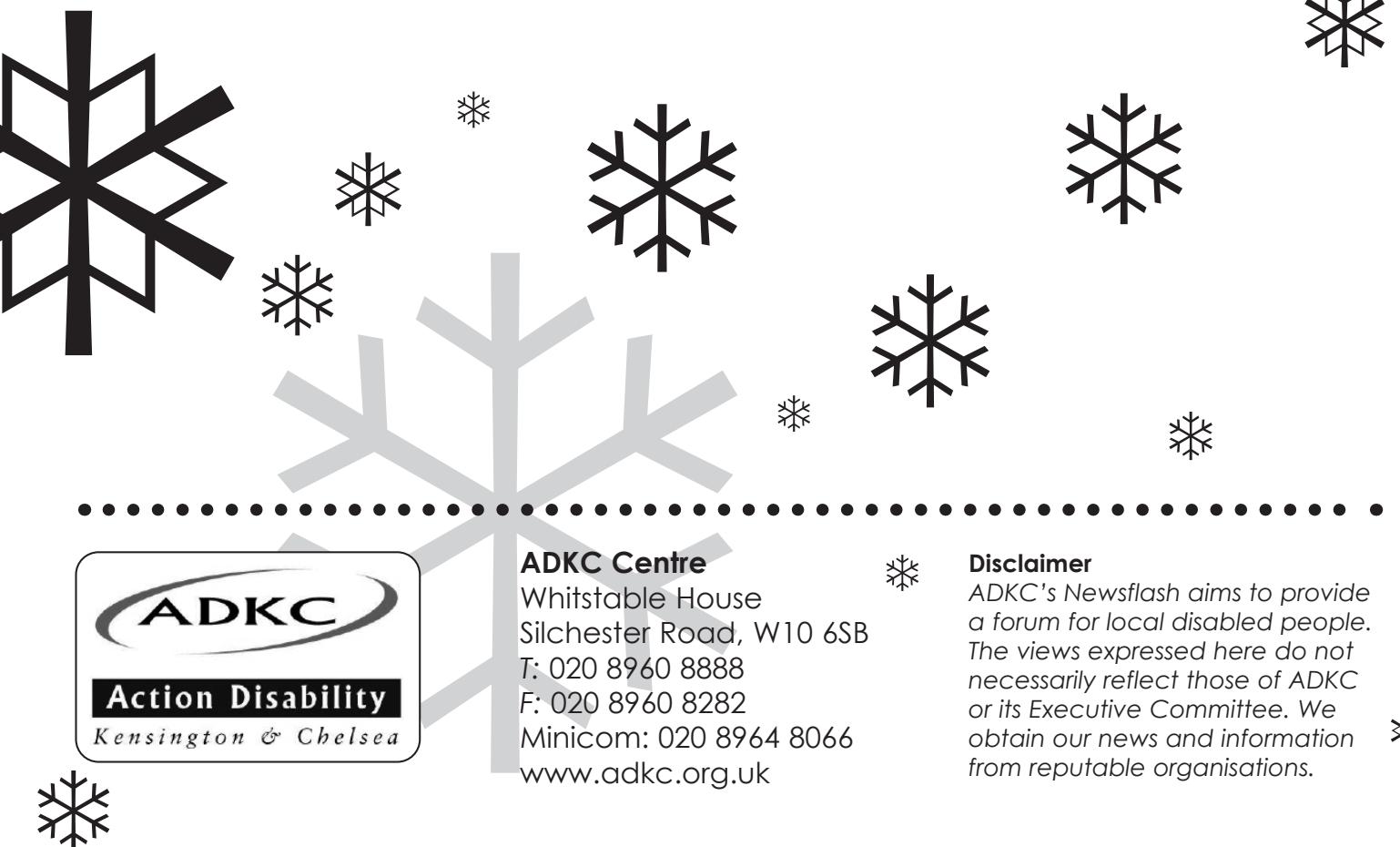
To book a session please contact Beverley:
Tel: 020 8960 8888/
07553 370 074
admin@adkc.org.uk



ADKC Christmas and New Year closing:

**ADKC will be closed from
12 midday on Wednesday
24th December.**

**Our offices and all our services
will open again at
9.30am on Monday 5th January 2026.**



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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.