

NEWSflash

October 2025

The Voice of Disabled People in Kensington & Chelsea



Action Disability
Kensington & Chelsea
A Centre for Independent Living



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The ADKC staff



Jamie Renton
Chief Executive



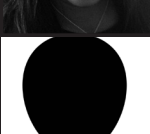
Simone Galloway
Disability Connect
Co-ordinator



Jenny Hurst
Independent Living
Project Co-ordinator



Glenda Joseph
Personal
Development Officer



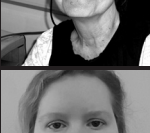
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Disability Specialist
Legal Advice Worker



Mariya Stoeva
Access Project
Co-ordinator



Mary Ann Mallet
Volunteer Project
Coordinator



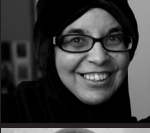
Theresa McGrady
Voice of Experience
Co-ordinator



Beverly Powell
Office
Administrator



Naima Mouhda
Trainee Legal
Advice Worker



Simone Francina
Information and
Advice Officer



Editor's word

Jamie Renton



Welcome you all to the Autumn issue of Newsflash. As ever, you'll find details of all the new projects, initiatives and events that we'll be undertaking in the coming months. It can sometimes be hard to keep up with all that is going on in our ever active, ever developing organisation.

Why do we do this? How do we decide on the important developments we need to focus on? That's simple. You, our membership of local disabled people, tell us what is important to you and that provides our focus.

So please get in touch if there is anything you would like us to be doing. You can contact me directly (chiefexecutive@adkc.org.uk) or you can share your

ideas with any member of staff at the centre or by phone.

We can't promise to make everything requested happen. But we guarantee to try and do our best!

The next issue of Newsflash should be with you in December. Until then, stay safe, take care and please get in touch if you need our support with anything.

Jamie Renton
Chief Executive

MASSAGE THERAPY AT ADKC

Hello, I'm Lucy, a qualified, registered, experienced massage therapist specialising in the treatment of pain. I offer deep tissue holistic massage, facial, hand and foot reflexology and Indian head massage.

My treatments incorporate aromatherapy and deep breathing techniques to promote deep relaxation. These methods can be particularly helpful for managing stress-related conditions such as post-traumatic stress disorder (PTSD), insomnia,

constipation, and irritable bowel syndrome (IBS), among others.

Appointments are available on Tuesdays and Fridays from November 2025, between 10:00 am and 2:00 pm.

The fee is £20.00 for members only.

Please contact the ADKC office to book an appointment.



Community Events Around RBKC

Ready to Get Moving?
Dive into Fitness with WeSwim at Moberly!

Join our inclusive community swim sessions every Monday evening!

Inclusive swimming for disabled people, with volunteer support. Wheelchair accessible, disabled parking available.

Mondays, 6:15–7:30pm

Moberly Sports Centre,
25 Chamberlayne Rd,
NW10 3NB

Info & sign-up:
weswim.club/location/queens-park
cameron@weswim.club |
07399 217921.

London Fashion Week Show 2025

ADKC Access Group members attended the London Fashion Week 2025 show in September, as invited by the young fashion designers Frank Yucheng Jia and Christina Tang, graduated from Royal College of Art, and with whom, our group have been working closely. During the event, Frank, Christina and their colleagues presented their fashion collections "Inclusive Accessibility Fashion Design" garments and "Rolling Style" accessories for wheelchair users, which were designed and based on our members' joint suggestions, comments and practical advice, and inspired by the needs of disabled people.'



Meet Ify Obi – Young Disabled People's Project Coordinator

I am a passionate disability advocate committed to raising awareness and driving meaningful change in the community.

My advocacy is rooted in lived experience, which fuels my dedication to creating more inclusive and supportive spaces for young disabled people.

I also use my voice and platform on social media to educate, advocate,

and amplify the stories of disabled individuals, particularly young people. I'm excited to take on the role of Young Disabled Project Coordinator, where I hope to help build a space led by young people, for young people one that centres their voices, celebrates their strengths, and pushes for real change.



Independent Living Project – Forthcoming Events

The Personal Budget Users Peer Support Group meets every third Wednesday of the month (hybrid format). We have also started running extra sessions on key themes, including:

(1) Direct Payment Uptake – reasons, challenges, and opportunities

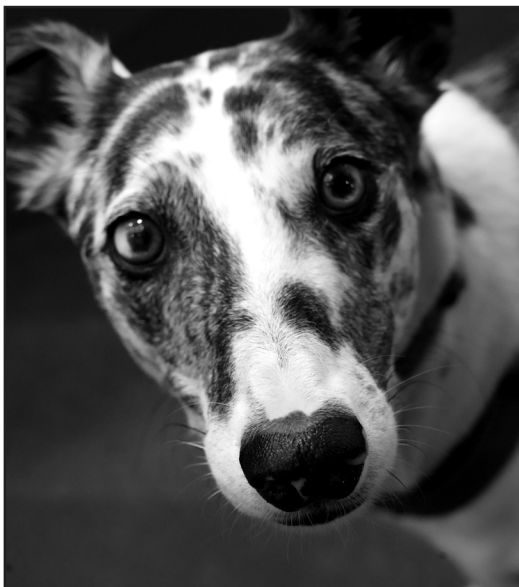
(2) Training for Personal Assistants and Employers free training and grants
Upcoming or proposed topics

(3) Intro to Direct Payments for family carers (with Carers Network)

(4) Making Direct Payments more flexible

(5) How the CQC inspects councils (K&C rated Outstanding)

(6) Understanding care charging and financial assessments, including



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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.