**NEWSFLASH FEBRUARY 2024**

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**The ADKC Staff**

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Naima Mouhda Trainee Legal Advice Worker

Simone Francina Trainee Legal Advice Worker

**Editorial**

Welcome to the first issue of Newsflash for 2024. We are well and truly back and busy here at ADKC. Our centre is open five days a week and you also always have the option of joining us online via Zoom.

I think it’s been harder for us as disabled people to get back into the swing of things after the pandemic and worry that we are in danger of becoming an even more isolated community than before. With this in mind, I would encourage everyone to get involved in our groups and meetings in whichever way works best for you. And remember, if you join our meetings at the centre, there’s usually a cuppa and a biscuit or two on offer.

And do please remember that if you need a bit of support to get out and about, our Disability Connect project is here to help. Please see info on this elsewhere in this issue.

The next issue of Newsflash should be with you in the Spring.

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

Jamie Renton

Chief Executive

**Introducing Simone...**

I would like to introduce myself to the ADKC community and colleagues. I would like to confirm that I am grateful to be given the opportunity to be employed again. I would like to extend my appreciation to Carla, my manager, Chief Executive and the ADKC forum members for given me a chance to rebuild my self-esteem and a new career. I am learning every day something new at a stable pace. I do not feel like I am working which is a good thing. I look forward to coming to work and I hope to make only positive impacts with my colleagues and all the people that I will give advice to.

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I am excited to be a part of Action Disability Kensington and Chelsea as a Trainee Legal Advice Worker, since late November. I am looking forward to working as part of the team and making a contribution to the local community for all people living with physical, sensory and hidden impairments. I am a local of this borough since 2010. I come from humble beginnings... being born in Kingston Jamaica. Brought up my grandparents, I have a special love for the elderly.  I am friendly and approachable. The UK to me is home away from home. I do not like the weather but I love fish and a good roast dinner.

Simone Francina Stewart

Trainee Legal Advice Worker

**Introducing Naima…**

Hello,

I am Naima Mouhda, a new Trainee Legal Advice Worker at ADKC.

I love speaking different languages. I speak Arabic, French, English and Berber as I am a Berber Moroccan originally.

Also, I like meeting friends, walking, travelling and getting involved in society.

Naima Mouhda

Trainee Legal Advice Worker

**Jamie’s Get-Well Soup**

If someone’s feeling under the weather in my house, they ask me to make them ‘Dad’s Get-well Soup’. It works wonders. A big bowl of warming comfort. With noodles, stock, vegetables, maybe some herbs, spices and other flavourings.

It isn’t really a set recipe, as it’s based on what the person I’m making it for feels up to eating and which ingredients we’ve got in the house at the time. It can be as plain or as spicy as needed.

**Ingredients**

Noodles: Egg noodles or rice noodles (or even spaghetti, if you haven’t got any noodles).

Stock: whatever stock cube you’ve got. Vegetable or chicken are both fine.

Vegetables: as few or as many as you like of sweetcorn, frozen peas, chopped carrots, onions, cabbage, mushrooms, red pepper, maybe some spinach.

Herbs and Spices: chopped fresh coriander is good, grated ginger and (if you feel up to it) garlic.

Other seasonings: some or all of soy sauce (or tamari, if you’re gluten-free), lemon or lime juice, a splash of rice vinegar, a dash of sesame oil. A little bit of chilli sauce (I like Thai Sweet Chilli, but any hot sauce will do).

**Method**

1. Find out which ingredients the person you’re making it for would like
2. Chop fresh veg, garlic, ginger as required
3. Mix stock cube with boiling water and place in a pan with fresh veg, garlic and ginger
4. Add sauces, vinegar, juice
5. Cook on medium heat for a few minutes
6. Add the noodles
7. Cook for a few minutes more
8. Add chopped coriander and sesame oil if using
9. Transfer to a bowl
10. Serve (with a hug if possible)

Note: This soup should last for 3 days in the fridge. So it’s always a good idea to make extra.

Jamie Renton

ADKC

**Disability Connect service**

Now that we are well underway into 2024, have you been thinking that this year you would like to start getting out more?

Doing a new activity or maybe a course or volunteering or something else?

But do you feel like it would be much easier with some support and encouragement to take the plunge and go out and do it?

Or maybe you are unsure of what it is you want to do and would like to discuss this or have some suggestions given?

If this is you and you would like someone to be alongside you, then the Disability Connect service maybe for you.

I would work with you to find out where your interests lie and look at ways to start you pursuing your goals.

Please call or email me to find out more:

07595 968 587 or disabilityconnect@adkc.org.uk

Simone Galloway

Disability Connect Co-ordinator