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Goodbye To Marian

In May, Marian O'Donoghue, ADKC's information and Advice Officer, left the organisation after 18 years.

Marian brought the ideal combination of knowledge and compassion to the role, supporting so many local disabled people through crisis and unfair treatment. She made the project her own to such a degree that it's hard to imagine anyone else in the role!

She had been planning a career change for some time now and it is typical of her thoughtfulness and

dedication to our organisation that she strove to do this at a time that was best for ADKC. Although, as I pointed out to her, there was never going to be a 'best' time for her departure as far as ADKC and our membership were concerned.

I will personally miss Marian's advice and support. She was a considered voice of reason and I've learnt a lot from her over the years.



We wish Marian the best of luck with her new endeavours.

Jamie Renton,
Chief Executive

The ADKC staff



Jamie Renton
Chief Executive



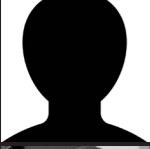
Simone Galloway
Disability Connect
Co-ordinator



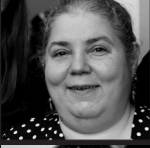
Jenny Hurst
Independent Living
Project Co-ordinator



Glenda Joseph
Personal
Development Officer



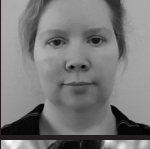
Carla Camilleri
Disability Specialist
Legal Advice Worker



Mariya Stoeva
Access Project
Co-ordinator



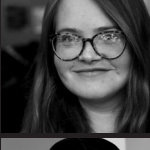
Mary Ann Mallet
Volunteer Project
Coordinator



Theresa McGrady
Voice of Experience
Co-ordinator



Beverly Powell
Office
Administrator



Hannah Roques
Youth Peer Support
Co-ordinator



Naima Mouhda
Trainee Legal
Advice Worker



Simone Francina
Trainee Legal
Advice Worker

Editor's word

Jamie Renton



Welcome to this summer issue of Newsflash.

In this issue you can read about some of the meetings, consultations and workshops we are holding in the next few months. (There are more to follow. Please check our website for updates).

With warmer weather (hopefully) on its way, we are trying our best to support people to come out to our centre wherever possible. At the same time we recognise that this isn't an option for everyone. So, as always, the chance to join activities remotely, via Zoom, will also be available.

I hope that one way or another, you will be able to get involved.

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

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

Jamie Renton
Chief Executive

Remembering Nick Wimborne

We were very sorry to hear that Nick Wimborne passed away earlier this year.

Nick was a very active member, a trustee of our organisation and a stalwart of our groups and meetings.

A kind and caring man, he supported his fellow members and was a lynchpin of the members' WhatsApp group.

Sadly, Nick experienced health issues over the last few years and was unable participate in ADKC activities. However, he always remained in touch and we all hoped he would



one day be able to return to being his former active self.

Nick will be sorely missed by ADKC staff, trustees and members. We have lost a great friend and supporter.

ADKC Needs Your Skills, Knowledge and Suggestions

The ADKC Personal Development and Independent Living Projects are starting a series of working groups about different topics.

How it will work:

- 1. You can have individual support to identify your interests and develop your skills to become involved
- 2. Together we will plan how to run the working group and what should come out of it.
- 3. We find many ways for people to get involved, and we give lots of opportunities for people to have a say.
- 4. We get all the information from members and together decide how to share and present this.

HINTS AND TIPS

By Disabled People, For Disabled People.

Our first working group is about sharing your hints, tips and suggestions about things to help make life a bit easier for disabled people.

Are there any things that make your life a bit easier? These might include:

- apps or technology you have tried,
- other equipment you have,
- techniques and "hacks" that you use,
- services or organisations you are in contact with.

HOW TO GET INVOLVED

For the Hints and Tips Working Group there are many ways to be involved.

- 1. Find out more at the Personal Development and Personal Budget User Groups from 11am-1pm on the 1st and 3rd Wednesday of the month, respectively.
- 2. Join our special, hybrid, working group meetings on the 2nd Wednesday of the month, from 11am-12.30pm.
- 3. Send in your suggestion - leave a message, write a review, send in a picture, record a message or do a short video that can be transcribed - and explain how it has helped you.
- 4. Create ways to share this information.

FOR MORE INFORMATION, CONTACT:

Glenda - personaldevelopment@adkc.org.uk
Jenny - independentliving@adkc.org.uk

HOUSING FOCUS GROUP PARTICIPANTS NEEDED

ADKC is looking to hold a focus group on the topic of housing allocations and accessibility. This is part of wider research being conducted by Inclusion London.

We are looking for local disabled people with recent experience of the housing system to join us for a meeting.

- Do you have lived experience of applying for social housing in RBKC?
- Have you used the social housing system within the last 5 years (applied for social housing, applied to move, viewed properties, been on the housing register, etc.)?
- Would you be willing to discuss your experience of the housing system?
- Would you be willing to join a meeting (hybrid Zoom/in person) for around 2 hours in June?

If you are interested, please contact Carla in the Legal Advice Team: legaladvice@adkc.org.uk or give us a call on 020 8960 8888



Join our Summer Chair Exercise Programme

We are offering accessible sessions with a qualified exercise trainer running for 8 weeks from Thursday 19th June.

You can participate in person at The ADKC Centre or remotely via Zoom.

Places are limited.

To book your place

please contact Beverley on admin@adkc.org.uk / 020 8960 8888



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Kensington & Chelsea
A Centre for Independent Living

ADKC Centre

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Disclaimer

ADKC's Newslash 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.