

NEWSflash

Christmas 2023
The Voice of Disabled People in Kensington & Chelsea

ADKC
Action Disability
Kensington & Chelsea



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

In this issue...

- Christmas and New Year closing and re-opening times
- A festive recipe
- Season's Greetings!

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 12.30 pm on Friday 22nd December until 9.30 on Tuesday 2nd January 2024. 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 2024. 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

The ADKC staff

Jamie Renton
Chief Executive

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Voice of Experience Co-ordinator

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Hannah Roques
Young Disabled Leaders Project Co-ordinator

Have you changed your address?

Please let us know...if you have moved, your contact details have changed, so we send your copies of Newsflash and any other news about ADKC events or services.

If you need to tell us about any changes, email admin@adkc.org.uk or call us on 020 8960 8888.

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Whitstable House
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Christmas Cake Alcohol or alcohol-free version your choice!

Equipment:

1 20cm/8" deep, round cake tin - or one 23cm/9" cake tin for a flatter, larger cake.

Ingredients – Fruit

Dried fruit for soaking 3 days in advance
400 grams glacé cherries
300 grams raisins
300 grams currants
375 grams sultanas
Zest of 1 or 2 oranges
170 millilitre brandy - or whiskey, or rum (whatever is the cheapest!) OR
170 ml orange juice (alcohol-free version)

Ingredients – All the rest!

250 grams butter - salted or unsalted, very soft
250 grams dark brown sugar
4 large eggs - at room temp
1 tablespoon black treacle
275 grams plain flour
2 teaspoons mixed spice
100 grams blanched almonds, chopped or ground (Nut allergy? Leave out.)

Brandy, whiskey or rum for feeding the cake 2 tablespoons per feed once a week. OR use fruit juice for the alcohol-free version.

Instructions

3 days in advance combine all the dried fruit and the zest of two oranges in a large bowl. Pour in the brandy and stir well. If you are making the alcohol-free cake, pour in the orange juice. Stir the dried fruit mixture daily.

Prepare the baking tin

Lightly grease the inside of a 20cm/8" deep, round cake tin (or a 23cm/9" cake tin for a flatter cake). Completely line the inside of the tin with baking paper and add

a double layer of paper around the outside, securing it with string (you might help with this!)

Make the cake

Step 1 - In a large mixing bowl, add the soft butter, dark brown sugar, eggs and black treacle. Beat until well combined. You can use either an electric hand mixer or a stand mixer for this step. Preheat the oven to 140C/284F/gas mark 1

Step 2 - Add the plain flour and mixed spice (and ground almonds, if using) to the cake mix and beat again, just until everything is fully mixed. If you are using chopped almonds, now fold these into the mixture.

Step 3 - Add the soaked dried fruit along with any remaining brandy or juice from the bowl. Fold it in with a large spoon until you have an equal spread of fruit throughout the cake batter.

Spoon the thick batter into the cake tin in layers, making sure to spread each layer all the way to the sides. Level the cake's top with the back of a spoon.

Bake the cake in the preheated oven for 2 hours. After the first 2 hours, loosely cover the cake's top with a piece of foil. Continue baking for an additional 2 - 2¼ hours or until the cake feels firm to the touch and a cake tester (I use a knitting needle! Or you can use a skewer) inserted in the middle comes out clean.

Right after taking the cake out of the oven, measure out roughly two tablespoons of

brandy/whiskey/rum OR fruit juice. Spoon evenly over the hot cake in its tin. Allow the cake to cool on a cooling rack before taking it out of the tin and removing the paper.

Storing the cake

After the cake has completely cooled down, wrap it in two layers of cling film followed by a layer of foil. Please be aware that the centre of the cake may take several hours to cool completely. For added freshness, you can store the cake inside an airtight container.

"Feeding" the cake

Begin feeding the cake with alcohol, or fruit juice, one week after baking. Pierce the top of the cake a few times to create feeding holes for the alcohol/fruit juice. Feed the cake with 1-2 tablespoons of alcohol or fruit juice (alcohol-free cake) every 1-2 weeks. Make sure to re-wrap it securely after each feeding.

NOTES

Use soft butter as it is easier to mix with other ingredients.

If you use alcohol to soak the fruit and "feed" the cake, it will keep for longer so can be made a month before use. If you make the alcohol-free cake with fruit juice instead, this will not keep as long, although it will still be nice and moist – so best make this a day or two before use. Enjoy!

Marian O'Donoghue
Information and Advice Officer

Holiday Closing Times

ADKC services and the ADKC Centre will be closed from 12.30 pm on Friday 22nd December until 9.30am on Tuesday 2nd January 2024.

Please refer to our leaflet with a list of emergency and out of hours numbers with this issue.

