

In this issue...

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Campaign Success! Taxicard Collection & Delivery Services.

A collection and delivery service introduced during the COVID-19 pandemic, which allows Taxicard members to use their Taxicard trips to have essential items collected or delivered without them being in the Taxi, has been extended indefinitely in Kensington and Chelsea and some other boroughs.

Mariya Stoeva, ADKC's Access Group Co-ordinator,

commenting on this success says:

"After the Access Group's successful campaigning and as our members requested, the Royal Borough of Kensington and Chelsea has decided to extend these additional Taxicard services until further notice, which means Taxicard members are able to continue to use this benefit, should they wish to."

Seasonal photographs from ADKC members!

In the Spring issue of Newsflash, we announced a seasonal photography competition, and received two eligible entries, both equally stunning, so we have published both in this issue.

Stephanie Vaz (Image above) and Brenda Dyer each submitted their own interpretation of the theme 'Perception'. Images above and inside.



Editor's word

Jamie Renton



Welcome to the summer issue of Newsflash.

At the time of writing, the pandemic crisis continues and as it drags on, we need to consider the cost in terms of the mental health of those suffering the worst of it.

I think everyone has experienced some degree of isolation, fear and uncertainty over the last year or so. We disabled people much more so than most. This is inevitably going to have serious long-term effects on our mental health. We need to make sure that the support and services to deal with this are ready and in place.

I'm currently working tooth and nail to try and secure

the funding we need to make this happen. Not easy at the moment, as funding seems to be hard to come by. But I've got a few applications in and hope to be able to report back with some good news in the next issue.

Until then, please stay safe, take care and remember that all of our services are available to you remotely.

Jamie Renton
Chief Executive

ADKC Disabled People's Question Time Housing Special

On 28th April 2021 we held a Question Time event at which a panel of local housing providers answered questions put to them by local disabled people.

Panellists Contact Details

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Peabody
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Seasonal Photographs

We received some beautiful images based on the theme "Perception". Perhaps not surprisingly, given the year we have had, all of the images were inspired by nature. The images sent in were in colour.

I really like the bold and striking image of the peacock on the cover of this newsletter by Stephanie Vaz. The lovely shape of the profile of the peacock is emphasized by the depth of field that has blurred the background. That eye looking at you as the viewer, makes me wonder how this bird perceives me.

The robin by Brenda Dyer. It looks to me like a fledgling, the bird emerging new into life. Again, a nice depth of field. In Brenda's words: "Freedom, Love, Spring, friendship of all birds and



creatures great and small".

There is a series on the BBC at the moment called "The Great British Photography Challenge". Each episode the photographers are given different assignments. There a nice section on

nature photography featuring Chris Packham in episode one that you might find interesting. Keep photographing!

Matthew Rosenberg
Film maker and graphic designer

Massage is more than just a pleasant experience

Massage, now recognized as a valid and alternative approach to well-being, has become a mainstream option of treatment in a number of debilitating illnesses. This 'hands on' pressure therapy first targets the source of pain, allowing the therapist to work on these areas and thus relieve much of the pain caused by stiffness in the muscles, tendons and joints. To undergo a regular course of massage will increase on-going flexibility in the body and thereby reduce the level of pain. Furthermore, massage is

known to reduce stress, relieve anxiety, improve circulation, promote relaxation and give many other benefits.

Massage is based on scientific knowledge of the structure of the body and how it functions. We are truly fortunate to have working at the ADKC Centre a team of massage therapists who are highly skilled and trained in the science and techniques of massage. As one of the regular users at the Centre I cannot praise them highly enough. I have suffered chronic pain over

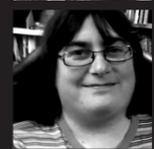
many years which has been relieved only by regular massage, but because of the Covid pandemic the Centre has been temporarily forced to close its doors. Many of you who have missed the healing hands of the massage therapists will commiserate with me. But hey! Let's look on the bright side! The Centre is having a state-of-the-art makeover and will re-open soon. There is much to look forward to.

Hilary Monument
ADKC Member

The ADKC staff

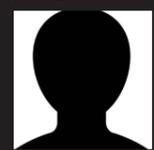
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Disclaimer
ADKC's Newsflash aims to provide a forum for local disabled people. The views expressed here do not necessarily reflect those of ADKC or its Executive Committee. We obtain our news and information from reputable organisations.



How to Contact ADKC while we are closed during COVID-19

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