

The Voice of Disabled People in Kensington & Chelsea



In this issue...

- Lockdown self-care – a mini-directory of online activities!
- A difficult time during lockdown and finding support with ADKC
- Musical journeys and regular ADKC groups meetings (on Zoom)

Lifelong Learning

Hello everyone, I am Catherine Dohou and I am happy to be back to ADKC as the new Lifelong Learning Coordinator.

The pandemic has forced providers to deliver services differently, which means that like other industries, the Lifelong Learning project will have to adapt and offer courses online for the time being.

However we look forward to running face to face courses again when it is safer for all.

We know these are challenging times, that's why

we encourage you to look after yourself: try as much as possible to eat healthy, if it is safe, try to exercise (even if it is just stretching), keep yourself motivated by learning something new.

We have an exciting list of courses to offer that we hope you will join from the comfort of your home.

If you wish to join any of these courses, please do not hesitate to contact me on 07716 288 099.

Catherine Dohou
Lifelong learning
Co-ordinator

EXCITING NEW COURSES to do from the comfort of your own home

- Breathing techniques, meditation and self-confidence (6-10 wks)
- Unlock your full potential (10 wks)
- Introduction to IT and Social Media (10 wks)
- Peer support (10 wks)
- ESOL (10 wks)

Editor's word

Jamie Renton



Welcome to another issue of Newsflash. I hope you're continuing to stay safe and well in these strange times.

Our offices remain closed. But we continue to deliver our full range of services remotely.

At the time of writing, I'm waiting to hear the outcome of a funding application we made to help with the centre's safe reopening.

The plan is to get experts in to advise us on what needs doing in order to reopen in a way that looks after the safety of all staff, volunteers and members. We'll need to purchase all the equipment and signage they recommend. And then we can look at reopening.

I am keen to reopen the ADKC Centre and many of

you have told us that you would like this to happen as soon as possible. However, we need to make sure that we do so in a way that looks after everyone's safety

I will of course keep you updated on this, as things develop.

In the meantime, please get in touch if we can support you in any way. You don't have to feel isolated. You're part of the ADKC community!

Jamie Renton
Chief Executive

"At the time of writing, I'm waiting to hear the outcome of a funding application we made to help with the centre's safe reopening."

Ziad's musical journey

I arrived in the United Kingdom 35 years ago. I wanted to become a physiotherapist so I can go back to Lebanon and help injured people in the civil war and to help my mother who had problems with her neck and shoulders.

I had many operations to control my glaucoma. Staying in hospital for long

time helped me make friends including doctors and nurses who helped me integrate and understand the British way of life.

My musical journey in the UK started in 2012 when I joined Innervision Orchestra and the Para Orchestra in 2013. We toured the UK and played at the closing ceremony of the Paralympics and we also went to Qatar.

Talking about the lockdown...

I was the last person as a member at ADKC when Jamie confirmed that on Tuesday the 17th March the ADKC Centre would close due to COVID-19 until further notice.

I wasn't thinking that it would be this long or even this bad. I remember on my way home I stopped by the big Tesco near where I live to get some shopping but I was completely shocked to see nothing left in the store. Again I didn't take it seriously. I got what I could afford as everything left was expensive and went home. I asked my carer on the next day to go back and check if she can find anything that I need but she told me that it was getting worse than before and people were fighting and buying more than they need because everything is closing down and we were all going to be indoors until further notice.

Having to watch the news I was completely confused and scared. Hearing about

people dying and families told to isolate from each other, I said to myself 'this is definitely the end of everything'.

I have to say that the lockdown had a big impact on me physically and psychologically. My depression got worse. The anxiety and the stress had a big impact on me. Day time became the same as night time.

The government set out a rule about who can and can't receive help and support. I was completely shocked to see myself outside of these rules and was even let down by social services, my GP and my pharmacy; I had to stay at home with no medication and no food for a good three days or more. Until I had no choice but to contact Jamie, Jenny, Carla, Marian, Glenda and Mary Ann from ADKC. I spoke about my situation and how I've been ignored by all the services that were

available to me before the lockdown and how my care systems had changed and how nobody is listening to me and I was very confused and concerned about what I was hearing in the news and social media. I became self-isolated in my own flat (Room) as we are not able to see each other, one of my carers stopped coming because of the lockdown.

With all this struggle and having to contact ADKC more, I had all the services back to me as normal. It would never happen if it wasn't for the support I had and I continue having from ADKC staff and members and zoom video calls made a big difference in my daily life.

Honestly, I have to say this a hundred and million times that ADKC is my second home.

Thanks ADKC.
Hassnaa Tourabi
ADKC Member

The ADKC staff



Jamie Renton
Chief Executive



Martha Issa
Office Manager



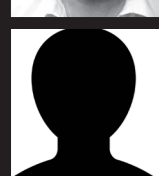
Jenny Hurst
Independent Living
Project Co-ordinator



Glenda Joseph
Personal
Development Officer/
Lifelong Learning
Co-ordinator



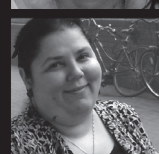
Marian
O'Donoghue
Information and
Advice Officer



Carla Maistre
Disability Specialist
Legal Advice Worker



Simone Galloway
Disability Connect
Co-ordinator



Mariya Stoeva
Access Project
Co-ordinator



Mary Ann Mallet
COVID-19 Volunteer
Project Co-ordinator



Catherine Dohou
Lifelong Learning
Co-ordinator

ADKC Centre
Whitstable House
Silchester Road, W10 6SB
T: 020 8960 8888 F: 020 8960 8282
Minicom: 020 8964 8066
www.adkc.org.uk

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 organisation

See back page for our new...
**Disability Connect
Mini-Directory**



Ziad Sinno
ADKC Member

Disability Connect Mini-Directory

Hello! I hope you are all doing well. During the lockdown period I have researched a number of online activities or pieces of information for my clients. Here a few of them (with links) that you may find useful too. With the YouTube exercises, please always follow the instructors' safety advice. All the best!

Simone Galloway

ADKC Disability Connect Co-ordinator

o Bi-weekly reading group

<https://tickets.thereader.org.uk/sales/genres/shared-reading/lunchtime-livestream>

o Counselling services:

www.clareslaneycounselling.com/low-cost-or-free-counselling-in-london.html#

- talking therapies (IAPT)
www.communitylivingwell.co.uk/how-we-can-help-mental-health/psychological-therapies-kensington-chelsea-westminster/

o Adult education services

- currently offering 'online and distance learning models'
www.waes.ac.uk/

o Gentle chair yoga routine

www.youtube.com/watch?v=mwztPQVZTEE

o Gentle pilates
www.youtube.com/watch?v=Bd-gqCYbLJo

o 15 minute guided meditation on overcoming anxiety and fear

www.youtube.com/watch?v=HT_ZvD94_kE

In Newsflash's next edition please look out for a client's experience of using guided meditation, for the first time ever, during lockdown and the effect it has had on them.

ADKC Meetings (On Zoom)

Happy Group: Every 1st Monday of the month 12pm-1pm

PRAG: Every 2nd and 4th Monday of the month 2-3pm

PEG: Every 3rd Monday of the month 12-1pm

Trauma Support Group: Every Tuesday 11am-12pm

Personal Development Group: Every 1st Wednesday of the month 12-1pm

Personal Budget User Group: Every 3rd Wednesday of the month 12-1pm

Access Group: Every Thursday 3pm-4:30pm

If you would like to join any of these meetings,

contact ADKC on 020 8960 8888

or email adkc@adkc.org.uk

