



## **Stay connected with Surrey Coalition of Disabled People**

### **Virtual social schedule**

**Monday** 11.00 am – 12.00 noon Virtual café with breakout rooms including a Tech chat, 'chit chat', pet chat and more!

**Monday** 2.30 pm – 3.00 pm 'Limitless' discussion group

**Tuesday** 12.00 noon – 12.30 pm Crafting chat and tips

**Wednesday** 2.30 pm – 3.00 pm Philosophical debates/story sharing

**Thursday** 2.30 pm – 3.00 pm Weekly quiz

**Friday** 2.30 pm – 3.00 pm Fitness and food chat

**Virtual Café:** our virtual café has breakout rooms on offer each week, the topics of the groups vary according to what people have chosen to talk about but they usually include technology, entertainment, pets and travel. All you need to do is come along and let us know which room you fancy when you arrive – we do the rest!

**Limitless discussion group:** a lively and upbeat discussion group that usually focuses on one theme each week, for example 'the rise of social media'.

**Crafting chat and tips:** do you love crafting or want to start? Come along and tell the group what you are working on, share tips and tricks and get inspired.

**Philosophical debates/story sharing:** come and join us for a guided debate about some of the deep and meaningful questions in life, talk about books or share a story.

**Weekly quiz:** come and join the weekly quiz for a relaxed and fun chance to test your knowledge!

**Fitness & food chat:** come and talk about how you are keeping active and eating well, swap ideas with others and pick up some tips!



## How do I join?

If you are not a member, please contact us by email [bookings@surreycoalition.org.uk](mailto:bookings@surreycoalition.org.uk) in advance so we can take some details and send you the links that you need.

If you are already a member, please just contact us to let us know that you would like to come along (and which group you are interested in) and we will send you the link and password that you need.

## Anything else I need to know?

Everyone who joins our groups is asked to follow our [participation guidelines](#) so that groups and activities feel safe and friendly. Please do not forward the joining link and password to others; if you know someone who would like to join please encourage them to get in touch with us and we will provide them with what they need.

All our groups run on zoom, you will need to download zoom before you join in and you can [download zoom here](#) from a Windows PC, android smartphone or tablet. You can get our step-by-step instructions here: [how to download zoom](#).

## I don't have a device, or I need some help learning to use it!

If you need some help or assistance to get started (or a device!) you can get some support from our Tech to Community Connect project by registering your interest here: [Tech to Community Connect project](#) or by emailing [getconnected@surreycoalition.org.uk](mailto:getconnected@surreycoalition.org.uk) or by phone or SMS text on 07471 518 998.

## Check out Surrey Virtual Wellbeing!

Would you like to see even more free activities on offer virtually from a range of different providers? Check out Surrey Virtual Wellbeing here for activities from Zumba to coffee mornings – all from the comfort of your own home: [Surrey Virtual Wellbeing](#)

**Surrey Coalition of Disabled People, [info@surreycoalition.org.uk](mailto:info@surreycoalition.org.uk),  
01483 456 558 or SMS text 07563 997 932**