

# News from Surrey Coalition of Disabled People

Spring 2024



**Easy  
Read**

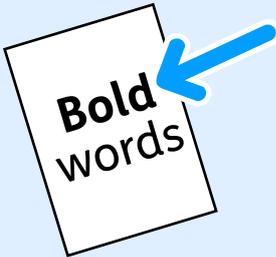
# Easy Read



This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

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# Welcome from Nikki

**Become  
a charity**

Last year, members said that we should become a charity.



**CHARITY COMMISSION  
FOR ENGLAND AND WALES**

So, we applied to the Charities Commission and they agreed to make the Coalition a charity.



This is great news!



We hope to be able to get more money because we are a charity.

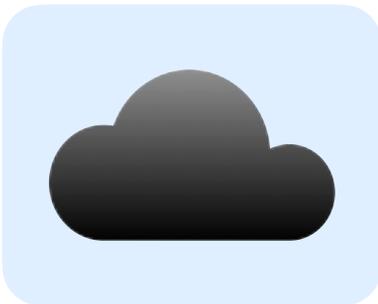


## Winter Wonderwheels

Just before Christmas we took part in the Winter Wonderwheels.



Some people took part at home.

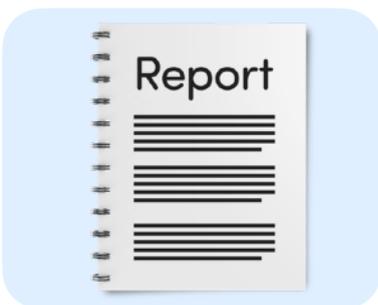


The weather was not good, but we all had a wonderful time.



## Mental Health Team

Our mental health team are looking at how to make Surrey mental health services better for everyone.



They will write a report with their ideas by the end of March.

## Virtual Social Events



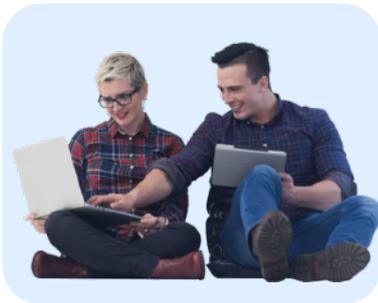
Our virtual social events take place online.

They are more popular than ever.



Get in touch if you want to take part.

## Tech Team



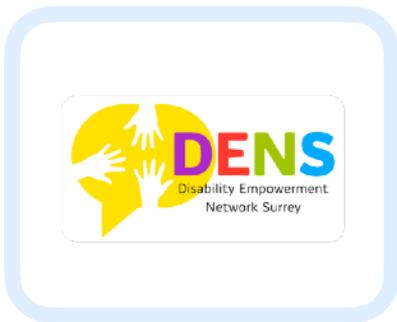
The tech team will carry on getting money from Surrey Downs, Guildford, Waverley and East Surrey.



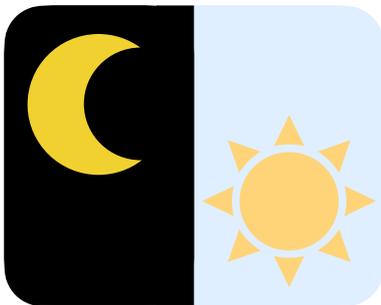
We now have 2000 tech members.

# News from our groups

## Disability Empowerment Network Surrey (DENS)



We asked DENS members how we should improve our meetings.



People said:

- There should be an online meeting in the evening and an online meeting during the day.



- The online meetings should have breakout rooms. This is a way to talk online with just a few DENS members.



- There should be a face-to-face meeting every 3 months.



- More people need to know about DENS.



We are planning to put more information on Social Media - like Facebook and Instagram.



If you want to be involved please contact us at [involvement@surreycoalition.org.uk](mailto:involvement@surreycoalition.org.uk)

# Special interest group meetings



Our members have been to many meetings run by the local council or health services.

These include:

- Surrey Vision Action Group.
- Patient Transport Meeting.
- Community Equipment Meeting.
- Long-Term Neurological Conditions Group.

# Disability Partnership Board



The second meeting of the Disability Partnership Board took place in January.



We talked about what work we needed to do.

# Accessible Information Standard



We are working with Surrey Heartlands on an Accessible Information Standard.



This would be ways the health service should make information accessible to everyone.

# Virtual Trips



Virtual trips are a way of visiting places online in a group.



Someone shows us around the place online.



Recently we have been:

- Onboard Concorde.



- To places that have animals and birds.



- To stately homes and museums.



- To areas of natural beauty.



You can see videos of our trips at:  
[https://www.youtube.com/channel/UCSyW0iOD8b0MUKIAr9e\\_nYg](https://www.youtube.com/channel/UCSyW0iOD8b0MUKIAr9e_nYg)



We are going to:

- Gretna Green in March.



- West Horsley Place - where they filmed the TV programme: Ghosts in April.



If you want to take part - email us on  
[involvement@surreycoalition.org.uk](mailto:involvement@surreycoalition.org.uk)

# Campaign against floating bus stops



A floating bus stop is where the bus stop is on an island with a cycle track or bit of road behind it.



These are difficult and dangerous for blind people.



Blind people and disabled people should be able to get off a bus straight onto the pavement.



We have been working with the National Federation of the Blind UK (NFBUK) on this campaign.



We visited Number 10 Downing Street where the Prime Minister lives and works. We told them what people think about floating bus stops.



We want:

- No more floating bus stops.



- More bus stops on the pavement walkway.



- Floating bus stops to be changed so that the bus stop is on the pavement walkway.

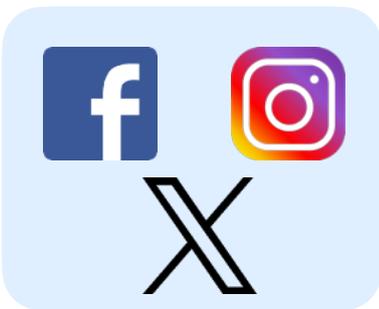


If you want to join the campaign, email [involvement@surreycoalition.org.uk](mailto:involvement@surreycoalition.org.uk)

# Student volunteers



Students from Treloar College have been helping us as volunteers.



Joe has been helping us with social media like Facebook and Instagram. He has also made videos for us.



Hannah has been checking that places like theatres are accessible for everyone.



Ben has been helping with our campaigns. He came with us to Number 10 Downing Street.

# Technology update



Technology is equipment like computers, tablets and phones.



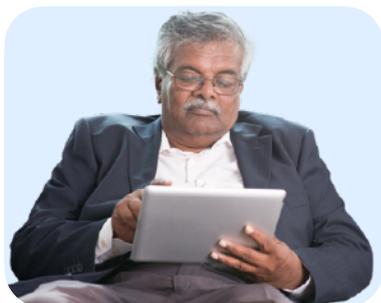
Our Tech Angels help people to use computers, tablets and phones.



We now have 2000 tech members.



Our oldest tech member, who joined recently, is 100 years old.



Our tech angels have been to fairs and events to contact people who need help with their computers, tablets and phones.



We are also helping refugees - who have come here because it is not safe in their own country.



One of our members has been to talk to people in the Government about helping more people to use computers, tablets and phones.

## NHS app

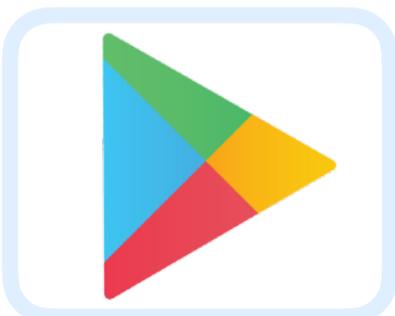


The NHS app is a computer programme you can have on your phone to help you get information and services from the NHS.



You can download the app from:

- The Apple Store - if you have an iPhone.



- The Google store - if you have other types of phone.

You can use the NHS app to:



- Ask for a repeat prescription. This is when you want more of the medicines that you have been taking.



- Book an appointment with your local doctor.



- Get information about your health.



- Read letters sent to you or your doctor.



- Contact your doctor.



You can find out more about the NHS app at: [www.digital.nhs.uk/services/nhs-app/toolkit/step-by-step-guides](http://www.digital.nhs.uk/services/nhs-app/toolkit/step-by-step-guides)



## Wombat

Wombat is a new computer programme that is being made to help people who have mental health problems.



It is going to be a computer programme that you can talk to when you need to talk.



It will ask you friendly questions and encourage you.

# Mental Health Update



We have been working with others to look at how mental health services and physical health services can work better together.



We have been looking at what is stopping people in Surrey and North East Hampshire from getting the mental health services they need.



We are changing the way the mental health newsletter looks.



We are planning to ask people with a mental health problem from a **minority ethnic background** what they think.



People from a **minority ethnic background** are small groups of people whose families come from a different country.



## FoCUS

FoCUS is the Forum of Carers and people who Use Services from Surrey and Borders Partnership NHS Foundation Trust.



We have told NHS managers about the issues we discussed in December and January.



We are now getting ready for our next meetings.



## Community Transformation Team

We are looking at how well mental health services are working in our local community.



Megan and Wendy are writing a report which will say what we think should happen next.



## Get More Active

The Get More Active project has been busy over the winter.



People have been to Dorney Lake for the Winter Wonderwheels event.



In January a group of us met at Donny's leisure Centre in Redhill to try out the swimming pools.



If you want to find out more about Get More active, contact Katy by:

- Email: [katy.hubbard@surreycoalition.org.uk](mailto:katy.hubbard@surreycoalition.org.uk)



- Phone or text: 0434 865062

# Events happening soon



We have lots of events in the next couple of months for you to take part in.

## Events happening every week



Every Monday from 11:00am to 12:00pm, we have an online café where we can talk about crafts, like knitting or drawing.



Every Tuesday from 4:00pm to 5:00pm, we have Glee Club where you can sing with others.



Every Wednesday from 2:30pm to 3:30pm, we have our book chat group.



Every Thursday from 2:30pm to 3:30pm, we have our quiz.

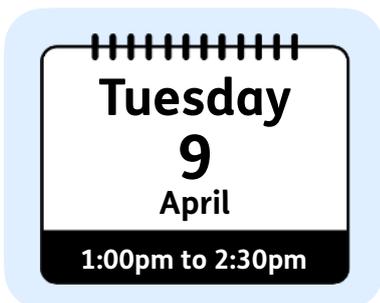


Every Friday from 11:30am to 12:30pm, we have our online café where we can talk about taking part in activities.



## Events in April

**Monday 1 April**  
Bank holiday



**Tuesday 9 April**  
1.00pm to 2.30pm

East and Mid FoCUS meeting at SABP office in Leatherhead and on Zoom.



### **Wednesday 10 April**

10am to 11am

Northwest Surrey Mental Health Stakeholder Group meeting on Zoom.



### **Wednesday 10 April**

1pm to 2:30pm

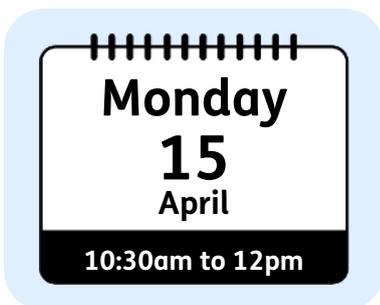
Southwest FoCUS meeting on Zoom.



### **Thursday 11 April**

1pm to 2pm

West and Northeast Hampshire FoCUS meeting at Theta, Lyon Way, Frimley GU16 7ER and on Zoom.



### **Monday 15 April**

10:30am to 12noon

Community Equipment Group at Millbrook and on Zoom.



**Monday 15 April**

1pm to 2:30pm

Northwest FoCUS on Zoom.



**Thursday 18 April**

10:30am to 12noon

Surrey Vision Action Group at Sight for Surrey Rentwood Office and on Zoom.



**Friday 26 April**

1pm to 3pm

IMHN Coordinating meeting on Zoom.

# Events in May



**Monday 6 May**

Bank Holiday



**Tuesday 14 May**

10:30am to 12 noon

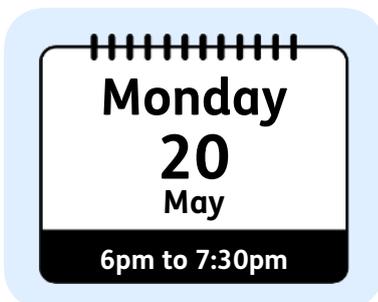
Long Term Neurological Conditions Group on Zoom.



**Tuesday 14 May**

11:45am to 2:15pm and 2:30pm to 4pm

Focus Reps and Committee on Zoom.



**Monday 20 May**

6pm to 7:30pm

Surrey Wide Disability Empowerment Network on Zoom.



**Tuesday 21 May**  
11am to 12:30pm

Surrey Wide DENS with breakout rooms on Zoom.



**Tuesday 21 May**  
11am to 12:30pm

Surrey Wide DENS with breakout rooms on Zoom.



**Wednesday 22 May**  
10:30am to 12noon

Southwest Disability Empowerment Network in person at Astolat Coniers Way, Burpham Guildford GU4 7HL and on Zoom.



**Monday 27 May**  
Bank holiday.



**Friday 31 May**  
1pm to 3pm

IMHN Coordinating meeting on Zoom.

# Events in June



## Wednesday 12 June

10am to 11am

Northwest Surrey Mental Health Stakeholder meeting on Zoom.



## Thursday 13 June

10am to 11am

East & Mid Surrey Mental Health Stakeholder Group on Zoom.



## Thursday 20 June

10:30am to 12noon

Hard of Hearing Forum in person at Sight of Surrey Rentwood Office and on Zoom.

# Find out more



You can look at our website here:  
[www.surreycoalition.org.uk](http://www.surreycoalition.org.uk)



You can contact us by:

- Post:  
Astolat  
Coniers Way  
Burpham  
Guildford  
GU4 7HL



- Phone: 01483 456 558



- Text: 07908671402



- Email: [info@surreycoalition.org.uk](mailto:info@surreycoalition.org.uk)

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