

News from Surrey Coalition of Disabled People

Winter 2024



Easy
Read

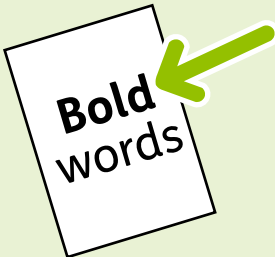
Easy Read



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.

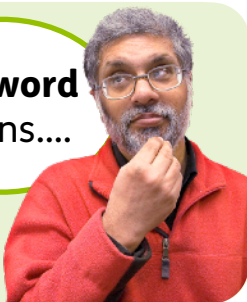


This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



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

This **word** means....



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.

What is in this booklet

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Welcome from Nikki



Happy New Year!



Welcome to the Winter Newsletter from Surrey Coalition of Disabled People.



We had a great year in 2024, and we have lots of activities and events planned for 2025.



We will run more activities to help you try new things and give you support with your mental health.

Raising money



We have now been a charity for more than a year.

This has helped us get more money.



The National Lottery gave us some money to run our mental health wellbeing programme.



We also set up **Easy fundraising**.

Easy fundraising lets people send money to our charity for free when they shop online.



You can find out more about Easy fundraising here:

www.easyfundraising.org.uk/support-a-good-cause/

Cost of living support



We can give you support with the **cost of living** and staying safe this winter.

The **cost of living** is how much it costs to pay for the things we need to live, like electricity and food.

We can provide:



- Help with getting food, like giving you money to travel to your local food bank.



- Vouchers to help you pay for fuel and energy bills.



- A free pack to help you stay warm, called a **warm pack**.

This pack includes a blanket, a hat, a scarf and a flask for hot drinks.

We can also:



- Help you get electric devices that do not use much energy, like microwaves.



- Set up a phone or video call to help you use less energy or apply for money from the government.



If you live in Reigate or Banstead, you can get help with paying for **boiler servicing**.

Boiler servicing is when a professional checks that your boiler and heating equipment is working properly.

Involvement Officer



Please meet Megan, our new Involvement Officer.

She says:



I am looking forward to working on the peer advocacy support group and helping people with the cost of living.



In my spare time, I help train dogs, play disability sports and try new activities with my guide dog.



Megan runs our peer support group every 2 weeks on a Wednesday.



At the peer support group, our members talked about taking part in fun activities and using public transport.

Mental health

Independent Mental Health Network (IMHN)



The IMHN had some meetings where we talked about a new housing rule and some changes to the police in Surrey.



In September, we asked our members to come to Box Hill Village Hall to drink coffee and do yoga.



We talked with members about how taking part in activities like yoga helps them with their mental health.



Everyone was able to take part in the yoga and it helped them feel relaxed.



In December, we ran a Mince Pie Madness coffee morning to help members with their mental health.



We will have more events to help with mental health in 2025.



Salem and Megan have both left the mental health team.

We will miss them and wish them the best for the future.

FoCUS

We have had good FoCUS meetings where we have talked about issues like:



- Moving from children's services to adult services.



- How to keep your body and mind healthy.



- Support for parents and carers.



We have also been working to make it easier for people in Farnham Road Hospital to get help from an advocate.

Get More Active



We raised money and had lots of fun at the Winter Wonderwheels event.



12 members and staff walked, wheeled or rode their bikes around Dorney Lake near Windsor.



3 more members who could not go to the event in person also took part in the “At Home Challenge”.



Well done to everyone who took part!



You can donate money to our team here:

www.peoplesfundraising.com/fundraising/winter-wonderwheels

If you would like to take part in Get More Active Events, please contact Katy by:



- Email: getactive@surreycoalition.org.uk



- Phone or text message:
07434 865062

Getting involved



We visited Reigate Hill to find out how to make it easier for disabled people to visit.

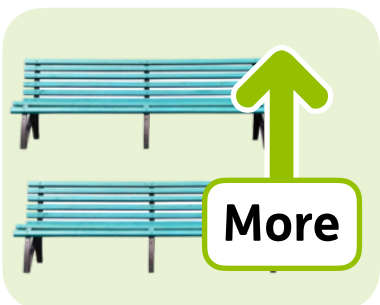
Our members had lots of ideas, like:



- Changing the car park and paths to make them safer and easier for disabled people to use.



- Braille menus for the café.



- More benches.

Growing Together



We helped some members take part in a bird watching event and learn about wild mushrooms.

Presentations



Yasmin gave presentations about how some of our members face **hate crime**.

Hate crime is being harassed or attacked because people think you are different.



She talked to the police and the **Crown Prosecution Service (CPS)**.

The Crown Prosecution Service is the organisation that takes cases to court.

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.



We went to London to talk to the government about why we want to stop floating bus stops.



In October, Yasmin talked to Surrey County Council about a plan to include a floating bus stop in Burpham.



In November, the council agreed that the plan should not go ahead. This is great news for our members!

Access to Food Report



We have written a report about our Access to Food project.



The report says that everyone who works at food banks should learn more about working with people with disabilities.

Presentations



Yasmin went to an event at Frimley Health to talk about issues that our members have had with using hospitals in Surrey.



Yasmin and Nikki went to an event about Surrey Hills to talk about our Growing Together project.



Some of our members sent videos to the NHS about why it is important to get information they can understand.

Technology



We are helping tech members in Runnymede and running other activities in Surrey.



We finished running our drop-in sessions in Addlestone.

We ran 12 sessions and helped 20 people.



We started new sessions in Lingfield where we are teaching older people to use touchscreens for the first time.



We are also running one-on-one sessions for people who need them.



Oxted

Our Technology Team also went to visit the Merstham Wellbeing Fair and a group of older people in Oxted.



One of our Tech Angels is running group sessions at Netherne Hill Cricket Club.



We are pleased to support the Digital Café in Guildford.



The Digital Café happens on the 2nd Saturday of every month.



We took part in lots of events for the Get Online week in October and shared the events online.

These events included:



- A drop-in morning at Zero Carbon on Guildford High Street.



- Workshops about how to use the NHS app at Dorking Surgery.

We have been asked to run 2 more workshops in other doctor's surgeries in January.



- The Christians Against Poverty advice café in Epsom.



- A big event by Surrey Heartlands Health and Care Partnership, where we ran a stall about technology.



- A tech day run by Surrey County Council.



Lots of people volunteer to work as Tech Angels.



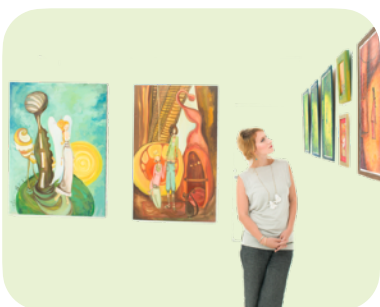
1 time a year, we talk to each volunteer on their own to find out how they have found volunteering.



This helps us understand how to help volunteers work with us for longer.



We sent our autumn newsletter to all of our Tech Angels in October. This helped them understand how the organisation works.



We went on a trip to an art gallery in Guildford with 16 Tech Angels and their partners.

New Technology Trainer



Please meet Kirsty, our new Technology Trainer.

She says:



I am excited to make a difference and help people feel that they can do things for themselves.



I think that learning should be fun.



Outside of work, I am studying psychology at university.



In my spare time, I like reading crime fiction books and going on days out with my 2 children.

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 2 weeks on a Wednesday from 2:30pm to 3:30pm, we have our Peer Support Group.

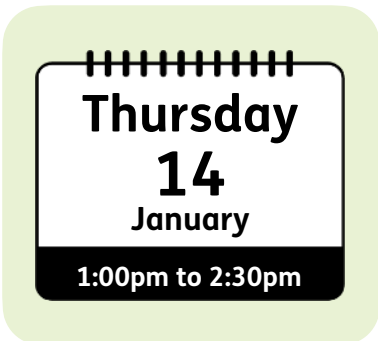


Every Thursday from 2:30pm to 3:30pm, we have our quiz.



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

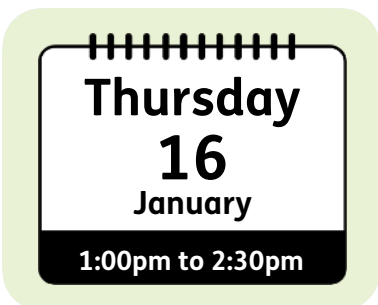
Events in January



Tuesday 14 January

1:00pm to 2:30pm

Surrey FoCUS group in person at Astolat, Burpham.



Thursday 16 January

1:00pm to 2:30pm

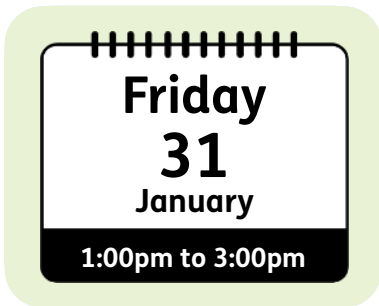
Surrey FoCUS group on Zoom.



Monday 20 January

11:00am to 12 noon

FoCUS Reps meeting on Zoom.

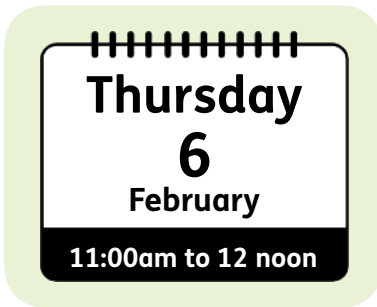


Friday 31 January

1:00pm to 3:00pm

IMHN Coordinating meeting on Zoom.

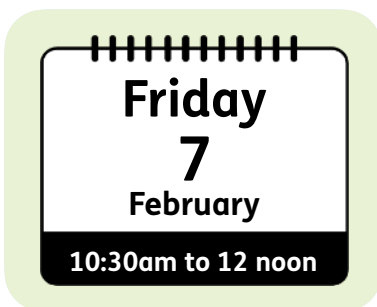
Events in February



Thursday 6 February

11:00am to 12 noon

FoCUS Reps Meeting on Zoom.



Friday 7 February

10:30am to 12 noon

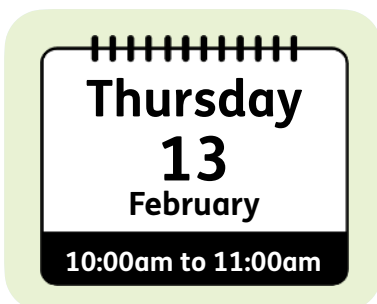
FoCUS committee meeting on Zoom.



Wednesday 12 February

10:00am to 11:00am

NW Mental Health Stakeholder meeting on Zoom.

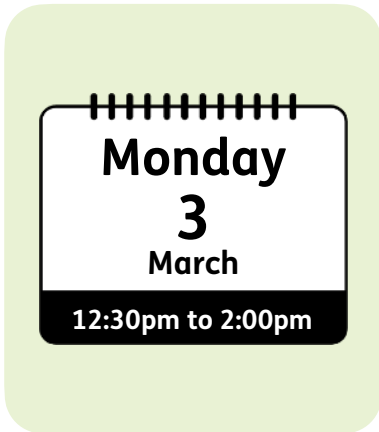


Thursday 13 February

10:00am To 11:00am

East & Mid Surrey Mental Health Stakeholder meeting on Zoom.

Events in March



Monday 3 March

12:30pm to 2:00pm

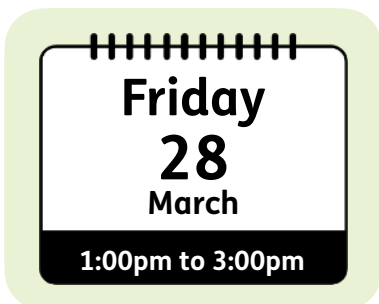
East & Mid Surrey and Northwest Surrey FoCUS in person at SABP office in Leatherhead and on Zoom.



Wednesday 5 March

12:30pm to 2:00pm

Southwest Surrey, West Surrey and North East Hampshire FoCUS in person at Theta in Frimley and on Zoom.



Friday 28 March

1:00pm to 3:00pm

IMHN Coordinating Meeting on Zoom.

Find out more

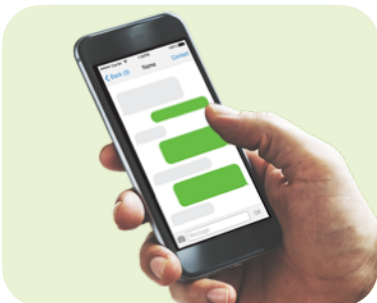


You can look at our website here:
www.surreycoalition.org.uk

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