

# COALITION NEWS



## Cost of Living Special Edition



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# Organisations offering support this Winter



This newsletter is dedicated to helping you find the support you need this Winter. This edition offers you information on how to find support with your energy bills, accessing food banks & warm hubs as well as details of specific funds that may be available to Disabled people and those living with long term health conditions.

## Citizens Advice

Citizens Advice provides impartial energy advice and can also provide dedicated support. You can contact them at [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) or by calling 0800 144 8848. If you can't hear or speak on the phone, then you can use Relay UK which allows you to type what you want to say: 18001 then 0800 144 8884

# Are you finding the increasing energy, household and food bills a struggle?



We're pleased to announce that we have been asked to distribute further funds from the government's Household Support Fund.

We welcome applications from Disabled adults or adults with long-term health conditions who:

- Are resident in Surrey.
- Have an immediate need for this help.
- Have not yet had a grant from this round of the Household Support Fund from another source.

Most grants will be for £250, however in exceptional circumstances we may provide a larger sum. Requests for more than £250 will be considered by our panel based on the particular need you tell us about.

Full details are available on our website or via our office. Please apply using our online form. If you would like help completing the form, please contact us on [info@surreycoalition.org.uk](mailto:info@surreycoalition.org.uk), by phone on 01483 456558, or by SMS on 07780 933 053.

# What are food banks?

Food banks are community organisations that can help if you can't afford the food you need. The products available in food banks consist of basic items that people need to live, most of which are given to the charities by members of the public.

You'll usually need to get a referral to a food bank before you can use it. When an organisation refers you to a food bank, they'll give you a voucher and tell you where the food bank is. The food bank will give you a food parcel containing enough food for 3 days. The food bank might also be able to give you essential toiletries, like toothpaste or deodorant.

## Food Banks Woking



The Lighthouse, 8-10 High Street, Woking, GU21 6BG  
Open Monday, Wednesday and Thursday 10.30am - 12.30pm



Byfleet Methodist Church, Rectory Lane, Byfleet, KT14 7LL  
Open: Wednesday 12.30pm - 2.30pm



The Mascot Hub, 43 Dartmouth Avenue, Sheerwater, GU21 5PE  
Open: Wednesday 2pm - 4pm



The Salvation Army, Woking Corps, Sythwood, GU21 3BE  
Open: Tuesday 12.30pm - 2.30pm & Friday 10am - 12pm

# Caterham



Caterham Baptist Church, 6 Beechwood Road, Caterham

Surrey CR3 6NA

Open: Thursday 12pm - 2pm



Oakhall Church, 181 Chaldon Road, CR3 5PL

Open: Monday 12pm - 2pm

# Runnymede



The Beacon Church, 95 Guildford Street, Chertsey, KT16 9AS

Open: Wednesday 10am - 12pm



St James Church, 27 Church Street, Weybridge, KT13 8DF

Open: Thursday 1pm - 3pm



The Village Centre, 68 Victoria St, Englefield Green, Egham, TW20 0QX

Open: Wednesday 1pm - 3pm



Virginia Lodge, Heritage Court, Wasp Farm Car Park, Off Station Rd

Egham, TW20 9LF

Open: Monday 10am - 12pm

 St James Church, 27 Church Street, Weybridge, KT13 8DF  
Open: Thursday 1pm - 3pm

 Addlestone Baptist Church, 5 Crouch Oak Lane  
Addlestone, KT15 2AN  
Open: Tuesday, Thursday 10am - 12pm

 Kings Church, 21 Marsh Lane, Addlestone, KT15 1U  
Open: Friday 10am - 12pm

## Dorking

 The Christian Centre, Church Street, Dorking, RH4 1DW  
Open: Tuesday 4.45pm - 5.45pm and Thursday 2.30pm - 3.30pm

## Farnham

 The Vineyard Centre, Church House, Union Road  
Farnham, GU9 7PT  
Open: Friday morning 10am - 12pm

 Bethal Baptist Church, Rushden Way, Farnham, GU9 0QQ  
Open: Wednesday 10am - 12pm

# Walton and Hersham



St Peter's Church, 1 Burwood Road, Hersham, Surrey KT12 4AA

Open: Wednesday 10am - 12pm



St Johns Church, The Furrows (Off Ambleside Avenue), Walton on Thames, Surrey, KT12 3JQ.

Open: Thursday & Friday 10am - 12pm

# East Elmbridge



St Nicholas' church hall, Summer Road, Thames Ditton, KT7 0QQ

Open: Tuesday 10am - 11.30am



St Peter's West Molesey Community & Youth Hub, Ray Road  
West Molesey, KT8 2LG.

Open: Thursday 10am - 12pm

# Cobham



Cobham United Church, 38 Stoke Road, Cobham, KT11 3BD  
Open: Tuesday 12pm - 1.30pm

# Kingston



Surbiton New Life Baptist Church, 1 Balaclava Road, Surbiton  
KT6 5PW  
Open: Monday 6pm - 7pm



Kingston Everyday Church, 46 Union St, Kingston upon Thames, KT1 1RP  
Open: Tuesday and Friday 11am - 12.30pm



The Kings Centre, Coppard Gardens, Chessington, KT9 2GZ  
Open: Wednesday 9am - 10am



New Malden Baptist Church, 1a Westbury Road, New Malden, KT3 5BE  
Open: Thursday 10am - 11.30am



Tolworth Recreation Centre, Fullers Way North, Tolworth, KT6 7LS  
Open: Friday 10.30am - 11.30am

# Epsom and Ewell

 Merland Rise Church, Merland Rise, Tadworth, KT20 5JG  
Open: Tuesday 10am - 12pm

 Ruxley Church, Ruxley Lane, Ewell, KT19 0HY  
Open: Wednesday 1pm- 3pm

 The Banstead Centre, The Horseshoe (off Bolters Lane)  
Banstead, Surrey, SM7 2BQ  
Open: Thursday 3.30pm - 5.15pm

 Epsom Methodist Church, Ashley Road, Epsom, KT18 5AQ  
Open: Friday 1.15pm - 3.15pm

 North Leatherhead Community Centre, Kingston Road  
Leatherhead, KT22 7PX  
Open: Saturday 10am - 11.30am

# Richmond

 The Vineyard, Richmond, Surrey TW10 6AQ  
Open: Monday and Thursday 1pm - 3.30pm

# Alternatives to food banks

## Community Fridges



In addition to food banks, community fridges offer food to their local areas. Visit Hubbub Foundation to find your nearest one: [www.hubbub.org.uk/the-community-fridge](http://www.hubbub.org.uk/the-community-fridge). If you're not able to check online, contact us and we'll help you find your local community fridge

## Oddbox



Oddbox runs a 'wonky' fruit and veg box service that reduces food waste by selling food that doesn't meet supermarket standards (but is still perfectly edible!). Visit their website to see their subscription plans: [www.oddbox.co.uk](http://www.oddbox.co.uk)

## Too Good To Go app



The Too Good to Go app connects you with shops, cafes and restaurants that have surplus food. Download the app onto your mobile device and find out what offers are available in your area.

# What are warm hubs?

Warm Hubs have been set up across Surrey to provide support to residents in these challenging times. The Warm Hubs are spaces across the county, where people can drop-in, get warm, have a hot drink and be in the company of other people. Very simply a place to get warm. There will also be people on hand to give free energy and debt advice and many of the hubs have free wifi too!

## Epsom and Ewell



Epsom Methodist Church, Roots Community Cafe

Address: Cafe 77 Ashley Rd, Epsom, KT18 5AQ

Opening times: Wednesday - 9am to 6pm



Epsom Library

Address: 6 Epsom Square, Epsom, KT19 8AG

Opening times:

- Monday, Wednesday and Friday: 9:30am to 5:30pm
- Tuesday and Thursday 9:30am to 7pm
- Saturday: 9:30am to 5pm



Ewell Library

Address: Bourne Hall, Spring Street, Ewell, KT17 1UF

Opening times: Monday to Friday - 9:30am to 5pm



Ruxley Church

Address: Ruxley Lane, Ewell, Epsom KT19 0AF

Opening times: Thursday - 11.30am to 2.30pm

# Elmbridge



Claygate Centre for the Community

Address: Elm Road, Claygate, KT10 0EH

Opening times: Monday to Friday - 9am to 4.30pm



Cobham Centre for the Community

Address: Oakdene Road, Cobham, KT11 2LY

Opening times: Monday to Friday - 9am to 4.30pm



Cobham Library

Address: The Cedar Centre, Cedar Road, Cobham, KT11 2AE

Opening times: Tuesday to Saturday - 9.30am to 5pm



Hersham Centre for the Community

Address: 7 Queens Road, Hersham, KT12 5LU

Opening times: Monday to Friday - 9am to 4.30pm



Molesey Centre for the Community

Address: Bishop Fox Way, West Molesey, KT8 2AS

Opening times: Monday to Friday - 9am to 4.30pm



Thames Ditton Centre for the Community

Address: Mercer Close, Thames Ditton, KT7 0BS

Opening times: Monday: 9am to 4pm & Thursday: 9am to 4pm



Walton Centre for the Community

Address: Manor Road, Walton-on-Thames, KT12 2PB

Opening times: Monday to Friday - 9am to 4.30pm



Weybridge Centre for the Community

Address: Churchfield Place, Weybridge, KT13 8BZ

Opening times: Monday to Friday - 9am to 4.30pm



### Walton Library

Address: The Heart Centre, 54 Hepworth Way, Walton-on-Thames, KT12 1GH

Opening times:

- Monday, Wednesday, Thursday and Friday: 9:30am to 5:30pm
- Tuesday: 9:30am to 7pm
- Saturday: 9:30am to 5pm
- Sunday: 11am to 5pm

## Mole Valley



### Dorking Library

Address: St Martin's Walk, Dorking, RH4 1UT

Opening times:

- Monday, Wednesday and Friday: 9:30am to 5:30pm
- Tuesday and Thursday: 9:30am to 7pm
- Saturday: 9:30am to 5pm



### Harvest Community Church

Address: Stubs Hill, Dorking RH4 2QD

Opening times:

- Monday, Tuesday Thursday and Friday: 10am to 12pm, 2.30pm to 4.30pm
- Wednesday: 2.30pm to 4.30pm



### Fairfield Centre

Address: 34 Swan Court, Leatherhead, KT22 8AH

Opening times: Tuesday, Wednesday and Thursday - 3pm to 6pm

# Guildford



## Ash Library

Address: Ash Street, Ash, Aldershot, GU12 6LF

Opening times:

- Mondays: 2pm to 5pm
- Tuesday, Thursday and Friday: 10am to 1pm and then 2pm to 5pm
- Saturday: 10am to 4pm



## Guildford Library

Address: 77 North Street, Guildford, GU1 4AL

Opening times:

- Monday, Wednesday and Friday: 9:30am to 5:30pm
- Tuesday and Thursday: 9:30am to 7pm
- Saturday: 9:30am to 5pm



## Guildford United Reformed Church

Address: 83 Portsmouth Road, Guildford, GU2 4DU

Opening times: Monday to Friday - 9:30am to 12:30pm



## Oak Cafe, St Peters Shared Church

Address: Bellfields 37 Hazel Avenue, Guildford GU1 1NP

Opening times: Tuesday - 10am to 12.30pm



## St Mary's Church Ash Vale

Address: 203 Vale Road, Ash Vale, Aldershot GU12 5JE

Opening times:

Friday -

- 10am to 12pm community cafe
- 12pm to 1pm soup lunch

# Reigate and Banstead



Holy Trinity Church, Redhill

Address: Carlton Road, Redhill, RH1 2BX

Opening times: Monday - 10.30am to 12pm



Horley Baptist Church

Address: 289 Court Lodge Road, Horley, RH6 8RG

Opening times: Thursday - 10am to 5.30pm



Merland Rise Church, Tadworth

Address: Merland Rise Church, Epsom, Tadworth, KT20 5JG

Opening times: Tuesday - 10am to 6pm (excluding 6 December and 27 December)



Merstham Mix

Address: 2A Portland Drive, Merstham, Redhill, RH1 3HX

Opening times:

- Monday: 2pm to 4pm
- Friday: 2pm to 4pm



Redhill Library

Address: Warwick Road, Redhill RH1 1NN, Floor 1 Quadrant shopping

Opening times:

- Monday, Wednesday and Friday : 9:30am to 5:30pm
- Tuesday and Thursday: 9:30am to 7pm
- Saturday: 9:30am to 5pm



Salfords Village Hall

Address: 13 Honeycrock Lane, Salfords, Redhill, RH1 5DG

Opening times: First Friday of the month - 11am to 12.30pm

# Runnymede



Hebrews Coffee Shop

Address: 140 Church Road, Addlestone, KT15 1SJ

Opening times:

- Tuesday Wednesday and Thursday: 9am to 5pm
- Friday: 9am to 3pm



St Paul's Egham Hythe

Address: Thorpe Road, Staines-upon-Thames, Staines, TW18 3HJ

Opening times: Thursday - 9:30am to 11am for pre-school plus carers, 11:30am to 2pm for adults

# Spelthorne



St Paul's Egham Hythe

Address: Thorpe Road, Staines-upon-Thames, Staines, TW18 3HJ

Opening times: Thursday - 9:30am to 11am for pre-school plus carers, 11:30am to 2pm for adults



Staines Library

Address: Friends Walk, Staines, TW18 4PG

Opening times:

- Monday, Wednesday and Friday: 9:30am to 5:30pm
- Tuesday and Thursday: 9:30am to 7pm
- Saturday: 9:30am to 5pm

# Surrey Heath



## Camberley Library

Address: Knoll Road, Camberley, GU15 3SY

Opening times:

- Monday, Wednesday and Friday: 9:30am to 5:30pm
- Tuesday and Thursday: 9:30am to 7pm
- Saturday: 9:30am to 5pm



## Frimley Green Methodist Church

Address: 8 The Green, Frimley Green, Camberley, GU16 6HF

Opening times: Monday 10.30am - 2.15pm and Thursday 1pm - 4pm



## Frimley Library

Address: Beech Road, Frimley Green, Camberley GU16 6LQ

Opening times:

- Monday: 1pm to 5pm
- Tuesday, Thursday and Friday: 10am to 1pm then 2pm to 5pm
- Saturday: 9:30am to 4pm



## St Martins Church

Address: 231 Upper College Ride, Camberley, GU15 4HE

Opening times:

- Wednesday Cafe: 10am to 11.30am
- Saturday Cafe: 10am to 11am
- Sunday Free Community Breakfast: 10am to 2pm

# Tandridge



Caterham Valley Library

Address: Stafford Road, Caterham CR3 6JG

Opening times: Tuesday to Saturday - 9:30am to 5pm



Lingfield and Dormansland Community Centre

Address: High Street, Lingfield RH7 6AB

Opening times: Wednesday - 10am to 3pm



Oxted Library

Address: 12 Gresham Road, Oxted RH8 0BQ

Opening times: Tuesday to Saturday - 9:30am to 5pm



St Bernard's Catholic Church

Address: Vicarage Road, Lingfield, RH7 6EZ

Opening times: Saturday - From 12:30pm



St John's the Evangelist Church

Address: 83 Dormans High Street, Dormansland, Lingfield,  
RH7 6RA

Opening times: Tuesday - 9am to 3pm



St Peters and St Pauls Church

Address: The Old Town House, Lingfield, RH7 6AH

Opening times: Tuesday - 10am to 3pm



Victoria Sports Social Club

Address: 54 High Street, Lingfield, RH7 6AA

Opening times: Friday - 10am to 3pm



## Westway Centre

Address: 25 Chaldon Road, Caterham, CR3 5PG

Opening times: Monday to Sunday - 10am to 3pm

# Waverley



## Clockhouse Centre Chapel (Age UK Surrey)

Address: Chapel Lane, Milford, Godalming, GU8 5EZ

Opening times: Monday to Friday - 10am to 3pm



## Farnham Library

Address: Vernon House, 28 West Street, Farnham, GU9 7DR

Opening times:

- Monday, Wednesday, Thursday and Friday: 9:30am to 5:30pm
- Tuesday: 9:30am to 7pm
- Saturday: 9:30am to 5pm
- Sunday: 11am to 5pm



## Godalming Library

Address: Bridge Street, Godalming, GU7 1HT

Opening times:

- Monday, Wednesday, Thursday and Friday: 9:30am to 5:30pm
- Tuesday: 9:30am to 7pm
- Saturday: 9:30am to 5pm
- Sunday: 11am to 5pm



## Hale Community Centre

Address: 130 Upper Hale Road, Farnham, Surrey, GU9 0JH

Opening times:

- Monday: 1pm to 3pm
- Wednesday: 11.30am to 1.30pm



Haslemere Town Hall

Address: High Street, Haslemere, GU29 9EL

Opening times: Monday, Wednesday and Friday - 1pm to 3pm



Haslemere Educational Museum

Address: 78 High Street, Haslemere, GU27 2LA

Opening times: Tuesday, Wednesday and Friday - 10am to 12pm



Pathways

Address: Fieldway Community Pavillion

Opening times: Thursday - 12pm to 2pm



St Marks Church and Community Centre

Address: Franklyn Road, Godalming, GU7 2NH

Opening times: Tuesday - 12.30pm to 4.30pm



The Link

Address: Tanners Lane, Church Hill, Haslemere, GU27 1BW

Opening times: Thursday - 10am to 12pm



The Rectory, Parish of Badshot Lea and Hale

Address: St Georges Road, Badshot Lea, Farnham, GU9 9LY

Opening times: Monday - 12pm to 6pm

## Woking



Andy's Community Cafe

Address: St Andrews 7 Goldsworth House, Woking, GU21 3LG

Opening times: Monday to Wednesday - 9am to 3pm



### Eastwood Leisure Centre

Address: Albert Drive, Sheerwater, Woking, GU21 5RF

Opening times: Sunday - 10am to 4pm



### Holy Trinity, Knaphill

Address: Chobham Road, Knaphill, Woking, GU21 2SX

Opening times:

- Monday, Wednesday and Friday: 8:30am to 12pm
- Tuesday: 12pm to 3.30pm
- Thursday: 12pm to 3:30pm and 7.30pm to 9.30pm



### Lightbox

Address: Chobham Road, Woking, GU21 4AA

Opening times:

- Monday: 10.30am to 12.30pm
- Wednesday: 10.30am to 12.30pm
- Thursday: 10.30am to 12.30pm



### Mascot Hub

Address: 43 Dartmouth Avenue, Sheerwater, Woking, GU21 5PE

Opening times:

- Tuesday: 9.30am to 4.30pm
- Wednesday: 9.30am to 4.30pm
- Thursday: 9.30am to 4.30pm



### Renew 88

Address: Knapp Hill Baptist Church, 88 High Street, GU21 2PZ

Opening times:

- Tuesday, Wednesday and Thursday: 9am to 5pm
- Friday: 9am to 3pm



### Salvation Army, Sythwood

Address: Sythwood, Woking, GU21 3BE

Opening times:

- Tuesday: 9.30am to 12pm
- Thursday: 9am to 12pm



### St Mary Of Bethany Church

Address: Mount Hermon, Woking GU22 7UH

Opening times: Monday to Friday - 2pm to 5pm



### St Michaels Church

Address: Dartmouth Avenue, Woking, GU21 5PJ

Opening times: TBC



### St Saviour's Church, Knaphill

Address: Connaught Road, Brookwood, Woking GU24 0AS

Opening times:

- Tuesday: 12pm to 3:30pm
- Wednesday: 9am to 12pm
- Friday: 9am to 12pm



### Woking Library

Address: Gloucester Walk, Woking, GU21 6EP

Opening times:

- Monday, Wednesday and Friday: 9:30am to 5:30pm
- Tuesday and Thursday: 9:30am to 7pm
- Saturday: 9:30am to 5pm

Surrey County Council's directory of support webpage offers information about finances, welfare and wellbeing support.

Get in touch with them on  
Telephone: 0300 200 1008  
(9am to 5pm, Monday to  
Friday, excluding bank  
holidays)  
or SMS 07860 053 465  
[www.surreycc.gov.uk/health-and-welfare/support](http://www.surreycc.gov.uk/health-and-welfare/support)



# Other help that you may be eligible for



Did you know that the government is paying Disabled people with certain disabilities a one off payment of £150? Eligible people should have received the amount automatically in October. For more information visit the link below or ask Citizens advice for their help. It is called the Cost of Living Payment - GOV.UK ([www.gov.uk](http://www.gov.uk))



Households on means tested benefits, including Universal Credit, Pension Credit and Tax Credits, will receive a payment of £650 this year, paid automatically in two instalments.



If you were born on or before 25 September 1956 you could get between £250 and £600 to help you pay your heating bills. This is known as a 'Winter Fuel Payment' See the web page <https://www.gov.uk/winter-fuel-payment>



Hardship funds are available from all the bigger energy suppliers. These are funds specifically earmarked to help customers in need, and often include grants and other help to upgrade boilers and improve insulation. You will need to contact your supplier to ask about how to access this.

**Please complete our cost of living survey!**

A paper copy is enclosed with this issue. We want to know how the current situation is affecting you so we can feed back to commissioners.

Or complete it online: <https://www.surveymonkey.co.uk/r/56H7S6R>

## Top Tips from our members



Thank you to all of our members that have shared their top tips to help keep costs low over the next few months. We have picked a few to share in this issue of Coalition News.

Please do keep sharing your ideas with us.

Smoke alarms should always be on – this is not a corner to cut

# Food savings

- Batch cooking – prepare meals for more than 1 day at a time
- Jack Monroe – bootstrap chef: healthy but cheap shopping and recipe tips - on twitter and other social media platforms.

# Keeping warm

- If you're struggling to heat your whole home, try using a hot water bottle or a blanket
- Use tips from Martin Lewis (Money Saving Expert)
- Increase loft insulation
- Wear more clothes, blankets and scarves

# Saving Energy

- Turn off electrical appliances that you don't need at night
- Use an air fryer
- Use off-peak power for washing machines and dishwashers
- Clean the filters on your washing machines and dishwasher to make them more efficient
- Only heat what we need in your kettle or use a flask so you are boiling the kettle less
- Turn off your internet during the day
- Descale your kettle so it works more efficiently
- Use a microwave instead of a cooker
- Change all light bulbs to energy saving ones

# Quiz time!

1. How many sides does every snowflake have?
2. In the United Kingdom, which year in the 1960's was known as the Big Freeze?
3. What is Canada's National Winter sport?
4. What variety of fruit grows on a Winter Banana tree?
5. True or False – Between May and August, the sun never rises in Antarctica?
6. What's the missing word that comes before leopard, goose and wolf?
7. What Winter flower is also known as the Galanthus nivalis?
8. What is the technical name for the Northern Lights?



Everybody with all of the correct answers will be entered into a draw to win a £20 voucher! Email your answers to [communications@surreycoalition.org.uk](mailto:communications@surreycoalition.org.uk) or text them to 07921 812940 or by post to the office (address on the contact page at the end of this newsletter)

# WEEKLY EVENTS

The following events are run every week and are free of charge. We look forward to seeing you there!

DAY	TIME	ACTIVITY
Every Monday	11am - 12 pm	Virtual Café and craft discussion group
Every Tuesday	4pm - 5pm	Glee Club
Every Wednesday	2.30pm - 3.30pm	Book Chat
Every Thursday	2.30pm - 3.30pm	Quiz
Every Friday	11.30am - 12.30pm	Virtual Café and Get More Active discussion group

Key:

IMHN: Independent Mental Health Network

FoCUS: Forum of Carers and people who Use our Services (this is a forum for people who use, or have used, or care for someone who has used, services from Surrey and Borders NHS Partnership Trust).

DENS: Disability Empowerment Network

# EVENTS JANUARY

DATE	TIME	ACTIVITY
Monday 2nd January	All day	Bank Holiday
Tuesday 3rd January	10am -11.30am	East and Mid FoCUS
Wednesday 4th January	10am - 11.30am	SW FoCUS
Tuesday 10th January	1pm - 2.30pm	North West Focus
Wednesday 11th January	TBC	BAME Mental health Stakeholder Group
Thursday 12th January	1pm - 2.30pm	West FoCUS
Monday 16th January	12.30 - 2pm	Community Equipment Group
Thursday 19th January	10.30am - 12pm	Surrey Vision Action Group
Tuesday 24th January	1.30pm - 3pm	Patient Transport Group
Friday 27th January	1pm – 3pm	IMHN Coordinator Group Meeting

# EVENTS FEBRUARY

<b>DATE</b>	<b>TIME</b>	<b>ACTIVITY</b>
Tuesday 7th February	1.45pm - 4pm	FoCUS committee
Tuesday 14th February	10.30am - 12pm	Long Term Neurological Conditions Group
Wednesday 15th February	10am - 11.30am	NW Mental Health Stakeholder Group
Thursday 16th February	10am - 11.30am	Mid and East Mental Health Stakeholder Group
Thursday 23rd February	11am	IMHN Reps

# EVENTS MARCH

<b>DATE</b>	<b>TIME</b>	<b>ACTIVITY</b>
Wednesday 1st March	1pm - 2.30pm	SW FoCUS
Monday 6th March	10am - 11.30am	East and Mid FoCUS
Monday 6th March	1pm - 2.30pm	North West DENS
Thursday 9th March	10.30am - 12pm	West FoCUS
Friday 10th March	TBC	BAME Mental Health Stakeholder Group
Monday 13th March	1pm - 2.30pm	NW FoCUS
Monday 13th March	6pm - 7.30pm	Surrey wide DENS
Wednesday 15th March	10.30am - 12pm	SW DENS
Monday 20th March	10.30am - 12pm	East DENS
Thursday 23rd March	10.30am - 12pm	Hard of Hearing Forum
Friday 24th March	1pm - 3pm	IMHN Coordinator meeting



## We always love to hear from you!

Office:

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

Phone: 01483 456 558

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Involvement Coordinator  
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Charlotte Payne  
Involvement Officer  
Mobile: 07492 249 513

Katy Hubbard  
Get More Active project  
Phone: 07434 865 062

Immy Markwick  
FoCUS and IMHN  
Phone: 07593 991 993

Sylwia Squires  
Tech to Community Connect Project  
Phone: 07547 016 933

Guy Hill  
Independent Mental Health Network  
Coordinator  
Phone: 07305 009 869

Katy Hubbard  
Get More Active project  
Phone: 07434 865 062

**Surrey Coalition of Disabled People**  
Astolat, Coniers Way,  
Burpham, Guildford,  
Surrey GU4 7HL

## Let us lead you in the right direction...

With over 20 years of experience within direct payments, David Howard Payroll offers a cost effective, simple yet comprehensive service that includes payroll, managed account and invoice only options.

Our friendly, knowledgeable staff are always on hand to answer queries, or reassure anyone nervous about starting their responsibilities as an employer.

### Join us today and benefit from:

- **A full payroll service provided by an experienced and helpful team from £4.00 per payslip.**
- **Free workplace pensions auto-enrolment set-up and support.**
- **Free text messaging reminder service.**
- **Free secure online portal for accessing payroll documents.**