

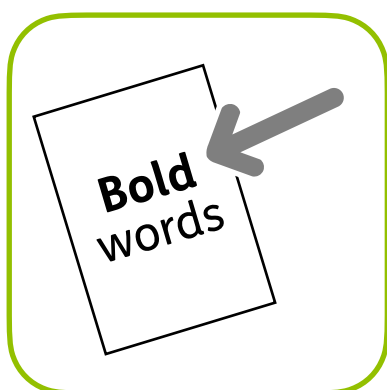


News from Surrey Coalition of Disabled People Winter 2022



Contents

| | |
|--|----|
| Our new Chief Executive Officer (CEO)..... | 3 |
| Roger Blishen | 4 |
| Household Support Fund | 5 |
| Food banks | 7 |
| Warm Hubs | 8 |
| Other help | 10 |
| Cost of living | 13 |
| Some ideas | 14 |
| For more information | 19 |



In this Easy Read document, hard words are in **bold**. We explain what these words mean in the sentence after we have used them.



Some words are [blue and underlined](#). These are links that will go to another website which has more information.

Our new Chief Executive Officer (CEO)



Nikki Roberts has become our new Chief Executive Officer (CEO).



A CEO is the most senior member of staff.



Nikki used to be the Comms Lead at The Coalition - dealing with how we give people information.

Roger Blishen



We are very sad that Roger Blishen died on Tuesday 8 November.



Roger was a member of our board for many years.



Roger was also a local councillor in Waverley and Farnham.

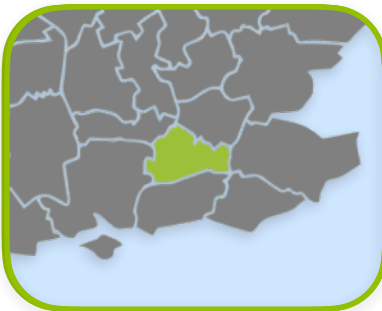


We are thinking about his wife, Ann Blishen, his children and grandchildren at this sad time.

Household Support Fund



We have been asked to give people money from the Government's Household Support Fund.



This money is for disabled adults or adults with a long term health condition who:

- Live in Surrey.



- Need this help immediately.



- Have not had any other money from the Household Support Fund this winter.



Most people will get £250. But some people can get more than £250 if they need it.



You can apply for this money using the form on our website:

[www.surreycoalition.org.uk/
household-support-fund-application-
form](http://www.surreycoalition.org.uk/household-support-fund-application-form)



If you need help to fill in the form, contact us by:

- Email: info@surreycoalition.org.uk



- Phone: 01483 456558



- Text: 07780 933 053

Food banks



Food banks are community organisations that can help if you can't afford the food you need.



You usually need a note from a health professional or a social worker before you can get help from a food bank.



The food bank will give you enough food for 3 days.

Warm Hubs



A Warm Hub is a place you can:

- Drop in.



- Get warm.



- Have a hot drink.



- Be with other people.



Many warm hubs also have free wi-fi so you can use the internet.



Contact us for information about a Warm Hub near you.

Other help



Cost of living payment

Disabled people with certain disabilities will get a one off payment of £150.



You should have got this in your bank account in October.

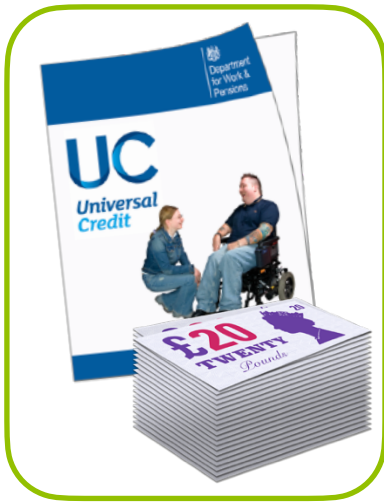


You can get more information from: www.gov.uk/guidance/cost-of-living-payment



You can ask Citizens Advice, if you need help with this.

- Website: www.citizensadvice.org.uk
- Phone: 0800 144 8848



Universal Credit, Pension Credit and Tax Credit

If you get Universal Credit, Pension Credit or Tax Credit, you will get 2 extra payments of £325 this year.



Winter fuel payment

If you were born before 25 September 1956 you could get between £250 and £600 to help you pay your heating bills.



People on a pension will get this in their bank account without doing anything.



You can find out more from:
www.gov.uk/guidance/cost-of-living-payment



Hardship Funds

Most gas and electricity companies will help you if you can't afford to pay your bills.



They may be able to give you money to pay for a better boiler or **insulation**.



Insulation is material that keeps heat in.



You should contact your gas or electricity company for more information.

Cost of living



Cost of living means how much you have to pay for the things you need to live.



Prices are going up. Everyone is having to pay more for the things they need to live.



We want to know how this affects you.



Please fill in our survey which is with this newsletter, or fill in our online survey:
www.surveymonkey.co.uk/r/56H7S6R

Some ideas



Smoke alarms

- Always keep your smoke alarm on.



Food

- You can save money by making meals for more than 1 day at a time.



- There are lots of ideas for healthy but cheap shopping and cooking from Jack Monroe at:
www.cookingonabootstrap.com



Keeping warm

- If you can't afford to heat your room, you could use a hot water bottle or electric blanket to keep warm.



- There are lots of ideas from Martin Lewis, Money Saving Expert: www.moneysavingexpert.com



- Put more insulation in your loft.



- Wear more clothes, blankets and scarves.

Saving electricity



- Turn off electrical equipment that you don't need at night.



- Use an **air fryer** instead of a deep fat fryer.

An **air fryer** will fry your food without using so much electricity.



- Clean the filters on your washing machines and dishwasher.

This makes them work better and use less electricity.



- Only put the amount of water you need in your kettle. Don't boil more water than you need.



- You can put any extra boiling water into a flask to use later.



- Turn off your internet during the day.



- Clean your kettle to remove any **limescale**.

Limescale is a chemical that sticks to the inside of your kettle.

You can find out information about how to remove limescale on the internet.



- Use a microwave instead of an oven.



- Change all light bulbs to LED light bulbs. LED light bulbs use less electricity.

Times when electricity is cheaper



Many electricity companies charge some people less for electricity over night between 11pm and 8am.



You could save money by using your washing machines and dishwashers at times when there is cheaper electricity.



You should contact your electricity company for more information.

For more information



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



If you need more information please contact us by:

- Post:
Surrey Coalition of Disabled People
Astolat
Coniers Way
Burpham
Guildford
GU4 7HL



- Phone: 01483 456558



- Text: 07780 933 053

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