



News from Surrey Coalition of Disabled People Spring 2023



**Easy
Read**

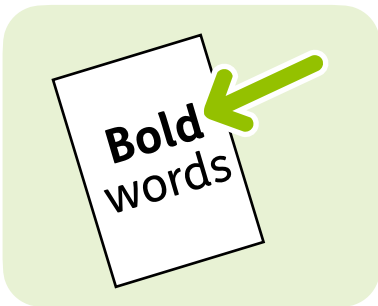
Easy Read



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



This Easy Read information uses easier words and pictures. You may still want help to read it.



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



These are words that some people will find hard. When you see a bold word, we will explain it in the next sentence.



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

What is in this newsletter

Welcome.....	4
News.....	7
Taking part.....	12
Technology news.....	14
Visits.....	15
Activities.....	19
Events happening soon	25
Contact us.....	34

Welcome



Dear Coalition Members

I am pleased to be writing to you as the new **Chief Executive** of Surrey Coalition of Disabled People.

The **Chief Executive** is the person who is in charge of managing the whole organisation.



This Spring newsletter is all about getting active and moving around.



We have a lot of activities to help you get more active and move around that you can take part in this year.

In the past 3 months we have been busy doing things like:



- Delivering a letter to **10 Downing Street** about keeping staff at train stations and on trains so they can support disabled people.

10 Downing Street is where the Prime Minister lives.



- Talking to **Members of Parliament** about our Tech to Connect project.

People vote for **Members of Parliament** to make laws and run the country.



- Meeting with Surrey wheelchair services so we can tell them what you think.



- Sharing our cost-of-living report. Thank you to everyone that took part in this.



- Sharing what we found out about people going into and out of mental health hospitals.



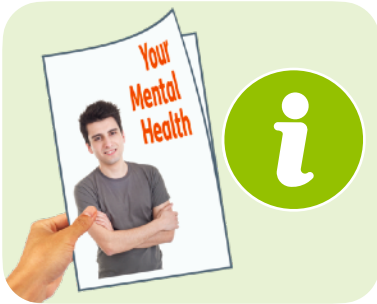
I hope to meet many of you at events and meetings over the next few months.



Very best wishes,
Nikki

News

Mental health news



The mental health team have been collecting information from people that have used mental health services in Surrey.



They have had meetings with people who use mental health services and staff who work with them to find out more.



We have been helping Surrey County Council to think about how to build **supported housing** for people with mental health needs.



Supported housing is when you live in a building with other people who have extra needs so you can be supported better.



We have been working with the NHS to plan more mental health services in local areas.

Pathways to change



Pathways to Change is a project looking at how South-Asian adults find using mental health services.



So far the project has made a survey to find out more information from people who are South-Asian.

In and Out project



This project shared a report of what they found out about people going into and coming out of mental health hospitals.

The project group is:



- Looking at what the report says.



- Thinking about how services could be improved.



You can find out more about this on our website:

[www.surreycoalition.org.uk/
compassion-in-crisis-research-
project-animation](http://www.surreycoalition.org.uk/compassion-in-crisis-research-project-animation)

Living well in later life



Surrey County Council has a plan to support older people called the Living Well in Later Life Strategy.



Surrey County Council would like to hear from older people who want to help them with the plan.



You can find out more about this on Surrey County Council's website: www.surreysays.co.uk/adult-social-care-and-public-health/living-well-in-later-life

Arundel House Care Home



Surrey County Council is asking people about its plans to close Arundel House in Banstead.



They would like to hear what everyone thinks about this.



Surrey County Council will think about what people say before they make their final decision.



You need to tell them what you think by 18 April 2023. Go to their website to find out more:

www.surreysays.co.uk/adult-social-care-and-public-health/arundel-house-closure

Taking part



Our involvement team visits places to see how **accessible** they are to visit for people with disabilities.

Accessible means it is easy to use and suitable for people with different needs.



We visited the Surrey Heartlands NHS office in Millmead to talk to them and tell them what we think.



The team went to RHS Wisley to look at their new **exhibition** that opened in March.

An **exhibition** is an event where you show something interesting to people.



We gave them lots of ideas about how to support disabled people better.



We are planning to visit the Nova Cinema in Woking to help them meet the needs of people who are hard of hearing.



If you would like to be part of the involvement team, please email them on:

involvement@surreycoalition.org.uk

Technology news

Testing technology



We helped the University of Surrey to test a new computer programme that helps people learn about **phishing**.

Phishing is when people try to trick you into giving away your personal information on the internet.



8 people came to our offices to try it out and tell the university what they thought about making it work better.

Tech to Community Connect project



We have a project about finding ways for technology to help people take part in activities.



Nikki told Members of Parliament about our project and heard about other projects doing similar things.

Visits

10 Downing Street

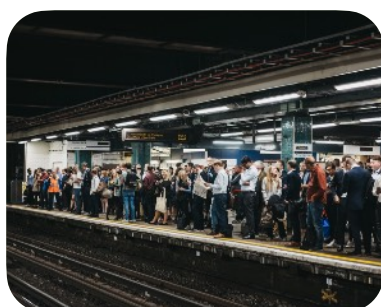
On 20 February some of our members and staff went to 10 Downing Street to hand in a **petition**.



A **petition** is a list of names and signatures of people that all want to make a change or make something happen.

150 organisations signed the petition to ask for:

- All ticket offices in train stations to stay open.
- All staff that work at train stations to keep working there so stations are safe.
- All stations that do not have any staff at the moment to have staff there so they are safe.





This would help disabled people to travel by train on their own whenever they wanted to.



It was a very interesting day going to 10 Downing Street and we will not forget it.

Riding for the Disabled Association (RDA)



We visited Epsom Riding for the Disabled Association (RDA).



The RDA is a charity that brings people and horses together to help people's health and wellbeing.



Epsom is a popular centre and over 300 horse riders do activities there.



People can learn to ride horses at the Epsom centre.



We watched a class in the outdoor area.



People can ride on their own or get support to sit and ride on the horse.



Riders with lots of different disabilities have a good time with the horses.



There was a calm and happy feeling being at the centre and looking at the horses.



You can contact Katy to find out more about going to the Epsom centre:



- Email: katy.hubbard@surreycoalition.org.uk



- Phone or text: 07434 865 062

Activities



We know that being more active and moving around can give you more energy and help you sleep.



It is also good to spend time with people who are interested in the same things that you are.



We can help you to take part in more activities, by giving you:

- Appointments to speak to someone on your own.



- Group meetings every week.



- News about activities in your local area.



We also have a monthly meet up for all members of the Coalition.

Weekly Group Meetings



We have online meetings every Friday morning at 11.30am.



You can come to these meetings to:

- Talk to people who are similar to you.



- Get support and advice.

Please contact Katy for more information:



- Email: katy.hubbard@surreycoalition.org.uk



- Phone or text: 07434 865 062

Active Buddy



It can be scary to start doing a new activity.



We have a service called Active Buddy to help you.

Your Active Buddy will be someone who can help you:



- Get to and from the activity.



- Take part when you are at the activity.



People have told us how great it is to have someone to go to activities with.

Disability Sports Triathlon



Exciting news! We are taking part in the UK's only disability sports **triathlon**.

A **triathlon** is a sports event made up of 3 parts which are usually swimming, cycling and running.



The triathlon is on 12 August 2023 at Dorney Lake in Windsor.



We are looking for people who would like to join our team for the triathlon.



Anyone can take part and the event staff will support you with any needs you have.



No matter how fit you are or what you can do, you can take part if you want to.

There are lots of other ways to take part too, like:



- Coming to watch and cheering for our teams.



- Making superhero costumes for the people in the teams.



The Coalition can take you to the event and give you food and drink while you are there.



If you want to take part or find out more, please contact Katy:

- Email: katy.hubbard@surreycoalition.org.uk



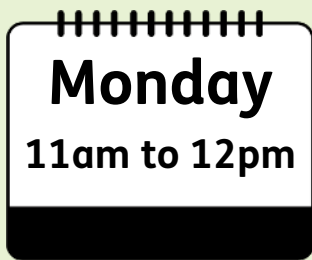
- Phone or text: 07434 865 062

Events happening soon

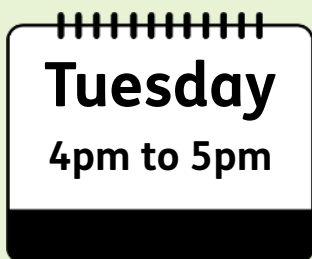


We have lots of events in the next couple of months for you to take part in.

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.

Thursday

2.30pm to 3.30pm

Every Thursday from 2.30pm to 3.30pm, we have our quiz.

Friday

11.30am to 12.30pm

Every Friday from 11.30am to 12.30pm, we have our online café where we can talk about taking part in activities.

Events in March

Wednesday

1

March

1pm to 2.30pm

Wednesday 1 March

1.00pm to 2.30pm

South West Forum of Carers and people who Use our Services (FoCUS).



This is a place to chat for carers and people who have used Surrey and Borders NHS services.

Monday

6

March

1pm to 2.30pm

Monday 6 March

1.00pm to 2.30pm

Disability Empowerment Network (DENS) on Zoom only.



Tuesday 7 March

10.00am to 11.30am

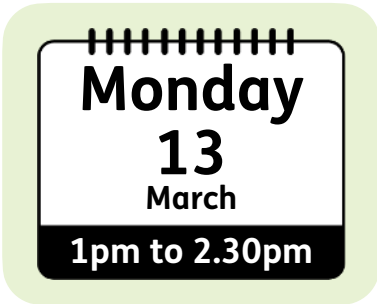
East and Mid FoCUS on Zoom and at Park House, Leatherhead, KT22 0AH.



Thursday 9 March

10.30am to 12.00pm

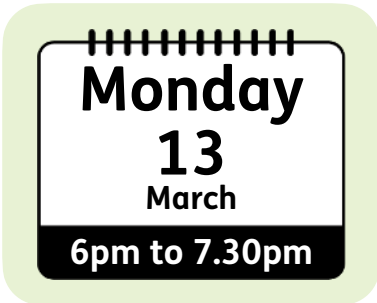
West FoCUS on Zoom and at Aldershot Health Centre, GU11 1AY.



Monday 13 March

1.00pm to 2.30pm

North West FoCUS on Zoom only.



Monday 13 March

6.00pm to 7.30pm

Surrey wide Disability Empowerment Network (DENS) on Zoom only.



Wednesday 15 March

10.30am to 12.00pm

South West DENS on Zoom only.

|||||||
Thursday
16
March
4.30pm to 5.30pm



Thursday 16 March

4.30pm to 5.30pm

Ethnic Minority Mental Health group on Zoom only.

An **ethnic minority** is a small group of people of the same race, in a place where most other people are a different race.

|||||||
Monday
20
March
10.30am to 12pm

Monday 20 March

10.30am to 12.00pm

East DENS on Zoom and at YMCA Sports and Community Centre, Earlswood, RH1 6JJ.

|||||||
Tuesday
21
March
10am to 12pm

|||||||
Wednesday
22
March
10am to 12pm

Tuesday 21 and Wednesday 22 March

10.00am to 12.00pm

Independent Mental Health Network (IMHN) Empowerment training for members.

|||||||
Thursday
23
March
10.30am to 12pm

Thursday 23 March

10.30am to 12.00pm

Hard of Hearing Forum.

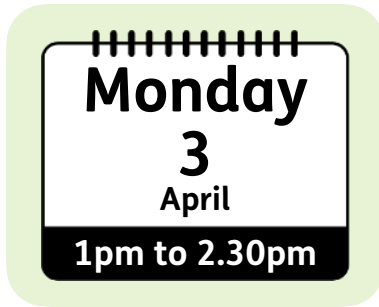


Friday 24 March

1.00pm to 3.00pm

IMHN Coordinating meeting on Zoom only.

Events in April



Monday 3 April

1.00pm to 2.30pm

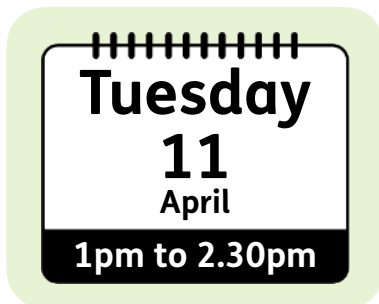
East and Mid FoCUS on Zoom only.



Wednesday 5 April

1.00pm to 2.30pm

South West FoCUS on Zoom and at Guildford Baptist Church, GU2 4BE.



Tuesday 11 April

1.00pm to 2.30pm

North West FoCUS on Zoom and at Hythe Centre, Staines, TW18 3HD.



Wednesday 12 April

10.00am to 11.00am

North West Mental Health group on Zoom only.



Thursday 13 April

10.00am to 11.00am

Mid and East Mental Health group on Zoom only.



Thursday 13 April
1.00pm to 2.30pm

West FoCUS on Zoom only.



Monday 17 April
10.30am to 12.00pm

Community Equipment Group on Zoom and at Millbrook Healthcare, Guildford.



Monday 17 April
1.00pm to 2.00pm

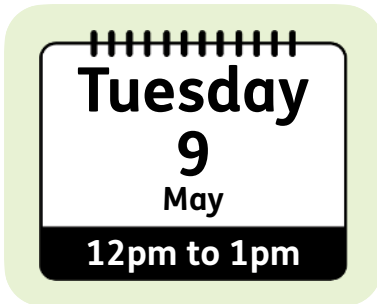
FoCUS reps meeting on Zoom only.



Thursday 20 April
10.30am to 12.00pm

Surrey Vision Action Group on Zoom only.

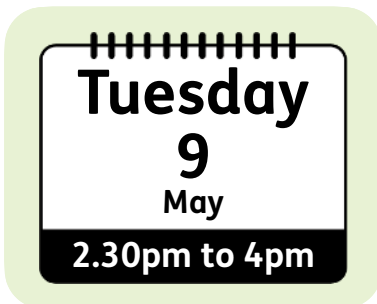
Events in May



Tuesday 9 May

12.00pm to 1.00pm

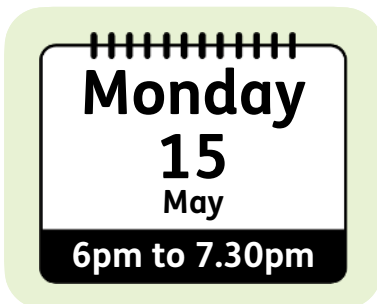
Long Term Neurological (brain) Conditions Group on Zoom only.



Tuesday 9 May

2.30pm to 4.00pm

FoCUS committee meeting on Zoom only.



Monday 15 May

6.00pm to 7.30pm

Surrey Wide DENS on Zoom only.



Thursday 18 May

10.30am to 12.30pm

South West DENS on Zoom and at Godalming Baptist Church.



Thursday 18 May

4.30pm to 5.30pm

Ethnic Minority Mental Health group on Zoom only.



Monday 22 May

10.30am to 12.00pm

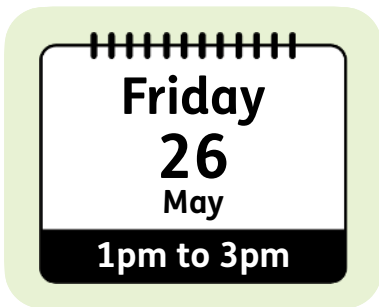
East and North DENS on Zoom only.



Wednesday 24th May

10.00am to 12.00pm

IMHN Confidence Training for Members on Zoom and in person - the place has not been decided yet.



Friday 26 May

1.00pm to 3.00pm

IMHN Coordinators Group on Zoom only.

Contact us



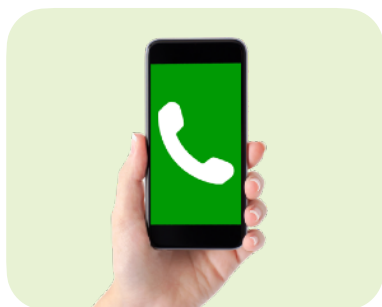
You can look at our website here:

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: 07563 997 932



- Email:
info@surreycoalition.org.uk

This Easy Read information has been produced by easy-read-online.co.uk