

Summer Edition June 2023 Issue Number 79

Coalition News

Technology

Special Edition



the
coalition

Surrey Coalition of
Disabled People



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Welcome from Nikki

Dear Members,

As I write this, the rain is lashing down and I'm hoping that the sunshine makes an appearance soon!

As always, it's been a busy few months at The Coalition. This issue focuses on Technology and our Tech Angel project. Why?! Because we're bursting with excitement that we have secured funding for the project to run for another year thanks to our very generous funders!

In other news, the Involvement Team have been out and about. They have been working on a really exciting project with Surrey Hills to improve access to countryside in Surrey. As a result of this work some improvements have already been made at Newlands corner. Take a look at some of the pictures in the news section.

Another highlight is the launch of the Disability Partnership Board. In November 2022 Surrey County Council's Cabinet approved the Physical Disability and Sensory Impairment Strategy (2022 - 2027) which included the recommendation that we form a partnership board to oversee the implementation of the strategy action plan. The partnership board will be made up of various partners, key stakeholders, and people with lived experience. The first meeting will take place in June!

The research, Pathways to Change, is now well underway. This research project is looking at the experiences of South-Asian adults' mental health services use in Surrey and North-East Hampshire. Many of our team have met with different groups to learn and understand more about people's experiences.

Thanks as ever for all your support, it's very much appreciated. Have a lovely Summer and I hope to see some of you in the coming months. If you haven't already done so, please sign up to take part in the Superhero Tri event! I'll be in the running/walking/wheeling team.

Best Wishes

Nikki

News Update



Upcoming dates for the next Get Togethers

29th June - Alice Holt Inclusive Cycling

July date tbc - Papercourt Sailing

8th July - 6th August - At Home Superheroes

12th August - Superhero Tri

Superhero Triathlon - Founded by Paralympian Sophia Warner in 2016, the Superhero Series was born out of a lack of sporting events for the Everyday Superhero. They aim to hold bold, fun & inclusive sporting challenges, with no cut-off times or equipment restrictions. Please do get in touch with Katy for more information.

Contribution to Care Costs

We have been hearing from members that their contribution to care costs have increased, in some cases quite significantly. These costs have been increased despite no financial or care assessments taking place.

Under the Care Act 2014 the Local Authority have a duty to assess a person to determine eligible needs regardless of the level of the person's financial resources.

We have written to the Director of Adult Social Care to raise our concerns. If you have experienced this, please get in touch.

Please email involvement@surreycoalition.org.uk



Newlands Corner

Some of our members and the Involvement Team staff have been working with the Surrey Hills team to make the countryside accessible to all. The team have visited quite a few different locations now. We were very excited to be invited back to Newlands Corner to view the improvements.

Thank you to our funders

We're very excited to announce that we have received funding for a further year for Tech to Community Connect. A massive thank you to our funders - East Surrey, Surrey Downs and Guildford and Waverley Better Care Fund.

It makes a huge difference to people. Read more about how it helps the residents of Surrey in this issue.

Unfortunately, we have been unable to secure funding for the service to continue in North West Surrey so the service will no longer be running in this area, unless we can secure further funding.

Involvement Update



Our members have been involved in a number of meetings and events including:

The Surrey Wheelchair Service User Forum where members discussed the new Ross Care website and how it could be improved.

The Community Equipment Service meeting where we fed back on the service and discussed ways to improve communication around the return of unwanted equipment and promotion of the SMS text contact number.

The Surrey Vision Action Group (SVAG) where we discussed Sight Loss Councils and how we can build on the work already done by the SVAG and new technology including Artificial Intelligence (AI) and how it can be used by people who are visually impaired.

The River Thames scheme and how this can be accessible to Disabled People.

Our campaigns subcommittee met and discussed campaigns on sick pay, a priority register for broadband, care costs, rights on flights and higher wages for Personal Assistants.

Our Access All Areas group will visit Frensham Pond, Farnham Heath and Thursley to continue our work on making these areas more accessible to Disabled people. The group also revisited Newlands Corner to view the improvements made following our recommendations. You can watch our short video [The Coalition \(@surreycoalition\)](#) | [TikTok](#)

The Disability Empowerment Network groups (DENS) meet in May and will have presentations from the Advocacy Service in Surrey, Trading Standards and transport. If you would like to be involved with the DENS or any of our other groups please contact the Involvement Team at Involvement@surreycoalition.org.uk

Mental Health Update



The mental health team have been working with Surrey and Borders Partnership NHS Trust (SABP) Community Transformation Team. The aim is to provide more mental health services within community settings. Our team has started engaging with Surrey residents, with a focus on reaching out to those who have the highest risks to find out what it is they need from these services to meet people's needs. The team are particularly interested to hear from people who are over the age of 65, neurodiverse, LBTQIA+, a male or from a minority ethnic community.

Research Update

Pathways to Change - In collaboration with Surrey Minority Ethnic Forum (SMEF)

This research project is looking at the experiences of South-Asian adults' mental health services use in Surrey and North-East Hampshire. There is a live survey and the team are looking for people to interview about their experiences. For more information, visit the [Pathways to Change Section](#) on our website

Compassion in Crisis (CIC) is a research project which explores and documents experiences of mental health crisis by Surrey-based autistic adults and/or adults with learning disabilities. For more information, take a look at the [Compassion in Crisis](#) section on our website.



Meet Jen!

Hi I'm Jen! I've recently joined The Coalition as the FoCUS Involvement Coordinator.

I am a confident and friendly person whose motivation is to help others. I use my personal experience with mental ill health alongside previous experience working in customer focused environments to make sure everyone feels valued and celebrated for their differences in a nurturing and inclusive environment.

Outside of work, my happy place is spending time by the coast and being with my family. I am a big kid at heart and try to have as much fun as possible with my son making memories.

We are happy to welcome Jennie into the role and are excited for her to get involved in meeting people who have used SABP services and hearing where improvements can be made. If you would like to get in touch with Jennie, email her at Jennie.Coulson@surreycoalition.org.uk

Physical Activity Update



Get More Active Get Together's:

Spring is definitely here (despite the best efforts of the British weather!) and that means that our popular Get Together's have returned.

We had an enjoyable Walk and Wheel on the 5th May at Farnham Heath RSPB. We had a great morning and learnt lots about the wildlife of the area, as well as being able to share our knowledge for accessibility improvements. We even managed to stay relatively dry!

29th June - Alice Holt Inclusive Cycling. One of our most popular trips last year in the beautiful ancient woodlands of Alice Holt.

21st July - Papercourt Sailing. Come and experience sailing in a variety of boats adapted for all needs.

8th July - 6th August - At Home Superheroes.

12th August - Superhero Triathlon: We are participating in the UK's one and only disability sports triathlon - The Superhero Tri. The event takes place this summer, August 12th at Dorney Lake, Windsor. It is a day full of fun, excitement, and team spirit! It's also a great opportunity to raise funds and awareness for The Coalition. We are very excited to have 4 teams of staff and members taking part as a relay on the day. The relay is split into three sections: swim, bike, run/push. The key concept behind the Superhero Tri event is - inclusivity and creativity. Superhero Tri says: "If you want flippers or floats in the water or need to use your powerchair, we make it possible. In fact, as far as we're concerned anything goes!". So, whatever your level of fitness or ability if you want to join in you can use whatever mobility aid you want to use!



We also have places for the At Home Superhero event for those who are not able to attend on the 12th August in person. The At Home event takes place over 4 weeks with participants all around the world working together to travel virtually around the world. You set your own challenge distance or activity and decide how and when you complete it. If you would like more information or advice on getting involved in either the Get Together's or the Superhero Tri please contact Katy:

Phone/SMS 07434 865062

Email Katy.hubbard@surreycoalition.org.uk

Health and activity tracker loans.

Track your activity and improve your health and wellbeing

- Monitors heart rate, sleep & stress levels
- Tracks fitness & activity
- Lightweight
- Counts distance & calorie burnt
- Use with or without phone app

FREE to borrow from Camberley, Guildford, Merstham, Redhill and Staines libraries.

Tech Angels



What is the Tech Angels Service?

We provide devices, digital literacy training and confidence-boosting support to people from all over Surrey.

Who is the service for?

The service is aimed at people who are at the highest risk of digital exclusion; people who are disabled, people with a long-term health condition, people with mental ill-health, carers, older people and people from Black and minoritised ethnic groups. People who are digitally excluded are also at much higher risk of loneliness and social isolation and we tackle this by getting people connected!

How does it work?

The service is made up of four parts (and you can access all of them, or just the bits you need!)

- We lend you a device that suits your needs (for example, a tablet, a smartphone or a smart home speaker). You can keep the device for 6 months, we then contact you, and if you want to keep it for longer you can!
- We 'match' you up with a volunteer Tech Angel. Together you agree how you would like to be supported and what you would like to achieve. That could be help with online banking, booking healthcare appointments, drafting emails and lots more!
- We connect you to our 'stay connected' virtual social groups, if you would like to join them. We run a weekly quiz, book chat, virtual café and glee club each week. These are very informal but lots of fun!
- We give you the opportunity to become a virtual volunteer if you would like to.

How much does the service cost?

It's free of charge.

I'm in! How do I refer myself or someone I know?

If you would like to refer yourself, please fill in our form below: [TtCC participant registration and agreement - Surrey Coalition of Disabled People](#)



Working together to enhance the local community's technology skills

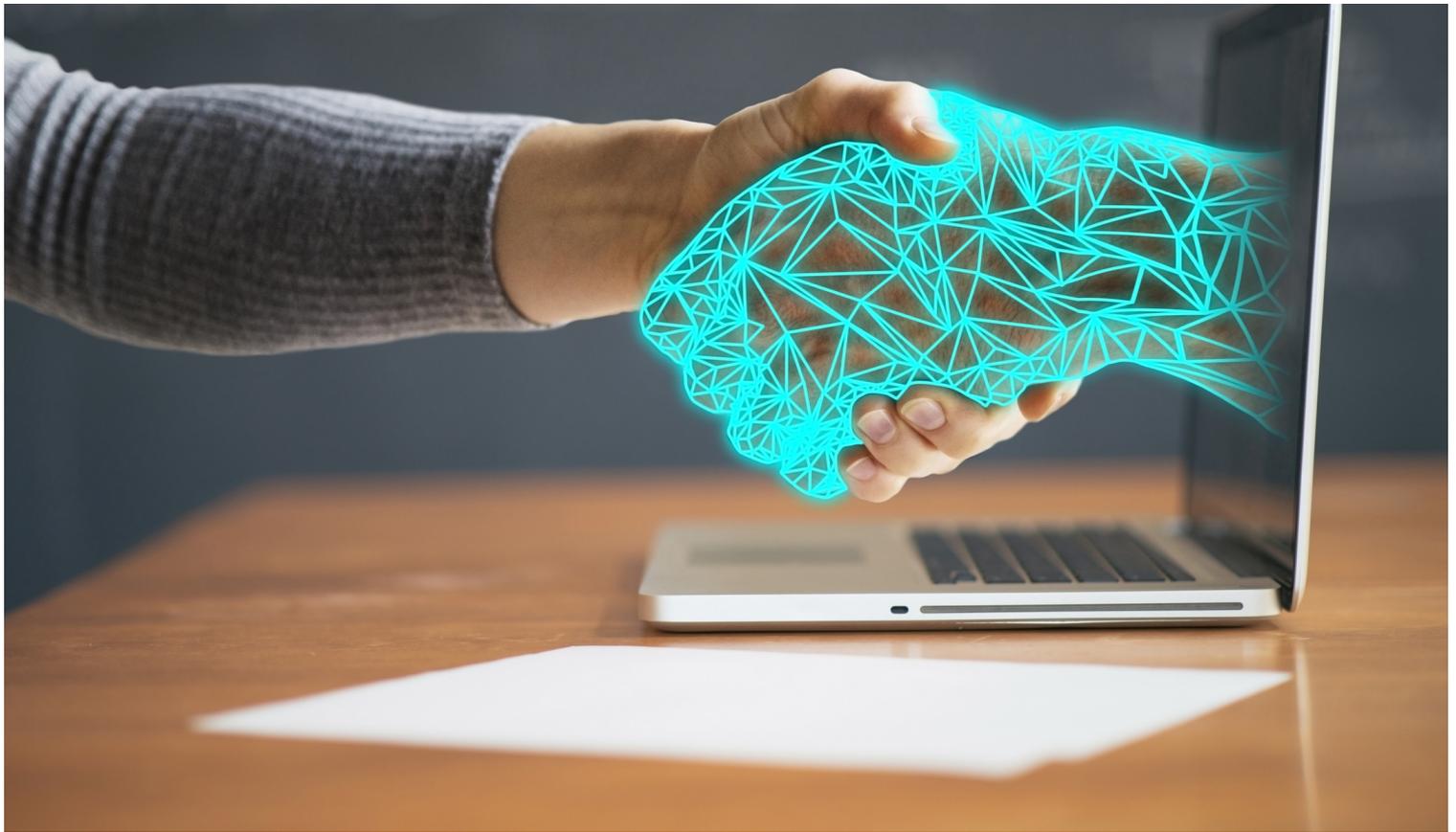
We spoke with Rachel, The Coalition's Technology Trainer about her role and what the Tech Angel Team have been up to recently.

Rachel joined the Technology Team in January of this year, her role involves providing 1 to 1 Technology sessions to Tech Members in their homes, at coffee shops, at residential homes or at the Mole Valley Employment Hub.

Rachel spoke with us about what a typical visit with a Tech Member involves. Firstly, Rachel reviews their needs assessment and personalises the training to each Tech Members individual requirements. Then The Coalition will provide a digital tablet or laptop unless the member already has the device. Rachel will then find out if the member has any experience with using technology, and then build from their individual experience.

We tailor the tech training to each individual to suit their needs and experience. Working with them through six sessions to build technology skills and train them to do tasks such as: online food shopping or ordering a prescription through an online pharmacy. We focus on the process of training being relaxed and enjoyable. We approach the training as a team, working together to develop new skills and in Rachel's words: 'we are sorting this out together!'. Rachel said how the Tech Members find the process very empowering and improves their independence.

Rachel spoke with us about a Tech Member she has recently trained who started off with little experience of using technology and has now become a technology whiz! Rachel helped this Tech Member with setting up internet access, providing the device and technology training. Rachel said how it meant a lot to the Tech Member and they really benefited from the training and having access to technology and the internet. The member made amazing progress with the training and Rachel said they 'went from zero experience to hero!'.



Another area of Rachel's role is visiting the Mole Valley Employment Hub to provide support and technology training to local members of the community and signing up new Tech Members, to find out more information about the Mole Valley Employment Hub please visit the following link: [Mole Valley website](#)

From talking with Rachel one goal is very clear - we work as a team with our members to improve digital inclusion across Surrey.

If you would like to find out more about the Tech Angel project or to sign up as a member please visit the following link: [Tech Angel Project](#)





4 Influencers you need to follow on social media

Daniel M. Jones

He runs a YouTube channel *The Aspie World* (<https://www.youtube.com/c/TheAspieWorld>), which is dedicated to creating more awareness about people with autism, from the autistic perspective.

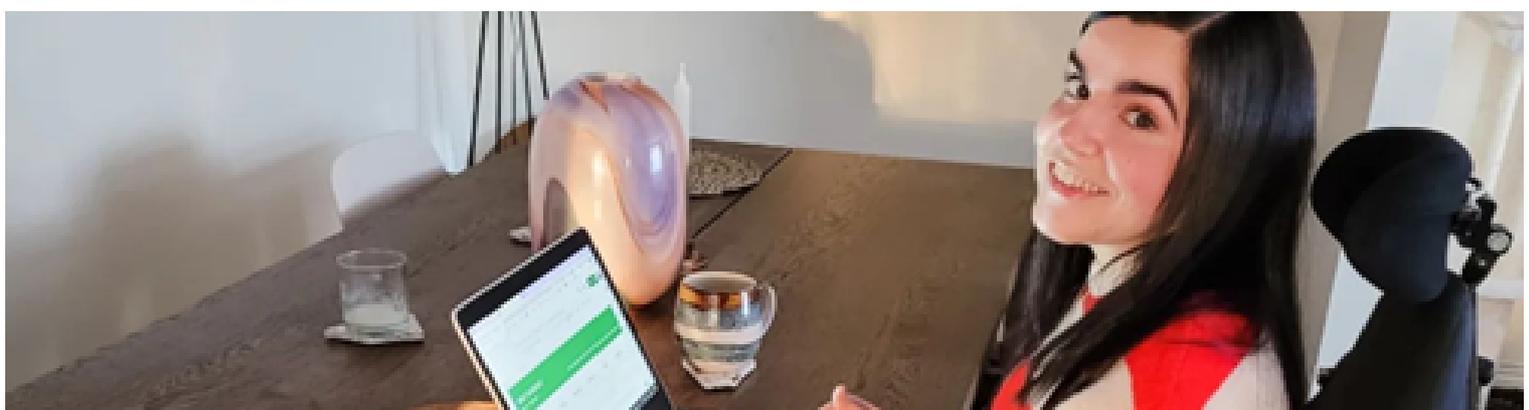
The channel has 234K subscribers. Daniel openly talks about his own experiences living with Attention Deficit Disorder (ADHD), autism, dyslexia and Obsessive Compulsive Disorder (OCD).

He has also created the first ever neurodiverse panel talking about ADHD and autism at VidCon US, which is the largest video convention in the world.

Simply Emma

Emma's blog (<https://www.simplyemma.co.uk/>) is focused on accessibility and travel from the perspective of a wheelchair user. Emma has a muscle wasting condition called Limb Girdle Muscular Dystrophy, which means that she is using a wheelchair.

Emma reviews accommodation, venues, and offers a unique point of view on travelling with a disability. She is trying to encourage people with or without a disability to travel more and make new discoveries, whether that's abroad or in your own hometown. Emma's Instagram account (<https://www.instagram.com/simplyemmablog/>) is also worth visiting!





Luke Sam Sowden

Luke Sam Sowden has a hereditary Eye condition known as Retinitis Pigmentosa, or RP for short. This means that he also has tunnel vision, night blindness and floaters in his eyes, He lives in Bradford, and on his blog (<https://www.lukesamsowden.com/>) he shares his experiences of living with visual impairment. He also writes product reviews and discusses a range of things, including technology, travelling, food and drink.

As he says himself, "I would put my blog squarely in the category of lifestyle. From health and beauty to food and drink and from fashion to the things that happen to me because I'm visually impaired, there's a little bit of everything."

His Instagram account: <https://www.instagram.com/lukesamsowden/>

His Twitter account: <https://mobile.twitter.com/lukesamsowden>

Did you know?

We have worked with more than 1,555 people through our Tech Angel service!

THE UNWRITTEN

Disabled stories,
not inspiration

And finally - The Unwritten

This online magazine publishes essays and news articles written by and for disabled people. Launched in 2020, The Unwritten exists to share different disabled experiences. Stories of success and struggle. Rachel Charlton-Dailey has started this magazine to "give disabled people the space to tell their own authentic stories in a way mainstream media just wasn't allowing."

Did you know?

We have more than 30 Tech Angel volunteers! Our lovely Tech Angels made 82 visits just in April 2023!

If you'd like to get connected, please visit our website

[Tech Angels](#)

Technology Update



Using Alexa to help independent living

Home automation and smart technology has come a long way over the last few years, and currently widely available devices can change the lives of disabled people. Meet Alexa, a small device, which can help you turn on and off pretty much any device in your home, and all you have to do is say a command.

Before this technology became available making your home a smart one could cost thousands of pounds. Now you can transform your home at a low cost, and within minutes. All you need is Wi-Fi, Echo device, perhaps some smart bulbs.

Interesting? Read on.

There are two Echo devices, Echo Dot - a small little thing sitting neatly anywhere you want, and a bigger one Echo Show - the difference is that Echo show has a screen (5, 8, or 10 inches).

By using a smart plug or smart bulbs you can ask Alexa to turn the lights on and off from the comfort of your chair. You can do the same with other devices, such as TV, radio, or kettle.

If you have a Nest or Hive thermostat, you can control that too, by asking Alexa to turn the heating on or off or changing the temperature.

Fancy making a call? No problem, ask Alexa to call someone, and she will.



If you have Echo Show you can even make video calls! This feature can be extremely useful for those people who live alone and have an emergency, but are unable to reach the phone. You can ask Alexa to call 911. It's also possible to send messages, which can be helpful for people with visual or hearing impairments.

Other automations that are possible with the use of Alexa are voice operated curtains or blinds, see who is outside the door (with use of Ring doorbell), do your shopping, start a robotic vacuum cleaner, or remind you of things. You can set up alarms and reminders, for example to take medication.

It can be used for entertainment and communication, for example to play music, audiobooks, podcasts, games, exercise, memory, teach you about health issues, tell you the weather. Alexa has a range of third-party skills and services that can be used to support people with disabilities, such as medication reminders, mental health support, and emergency services.

If you are interested in learning more feel free to give us a call. And if you are in need of such a device, or know someone who is, our Tech to Community Connect project (more info on page [Tech to Community Connect](#) - Surrey Coalition of Disabled People) is able to help with both, provision of a device and a volunteer Tech Angel who can set it up and teach you how to use it.



Wonderful Tech Angels

Our Tech Angel project has helped almost 1600 people across Surrey over the last three years. One of the most important parts of the service are our wonderful volunteers, widely known as Tech Angels. We currently have a team of 30 Tech Angels, who actively support people in learning how to use technology to stay connected and ease social isolation.

We would like to introduce you to two of our wonderful volunteers, Daisy and Nick.

Daisy

I wanted to do some volunteering because I had free time and wanted to spend it helping others in my community, so I had a look at opportunities near me. Tech Angels stood out to me because I felt like I had the abilities to help, and I knew I would be making a difference on a personal level. I think I enjoy getting out and about to see the tech members as much as they enjoy my visits. It is so rewarding to see my tech member's confidence grow, even after just one session. Everyone I have met through volunteering with tech angels has been so lovely, one of my tech members, Letitia, even gave me flowers on my birthday!

"Volunteering with tech angels has definitely increased my confidence when going to new places and meeting new people. Plus, it has given me valuable experience and been a lot of fun!"



Nick

Volunteering to help people with their technology devices, on a one to one basis, in their own homes is a great way to give something back to the community, whilst at the same time keeping the brain active and sharp. Not forgetting that seeing people who had little or no technical skills grow in confidence and be able to use their tech to communicate with friends, relatives, essential services such as health and use on-line shopping is very rewarding - it's all about the sweet smile of success.

As to stories, well there are a few.

Thanks to the project and my help, a tech member was able to order her Sainsbury's shop on the tablet we supplied, as her 15 year old PC would no longer run the Sainsbury's app. This made a huge difference to her!

**Fancy volunteering as a Tech Angel? Contact us on
volunteering@surreycoalition.org.uk**



Meet the team

My name is Sylwia, and I'm a Technology Lead, managing our Tech Angel team. It's a fantastic group of people. I have a fantastic team and we work hard to bring technology to as many people in Surrey as possible! However, my job isn't without its challenges!

For me, the challenge is to secure funding for the project (together with Nikki Roberts, our CEO), as we have currently only secured funding for one year. It would be wonderful to have some more security through securing longer term funding for the project. We will keep trying though!

One of the lovely parts of my job is running the Surrey Digital Inclusion Steering Group Meeting, which is a quarterly gathering of professionals from across Surrey, which aims to share the knowledge, challenges, funding opportunities, technology projects, and everything tech going on in Surrey. If you'd like to be part of those meetings, please send me an email (sylwia.squries@surreycoalition.org.uk) and we will include you in the distribution list.



Caroline, Volunteer Coordinator

My name is Caroline and I joined Surrey Coalition as a Volunteering Coordinator on the Tech to Community Connect project in April 2021.

As one of the project's two Volunteer Coordinator's, my role is to recruit, train and manage our wonderful Tech Angels. We are very lucky to have such a diverse spread of volunteers, who have joined us from wide ranging backgrounds in both their work and home lives. Their expert knowledge of everything digital coupled with their dedication and enthusiasm to help people makes working alongside them a joy!

I'm really looking forward to this year expanding our team of volunteers to enable us to support more people become digitally connected and computer confident!



Jean, Volunteer Coordinator

My name is Jean Parker, and I've been a Volunteer Coordinator with Tech to Community Connect for about 20 months now – since September 2021. I really enjoy working as a part of a small, friendly and dynamic team, but my favourite part of the role is the contact I have with our lovely volunteer Tech Angels. I know each of our volunteers by name, and I enjoy the opportunities I have to chat with many of them on the phone. It's always good to get to know them a bit more and try to ensure that I am supporting them as well as I can in the time I have.

Reading their visit reports are an important daily task, and much of the time there is great encouragement in seeing the progress that is being made by the people they are helping – many of whom I've spoken to on the phone at the time of matching them with the volunteer. This makes my job so rewarding, seeing the real, tangible impact of our work on individuals. They are real people, not just numbers on a page.

To me each individual person is important, so I would love to see the project grow, with more volunteer Tech Angels, and more people being helped. It would be great to see more volunteers and referrals in the more rural areas of the county. I don't want anyone in Surrey to be digitally isolated if they needn't be.



Heather, Area Coordinator

I'm Heather, I am the Area Coordinator for the Tech to Community Connect project for Surrey Coalition of Disabled People. I started this role at the start of the year, January 2023, so have been Area Coordinating for four months now!

My role is essentially to be the first (and last) point of contact for our Tech Members. When people first get referred to us, it is me who calls up and find out how we can best help. I then assign them a device (if it is needed) and post it off to them. I then pass the reigns to the Volunteer team, who assign them lessons with one of our brilliant Tech Angel volunteers. Once the Tech Member has had the device for a year, and finished all their lessons, I complete their journey with the Tech to Community Connect project by calling them a final time, where we discuss if they would like to keep the device for good and find out how much they felt they have learnt with us, among other things.

The most enjoyable part of my role is speaking to the Tech Members – it is wonderful to hear that you can be a small part of making someone feel more connected and better equipped to approach the modern world! The biggest challenges are being able to make all the phone calls needed – when we have dozens of new members a week, and thousands of members already on the project to call, it can be tricky to keep up sometimes!

In an ideal world, digital isolation will be eradicated, and everyone will have the access and confidence in technology to feel connected and supported. This is the ultimate aim of the Tech to Community Connect Project and what the team strives to do every day.



Rachel, Technology Trainer

My name is Rachel, and I am the Coalition's only employed technology trainer, or Tech Angel, as we like to call ourselves. I've been a member of the Tech Team since January. My job involves teaching people with disabilities and various health or mental conditions how to use technology to improve their lives.

Since teaching is not only my profession but also my passion, I enjoy seeing people gain knowledge and, as a result, gain confidence and independence in using technology. After nearly 6 years of working only online, I do enjoy the human interactions and seeing smiles on my students' faces when they discover new tools or realise how capable they are.

However, I sometimes have to face certain difficulties or tasks on certain days, such as technical problems beyond my control, or I have a tech member who needs a different approach to teach them. I take it as part of the job and the trouble-shooter in me immediately steps in. Which is another aspect of my job that I enjoy.

Looking ahead, I hope to become the Coalition's Tech Guru, to whom anyone inside and outside the Coalition can turn for advice and help, as well as to see the Tech to Community Connect project grow and expand, empowering more people with disabilities to use technology in their daily lives.

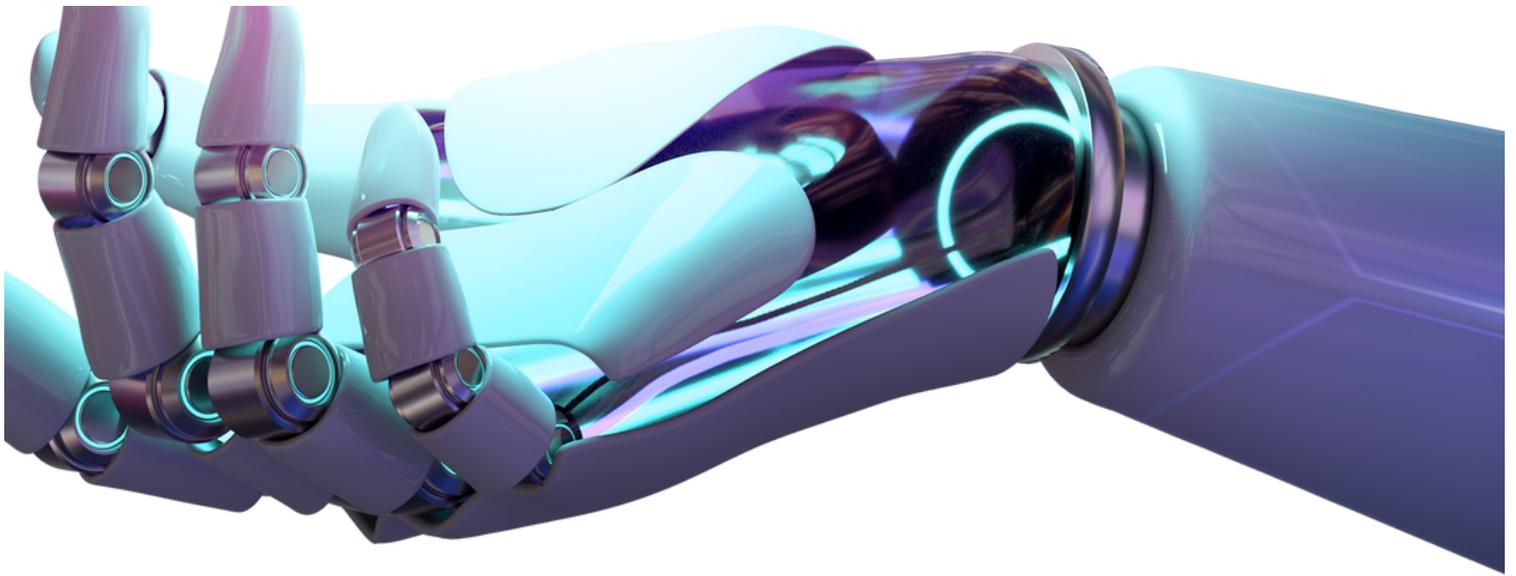


Apps for people with disabilities

There are many apps available that are designed to help disabled people in various ways. Here are some examples of apps that can be helpful for people with different disabilities:

1. Voice recognition apps such as Google Assistant or Siri can be helpful for people with mobility impairments who have difficulty using their hands to operate their devices.
2. Be My Eyes (Be My Eyes - See the world together) is an app that connects blind or visually impaired users with sighted volunteers who can help them with tasks such as reading labels or identifying objects.
3. Ava (Professional & AI Based Captions for Deaf & HoH | Ava) is an app that provides real-time captioning for people who are deaf or hard of hearing, making it easier for them to communicate in group settings.
4. MyTherapy (Medication Reminder and Pill Tracker App – MyTherapy (mytherapyapp.com) is an app that helps people with cognitive impairments manage their medications by sending reminders and tracking their adherence.
5. TalkBack. This app is an accessibility service that helps blind and visually impaired users interact with their Android devices by providing spoken feedback.
6. Wheelmap (Wheelmap - Find wheelchair accessible places). This app helps individuals with mobility disabilities by providing information about the accessibility of places, such as whether they have wheelchair ramps or accessible bathrooms.
7. Project Relate (Google) A communication tool for people with non-standard speech (blog.google) a new Android app that aims to help people with non-standard speech communicate more easily with others and interact with the Google Assistant.

It's important to note that the effectiveness of these apps will depend on the specific needs and preferences of the user. Consulting with a healthcare provider or disability advocate can be a good way to identify the most appropriate apps for a particular individual.

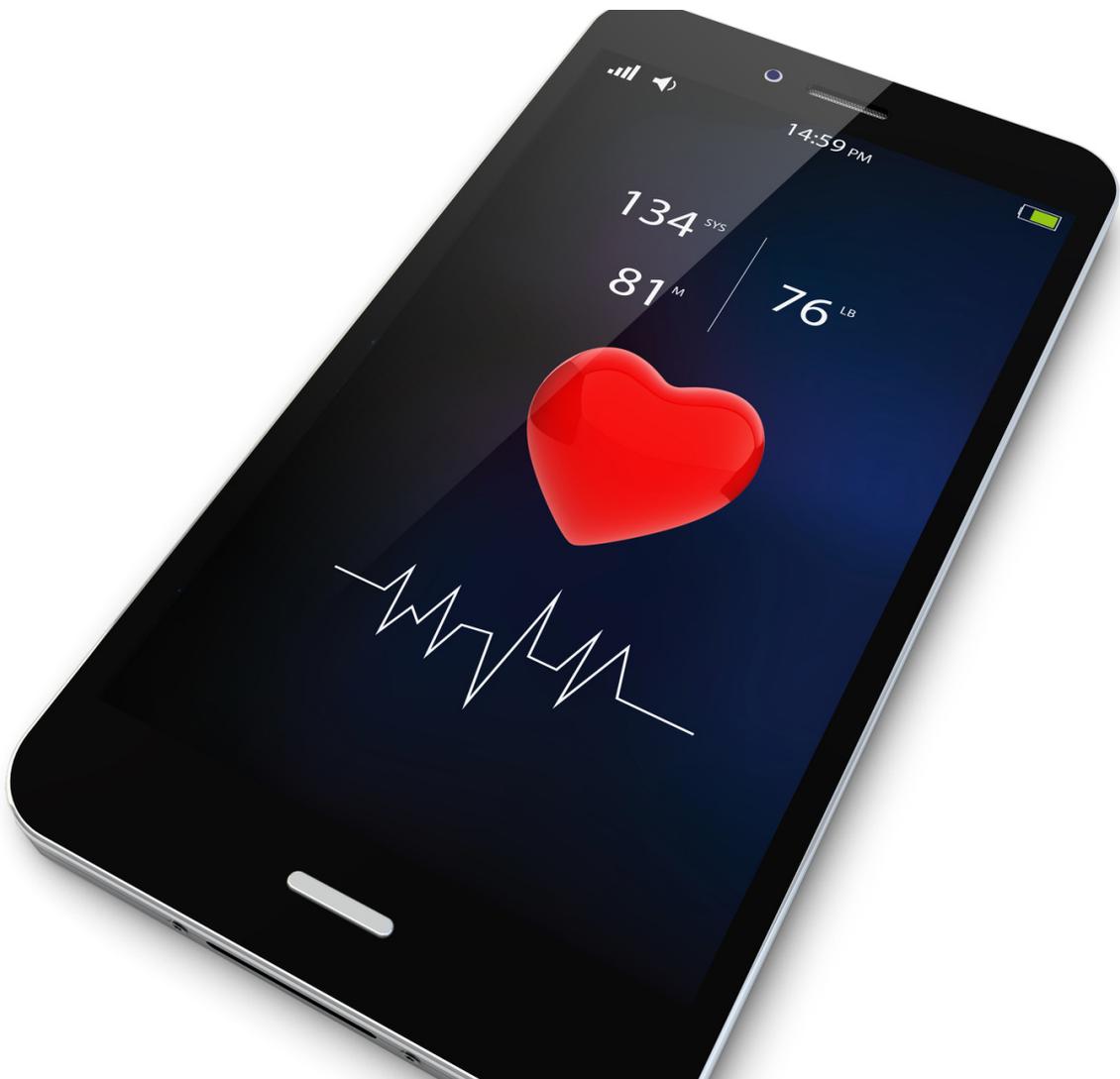


The next big thing you need to know about - Artificial Intelligence

Artificial Intelligence, or AI, is the next big thing that everybody talks about, but a lot of people struggle to understand what the hype is about. In a few words, it's the ability of machines or computer programs to perform tasks that typically require human intelligence, such as learning, problem-solving, and decision-making. This is achieved through the use of algorithms, statistical models, and other advanced technologies that enable machines to learn from data and improve their performance over time. AI is used in a wide range of applications, from speech recognition and image processing to autonomous vehicles and predictive analytics.

AI can be beneficial in various ways for disabled people. For instance, speech recognition software powered by AI can convert spoken words into written text, which can help individuals with speech disabilities to communicate easily. In addition, AI-powered assistive devices such as smart wheelchairs or prosthetics can enable people with physical disabilities to move more independently. Similarly, AI-powered computer vision systems can assist individuals with visual impairments by analysing images and providing descriptions of the content. Apps and tools powered by AI can also aid people with cognitive disabilities to learn and communicate. Finally, AI-powered healthcare systems can provide personalised care to disabled people by using predictive analytics to identify health risks and using virtual assistants to offer remote healthcare support.

Why not try AI: Learning, Problem-Solving. (openai.com) to start with!



Apple Mood tracker and Health App for Ipad

Apple is set to unveil new health-related features in the upcoming iOS 17 update that will be showcased in June. Among these features is an emotion tracker, which will allow users to monitor their mood and view their progress over time.

Additionally, Apple plans to introduce the Health app on the iPad, giving users more screen space to view their health metrics, such as electrocardiogram results, prescriptions, lab tests, and more.

The Health app is also set to gain new features for managing vision conditions like near-sightedness. As previously rumoured, the Augmented Reality/Virtual Reality (AR/VR) headset Apple has in development will include health-centric features, such as a meditation app that will walk users through calming meditations.

Other major future health plans include blood pressure monitoring for the Apple Watch and non-invasive glucose monitoring, both functions that Apple has been working on for many years.



Cyber security

We all know that it's important to stay safe online, but also how easy it is to get scammed! Here are a few things you **always** have to remember:

1. Use strong passwords: Make sure to use strong and unique passwords for all of your accounts, and avoid using the same password for multiple accounts.
2. Keep your software up to date: Regularly update your software, including your operating system, web browsers, and other applications, to ensure that you have the latest security patches.
3. Be cautious of phishing scams: Be careful of suspicious emails, texts, or phone calls that ask you to share personal information or click on a link. Always verify the sender's identify and the legitimacy of the message before taking any action.
4. Use two-factor authentication: Enable two-factor authentication whenever possible, which adds an extra layer of security to your accounts by requiring you to enter a code in addition to your password.
5. Secure your home network: Protect your home network by using a strong password for your Wi-Fi network, regularly updating your router's firmware, and disabling any unnecessary network services.
6. Backup your data: Regularly backup your important data to an external hard drive or cloud storage service to prevent data loss in case of a cyber attack or hardware failure.



7. Use antivirus software: Install and use reputable antivirus software on all of your devices to protect against malware and other security threats.

8. Be aware of social engineering tactics: Cyber criminals may use social engineering tactics, such as pretending to be a trusted authority or creating a sense of urgency, to trick you into sharing sensitive information. Be aware of these tactics and always verify the authenticity of requests for information.

9. Limit your online footprint: Be mindful of the personal information you share online footprint: Be mindful of the personal information you share online, and limit the amount of information you post on social media and other public platforms.



WEEKLY EVENTS

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

DAY	TIME	ACTIVITY
Every Monday	11am - 12pm	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 JUNE

DATE	TIME	ACTIVITY
Tuesday 6th June	10.00am - 11.30am	East & Mid FoCUS in person at Woodhatch Centre, Whitebeam Drive, Reigate and on Zoom
Wednesday 7th June	13:00pm - 14:30pm	SW FoCUS on zoom
Thursday 8th June	13:00pm - 14:30pm	West FoCUS in person High Cross Church, Camberley
Monday 12th June	13:00pm - 14:30pm	NW FoCUS on Zoom only
Monday 12th June	7.00pm - 8.00pm	Young Adults Group on Zoom only
Wednesday 14th June	10:00am - 11:00am	NW Mental Health Stakeholder Group on Zoom only
Thursday 15th June	10:00am - 11:00am	Mid & East Mental Health Stakeholder Group on Zoom only
Thursday 22nd June	10:30pm - 12:00pm	Hard of Hearing Forum in person at Park House and on Zoom
Monday 26th June	7.00pm- 8.00pm	Young Adults Group on Zoom

EVENTS JULY

DATE	TIME	ACTIVITY
Wednesday 5th July	13:00pm - 14:30pm	SW FoCUS in person at Guildford Baptist Church Queens Street Godalming and on Zoom
Monday 10th July	13:00pm - 14:30pm	NW FoCUS in person venue TBC and on Zoom
Monday 10th July	7.00pm - 8.00pm	Young Adults Group on Zoom only
Thursday 13th July	10:00am - 11:30am	West FoCUS on Zoom
Thursday 13th July	16:30pm - 17:30pm	Minority Ethnic Mental Health Stakeholder Group on Zoom only
Monday 17th July	11:00am - 12:00 noon	FoCUS Reps meeting on Zoom
Tuesday 18th July	10.30am - 12.00 noon	Long Term Neurological Conditions Group on Zoom
Thursday 20th July	10.30am - 12.00 noon	Surrey Vision action group in person at Park House Leatherhead and on Zoom

DATE	TIME	ACTIVITY
Friday 21st July	13:00pm - 15:00pm	IMHN Coordinating Group Meeting on Zoom
Monday 24th July	7.00pm - 8.00pm	Young Adults Group

EVENTS AUGUST

DATE	TIME	ACTIVITY
Monday 7th August	7.00pm - 8.00pm	Young Adults Group on Zoom
Tuesday 8th August	14:30pm - 16:00pm	FoCUS Committee on Zoom
Tuesday 15th August	11:30am - 13:00pm	Meeting Chairing Training on Zoom only
Wednesday 16th August	11:30am - 13:30pm	Meeting Chairing Training on Zoom only
Thursday 17th August	10:00am - 11:00am	Mid & East Mental Health Stakeholder Group on Zoom only
Monday 21st August	7.00pm - 8.00pm	Young Adults Group on Zoom

EVENTS SEPTEMBER

DATE	TIME	ACTIVITY
Monday 4th September	10.30am - 12.00 noon	NW Disability Empowerment Network In Person at Goldwater Lodge Working and on Zoom
Monday 4th September	7.00pm - 8.00pm	Young Adults Group on Zoom
Tuesday 5th September	13:00pm - 14:30pm	East & Mid FoCUS In person venue TBC and on Zoom
Wednesday 6th September	13:00pm - 14:30pm	SW FoCUS on zoom
Monday 11th September	13:00pm - 14:30pm	NW FoCUS on zoom



We always love to hear from you!

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