



News from Surrey Coalition of Disabled People

Summer 2023



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 than the original information. 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.

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Welcome from Nikki



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



This newsletter focuses on technology and our Tech Angel project.



We are really pleased that we have got the money to run this project for another year.



We are also pleased to see the launch of the Disability Partnership Board.



This is a group of people who will check how well Surrey County Council's plan to support disabled people is working.



We have been looking into what South-Asian adults think of the mental health services they use.



Our team has met with different groups to understand more about what people think.



Thank you for your support.
I hope you have a lovely summer.
I hope to see many of you in the coming months.

Best wishes,

Nikki

News



Care costs

We have heard that members are having to pay more for their care.



The law says that the council must check if people can afford to pay for their care.



We have written to the Director of Adult Social Care at Surrey County Council to tell her about this.



If you are worried about the cost of care, please contact us by email: involvement@surreycoalition.org.uk

Newlands Corner



Some members have been working with the Surrey Hills team to make it easier for disabled people to enjoy the countryside.



The team has visited lots of different places in the countryside.



We are looking forward to going back to Newlands Corner to see how they have made it better.

Thank you to our funders



Our funders are organisations that give us money to do our activities.



We have now got enough money to do the Tech to Community Connect project for another year.



This project makes a big difference in people's lives.



Sadly we have not got money to carry on with this in North West Surrey.

Activities

Our members have taken part in lots of different activities, including:



- The Surrey Wheelchair Service User Forum, where members talked about how to make the new Ross Care website better.



- Talking to the Community Equipment Service about how to make the service better.



- Talking about how new technology can support disabled people with the Surrey Vision Action Group.



- Our campaigns group meeting to talk about our campaigns.

Our members have also taken part in:



- Visiting Frensham Pond, Farnham Heath and Thursley to help make these places easier for disabled people to use.



You can watch our short video about this on TikTok:

www.tiktok.com/@surreycoalition/video/7221899466503146779



- The Disability Empowerment Network (DENS) heard from different council services. If you would like to take part in DENS, please email: involvement@surreycoalition.org.uk

New Involvement Coordinator



Please meet Jen, our new Involvement Coordinator.

She says:



I am a confident and friendly person and I want to help others.



To help me do this job I use my past mental ill health and what I learned from working with customers.



In my spare time, I love being by the sea and being with my family.



We are excited for Jen to meet members.



She is looking forward to hearing what can be improved.



If you would like to get in touch with Jen, please email her at:

jennie.coulson@surreycoalition.org.uk

Being active



We have now started our Get Togethers again!

We had a good Walk and Wheel on 5 May at Farnham Heath RSPB.

Some of our upcoming Get Togethers are on:

**Alice Holt
Inclusive
Cycling**

- 29 June: Alice Holt Inclusive Cycling. This was one of our most popular trips last year. It is in the beautiful woodlands of Alice Holt.


Papercourt
Sailing Club

- 21 July: Papercourt Sailing. You can have a go at sailing in different boats that can suit different needs.

We also have more get togethers upcoming on:



- 8 July to 6 August: At Home Superheroes.



This is an event you can be part of at home.



You can work with people around the world to travel somewhere online.



You can set your own goal and decide when you want to do it.



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



We are taking part in the UK's only disability sports triathlon.



The event is happening at Dorney Lake in Windsor.



We are very pleased to have 4 teams taking part in the event.



If you would like any more information about these events, please contact Katy:

- Phone or text: 07434 865 062
- Email: katy.hubbard@surreycoalition.org.uk

Health trackers



You can borrow a free health tracker from libraries in Camberley, Guildford, Merstham, Redhill and Staines.



The trackers can help you be more healthy by telling you about your:

- Heart rate.



- Sleep.



- Stress levels.



- Fitness and activity.

Technology

Tech Angels



Tech Angels is a service that helps people to be more confident with using technology.



It is for people who cannot use technology or find it difficult.

It is a free service.



People who cannot use technology are more likely to feel lonely.



We want to help people to feel more connected to others.

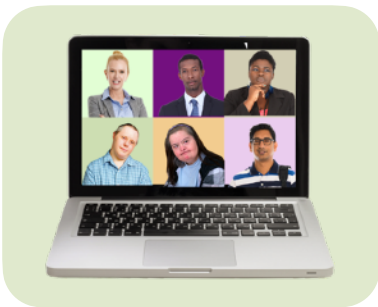
The Tech Angels service is made up of 4 parts:



1. We lend you a piece of technology that you need, like a tablet or smartphone.



2. We pair you up with a Tech Angel - this is someone who can support you with how you want to use technology.



3. You can join a 'stay connected' group of other people like you to do things like online chats and quizzes.



4. We give you the chance to be an online volunteer if you would like to.



You can use any or all of these different parts of the service.



If you would like to use this service, please fill in this form:
www.surreycoalition.org.uk/areas-of-work/technology/ttcc-participant-registration-and-agreement



You can also find out more about the service on this website:
www.surreycoalition.org.uk/areas-of-work/technology/tech-to-community-connect

Meet 2 of our Tech Angels



Our Tech Angels have helped almost 1600 people in Surrey over the last 3 years.



We would like to tell you about 2 of them.



Daisy

Daisy wanted to help others in her local area.



She chose to be a Tech Angel as she knew she could make a difference in people's lives.



She said it is great to see people getting more confident with using technology.



Nick

Nick thinks that being a Tech Angel is a great way to help people in his local area.



It also helps to keep his brain active and sharp.

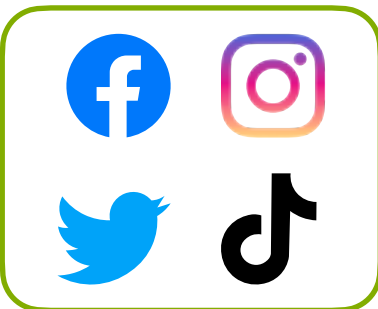


He was able to help a member to order her shopping on a tablet. This made a big difference to her life.



Do you want to be a Tech Angel?
Email us at:
volunteering@surreycoalition.org.uk

Who to follow on social media



Social media is websites like Facebook, Twitter, Instagram and TikTok.

There are 4 people we think you need to follow on social media:



1. Daniel M. Jones - he has a page on YouTube called The Aspie World that tells people about what it is like to have autism.



You can see his YouTube channel here:
[www.youtube.com/c/
TheAspieWorld](https://www.youtube.com/c/TheAspieWorld)



2. Simply Emma - she has a website that looks at travelling as someone who uses a wheelchair.



You can visit her website here:
www.simplyemma.co.uk



3. Luke Sam Sowden has a visual impairment that affects what he can see. He shares what it is like to live with a visual impairment on his website:
www.lukesamsowden.com



4. The Unwritten - this is an online magazine that shares stories and news written by and for disabled people:
www.theunwritten.co.uk

Technology update

Using Alexa to help you live on your own



Alexa is a piece of technology that you can ask to do things, like turn something on or off in your home.



There are lots of different ways Alexa can be used if items in your home are connected to it.



To find out more, visit our Tech to Connect website:

www.surreycoalition.org.uk/areas-of-work/technology/tech-to-community-connect

Meet our Technology Lead



Sylwia is our Technology Lead and she is managing the Tech Angel team.



She says:

Tech Angels is a great team that works hard.



We are working on finding more money to keep the project going in the future.



One of the nice things about my job is running the Surrey Digital Inclusion Steering Group where people share what they know about technology.



If you would like to be part of this group, please email Sylwia at: sylwia.squires@surreycoalition.org.uk

Apps for people with disabilities



An **app** is a computer programme for your phone, tablet or computer.

These are some apps that can support disabled people:



1. Voice recognition, like Google Assistance or Siri. These can help people who find it difficult to use their hands.



2. Be My Eyes, this connects people who are blind or visually impaired with people who can help them to do tasks like reading labels.



3. Ava is an app that writes **captions** as people are speaking.

Captions are the words that people say written down.



MyTherapy

4. MyTherapy is an app that reminds people to take their medicine.



5. TalkBack helps blind and visually impaired people use their phone or tablet by saying what is on the screen.



wheelmap

6. Wheelmap helps people to see if the places they are going are accessible, like having ramps or accessible toilets.



7. Project Relate helps if you do not speak like most people. It helps Google Assistant to understand you.

Artificial Intelligence (AI)



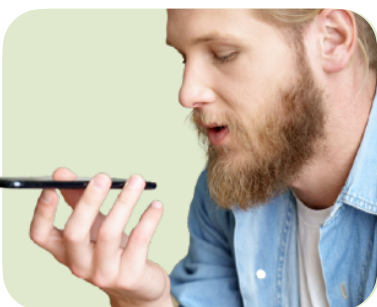
AI is the next big thing that lots of people are talking about.



It is machines or computers doing tasks that usually would need a human to think about.



AI uses information that it is given by humans to work out answers or make decisions.



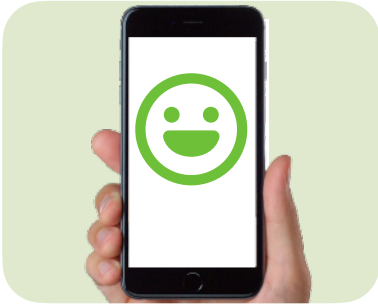
AI can help disabled people in many ways, like changing spoken words into written words.



Why not try AI by going to this website:

www.openai.com

Apple health apps



Apple is releasing an emotion tracker that helps people record their moods.



Apple is also planning to put the Health app on the iPad so people can see their health information on a bigger screen.



In the future, Apple Watch will be able to measure your **blood pressure**.

Blood pressure is a measure of how hard your heart has to work to pump blood around your body.

Being safe online



We all know how important it is to stay safe online.

Here are a few things to always remember:



1. Use strong passwords. Do not use the same password for every log in you have.



2. Keep your computers and other technology up to date.



3. Be careful with emails from people or companies you do not know. Always check you can trust who the email is from before clicking links.



4. Use two-factor log in. This is an extra security step when you log in to your accounts. You have to type in a short code as well as your password.



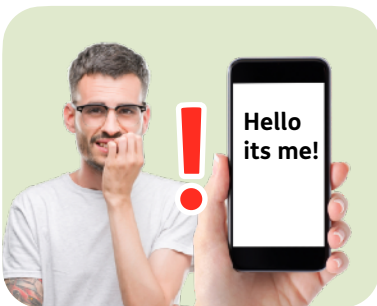
5. Make sure you have a strong password for your home internet.



6. Save your files to another place so you do not lose them. This could be a hard drive or the cloud.

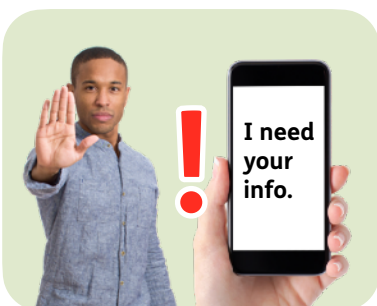


7. Use an anti-virus program on your devices to stop any viruses from getting in.



8. Be careful of people:

- Pretending to be someone in your family or a friend asking for information.



- Telling you that something bad will happen if you do not give them your information.



9. Think about how much information you share online and try not to share too much on social media.

Mental health update



The mental health team have been working with the NHS in Surrey.



We want to see more mental health services in local areas.



Our team has started talking to people in Surrey about what they need from mental health services.

Research update



Research means collecting information about something to find out more about it.

Pathways to Change



This is a project looking at what South-Asian adults think about mental health services.



The team are still looking into this and would like to hear from anyone who is South-Asian and has used mental health services.



To find out more, please go to:
www.surreycoalition.org.uk/pathways-to-change-survey

Compassion in Crisis (CIC)



This is a project finding out what autistic adults or adults with a learning disability think about mental health services they have used.



To find out more, you can go to our website:

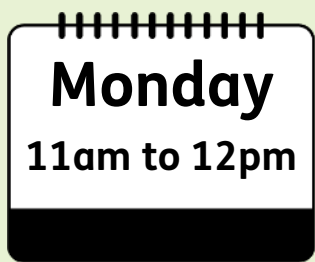
[www.surreycoalition.org.uk/
compassion-in-crisis-research-
project-animation](http://www.surreycoalition.org.uk/compassion-in-crisis-research-project-animation)

Events happening soon

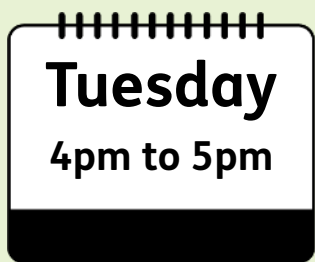


We have lots of events in the next couple of months for you to take part in.

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 June



Tuesday

6
June

Tuesday 6 June

East and Mid Forum of Carers and people who Use our Services (FoCUS).

On Zoom and at Woodhatch Centre, Whitebeam Drive, Reigate.



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



Wednesday

7
June

Wednesday 7 June

1.00pm to 2.30pm

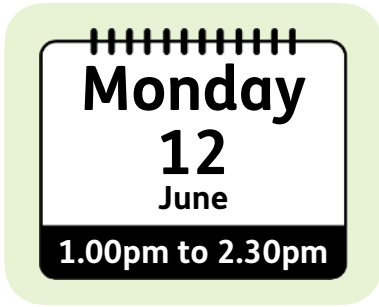
1pm to 2.30pm

South West FoCUS on Zoom only.



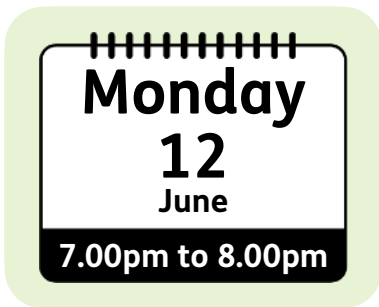
Thursday 8 June
1.00pm to 2.30pm

West FoCUS at High Cross Church,
Camberley.



Monday 12 June
1.00pm to 2.30pm

North West FoCUS on Zoom only.



Monday 12 June
7.00pm to 8.00pm

Young Adults Group on Zoom only.



Wednesday 14 June
10.00am to 11.00am

North West Mental Health Stakeholder
Group on Zoom only.



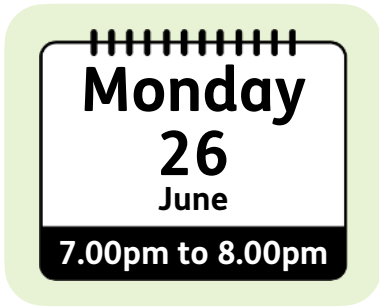
Thursday 15 June
10.00am to 11.00am

Mid and East Mental Health
Stakeholder Group on Zoom only.



Thursday 22 June
10.30am to 12.00pm

Hard of Hearing Forum on Zoom and
at Park House, Leatherhead.



Monday 26 June
7.00pm to 8.00pm

Young Adults Group on Zoom only.

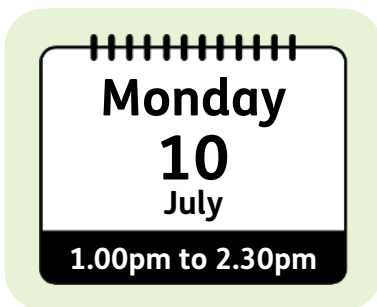
Events in July



Wednesday 5 July

1.00pm to 2.30pm

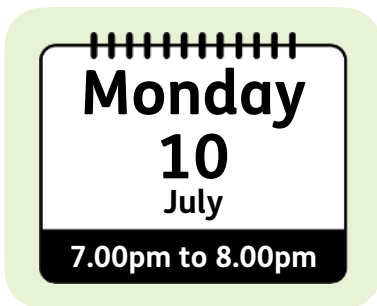
South West FoCUS on Zoom and at Guildford Baptist Church, Queens Street, Godalming



Monday 10 July

1.00pm to 2.30pm

North West FoCUS on Zoom and in person.



Monday 10 July

7.00pm to 8.00pm

Young Adults Group on Zoom only.



Thursday 13 July

10.00am to 11.30am

West FoCUS on Zoom only.



Thursday 13 July
4.30pm to 5.30pm

Ethnic Minority Mental Health
Stakeholder 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 17 July
11.00am to 12.00pm noon

FoCUS Reps meeting on Zoom only.



Thursday 18 July
10.30am to 12.00pm noon

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



Thursday 20 July
10.30am to 12.00pm noon

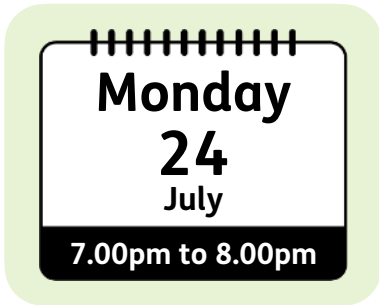
Surrey Vision action group on Zoom
and at Park House, Leatherhead.



Friday 21 July

1.00pm to 3.00pm

Independent Mental Health Network (IMHN) Coordinating Meeting on Zoom only.

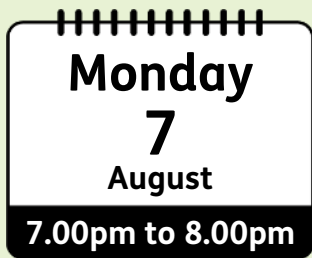


Monday 24 July

7.00pm to 8.00pm

Young Adults Group on Zoom only.

Events in August

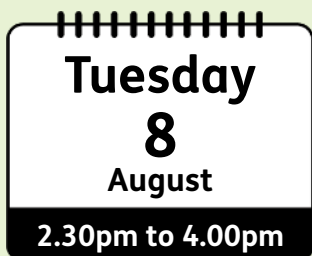


Monday
7
August
7.00pm to 8.00pm

Monday 7 August

7.00pm to 8.00pm

Young Adults Group on Zoom only.



Tuesday
8
August
2.30pm to 4.00pm

Tuesday 8 August

2.30pm to 4.00pm

FoCUS Committee meeting on Zoom only.



Tuesday
15
August
11.30am to 1.00pm

Tuesday 15 August

11.30am to 1.00pm

Meeting Chairing training on Zoom only.



Wednesday
16
August
11.30am to 1.30pm

Wednesday 16 August

11.30am to 1.30pm

Meeting Chairing training on Zoom only.

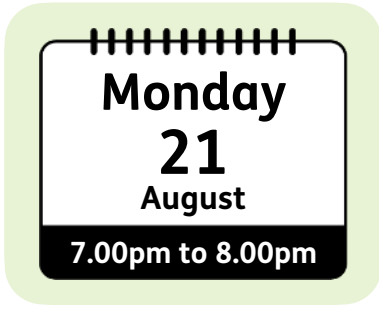


Thursday
17
August
10.00am to 11.00am

Thursday 17 August

10.00am to 11.00am

Mid and East Mental Health Stakeholder Group on Zoom only.



Monday 21 August

7.00pm to 8.00pm

Young Adults Group on Zoom only.

Events in September



Monday 4 September

10.30am to 12.00pm noon

North West Disability Empowerment Network on Zoom and at Goldwater Lodge, Woking.



Monday 4 September

7.00pm to 8.00pm

Young Adults Group on Zoom only.



Tuesday 5 September

1.00pm to 2.30pm

East and Mid FoCUS on Zoom and in person.



Wednesday 6 September

1.00pm to 2.30pm

South West FoCUS on Zoom only.



Monday 11 September

1.00pm to 2.30pm

North West FoCUS on Zoom only.

Contact us



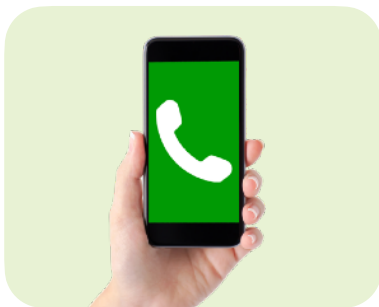
You can look at our website here:

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 456 558
- Text: 07563 997 932



- Email:
info@surreycoalition.org.uk

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