

# Coalition winter news

November 2023



**Easy  
Read**

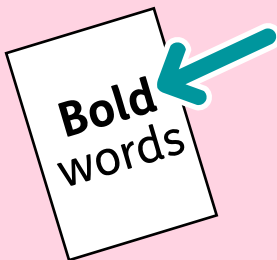
# Easy Read



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.

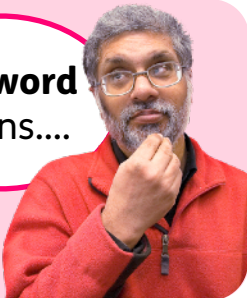


This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



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

This **word** means....



Sometimes if a bold word is hard to understand, we will explain what it means.



[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

# What is in this booklet

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# What we have done in 2023



We have done many good things this year.

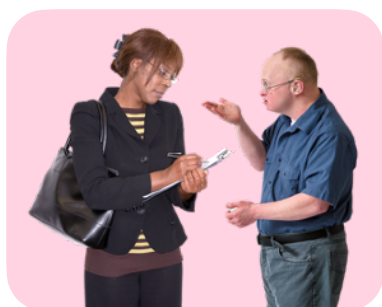
## Train ticket offices



Train companies wanted to close the ticket offices at stations. This would be bad for disabled people.



We wrote to the Prime Minister and Members of Parliament.



We spoke to rail companies and the newspapers.



They have now decided not to close the ticket offices.

# Surrey Hills



We have worked with Surrey Hills so that disabled people can access the countryside. They are making the changes we wanted.

# Mental health services



We have been looking at why people cannot get the mental health services they want. We will have a report soon.

# Becoming a charity



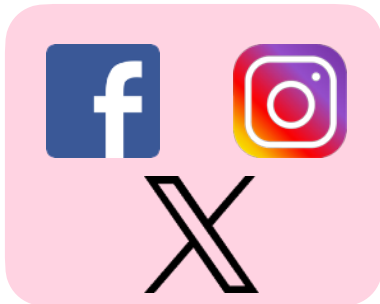
We have started to change our organisation so we can be a charity. This means we will be able to save some money.

# Working with Treloar's school



We will have a student from Treloar's school in Alton working with us for a few hours a week.

They will help us with:



- Social media - like Facebook, Instagram and X which used to be called Twitter.



- Blogging - which is information we put online.

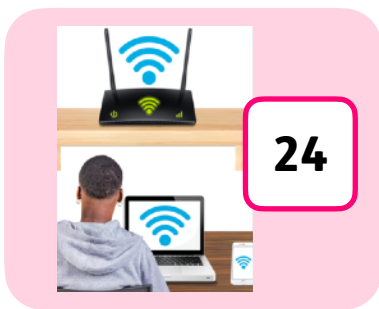


- Photos.

# Tech Angels



Our group of Tech Angels help our members to use computers and mobile phones.



We now have 24 people who volunteer to help members in this way.



## Training

Our Tech Angels are getting training so they know how to help people.



They are learning about:

- How to keep people safe online.



- How to look out for scams.



They are also learning about:

- How to set up and use a computer.



- How to make sure everyone is safe.

## North West Surrey



We could not get money to work in Woking any more.



But we still have Tech Angels in North West Surrey who travel to Guildford and Waverley to help people.



## New members



In September we welcomed Tunji and Colin to the team.

## Supporting volunteers



Every year we have a 1 to 1 meeting with each volunteer to talk about any problems or issues.



We had a trip to the Hogs Back Brewery with the volunteers. We walked through the Hop Garden and tasted some beer.



If you would like to be a volunteer - get in touch!

# Virtual trips



A **virtual trip** is where we go online and watch someone showing us around a museum or other place.



In October we had a virtual trip around the Florence Nightingale Museum.



We learnt a lot about Florence.



You can still watch the trip to the museum here: [www.youtube.com/watch?v=hn4Jp469kK0](https://www.youtube.com/watch?v=hn4Jp469kK0)



We have also had virtual trips around:

- The Jane Austen Museum.
- The Sir John Soane Museum.



If you want a link so you can watch these trips online, please contact Kimberley by email:

[kimberley.Ellis@surreycoalition.org.uk](mailto:kimberley.Ellis@surreycoalition.org.uk)

# Keeping involved

## Making Every Contact Count (MECC)



Anyone can help other people.



We offer training about how to help people through everyday conversations with them.



You may help people find services that would improve their health and mental wellbeing.

# Disability Empowerment Network (DENS)



**DENS** are groups of disabled people and carers who want to improve services in their area.



We have DENS groups around Surrey.



We are looking for more people to join our DENS groups.

# Surrey Vision Action Group (SVAG)



**SVAG** is a group of blind and visually impaired people from all over Surrey who meet every 3 months.

We met in October and heard about:



- An **Independent Health Advocacy service**. This service helps you to understand and speak up about problems with health services.



- The **Active Travel Scheme** in Burpham. This scheme helps people to walk, cycle or use buses, rather than drive everywhere.

## Get More Active



This project helps people to be healthier by taking more exercise.



We are having a Winter Wonderwheels event.



This will be similar to the event we had in the summer - but without the swimming.

## Access to leisure centres



We are looking for money so we can find out more about how people access leisure centres.

## Access all areas



We have a small group that goes and checks that people can access council buildings.



The group have visited:

- Woodhatch Place.
- Fairmount House.
- Dakota.

## Access to the countryside



We are asking the National Lottery for money to help disabled people to access the countryside.



# Food support



We asked people what was stopping them from getting help with food.

They said the problems were:



- People did not know about food banks.



- Travelling to food banks.



You can read more about what people said here: [www.surreycoalition.org.uk/disabled-peoples-views-on-barriers-to-food-support-in-surrey](http://www.surreycoalition.org.uk/disabled-peoples-views-on-barriers-to-food-support-in-surrey)

# Mental Health News



Last year we asked people whose families came from South Asia about the help they got from mental health services.

People talked about problems with:



- Understanding mental health.



- Languages.



- Families.



We are writing a report about what we learnt which you will be able to see soon.

## **Independent Mental Health Network (IMHN)**



We have been working with Surrey County Council to improve local mental health services.



We have made videos of people talking about the problems they have getting a mental health service.

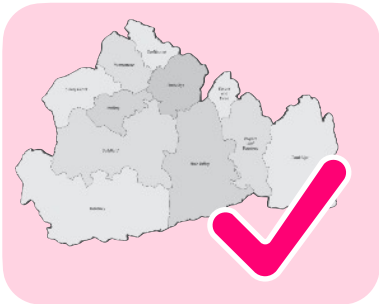


We have also worked with the University of Surrey to find out more about the problems that students have with mental health services.

# FoCUS



**FoCUS** groups are for carers and people who use health services.



We have FoCUS groups in different parts of Surrey.



If you want to join a meeting please contact Jennie Coulson at:  
[jennie.Coulson@surreycoalition.org.uk](mailto:jennie.Coulson@surreycoalition.org.uk)

# Community Transformation Team



The **Community Transformation Team** helps people with mental health issues to improve local community mental health services.



We are looking at how mental health services are working with local doctor's surgeries.



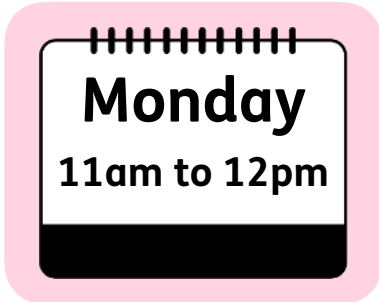
We are also looking at how these services work with people who often find it hard to access services.



We have collected lots of information and will be writing a report soon.

# Events every week

## Every Monday



11am to 12 noon.



Online café and group talking about crafts.

## Every Tuesday

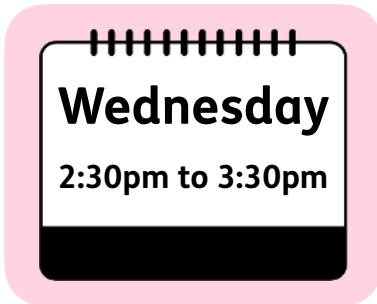


4pm to 5pm.



Glee Club - an online meeting where we share our favourite songs or find silly songs. It is a lot of fun.

## Every Wednesday



2:30pm to 3:30pm.



Book chat. This online group talks about the books we are reading.

## Every Thursday



2:30pm to 3:30pm.



Online quiz.

# Every Friday



11:30am to 12:30pm.

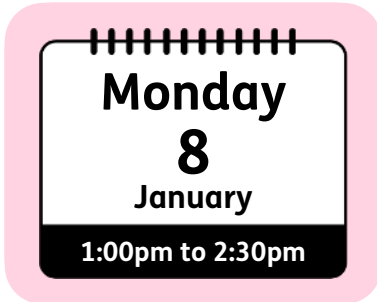


Online café and talking about getting more active.



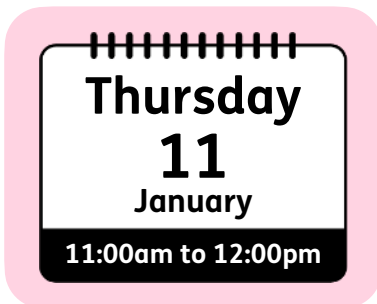
# Dates for your diary

## Monday 8 January

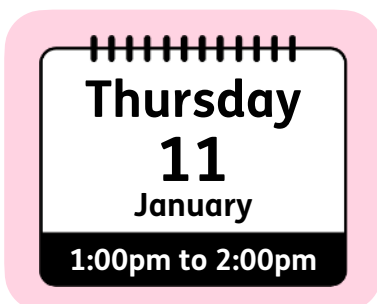


- 1pm to 2:30pm: Meeting of East, Mid and North West FoCUS on Zoom.

## Thursday 11 January

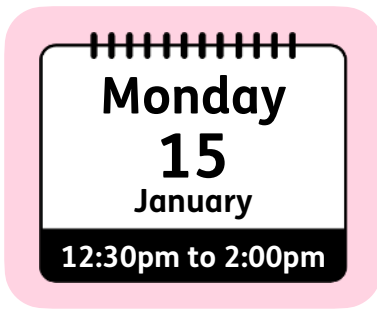


- 11am to 12 noon: Meeting of the FoCUS **Reps** on Zoom.  
**Rep** is short for representative. It is someone who speaks for the whole FoCUS group.



- 1pm to 2pm: Meeting of Southwest and Northeast Hampshire FoCUS on Zoom.

## Monday 15 January



- 12:30pm to 2pm: meeting of the **Community Equipment Group** on Zoom.



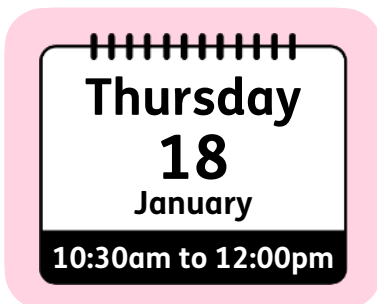
The **Community Equipment Group** meets and speaks to Surrey County Council about their Community Equipment Service.

## Tuesday 16 January



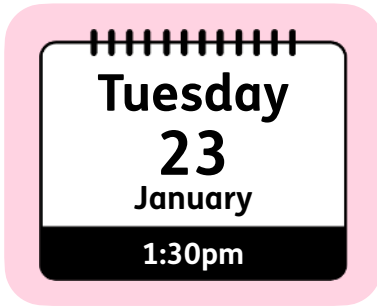
- The Minority Ethnic Mental Health Group will meet on Zoom.

## Thursday 18 January



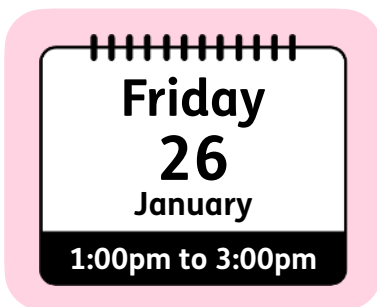
- 10:30am to 12 noon: Surrey Vision Action Group will meet on Zoom.

## Tuesday 23 January



- 1:30pm: The Patient Transport Group will meet on Zoom.

## Friday 26 January

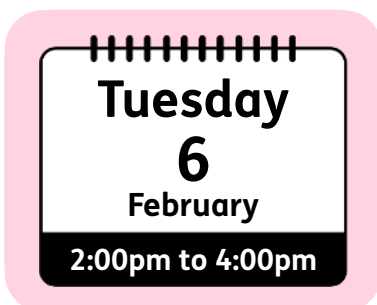


- 1pm to 3pm: The Independent Mental Health Network (IMHN) **Coordinating Group** will meet on Zoom.



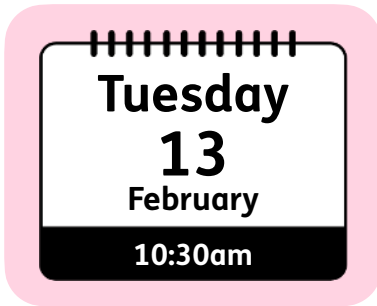
The **Coordinating Group** has people from each IMHN group to make sure all the groups work well together.

## Tuesday 6 February

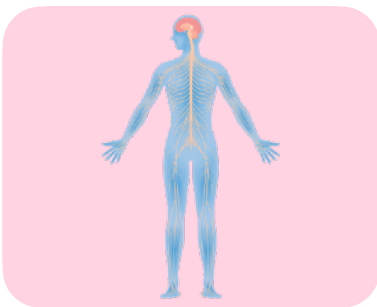


- 2pm to 4pm: The FoCUS committee will meet on Zoom.

## Tuesday 13 February



- 10:30am: The **Long Term Neurological Conditions Group** will meet on Zoom.



The **Long Term Neurological Conditions Group** are people and their carers who have health issues with their brains.

## Wednesday 14 February



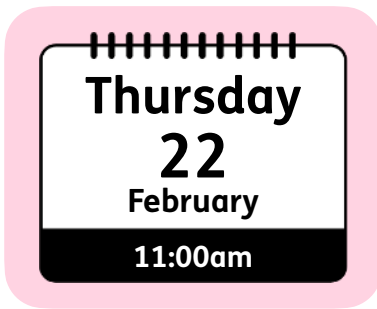
- 10am to 11am: The Northwest Mental Health Stakeholder Group will meet on Zoom.

## Thursday 15 February



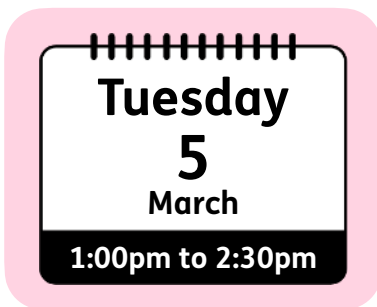
- 10am to 11am: The Mid and East Mental Health Stakeholder Group will meet on Zoom.

## Thursday 22 February



- 11am: A meeting of the IMHN Reps.

## Tuesday 5 March



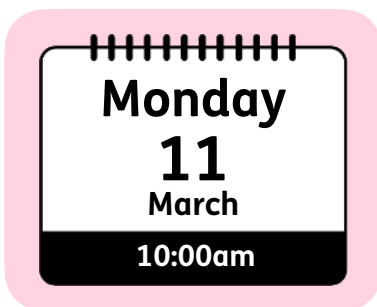
- 1pm to 2:30pm: The East and Mid FoCUS groups will meet on Zoom.

## Wednesday 6 March



- 1pm to 2:30pm: The South West FoCUS groups will meet at the Guildford Baptist Church and on Zoom.

## Monday 11 March

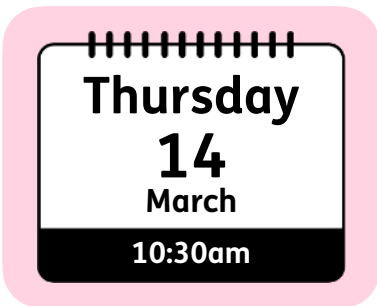


- 10am: The East and Mid FoCUS groups will meet.



- 1pm to 2pm: the North West Disability Empowerment Network will meet on Zoom.

## Thursday 14 March



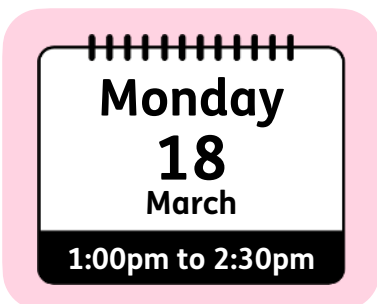
- 10:30am The West FoCUS group will meet.

## Friday 15 March



- The Minority Ethnic Mental Health Stakeholder group will meet.

## Monday 18 March



- 1pm to 2:30pm: The North West FoCUS group will meet.



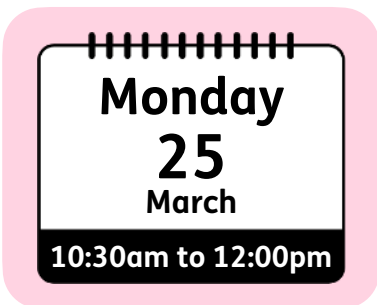
- 6pm to 7pm: The Surrey Wide Disability Empowerment Network will meet on Zoom.

## Wednesday 20 March



- 10:30am to 12noon: The South West Disability Empowerment Network will meet.

## Monday 25 March



- 10:30am to 12noon: The East Disability Empowerment Network will meet at YMCA Redhill and on Zoom.

## Thursday 28 March



- 10:30am to 12noon: The Hard of Hearing Forum will meet.

# Friday 29 March



- 1pm to 3pm: The IMHN Coordinating group will meet.



# Find out more



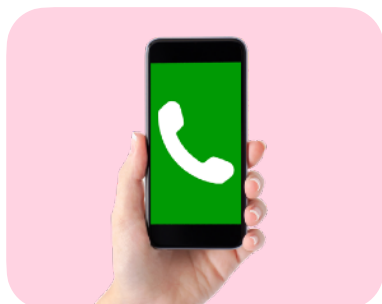
You can look at our website here:

[www.surreycoalition.org.uk](http://www.surreycoalition.org.uk)

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