GET ON BOARD!

Surrey Independent Living Council (SILC) are looking for new Trustees. The majority of the Board of Trustees of this fantastic user led Charity are Disabled people. Read the full advert of page 11.

Surrey Coalition are also recruiting to our Board. We are looking for two new Board Members. Please get in touch to find out more about the role and the application process.

WHAT A GREAT DAY!

Read the Surrey Coalition Conference report on page 3

Photo description: A view from the stage of the Coalition Conference during the Sport England 10-today activity session. Some people are standing, some are seated, lots of people have their hands in the air.

Photo description: Two of our Board members, along with a Coalition Member joining in the physical activity session ‘Ten 10’ at the Coalition Conference. The group are seated around a table smiling broadly, wearing bright jumpers and looking lots of fun!
Dear Coalition Member,

Welcome to 67th edition of Coalition News!

2019 has absolutely flown by! What a busy few months we have all had with our meetings, events and forums happening far and wide across Surrey and North East Hampshire. As you will read in the report on pages 3-5, the Surrey Coalition Conference and AGM back in October was full to the brim and it was wonderful to have been able to welcome a record number of members – thank you all for being there.

A theme to this year has been the sheer level of change happening across ‘the system’ at both a local and national level. As I’m sure you are all well aware, by the time we come to compile our February/March edition we may or may not have a new Government.

Please can we take this opportunity to remind you all to vote, if you need any support or assistance to exercise your democratic right to do so or to access the mandates to help your decision making, please let us know and we will help if we can. We are also interested to hear about your voting experience in terms of accessibility, if you are happy to share your experience with us, please get in touch. All our contact details are on page 15.

I would like to take this opportunity to thank Coalition Members, the Coalition Board, our wonderful Volunteers and our small but mighty staff team for the huge levels of time, energy and passion that they have contributed over the last year. It is a pleasure to work with you all.

I know Christmas can be a very difficult time for many, please read the information on page 9 for details of support available over the festive period.

Wishing you all a happy and peaceful Christmas,

Clare

CAMPAIGNING UPDATE ON THE ACCESSIBILITY OF NHS 111

You will all recall our work earlier this year challenging the absence of SMS text as a contact option in the NHS 111 service. Armed with all your input and insight, we and other partners including Sight for Surrey, went along to meet with the commissioning CCG. As we reported back, the CCG informed us that the National technology platform that the service uses does not support SMS text. To their credit, the CCG wrote to NHS England to raise our collective concerns about the accessibility of the service for people who are Deaf or have a Hearing Impairment.

NHS England have arranged a meeting to consider improvements to the technology platform on a National level. The meeting is in December and we look forward to sharing a full report.
After months of planning with our members and Board, the 8th of October finally arrived! We welcomed the highest ever number of members to the event which was held at Dorking Halls this year.

As part of our planning, we re-visited feedback from previous events and used this to help us make a few changes to the format. This year we split the event into a Conference with two themes: Technology and Physical Activity, before the AGM business. The reason we made some changes was to encourage more participation, to make the event feel like a more informal occasion and to make it more accessible to everyone.

Our opening speaker Dr Amit Patel gave an inspiring speech about campaigning and how digital media has helped him to have a big impact. Some of the experiences that Amit shared of his day to day life truly shocked the audience. An example of this was the shocking abuse he and his Guide Dog (the beautiful Kika) had received using public transport during rush hour. Amit reminded us all that technology gave us all the opportunity to share our stories and to influence change.

We then welcomed the Amazon UK team to the stage. Mark and Ryan joined us to talk about their current devices and the future direction their work is taking. It was great to learn about off the shelf technology available to everyone and how this can truly be transformative for Disabled people.
The Amazon team have kindly offered to help us with some of our technology work in the future and we will keep you informed as this develops. We were pleased to be able to connect the Amazon team with our sector partner organisations so that they can benefit from this relationship and up-skill their staff and volunteer teams.

Nick Markwick followed Amazon (no pressure then Nick!) and gave a wonderful account of how he uses smart technology in the home and the impact this has had for him. This was part of an update on the TESH project (Technology Enabled Smarter Homes) that we have been involved with.

We then had a table discussion about technology and the steps we need to take to improve the access that Disabled people have to it in Surrey. This has produced some very valuable insight and will be used to help us build our new strategy. We have also shared the thoughts and suggestions captured with technology project leads from Surrey County Council and the NHS.

By this point we had been sitting still for a while and we were very grateful to invite Terry Keen from Sport England to the stage to shake things up a bit! Terry got us all moving by taking us through a live demo of the ‘10 today’ routine (find out more about this on page 8).

During lunchtime, attendees visited the stands to hear more about the help and support available in the community. 15 organisations were invited to join us and very kindly contributed to the day by both being there and by making a donation, please see the full list on page 12.

After lunch, Michele De Casanove had the unenviable job of getting us all moving again! Michele delivered a ‘move it or lose it’ session to music which was very much enjoyed. Pictured here Michele on the stage delivering the Move It or Lose It session. Nick Markwick and Cliff Bush OBE are both sat at a table on the stage dancing away. Jonathan Fisher in the foreground dancing away!
Our final presenter was the Chair of Disabled Ramblers UK who took us through a presentation of the adventure’s members had been on. He even bought a Tramper with him which was interesting to see – we still can’t believe it can get up such steep hills!

After a final table discussion which focused on Physical Activity, we had a short break before starting the AGM portion of the day.

Co-Chairs Cliff Bush OBE and Nick Markwick managed a real feat – they delivered the AGM business in a record breaking 28 minutes! Well done to them both and to our Treasurer Derek Williamson.

Ted Pottage, one of our Board Members, decided not to stand for re-election this year. Ted has worked tirelessly for the Coalition in particular on issues relating to those with hearing loss. We are very grateful for Ted’s hard work and dedication over the years and we wish him all the best.

After the AGM, attendees visited the stands, had informal discussions and then made their way home.

This year we had our first raffle/tombola – for 50p per ticket people won some fabulous prizes including panto tickets, clothing and Amazon Alexa devices whilst raising £130 for Surrey Coalition. We are ever so grateful to the generous businesses that donated raffle prizes – they are named on page 12. Thank you to them all.

Thank you all for coming along and making the day so special.

A huge thanks must go to the staff team who worked very hard in the run up to the event and on the day itself to make sure needs were met – quite the task with just under 200 of us in the room!
SPECIAL INTEREST GROUPS

We coordinate 3 different Special Interest Groups:

Long Term Neurological Conditions Group
We had a lively meeting in November and the group had an update on Accommodation with Care and Support from Sarah Ford. Sarah is keen to make sure the group are fully involved in co-producing this work as it develops so ‘watch this space’. The group also discussed Physical Activity for people with a Long-Term Neurological Condition and this produced some really interesting (and useful) debate with group members sharing insight from their lived experiences.

Surrey Vision Action Group
The last meeting was in October and included a presentation on scams from Natwest Community Banker, Diane Simms. The group continues to monitor the Sensory Service contract provided by Sight for Surrey and will be actively involved with the retender for this contract. The group discuss technology at every meeting with a regular update from Gary Eady, Access Technology Trainer at Sight for Surrey. The group welcomes new members, if you have a visual impairment and would like to joining this friendly and active group please contact Yasmin Broome. The next meeting is in January – full details on our calendar page.

Hard of Hearing Forum
In the last meeting, the group had a presentation from Hearing Link (now a part of the charity Hearing Dogs). Yasmin updated the group as to the results of the last Let’s Loop visit.

OTHER MEMBER ACTIVITY HIGHLIGHTS

Community Equipment Group
Members recently attended the quarterly Community Equipment Group. This group monitors the Community Equipment Service (CES) currently provided by Millbrook Healthcare. At the October meeting members contributed to the design of a survey for users and carers of the CES. The results of the survey will be used as part of the recommissioning process for the new contract in April 2021. If you have used the Community Equipment Service and would like to join this group. Please contact Yasmin Broome.

SCIE focus group
Members were invited to a focus group that Surrey County Council had asked SCIE (Social Care Institute of Excellence) to run. The purpose of this focus group was to understand how effective the current re-ablement provision is in Surrey to help SCIE make some recommendations for the future. Once SCIE have compiled their report we will share it with you. Thank you to everyone who took part.
TECHNOLOGY

TALK ABOUT ASSISTIVE TECH GROUP

December see’s the launch of our new Talk about Assistive Tech group or TaAT for short! TaAT is a virtual group which will meet every 8 weeks. During meetings, members can share their thoughts, experience and knowledge about technology to enable us to learn from each other (sharing is optional – you don’t have to talk if you don’t want to!). Meetings will be conducted using ‘zoom’ and you can either join us for a video call using a smart phone, tablet or computer or, as an alternative you can join using audio only using your phone. Our first meeting is on Monday 9th December 2019 from 6.30pm to 7.30pm. Please book your place today and you will be sent all the information you need to join.

AN UPDATE ON THE TESH PROJECT

This month has seen the first homes being kitted out with smart technology which is very exciting. We have had a broad range of people wanting to be part of the project. **We have a few spaces left** so if you live in the Guildford or Waverley Borough Council areas, are Disabled, older or someone who has a vulnerability then please get in touch quickly! Referrals for this pilot project will close soon, we are looking forward to sharing the results of the pilot with you and with the other Borough and District Councils so that they can consider using the Disabled Facilities Grant in this way. Visits to the ‘demo suite’ (our office!) continue in earnest – it has been a wonderful opportunity to increase our membership, invite current members to learn more about what’s available and to improve our links with OTs and other professionals working in the Borough and District Councils.

TECH TO COMMUNITY CONNECT PILOT PROJECT

We are very grateful to North East Hampshire and Farnham CCG who have awarded us a small innovation grant to run a pilot project in the Farnham and Aldershot areas. The project launches in 2020 and will see us working with a small group of Disabled people who find it difficult to attend meetings and events in-person. We will be helping them learn how to use the technology to connect to community activities and virtual groups. We will be lending those participants who don’t have a device a ‘phablet’ which they can choose to purchase or give back at the end of the pilot – enabling them to try before they buy.

IN OUR NEXT EDITION

We have been working with a small group of members over the last few months to test out some of the apps available for Disabled People. One app that has proved very popular is Google Live Transcribe (you have probably seen us testing this out at some of our meetings!). We look forward to reviewing this app in detail in our next edition – if you have views to share do get in touch!
10 TODAY – AN INTRODUCTION

10 today as is a 6-month pilot project being Run by Sport England. The pilot is aimed at people who are Disabled or for those who are over 50. The project aims to help people get active for 10 minutes a day from the comfort of their own home. Participants follow videos or audio instructions – the videos are accessed online. In some areas of the country, the routines are also broadcast every day through local radio stations – we do hope this comes to Surrey soon!

You can access the videos here:- https://10today.co.uk/tune-in/

After meeting Terry Keen from the project team at our Conference, we were able to feed back the need for a BSL interpretation of the video. Terry has taken all the feedback on board to help the team evaluate the project and plan the next steps.

After the conference, Members fed back that they would like to see a 10 today routine as an optional extra at the end of our meetings and events. The team are being trained to deliver this by becoming 10 today Champions so come January, you will see us strutting our stuff at the end of some of our meetings and can choose to join in if you would like to.

Since the conference, one of our Board Members has been in touch with the team to arrange for the audio recordings to be included in a local Talking Newspaper – what a great idea!

Just 10 minutes of physical activity a day can benefit your physical and mental health.

10 Today is a short, enjoyable and easy routine.

HAVE YOU TRIED THE ACTIVE SURREY ACTIVITY FINDER YET?

You can search by your preferred activity and/or area.

You can access it here: https://www.getactive.io/surrey. If you don't have internet access, do feel free to ask one of the team to run a search for you.
Loneliness and isolation are bad for our Mental Health as well as our Physical Health – the evidence base that demonstrates this continues to grow. We know that Disabled people are ten times more likely to experience feelings of loneliness when compared to the data from non-disabled people. This is an issue that is having an impact on the lives of so many of our members. We are currently seeking funding to help us with testing out a collaborative project to **tackle loneliness** for Disabled people in Surrey. It would really help us to shape our thinking (and secure funding) if we were able to share some **case studies**. **Please contact us in confidence if you might be willing to share your story** – we can make it anonymous.

The Community Connections Partners in Surrey (Mary Frances Trust, Catalyst and Richmond Fellowship), Age UK Surrey, local Age Concern bureaus, Action for Carers Surrey and many more third sector organisations have a huge amount of activity going on right across Surrey and North East Hampshire – a good place to find out what’s going on is the Surrey Information point and that can be accessed here: [https://www.surreyinformationpoint.org.uk/](https://www.surreyinformationpoint.org.uk/). If you don’t have access to a computer, let one of the team know and we can help you to run a search.

**SUPPORT OVER THE CHRISTMAS PERIOD**

Christmas can be a very difficult and lonely time for many people. If you need support over this period you may find the information below of use:

- **Give us a shout** – a 24/7 SMS text service free on all major mobile networks, for anyone in crisis anytime and anywhere. Text the service on 85258.

- **Samaritans** phone free at any time 116 123 or by email jo@samaritans.org

- **Surrey and Borders NHS Partnership Trust (SABP) Crisis Mental Health Helpline** – open 24 hours a day, 365 days a year - call 0800 915 4644 or by SMS text to 07717 989 024.

**IF YOU ARE ABLE TO TRAVEL, YOU COULD ALSO CONSIDER VISITING A SAFE HAVEN**

There are Safe Havens in Epsom, Guildford, Redhill, Aldershot and Woking available every day including Christmas Day. Opening times vary but they are all open 7 days per week, you can find full details here [http://tinyurl.com/razw6m3](http://tinyurl.com/razw6m3) or by phoning or calling the SABP Crisis line above if you don’t have internet access.
GET INVOLVED

INDEPENDENT MENTAL HEALTH NETWORK (IMHN)

Anyone with lived experience of Mental Health difficulties or Mental Illness can join the network along with Carers. You do not need to have experienced secondary Mental Health services to join. Please see the next IMHN dates on our calendar pages. The IMHN are current recruiting volunteer representatives across Surrey and North East Hampshire. The IMHN are also looking for people with some experience of being someone with a Mental Illness who has had a Physical Health Check from their GP to join a new project group looking at how this service (and the uptake of it) could be improved. Please contact Guy Hill for further information. You can also check out the IMHN website here: https://www.useyourinfluence.website/

DENS

December sees the final round of Disability Empowerment Network (DENS) meetings for this year which are now coordinated by Surrey Coalition. A range of topics will be discussed at the meetings including the Suicide Prevention Strategy (all groups), Transport Hub (North, South West, East), Hate Crime (South West), Friends against Scams (North and Mid) Accessibility at Libraries (East) and Table Cricket (East).

Having outgrown their current meeting venue, the East DENS will be meeting at YMCA East Surrey. We hope the new venue will be a great success, and we hope to attract more members. All the DENS groups are very friendly and welcome new members and if you would like to attend please contact Yasmin Broome.

NEW NEUROLOGICAL SUPPORT GROUP LAUNCHED

The Brigitte Trust is offering a new monthly support group for anyone diagnosed with a neurological condition to include Multiple Sclerosis, Motor Neurone Disease, Multiple Systems Atrophy or Progressive Supranuclear Palsy (PSP).

Monthly meetings aim to provide an opportunity for information sharing, social interaction and occasional speakers or activities. The format will be very much driven by the wishes of the attendees and we hope that we can reach as many people as possible with one of the above conditions, particularly in East Surrey.

Tea, coffee and biscuits provided. Disabled parking and toilets available. Carers welcome. For more information please contact Jenny Beech on 07818 853176.
TRUSTEES WANTED FOR SURREY INDEPENDENT LIVING COUNCIL

Surrey Independent Living Council (SILC) is a Surrey wide charity that support disabled people, older people, parents of disabled children, carers and people with long term health conditions.

They have been operating since 1997 and provide a range of services all aimed at enabling people to live independently and to have their voices heard.

They are committed to the Social Model of Disability and as a member led charity they are led by people with a lived experience of disability and/or long term health conditions with the majority of our Trustees having personal experience of disability.

They are currently looking for new Trustees to join their Board. The Board agrees strategy, business plans and performance targets for the organisation along with approving annual budgets and monitoring service performance. The Board is also responsible for the management of risk and compliance with regulatory and statutory requirements.

They are seeking to build a Board with a broad range of experience and knowledge as well as one that is reflective of the diverse community of Surrey and although the role is unpaid all expenses are reimbursed.

They would particularly welcome applications from people who have expertise and experience in one or more of the following:

- Human resources  
- Business planning and development  
- Income generation  
- Commercial law

Time commitments vary but as a guide you will be expected to:

- Attend six 2 hours Board meetings a year. These are usually held on Fridays between 12.00 and 14.00 (including lunch)
- Attend an annual Board “Away Day” along with the staff team
- Participate in working groups – optional depending on skills, knowledge and availability
- Attend an induction session and participate in other training as appropriate
- Read Board meeting and other papers as circulated to Trustees

The role of Trustee is vitally important to the running of SILC and a real opportunity to make a difference for people in Surrey who need support to live independently and to have their voices heard.

If you are interested in becoming a Trustee just call the SILC office on 01483 458 111 or email admin@surreyilc.org.uk and they will arrange for their Chief Executive to contact you. More information about SILC and its services is available at www.surreyilc.org.uk
FUNDRAISING UPDATE

Thanks to Waitrose Leatherhead and Waitrose in Epsom for supporting us through the Community Matters scheme in October. The Epsom award will go towards funding our next couple of ‘Action Day’s’, the first of which will be in Epsom and will include a Let’s Loop visit. The Leatherhead award will go towards funding our Technology work. **If you are interested in getting involved in our Action Days, please do get in touch!**

Thank you to the John Ede Trust for a grant which allowed us to produce our Annual Report in Easy Read format. Coalition News will be produced in this format from the New Year onwards, please let us know if this is your preferred format so we can log this.

Thank you to raffle contributors - please see the list to the left.

Thank you to all stallholders at the conference - see the list at the bottom.

Currently we have a bid in for Better Care Funding for a technology project aimed at reducing loneliness and social isolation for people living in East Surrey in collaboration with Action for Carers Surrey.

We are just about to submit a bid to help us with a strategic IT project to update our database which will help us to deliver better service and work more efficiently.

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**Exhibitors:**

- Action for Carers
- Active Surrey
- Age UK Surrey
- Catalyst
- Central Surrey Health
- Centre for Psychology
- FoCUS and Independent Mental Health Network
- Goddards
- Healthwatch Surrey
- Ieso Centre Health
- Mind matters
- Parkinson’s UK
- Sight for Surrey
- Surrey and Borders Partnership NHS Foundation Trust (SABP)
- Surrey Coalition of Disabled People
- Surrey Choices
- Surrey Heartlands
- Surrey Independent Living Council (SILC)
- Surrey Police
- Surrey Welfare Rights
- Whitelodge Centre

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**Raffle contributors:**

- Albury Vineyard
- The Body Shop, Epsom & Guildford
- The Boileroom, Guildford’s alternative live music venue
- Cook, Godalming
- Coop, Epsom
- Cote Brasserie, Godalming
- The Crafty Brewing Company, Dunsfold
- Crumbs Brewery, Reigate
- Dark Star Brewing Company – Partridge Green, West Sussex
- Dorking Brewery
- Dorking Halls
- Edinburgh Woolen Mill
- Gin Kitchen, Dorking
- Growlers & Cans, craft beer taproom and bottle shop, Guildford
- Guildford Flames Ice Hockey Team
- Kowalski Delicatessen, Guildford
- Poundland, Guildford
- Robert Dyas, Epsom
- Sainsbury’s, Epsom & Burpham
- Silent Pool Distillery, Albury
- Sipsmith Distillery – London
- Starbucks Coffee, Burpham
- Superdrug, Guildford
- Surrey Homes & Gifts, Guildford
- Tennis Extreme, Aldershot
- TK Maxx, Epsom & Guildford
- Urban Outfitters, Guildford
- Virgo Jewellers, Guildford
- Waterstones, Epsom
- The Weybridge Bookshop
VOLUNTEERING

We have been very fortunate to have welcomed three new volunteers to the office team since we last updated you. Please welcome Alana, Angie and Gary! We will introduce Angie and Gary in more detail in the New Year – for now, please read on to find out a bit more about Alana:

Hi, my name is Alana, I am a hardworking and friendly person. I have cerebral palsy which affects my arms and legs, but I don’t let it stop me. When I left school, I went to college and I qualified as a nursery nurse. I then started as a volunteer but found my health was not up to it, so I looked for something less taxing. Now I come to Surrey Coalition office one morning a week. Volunteering for me is a rewarding job, when I see how much I contribute to my colleagues! It also gives me an opportunity to improve my skills that I have already and gain new ones. It gives me something regular to do and I feel like I am giving something back to the community.

Volunteer vacancies

Surrey Coalition are currently looking for the below volunteers:

1. Vice Chair for the Mid Surrey Disability Empowerment Network
2. Event volunteers (to help us to ‘man’ our stalls at events around the county)
3. ‘Tech Angel’ volunteers in Farnham and Aldershot

CONSULTATIONS OPEN

⇒ Community Equipment Service, closes 6th December:  
   http://tinyurl.com/vh582vo
⇒ Surrey Heath Parking Review, closes 11th December:  
   http://tinyurl.com/yx3st4ps
⇒ Epsom and Ewell Parking Review, closes 5th December:  
   http://tinyurl.com/wmzoxxm
⇒ The Deadline for the Runnymede Access Liaison Group awards is 2nd of January. The awards ceremony will take place on Thursday 23rd January at the Hythe Centre:  https://ralg.org.uk/awards
⇒ The YES! Awards celebrate the achievements of young people with SEND, as well as giving young people the opportunity to nominate the professionals that have gone above and beyond to support them.  http://tinyurl.com/s4z5dzx
# DATES FOR YOUR DIARY

## DECEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Name of meeting or group</th>
<th>Time</th>
<th>Location</th>
<th>Contact person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 2&lt;sup&gt;nd&lt;/sup&gt; December</td>
<td>North DENS</td>
<td>10.30-12.30</td>
<td>Addlestone Community Centre</td>
<td>Yasmin Broome</td>
</tr>
<tr>
<td>Mon 2&lt;sup&gt;nd&lt;/sup&gt; December</td>
<td>East &amp; Mid Surrey FoCUS</td>
<td>1:00-3:00</td>
<td>Reigate Baptist Church</td>
<td>Jane Ahmed</td>
</tr>
<tr>
<td>Wed 4&lt;sup&gt;th&lt;/sup&gt; December</td>
<td>South West DENS</td>
<td>10.30-12.30</td>
<td>Godalming Baptist Church</td>
<td>Yasmin Broome</td>
</tr>
<tr>
<td>Wed 4&lt;sup&gt;th&lt;/sup&gt; December</td>
<td>South West FoCUS</td>
<td>1:00-3:00</td>
<td>Godalming Baptist Church</td>
<td>Jane Ahmed</td>
</tr>
<tr>
<td>Thurs 5&lt;sup&gt;th&lt;/sup&gt; December</td>
<td>Improving NHS 111 workshop</td>
<td>9.30–3.30</td>
<td>Central London</td>
<td>Clare Burgess</td>
</tr>
<tr>
<td>Mon 9&lt;sup&gt;th&lt;/sup&gt; December</td>
<td>East DENS</td>
<td>11:00-1:00</td>
<td>YMCA East Surrey</td>
<td>Yasmin Broome</td>
</tr>
<tr>
<td>Mon 9&lt;sup&gt;th&lt;/sup&gt; December</td>
<td>North West FoCUS</td>
<td>1:00-3:00</td>
<td>Hythe Centre, Staines</td>
<td>Jane Ahmed</td>
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<tr>
<td>Mon 9&lt;sup&gt;th&lt;/sup&gt; December</td>
<td>TaAT (Talk about Assistive Tech)</td>
<td>6.30–7.30</td>
<td>Virtual (contact us to book)</td>
<td>Clare Burgess</td>
</tr>
<tr>
<td>Thurs 12&lt;sup&gt;th&lt;/sup&gt; December</td>
<td>Hard of Hearing Forum</td>
<td>10.30-1:00</td>
<td>Parkhouse, Leatherhead</td>
<td>Yasmin Broome</td>
</tr>
<tr>
<td>Thurs 12&lt;sup&gt;th&lt;/sup&gt; December</td>
<td>West &amp; NE Hants FoCUS</td>
<td>1:00-3:00</td>
<td>Theta Building, Frimley</td>
<td>Jane Ahmed</td>
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<tr>
<td>Mon 16&lt;sup&gt;th&lt;/sup&gt; December</td>
<td>Mid DENS</td>
<td>10.30-12.30</td>
<td>Swail House, Epsom</td>
<td>Yasmin Broome</td>
</tr>
</tbody>
</table>

## JANUARY

<table>
<thead>
<tr>
<th>Date</th>
<th>Name of meeting or group</th>
<th>Time</th>
<th>Location</th>
<th>Contact person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 6&lt;sup&gt;th&lt;/sup&gt; January</td>
<td>East &amp; Mid FoCUS</td>
<td>1:00-3:00</td>
<td>Reigate Baptist Church</td>
<td>Jane Ahmed</td>
</tr>
<tr>
<td>Wed 8&lt;sup&gt;th&lt;/sup&gt; January</td>
<td>South West Surrey FoCUS</td>
<td>1:00-3:00</td>
<td>Redwood Centre, Farnham</td>
<td>Jane Ahmed</td>
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<tr>
<td>Thurs 9&lt;sup&gt;th&lt;/sup&gt; January</td>
<td>West Surrey &amp; North Hants FoCUS</td>
<td>1:00-3:00</td>
<td>Theta Building, Frimley</td>
<td>Jane Ahmed</td>
</tr>
<tr>
<td>Mon 13&lt;sup&gt;th&lt;/sup&gt; January</td>
<td>Community Equipment Group</td>
<td>10.30–12.30</td>
<td>Normandy</td>
<td>Yasmin Broome</td>
</tr>
<tr>
<td>Mon 13&lt;sup&gt;th&lt;/sup&gt; January</td>
<td>North West FoCUS</td>
<td>1:00-3:00</td>
<td>The Chertsey Hall, Chertsey</td>
<td>Jane Ahmed</td>
</tr>
<tr>
<td>Wed 15&lt;sup&gt;th&lt;/sup&gt; January</td>
<td>Coalition Board Meeting</td>
<td>Meeting for Board Members</td>
<td></td>
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</tr>
<tr>
<td>Fri 17&lt;sup&gt;th&lt;/sup&gt; January</td>
<td>Independent Mental Health Network (IMHN)</td>
<td>10.30–1.00</td>
<td>Park House, Leatherhead</td>
<td>Guy Hill</td>
</tr>
<tr>
<td>Thurs 23&lt;sup&gt;rd&lt;/sup&gt; January</td>
<td>Surrey Vision Action Group</td>
<td>10.30-12.30</td>
<td>Parkhouse, Leatherhead</td>
<td>Yasmin Broome</td>
</tr>
</tbody>
</table>
MEETING POINTS TO REMEMBER AND CONTACT DETAILS

If you are coming along for the first time, Please get in touch with the relevant contact person to let them know.

2 small steps to make our meetings more environmentally friendly!

Please can we ask members to:

1. **Bring their own re-usable cup** (or a mug!) to meetings.
2. If you are emailed or sent papers in advance, please could you bring these to the meeting with you – **paper copies won’t be available at the meeting**.

**Joining remotely:** You can join many of our meetings by video call or phone – please just give us some notice.

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<thead>
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<th>HOW TO CONTACT US</th>
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<td>Yasmin</td>
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CHRISTMAS QUIZ!!

You can answer the below just as a bit of fun to test your knowledge, or you can enter our Christmas quiz competition. Please post or email your answers to us BEFORE 27TH JANUARY. All correctly answered responses will be entered into a raffle. We have 5 prizes on offer which will be allocated randomly. These are: sweets, socks and more!!!

**Christmas quiz**

1. Which country did Christmas tree originate?
2. How many of Rudolph's eight companions names start with 'D'?
3. What's the name of the period leading up to Christmas?
4. In what town was Jesus born?
5. What's the second line of "I'm dreaming of a white Christmas"?
6. What’s lucky to find in your Christmas pudding?
Let us lead you in the right direction...

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