

**Online coffee meetings**

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| Relaxed online coffee meeting for **adults** who have a disability and are **18 or over.** The meetings usually happen **every Tuesday** at lunchtime through to the early afternoon. Sometimes they are on different days.The meetings happen on **Zoom** with live captions. These are for people who are deaf or hard of hearing.You can download **Zoom** in advance, or use a browser. If you need help to set up Zoom you can ring Kayla on 07367 755 691 - they work for GMCDP. Or you can email Kayla@gmcdp.com.Click on the link below to go to the GMCDP events page, then click on the Coffee Meeting for the date you want to register:<https://gmcdp.com/events> | A calendar page with blue text  Description automatically generated |
| A drop-in online meeting means you can choose when to come and when to leave the meeting.  |  |
| The first part of the meeting starts at **12:45pm.**  | A clock with numbers and a black background  Description automatically generated |
| There will be a break for 15 **minutes** from **13:45pm till 2pm roughly.** Once the break has finished the second part of the meeting is from **2pm till 3pm.**  | A clock with numbers and a black background  Description automatically generatedA clock with numbers and a black background  Description automatically generated |
| **Accessibility** Please use live captions on zoom if they are helpful.Please let us know if you have any other access needs such as:* If you need to learn how to use Zoom.
* If you need a BSL interpreter.
* If you want information in advance about what we may talk about in the meeting
 | A group of people standing together  Description automatically generated |

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| If you need to speak anyone and want to go to the events, then you can email **Kayla at** **Kayla@gmcdp.com** **or you can call them on 07367 755 691. Kayla will be happy to help with any questions to.** | **A person wearing glasses and smiling  Description automatically generated** |
| We look forward to seeing you at our Coffee Meetings if you can make it.  | Smiley - Wikipedia |
| I hope you enjoyed reading this easy read guide it was put together by Amber Okpa- Stother  | **A person standing on a sidewalk next to a railing  Description automatically generated** |