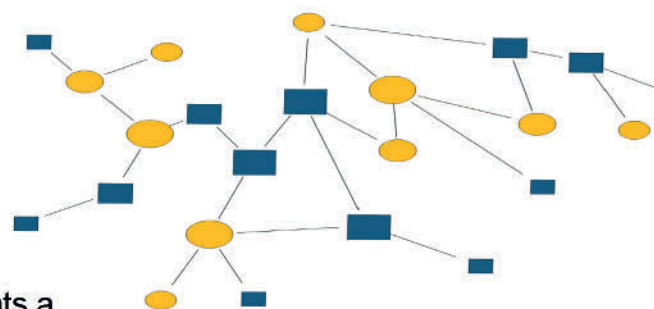


Help us make the first community map of Cornwall



Our aim is to create a map of who you speak to regularly, it will look just like the one pictured, where each shape represents a person and each line represents a connection between two people. These maps help us understand the connections between your health and well-being, and that of the community and will help us think of ways to improve both.

We can reassure you that, when we make these maps, we won't be using any names (either yours, or anyone that you mention), and so it won't be possible for anyone to identify any people from the maps.

You will receive an invitation letter and more details about the project in the next month. We hope you will join us in constructing the first map of this kind in Cornwall!



TalkBack feature allows you to listen rather than read

Have you ever had a hard time reading text on your computer? If your answer is yes, then we have the solution for you. Your tablet computer is fitted with a TalkBack feature.

This is designed to read aloud written texts from your computer screen. It is an innovative idea which is helpful not only to those with impaired vision but also to anyone with a desire to listen instead of read.

TalkBack can be accessed by opening the Settings from your tablet's main screen, then choosing Advanced Settings from the left menu, then selecting Accessibility from the options that appear on the right. TalkBack can then be activated by selecting it from the menu and sliding the switch to the right to On.

Once activated TalkBack will start with a series of short tutorials aimed at guiding you through how to use the feature using spoken instructions and practice activities. To make the TalkBack feature as user friendly as possible, within your accessibility options you have the text to speech output options that will allow you to adjust the pitch and speech rate of the Talkback voice.

If you need additional support with this please feel free to contact your technical support at Switch Community Ltd on 01209 610985. If you have any ideas for further apps that maybe of interest to fellow Smartline participants please email your idea to gavinb@switchcommunity.co.uk

Smartline has been funded in Cornwall by the European Union Regional Development Fund in order to help local businesses develop new technologies and increase job opportunities in the county.



European Union
European Regional
Development Fund

The South West Academic Health Science Network (SW AHSN) has provided additional funding to Smartline.

South West
Academic Health
Science Network



Smartline Community News

ISSUE 2 - JULY 2018



MONTHLY SURVEYS STARTING SOON

Please complete the electronic survey on your tablet when it arrives

There is a lot going on within the Smartline Project so we have rounded up some articles to showcase recent activities plus we have a number of new opportunities for you to get involved with over the coming months.

Most recently we handed out over 170 tablet computers, you can read more about this inside, and in the next few weeks we will start to send monthly research surveys to the tablets. Please take the time to answer surveys when they arrive, they won't take long and will help our research.

TALKBACK ON YOUR TABLET

Read the latest news about the TalkBack feature & new apps for your tablets

Following your feedback, a number of community activities are taking place; a coffee morning has been re-established at Camborne Public Rooms and Apprentice Court, at Trelawney Court arm chair exercises are being organised, a new green space is being developed for Coronation Avenue to include a wild flower area, benches and some raised beds, and community acupuncture sessions are being setup with Cornwall Acupuncture.

If you would like to get involved in any of the Smartline community activities please contact Karen via KarenS@volunteercornwall.org.uk or 07968706114.

INDOOR AIR POLLUTION RESEARCH

How your data will advance our understanding

As well as community events there are also opportunities to participate in more research activities. Inside the newsletter you'll see a number of articles and in addition there will be an opportunity to participate in a radon survey in the autumn which will add greater depth to our understanding of different homes. The September newsletter will have more details.

Over the summer the Smartline Team will be recruiting more participants. If you think your friends or neighbours would like to join, please ask them to ring Coastline on 01209 200200 and speak to the Smartline Team.

UPCOMING EVENTS & OPPORTUNITIES

We have a number of exciting activities for you to take part in

We hope you enjoy the newsletter and find it informative and inspiring. Going forwards we will issue electronic versions of the newsletter on a regular basis. If you would prefer to receive paper copies of the newsletter please let us know by emailing Smartline@exeter.ac.uk or calling us on 01872 258140.



How clean is your air?

Smartline is trying to understand more about indoor air quality and its relationship to health and wellbeing which is why one of your sensors is measuring the air quality within your home.

To explain the air quality data you're seeing on your tablet and how this information is helping researchers we've interviewed *Dr Richard Sharpe of Public Health Cornwall Council*, an expert in indoor environments and health, and *Cheryl Paterson a Graduate Research Associate in Smart Housing and Health at the University of Exeter Medical School*.

On your tablet you will see that air quality is measured in Particulate Matter (PM) and Volatile Organic Compounds (VOCs) but what are these things?

Richard: PM is Particulate Matter – fine particles in the air that come from a range of sources e.g. by-product of heating, cooking & smoking inside the home and from nearby traffic. This means that indoor levels of particulate matter may increase or decrease when you open your windows or doors, depending on outdoor air quality.

Cheryl: VOC is Volatile Organic Compound - they are organic chemicals that can come from outdoor sources and from the use of new furnishings, cleaning products, paints and things like computer printers. **Richard:** Indoor VOC levels in the home often reduce within 2 to 8 weeks, but can be replenished as these products are used in the home. VOC levels may be higher where there is indoor dampness (due to the decay of building materials) and mould growth.

Did you know? **11,000 Ltrs** This is the volume of air we breathe in each day **70% to 90%** This is the amount of time we can spend indoors

What do we know about the health effects of Particulate Matter and Volatile Organic Compounds?

Richard: Studies show that high levels of Particulate Matter are associated with reduced lung function and increased risk of heart and lung diseases. Volatile Organic Compounds may cause irritation of the respiratory tract and have potential impacts on asthmatics. Just because you have poor air quality doesn't necessarily mean you are going to have symptoms.

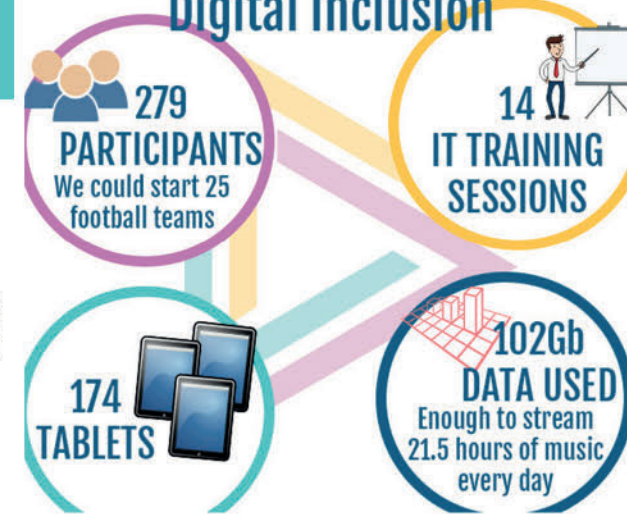
One of the issues is that we actually don't know very much about indoor air pollution in the UK. Indoor air pollution is hard to monitor and we have only recently got affordable technology, like the sensors in Smartline homes, to allow us to measure the risks for people.

What are you going to be doing with the Smartline data?

Cheryl: We will be analysing which factors affect levels of Particulate Matter and Volatile Organic Compounds in Smartline homes. This will help us get a better idea of different actions to improve indoor air quality. We will keep you up to date with our findings as we get them!

In January 2019 you'll be given the opportunity to take part in an asthma study to see if time spent inside the home and indoor air quality affects asthma.
You can register your interest by emailing Smartline@exeter.ac.uk

Smartline Digital Inclusion



Smartline is focused on how technology can help us live healthier happier lives. This is one reason why you were invited to collect a tablet computer in April and at the 4 further events.

The tablets allow you to video chat with friends and family, access social media platforms and answer research surveys which will be sent to the tablets each month; the first starting shortly.

Sue from Camborne said "This has been really good for me and my life. I have learnt how to read books online and I can now do my Tesco shopping online".

Over the coming years Coastline Housing will be implementing more online services. They believe that by using computers customers become digitally empowered which opens up access to get connected, benefit from deals and offers, and apply for benefits and work.

In addition to the training provided by Switch Community Ltd, All Saints Community Centre, in Camborne, will be running Digital Inclusion training sessions to include internet banking, online shopping and staying safe when using the internet. If you are interested in joining these sessions please contact KarenS@volunteercornwall.org.uk.

If you haven't yet collected your tablet but would like to do so please contact Switch Community Ltd on 01209 610985 or send an email to gavinb@switchcommunity.co.uk.

Together we're helping Cornish Businesses

Researchers and Cornish enterprises will be using the information collected from the surveys you have completed to help design better systems for managing homes in the future, and for inventing new products and services to help us all live happier and healthier lives.

We are actively supporting enterprises from a range of markets:

ADi Access are bringing dignity and independence to those with sight loss. The RoomMate, has been developed to provide an audio description to give the listener a virtual map of their surroundings, in this case a disabled toilet. We are supporting them to create a purpose built mobile app for 'Find a RoomMate', enabling those with a visual impairment to plan their journeys by locating a business with a RoomMate installed.

We have helped **Green&Blue** to create a digital education pack to tie in with Solitary Bee Awareness Week. The pack aims to raise awareness around our solitary bees and the vital pollination they carry out. It also supports the health and wellbeing benefits by encouraging more people to engage with nature. **Find out more at: www.solitarybeeweek.com**

We are also helping **Inspire Cornwall**, the Community Interest Company behind the **DadPad** to enhance the pad and develop a complimentary app version. DadPad is a practical guide designed to enable fathers of newborn children to gain the confidence and skills necessary to be the very best they can be. You may have met them at our launch event at Heartlands.

