

PAUL'S PLACE OFFICE

The office address for correspondence is:-

Paul's Place
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Bristol
BS36 2TT

The telephone number for Paul's Place is

(01454) 777236

Paul's Place mobile number is:

07748 543347

IMPORTANT CALLS ONLY PLEASE
BETWEEN 9.00 a.m. – 5.00 p.m.

Anyone wishing to come along to any evening activity
please phone the office on 01454 777236
between 9.00 a.m. – 5.00 p.m.
at least three days before the activity

PAUL'S PLACE



PIECES

March 2019

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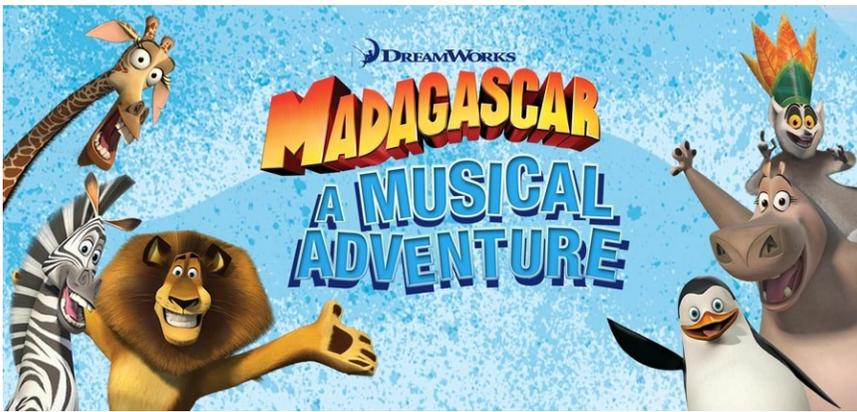


Poetry In Motion

What a change in my life,
escaping the trouble and strife.
Coming here to Paul's Place,
puts a massive smile on my face.
All the friends that I've met,
the best is still yet..... to come!
Exploring new talents in a safe space,
I'm so glad I discovered Paul's Place.
The activities here are quite impressive,
they pride themselves in being all inclusive.
I'm really impressed with all of them -
the staff here at Paul's Place do make me beam!
Boccia helps my aim and concentration,
archery here is quite a sensation.
No other centre has quite made me feel,
the same as Paul's Place - that's the real deal!!

Scott Faragher





Paula's Piece

THANK YOU ALL!

What a show! I really enjoyed myself at the Hippodrome. We went to watch Madagascar a Musical Adventure, based on the movie. It was brilliant! Talking animals and lots of music, very enjoyable to watch with all the bright colours and lighting. Also very funny too. I love to go to the Hippodrome, can't beat the live action and entertainment. Looking forward to more trips this year.

Edward Wells



I would like to thank each one of our members for their input into the interviewing process for the new CEO of Paul's Place on 16th January. Your contribution was valuable and much appreciated. It played a big part in the initial introduction for them to our day facility and how it works.

The feedback I received from members, staff and candidates was great, some candidates said that they had never been to such a well organized interview process and valued meeting you all.

Our thanks go out to Jill Jefferies - Trustee for the planning and arrangements during the day, and to the panel of stakeholders and our Trustees' panel. It was a long day, but all who were involved said how much they enjoyed being included in this experience.

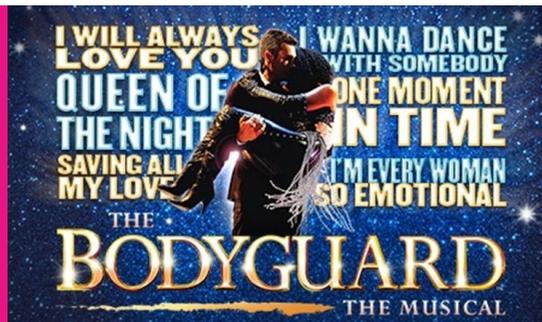
Thanks again

Paula

Future performances - 2019



Thursday 4th July - 7.30pm



Monday 1st April - 7.30pm

If you are interested in either of the above performances then please contact the office to book your place - 01454 777236



The new CEO appointed this month will be joining Paul's Place in May and will be introduced to you all in the next magazine.

Co-ordinator's Comments

Paul's Place are extremely proud to be invited to take part of a very important project called NHS 70, a national project supported by the Heritage Lottery Fund, whose aims are to gather stories from a diverse community. Debra Hearne, a journalist and ex - Trustee, contacted me to see if we could help collect experiences from members, carers and Volunteers, so they could be part of a permanent archive for future generations and of course, a useful resource for NHS history.

Sheila, James and I have been fortunate to undertake some "journalistic" training on how to gather, record and provide a summary of people's experiences for the project. Our aim is to invite people to tell us about their background and, with their permission, pass them on to Debra, so they can be put on to Manchester University's website, where we and the general public can all read them. You can hear other interviews on <http://www.nhs70.org.uk/> There are stories there from people in every walk of life for example, overseas nurses and doctors, people treated before and since the NHS came into being, plus many other stories of great interest.

If you would like to be included, your privacy will be respected and you can change your mind at any point. You can also provide a pseudonym if you wish. Apart from being part of this amazing project, we have been inspired to use what we have learned to think about using those skills to include articles on Facebook and our new website. We will record stories and every day news and projects with your permission, to make the website more interesting and vibrant!

Please ask any member of staff if you are interested in being part of the project or would like to contribute via a recording for Paul's Place.

Sue



Urgent Advice Needed?

In the event of you requiring HELP or ADVICE when Paul's Place is closed, please contact one of the following numbers:

Emergency Duty Team - 01454 615165



Samaritans - 116 123

NHS Advice - 111



when it's less urgent than 999



0808 802 0300

However, if police, fire or an ambulance is required, please dial 999.





Carers' Update

A fabulous night was had by all. The Cricket Club was converted into a glam ballroom, lots of fun was had by everyone dancing to music provided by Audio Monkeys and enjoying lovely food prepared by Paul's Place. Thank you to Dave Stallworthy for being our Toast Master - you really enhanced the evening. We were very fortunate to have two motivational speakers, Nicky Marshall and Tina Marie-Evans - we found their speeches very inspirational. Our evening concluded with an amazing auction, and the fantastic playlist by Audio Monkeys. The evening was a resounding success - thank you for everyone's support.

Clair Armstrong

The ball took place at the Cricket Club and it was the perfect place - comfortable and convenient. The hall was presented perfectly for a Winter Ball. The live band was very good! A very enjoyable evening.

Henry Sutcliffe



Happy new year to you all. I hope you had a lovely restful Christmas. Thank you to everyone who completed and returned the carers' questionnaire. This has been very helpful in compiling a Carers' Programme for 2019.

The carers' holiday to the Isle of Wight took place in September - wow what was fantastic weather we had. It was wall-to-wall sunshine throughout the whole week. The hotel was in a great position overlooking the sea, so we could see the sunrise and sunset each day from our rooms. We travelled around the island, enjoying cream teas and sightseeing.

A Carers' Pamper Day was held in Paul's Place Activity Room on 22nd November with 12 carers attending. Massage, hand waxing, Reiki, nail painting and chiropody were provided which everyone enjoyed. A delicious lunch was served by Inge we all enjoyed her speciality, chicken pie. Many thanks to Inge for her on-going support with Carers' Pamper Days.

The Christmas meal was held at a different location this year - Italb Italian restaurant. Carers felt it would be a nice change to have a lunchtime Christmas meal instead. The next event is a Carers' Pamper Day on Friday 15th February - so if you would like to come along and be pampered please give me a call.

We have an open door policy for carers to come in for a private chat or to share any concerns or worries they have at anytime, in a private, confidential setting and please don't forget, as a carer, you have the right to a carer's assessment.

This assessment can help you think about the ways caring affects your life. It also identifies things that you would like to change or things that you would like to continue to do that is important to you and your family. Your physical, emotional and mental wellbeing will be at the centre of the assessment. The person you support does not need to be receiving support from their local authority. If you would like to have a carer's assessment please call the Carers' Line at the Carers' Centre on 0117-9652200 between Monday to Friday 10-1pm and Monday to Thursday 2-4pm.

Sheila



Jo Binman

9.8.1970 - 22.12.2018

Jo Binman first came at Paul's Place in the summer of 2011 and there is a saying that "first impressions are lasting impressions" and in Jo's case we can safely say that in her case that was absolutely true. Here was a lady with striking hair, an art gallery's worth of tattoos, a skimpy vest and a pair of prosthetics that would definitely stand out in a crowd, well figuratively speaking, of course. I mean who draws attention to themselves like that when you have got such a noticeable disability - well Jo did and, as a champion for highlighting what you can achieve in the face of adversity, in our opinion, there was nobody who could hold a candle to Jo.

Without dwelling on the past, Jo and her family suffered more than their fair share of tragedy and heartache, so for her to become the inspirational figure that she did, is nothing short of astonishing.

When Jo first came to Paul's Place, she needed TLC and emotional support, but by 2018, the roles had well and truly been reversed and it was to her that so many of our members looked for counsel and reassurance. In the years in between, there were lots of highs and occasional lows, but for the most part, we all got carried along on Jo's tidal wave of energy, enthusiasm and hard work - indeed one of Pete's last conversations ended with him suggesting that perhaps she was pushing herself too hard and that maybe it might be prudent to say no sometimes, but she just laughed and said "I'll be fine" and then started telling him about her next project.

The turning point for Jo was her decision to get fit, which started with visits to the gym, then moved on to track racing over shorter distances and then onto half marathons. This would have eventually led to full marathons and triathlons, which were all in the pipeline. This makes it even harder to understand how her life should end so suddenly. All of these sporting endeavors were only a small part of Jo's life. She also trained as a nail technician, which our Carers' Support Group benefited from on their pamper days. Jo then found a passion for Zumba, so off she went again and qualified as a Zumba Gold instructor and for anybody who has not seen one of Jo's Zumba sessions, it is your loss, as they were the funkiest, funniest and most colorful experience you are ever likely to have, The sessions were complete with flashing lights, smoke and inflatables. Jo had also recently taken a para dance qualification, which would have further enhanced her CV. Jo took her Zumba sessions to other groups and schools such as Design for Life, Milestones and Claremont School, to sprinkle a little more of her magic dust onto people and children who Jo thought could do with some pizzazz in their life. Another big part of her life was her association with the Limb Centre in Patchway where she had become an ambassador and mentor. She spent lots of time there encouraging other amputees to become more active, which she hoped would lift their spirits and help some of them regain some enthusiasm for life. This eventually led her to Stoke Mandeville to take part in an ever-expanding list of events which would keep push-



Everyone worked really hard and the decorations looked amazing!! A good day was had by all. Some really good costumes, music and games, as well as food and the help from the staff was brilliant. We did lots of games including the Mummy game, Jelly game and a quiz. We also did Halloween Zumba, Mojo jumped out from under a box!! Overall a brilliant day.

Matt Badman & Luke Jones



Cope Park Lights

A big thank you to Graham and Sue for your amazing efforts once again. Your light display truly is spectacular!! Your continued support for Paul's Place is greatly appreciated, and we look forward to seeing your display again this year.

Kerry Lewis





Our schools visits have been ongoing and of great benefit to both the students and ourselves. Such has been their progress that Brimsham Green, Culverhill, Warmley Park and Claremont have entered multiple teams into the Lord's Taverners National Schools Competition, which we have been asked to officiate at - this is a huge compliment to us. To have disabled referees running the day is fantastic as they are being viewed as role models to aspire to in the future. We are also putting ourselves in the shop window for the students to come to Paul's Place, if they choose not to attend college or university when they leave school, which I hope will give us an injection of new younger members, who will be our future. We are also continuing helping Props, who are improving all the time, and they have entered the National League and have a good chance of qualifying for the finals.

Pete Andrews



Jo also found time to help anyone who needed it, seeing the good in everybody - indeed during a stay in hospital, she befriended a young lady who was struggling and encouraged her to come to Paul's Place as it might help her. We probably should have employed Jo as a recruiting officer. They remained great friends until this sad time. That was Jo - always giving, but expecting very little back.

Another of her trademarks was her talent for turning wheelchairs into flashing light shows, which she then showed off to great effect with all-night sessions at various clubs in town.

We could go on like this for hours, but there is one story that encapsulates Jo. Paul's Place sometimes attends an event in Bristol Cathedral, where classes of children have a day out trying out various activities and we were there to teach Boccia and New Age Kurling. Before we started we would always give the children a little insight into disability, as it was apparent that very few of them had had any contact with anyone who was disabled. Jo introduced herself and proceeded to take off her prosthetic legs which were heavily tattooed like the rest of her and passed them around. Well, the poor kids did not know where to look first - at these strangely cold false limbs in their hands or at Jo's stumps which were jumping up and down as if they were acting independently of her body. It was greatest icebreaker I have ever seen.

Jo also had a large group of friends on Facebook who she greeted everyday with a hugely enthusiastic message that jump-started their day in a style not unlike the effect that Robin Williams had in "Good morning Vietnam". Whether Jo was in a good place or a dark one, she always managed to put on a brave face with everyone she came in contact with.

Jo will be missed by her many friends at Paul's Place, by her fellow Trustees, with whom her contributions were go greatly valued, and by the so many people who she had touched in her short and amazing life. She will be missed most by her loving husband Graham and her children, who all supported her on her road to recovery and fulfilment. We are sure wherever she is now, they are feasting on her special quiches, made with cheesy pastry, that Pete never got to try, because they were always all gone before he got back to Paul's Place.

Goodbye Jo - thank you so much for enriching our lives with your presence.



PROFILE

I'm Ash and I volunteer on a Tuesday, running art and craft activities. I graduated this year in fine art and psychology and I'm currently in my foundation year of training to be a psychotherapist. I am hoping to start a Masters in Art Psychotherapy next September. Outside of work, studying and volunteering I do commissions and have my own painting practice.

On a Tuesday I work with Gary drawing, and Tracey and I are sewing a patchwork blanket that we have been working on for a few weeks now.

Ashleigh Riddell

"I'm really enjoying learning how to draw from my new art teacher Ash, I'm getting on really well with it"

Gary Banks



My name is Katie, I enjoy colouring and really enjoy cooking on a Monday. I love coming to Paul's Place, I've made so many friends. Since I've started I have tried Boccia which I find very enjoyable. I have also tried my hand at Archery and Skittles. I have had a lot of support and enjoyed every moment at Paul's Place.

Katie Tripp

It won't happen unless you are prepared to be a little flexible and turn up at times that might not be your normal days of attendance. I will put together possible dates, times and venues as soon as the opposition agree. If we can play our local teams on an ad hoc basis, we can then play the rest on one day at Yate Leisure Centre, if I can book it far enough in advance.

Boccia

On the 24th November we went to Bristol City Academy for the regional Heathcote Cup singles. We entered 20 players and there were 12 courts for us to play on. Each player was assessed to be put into the correct classification so that you can play someone who has the same level of disability as you. I played in BC4/5 category and got Silver.

This was Chris's first experience of competitive Boccia and he played three matches which he thoroughly enjoyed, and has given him ambition to play further tournaments.

Hannah Webb & Chris Callow



It lovely to back in the Super League, and playing at the highest level. Being the Captain for the team is a great Honour! After the initial nerves I settled into the day and it was amazing. This is my 10th year in Boccia and I love the sport with a passion. My team is made up of myself, Chris Plummer and Martin Long. I am very proud of them and we brought home a Silver medal. I am excited for the next one.

Nick Brake

Sports Shorts

Day one of the Superleague took place on Sunday 25th November at the City Academy Bristol, which made a nice change, as it meant at least we all got to spend the night before in our own beds.

As usual the standard was very high with all the games being competitive. For the first time in our history we have finally got two teams in the competition and the day ended with mixed results. The success story was the debut of Paul's Place Raiders comprising of Nick Brake, Chris Plummer and Martin Long, who won both their pool games, including demolishing reigning champions, SAS, before losing to Jorvik in the final. They played amazingly well showing great consistency and keeping their nerve at the crucial moments in their matches, so to start their campaign with 6 points is superb. Andy Batten, Luke Jones and Ben Stunell struggled from the start and although they won two of their three games they never really got into their stride and would be the first to admit that they will have to raise their game when we go to Mansfield at the beginning of February.

I don't know if it's coincidence, but each time we play the Heathcote Cup the day before the Superleague, we don't play to our full potential. Fatigue takes its toll as the day wears on, so it may make sense to give it a miss next year for the players in the Superleague if that is our priority. The draw for the next round has somewhat unsurprisingly pitted us up against each other in the first match, which was pretty predictable, if you believe in conspiracy theories. Still the good news is, we then both play our old friends the SAS. If we want to use reverse psychology imagine how they feel, so be confident, positive and may the best team win and then put Celia & Co. to the sword.

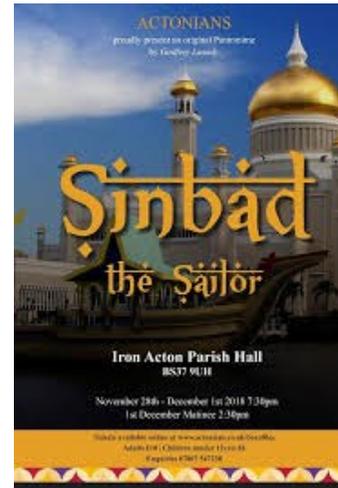
National League

It seems as if this season has been going on forever and we haven't played a single game yet. Boccia England have agreed that we should have two divisions in the south west, with the winners of each division qualifying for the finals in Nottingham without playoffs. All we have to do now is come top of both groups, which will not be easy as there are some good teams in our region this year, who are improving all the time. The reason we entered so many teams this year was to give everybody who was interested an opportunity to play at their level, so I will endeavour to organise your matches at times and venues that suit us wherever possible. However, with so many teams coming from different places it may prove problematic, so please be patient as I get things moving as fast as I can.



I really enjoyed my Christmas Dinners - all 3 dinners were very nice!! For desert I had the ice cream, very yummy! All the decorations were lovely, and all the tables laid out nicely. We also had great fun pulling the crackers.

Dean Graham



It was a very good show, very funny with lots of innuendos! We were very spoilt by the Iron Acton Actonian's, plenty of tea, coffee, mince pies, sweets and chocolate. I would definitely like to go again!

Sarah Mann



Paul's Place



Shop using Amazon smile, and choose Paul's Place as your charity, we will receive a % on most orders made.

www.smile.amazon.co.uk



**England
Rugby**



We set off to Twickenham on our new minibus, all excited to watch England vs Japan. It was a lovely day made even better by England winning. We all had a good time, I would love to go again! It's a great day out with great company.

Martyn Edmunds

Budding Artist

I really enjoy doing arts & crafts. I have been able to create this vibrant parrot painting during my sessions. Once completed I donated the piece to Paul's Place. It caught people's eyes on Facebook when a Paul's Place supporter expressed an interest in purchasing my Art. I agreed, and a donation was made to Paul's Place.

Emily Hyde



**NO COFFEE TILL
10AM**

Please don't arrive at Paul's Place before 10 am. Setting up needs to be done before the kettle is put on!



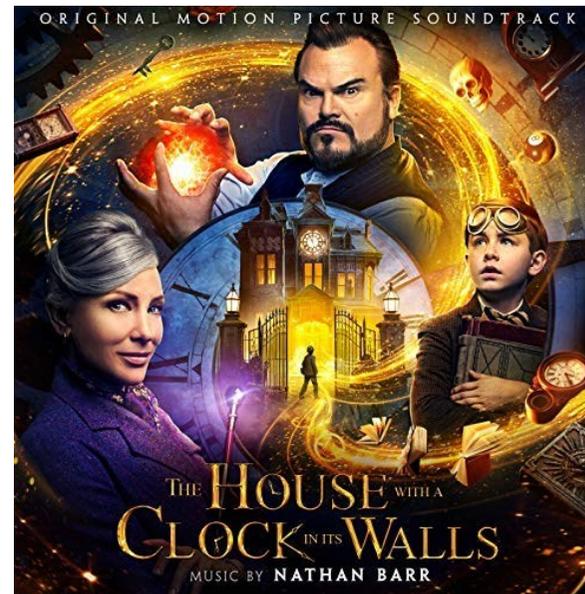
A Simple Favour ★★★★★

Starring Anna Kendrick, Blake Lively and Henry Golding

A story about a couple of ladies who get friendly through their son's at school. After a couple of days, one of the ladies gets a phone call asking her friend to pick up the son from school, as she has to go away on business trip. She then disappears, in a plan to fraud the insurance company to pay money she owes.

The House with a Clock in its Wall ★★★★★

Starring Cate Blanchett and Jack Black



An orphan boy, with both of his parents killed, is sent to live with his eccentric uncle in a creepy old mansion. It is filled with every sort of clock you can think of. The story is there is one clock the uncle cannot find. There is a very clever plot, but they find it under the boiler in the end.

Film Review



Mile 22 ★★★★★

Starring Mark Wahlberg and Lauran Cohen



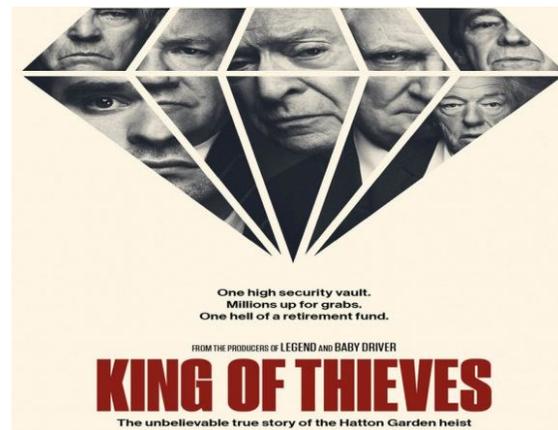
The story is of a highly trained CIA outfit sent on an urgent and dangerous mission. Transporting a foreign asset 22 miles in a race against time. It has plenty of action and a twist in it, but a clever ending.

Martyn Edmunds - Paul's Place

King of Thieves ★★★★★

Starring Sir Michael Caine, Charlie Cox and Michael Gambon

The story is about a group of old con artists planning one of the most daring bank raids ever at Hatton Gardens. They take on board a clever young electrician, who has a set of keys to a side door near the bank, allowing him to get in to switch off the alarms. The old criminals all get arrested in the end, but the young one is still at large today.



Thank you to all our supporters who have generously given donations or assisted with fundraising to Paul's Place over the last few months:

BAWA

Keith & Rosemary Brake
Bristol Hippodrome
Darren & Ness Burnell
Business Choir
Bristol Province 2
Cabot Circus
Catherine Hyde
Cleeve Singers
Louise Cranney
Helen Day
Filton Ladies
Mike Grimwade
Graham & Sue Hawkes
Kingswood Relief in Sickness
Kingswood Y's Club
Claire Leonard
Powersystems UK Ltd
Pucklechurch WI
Renishaw
Saltford Afternoon WI
Linda Sheppard
Elaine Snook
St Anne's Mothers Union
Stoke Bishop Ladies Choir
Kathryn Thompson
Jill Tonks
Mr. & Mrs. D. Trussell
Tyndale Lodge
Tyndale Primary School
Winterbourne Down Border Morris



Ice Skating

We went off to Cribbs Causeway who kindly donated an ice skating session. We were unsure if my electric wheelchair could go on the ice, but found out I could; it was amazing!! I would love to go again. We went out for some lunch after which was a great end to the day/year!

Georgie Porter



I really enjoyed being part of the Downend Round Table Santa Sleigh ride around Mangotsfield. We had to follow behind the big man himself collecting donations on our travels. Santa was also delivering gifts on his way around. This was a great opportunity to get Paul's Place out there.

Andy Batten

Tuesday Skittle Competition

Sept 2018

Male Overall Winner - Andy Baxter
Female Overall Winner - Tracey Shields
Best Effort Male - Toby Sandow
Best Effort Female - Sue Milkins

Oct 2018

Male Overall Winner - Andy Baxter
Female Overall Winner - Sue Milkins
Best Effort Male - Toby Sandow
Best Effort Female - Avril Goodland

Nov 2018

Male Overall Winner - John Williams
Female Overall Winner - Avril Goodland
Best Effort Male - Becky White
Best Effort Female - Andrew Crook

Dec 2018

Male Overall Winner - Andy Baxter
Female Overall Winner - Tracey Shields
Best Effort Male - Ian Durbin
Best Effort Female - Beverley Garland

New faces are always welcome around on the alley

Geoff



Horse Riding

In the summer I started going to Riding for the Disabled at Wellow, near Bath. At first I was quite nervous but I gradually got to enjoy it. Each week we went out for a ride and one week we spent a whole day there learning how to look after the horses. Annie, Melissa and I were asked if we wanted to enter a dressage competition. We all said yes! We had to go to Henbury in Bristol in November. I was a bit anxious as I'd never done anything like that before. It all went well and I got 5th place in my event and a rosette. Annie and Melissa got joint second place in their event and more rosettes. Our horse was called Ted. I would like to carry on with horse riding as I really do enjoy my days out there. A big thank you to Andy and Michelle for all their help and support.



Jess Emmerson.

New Minibus

In mid November we took delivery of our new minibus. Yes, to quote the great Willie Nelson, "We're on the road again." With luxuries such as reversing camera, passenger heating, better suspension and overhead luggage racks, we are ready to get out and about again. Day two of having the minibus saw us take it to Twickenham to watch England beat Japan.



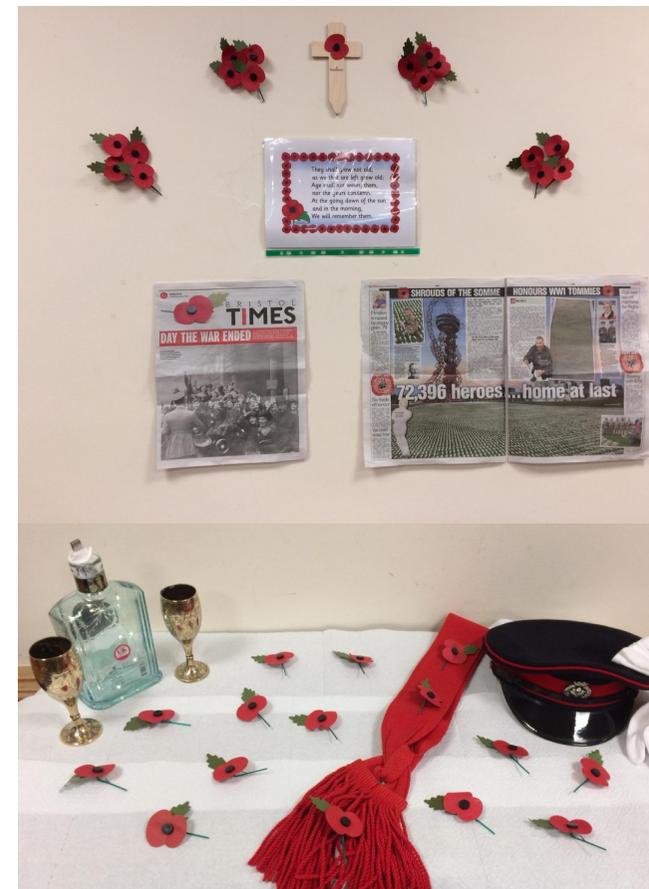
More in the pipeline, such as Boccia weekend, Twickenham again, carriage driving, museum trips and the obligatory pub lunches. Busy times ahead.

Andy Carter

ARMISTICE

100

1918 2018



When I came into Paul's Place on Remembrance Day, I was pleased to see the table set up ready for remembrance as I have family in the forces, both past and present.

I do feel it is very important for us to remember the fallen who gave their yesterdays for us to enjoy out todays. Also to remember family members and the sacrifice they made for us, and my brother who is still serving. Bless them all.

Simon Hill



I really enjoyed it and had a really good time. We went on days out to the marina in Vilamoura and shopping in Albufeira. The apartment was very nice, I had my own room and an en-suite. The weather was lovely and sunny. I had great company with me - Chrissy, Heather, Michelle and Hannah. I would definitely go again if I got the chance.

Russell Britton



Bournemouth

We went to a bar called the Dancing Moose, that's where I got the name Matty Moose. We also went to the cinema and watched Mile 22. The weather was amazing -

sunny all week. The hotel was good too. I am looking forward to going on more holidays in the future.

Matt Badman



WARNER
LEISURE
HOTELS

Cricket St Thomas



The hotel at Cricket St Thomas was really good, the location was nice and the food was a very high standard. I also really enjoyed the entertainment at the hotel, because we had a fun Michael Bubl  night, the guy actually sounded just like him! Throughout the week we had a few different trips, including Monkey World, shopping in Exeter, and a rustic pub in Chard. We also popped into Clarks Shopping Village on the way back. I really enjoyed Monkey World, and although I couldn't see the monkeys I could certainly hear them! I had a really great time overall and especially enjoyed the smaller sized group, because it felt more relaxed.

Andy Gough

