



A note from Daniel

Christmas for me has always been a time for family and friends. That is going to look different this year, as we need to ensure that everyone stays safe and well.

Christmas has also always been a time for reflection and hope, both of which are needed so much right now. This year I will be reflecting on 2020, not dwelling in the negativity (as easy as this is to do). Instead, I will reflect on the things that have been achieved and the things I have learnt about myself and others.

As I reflect on the last 12 months at Paul's Place, I am so proud of all that we have achieved. We have continued to support our Members despite lockdown and its limitations. The team have been amazing, having all worked so incredibly hard. Our Members, Cares and Volunteers have also been fantastic in being so supportive of Paul's Place and of each other.

It has been a journey for us all.

I look to next year with hope and positivity. The rollout of the vaccine makes it easier for us to plan and I am optimistic that by the summer things at Paul's Place will begin to feel more familiar. The Paul's Place community spirit is strong and whilst things will undoubtedly look and feel a little different going forward, we will recover from what has been a horrid year.

I wish you a peaceful Christmas and a happy and healthy 2021!



A little piece about keeping well in winter

With Covid-19 continuing to cause concern, it's more important than ever to care for our mental and physical health this winter. All of us are struggling in some way so here are a few simple tips to treat your body like a temple;

- The more colourful your plate, the better you will feel. Nourishing your body with vitamins and minerals supports our immunity. Studies have also shown the positive effects on our mental health when we eat well.
- Don't suffer in silence, It's okay not to be okay. Keep talking to your friends and family. Further down we share some useful links to great organisations this winter should you need someone to talk to.
- Mindfulness doesn't mean you have to become a meditation guru. Mindfulness is the act of taking in your surroundings. If you can't get outside for daily exercise, even sitting by an open window, listening to the birds and taking in your surroundings has proven to enhance our mood.



Paul's Place news

We say goodbye to Chris as she begins her retirement

A note from the staff: "We pay tribute to our one and only Chris Brooks who retires this month after 20 years with the charity. Chris started as a volunteer before working for the charity where she has held the post of Finance Officer for several years. During her time with Paul's Place Chris has been loyal and hardworking and has diligently looked after our money – counting every penny! It is true to say that there is not much that Chris does not know about the charity. Finance and knowledge asides, Chris truly cares about the charity and its Members.

Chris will be truly missed, and the office will not be the same without her. I thank you Chris for your dedication, hard work and loyalty to Paul's Place – we miss you already."

Introducing Kate Leahy

In January we welcome Kate Leahy to Paul's Place. Kate will take up the new role of Finance and Business Support Manager. Kate studied Accounting and Finance at Exeter University and qualified as a



Chartered Accountant at PwC in Bristol. Kate has previously worked for Triodos setting up their Internal Audit and Risk Management funding in the UK.



Our Covid-19 Appeal is just £1,698 away from target!

We cannot believe how close we are to our £25,000 target and all this, in a year when we had to jump over many fundraising hurdles. You have been superbly creative with your fundraisers - from getting crafty with facemasks, running marathons to taking part in the 2.6 challenge, birthday fundraisers and so many more.

 You are brilliant! 

Help us by donating via JustGiving at www.tiny.cc/ppappeal today

Just as we thought we hit the final mile of our fundraising marathon, tier 3 restrictions presented our remaining fundraisers with further challenges, however, they continue to adapt to the changes undeterred!

See below for the latest news on our winter fundraisers and how you can help us cross the finish line.

Fundraisers in your area

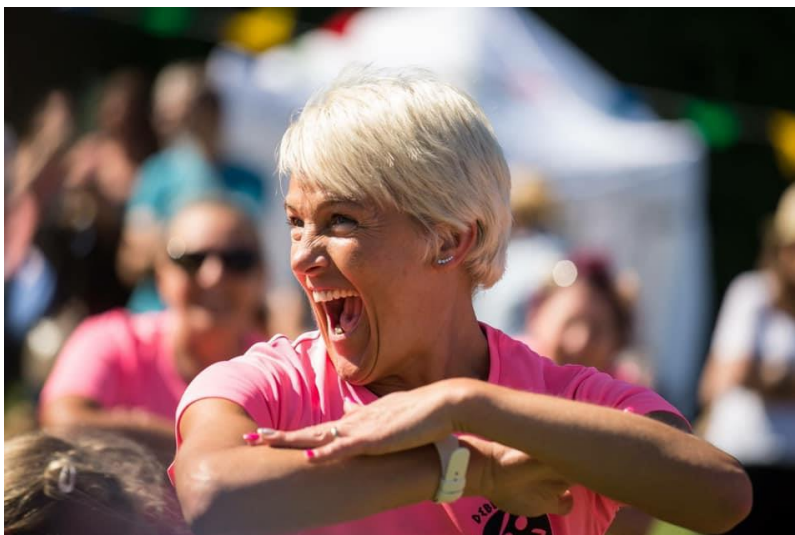
Zumba in 2021  

Deb Griffin's Christmas Fundraiser was postponed due to tier 3 restrictions. As soon as a new date has been set, we will make an announcement on our social media channels and via the newsletter.

Those who have already booked their place will still be able to take part in the new date once this has been set. Until then, hold on to your places and shake off the negativity of 2020 in style!

Event Details:

Date: to be decided
[announcement will be made



via this monthly newsletter]

Location: Lincombe Barn, Overndale Road, Downend, Bristol, BS16 2RW.

Session one - 6:30 -7:15pm

Session two - 7:30 - 8:15pm

Tickets £7 per person – find out more about available spaces by emailing fundraising@paulsplace.org.uk or calling [07493 343 598](tel:07493343598)

Almondsbury Christmas Lights close early

"It is with much disappointment and sadness that we have had to close the display for the rest of this year. Please do not visit - as sadly the lights will be off.

This decision has been made with regret due to the very high volumes of people visiting each night. The health and wellbeing of everyone is our highest priority and whilst every effort has been made to ensure Covid-19 secure viewing, the significant number of visitors has made it difficult to continue operating safely.

Hopefully, next year everything will be back to normal and we will be able to light up the display again.

We wish everyone a Safe & Merry Christmas and a Healthy & Happy New year."

Graham and Sue





Useful information

Where to get support this Christmas

From December 18th Paul's Place begins their Christmas break. For our Members (those supported by us), Carers, Staff and Volunteers, our private Facebook page is there to stay in contact with your friends at Paul's Place.

For those not on Facebook, don't forget to reach out to your friends made at Paul's Place in other ways. This year, many of you got to grips with technologies like Zoom and WhatsApp video calls, both great ways to keep in touch with each other.

The important thing to remember is that you are not alone, that there is help for those who need it.

Further Mental Health support and resources

The build-up to Christmas can be stressful, there are organisations out there who offer a listening ear like **CALM**. Their helpline on **0800 58 58 58** is for people who are feeling low and looking for someone to confide in.

Changes Bristol are a brilliant mental health charity who have created online support groups.

For **telephone support**, Bristol Mind offer a great service too. You can call their emotional support helpline **MindLine**, which is running an extended service during the Coronavirus (COVID-19) crisis and is now open 7 nights a week, 7pm-11pm on 0808 808 0330.

Samaritans is also a major organisation that offers telephone support to anyone struggling this Christmas. You can call and chat with a volunteer at **116 123**

For those who want to text, the organisation **Shout** is here to help. The UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. **Text Shout to 85258.**



From all of us at
Paul's Place we wish you a

Merry Christmas
and
A Happy New Year

