



Paul's Place

LIVING LIFE TO THE FULL



An update from Daniel

Tuesday 1st September saw us open our doors again at the day facility and it has been wonderful to see people, after what has been a very difficult last six months.

In some respects, it feels as if we have never been shut, but in others, it does look and feel very different. To ensure that we keep everyone safe, we have had to put in place some changes and I wanted to thank people to adapting so well and being understanding of the things that are different.

The biggest change is that we are now working with fewer people on a daily basis and out of our 86 current day facility members, 69 have been offered sessions and have returned. 17 have either not yet been offered a session, or do not want to return for the time being. We are doing everything that we can to ensure that those who want to come back can do so and we are now offering additional sessions at a second venue in Thornbury.

Whilst it will no doubt be a challenging rest of the year, I am proud in the way in which everyone at Paul's Place has adapted and been flexible – we will continue to do all that we can to ensure that people are living life to the full.

Take care and stay safe,



Daniel Cheesman, CEO

A little reminder of how we can help

With limited capacity in our day facility we continue to see people in the community, host 1-1 visits and plan fun-filled activity sessions on Zoom. For that extra support and privacy to discuss any worries we're still running our telephone befriending service and checking in on everyone's wellbeing.



In case you missed it - August

We spoke about all things travel and accessibility

Everyone's summer plans have been put on hold and the UK is making use of the natural beauty and adventures on their doorstep whenever they can.

To make sure everyone can enjoy new experiences and have an adventure we've got our top tips to share with businesses, helping them become more accessible

Top Tips for accessibility

75% of Disabled people and their families have walked away from a UK business because of poor accessibility or customer service. - Purple Charity

1. Invest in accessibility tools for websites - we've invested a lot to ensure our website is fully accessible, as well as our social media posts.

2. Wheelchair ramps, strategically placed handrails and clear gangways will ensure an easy route for all guests.
 3. Adjustable lighting to help the visually impaired or those who are sensitive to bright lights.
 4. Clear signs for all the accessibility measures which have been put in place.
 5. Take a look at reviews from websites such as [accessible Britain](#) and [Euan's Guide](#) before visiting a new place to see which accessibility measures have been put in place.
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Heart-warming moments during covid-19

It has been a tough time for all of us but you have shared your appreciation for all the hard work from everyone at Paul's Place.

With cards from those we support you have told us how valuable it has been to keep Paul's Place open and bring the spirit of the day facility to people at home.

"Thank you for all your help and support. Your phone calls, Zoom chats and home visits have been a huge help to us all during this very difficult and challenging time.

I personally would have found this a much more stressful and lonelier time if I didn't have Paul's Place at Home to support me.

I also thank you for all your hard work in getting the day facility running again and look forward to being back."

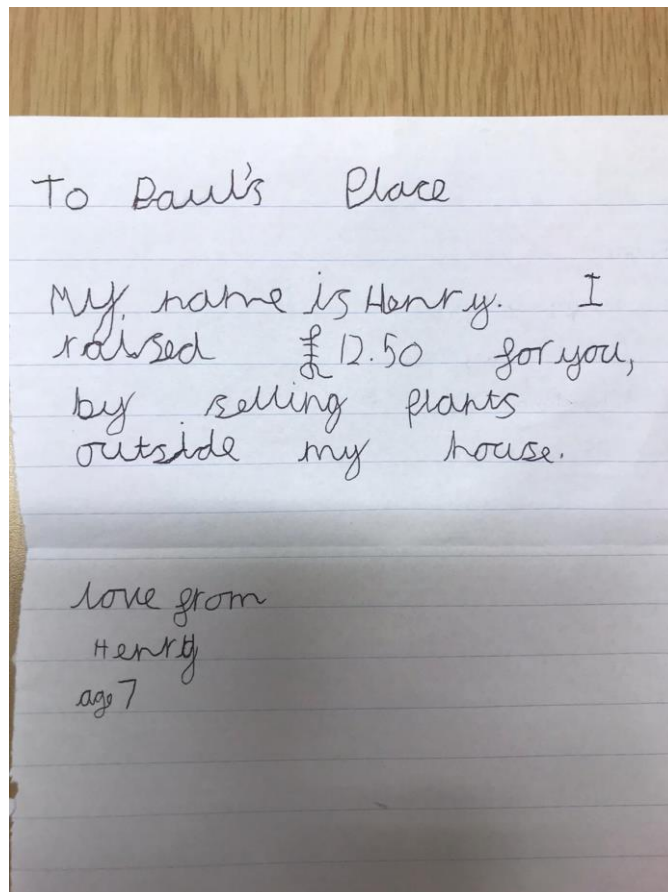
Good times at Paul's Place

Paul's Place received a very special letter

It was July 22nd and the team received a very special letter from 7-year-old Henry Bateman who lives with his family in winterbourne.

We have now heard back and found out that Henry had grown some pepper and cucumber plants in his garden during the lockdown. He and his family had so many, that Henry asked if he could offer them to the neighbours and raise money for charity.

When Henry chose to raise money for a charity which supports adults, his mum Katie told him about Paul's Place.



Before his letter arrived, the team had been working hard to keep everyone safe. There were times we all felt unsure about what the future holds but we always knew we would find a way to make it work for those we support.

Thank you Henry and his family for your kind letter and thinking of us during this tough time. The day we received his letter warmed all of our hearts and nearly brought a tear to our eyes!

It's the little acts of kindness that keep our community strong during these tough times.

It's all fun and games now we are back!

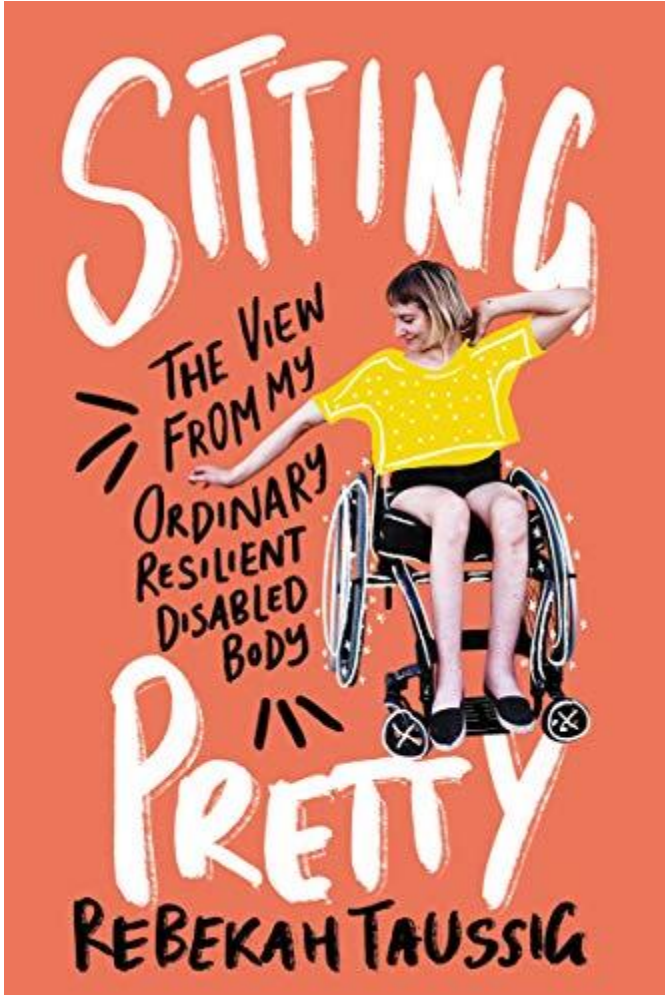
Group activities in socially distanced bubbles and on nicer days the team have been getting outside for some bowling too!



Inspirational people - your personalised good news

Did you know there is a community of inspiring individuals, sharing their journey about how they overcame struggles with their disabilities online?

One of our favourites is the latest book release by Rebekah Taussig:



"A memoir-in-essays from disability advocate and creator of the Instagram account @sitting_pretty Rebekah Taussig, processing a lifetime of memories to paint a beautiful, nuanced portrait of a body that looks and moves differently than most." - Amazon.com

Our Covid-19 Appeal has reached its halfway mark!

Thanks to you we have reached 52% of our target and raised £13,018! 🌟

Throughout this pandemic, we have been keeping everyone connected, providing friendship and laughter, and reducing loneliness and isolation. Then as the situation improved we were able to reopen our day facility. However, with our limited capacity, we're continuing with *Paul's Place at Home* and *Paul's Place in the Community* to ensure everyone is supported equally. Your donations are supporting these vital services which many of our service users refer to as a "lifeline".

Find out more about what we have been up to throughout Covid-19 [here](#).

We thank you for your continued support to help disabled adults Live Life to the Full.



Useful information

Starting your own fundraiser

With all our fundraising events postponed for the year, now more than ever, we need your help. Our [fundraising pack](#) has been updated on our website to make sure you have all the resources and information you need to begin your own fundraiser to support Paul's Place.

Thank you to Mary, who has been raising funds for Paul's Place by making and selling face masks. Her beautiful designs have raised £529!

Starting your own fundraiser

Do you love to shop on Amazon, Sainsbury's, Marks and Spencers, Argos, Ebay or anywhere else?

Did you know every time you shop you can donate to Paul's Place at **no extra cost?**

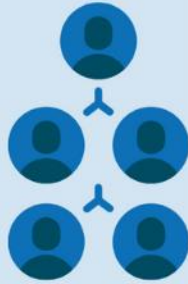
Easy Fundraising collects funds every time you shop! Check out their website next time you shop online.

www.easyfundraising.org.uk

Don't forget - staying safe at Paul's Place Daily

Maximum groups of 5

We have created social "bubbles" of up to 5 people for activities throughout the day



One-way system

To help you move safely, new signs will create a one-way system in and out of the building



Temperature checks & Sanitizing stations

We are checking temperatures upon entry and have many sanitizing stations set up



Personal Protective Equipment issued to all members of staff

For those that require personal care, staff have been issued with visors and other PPE to keep everyone fully protected



Wear a face covering or visor

Certain individuals are exempt due to a health condition or a disability. For those who are able to wear a face covering or visor, should do so at all times while in the building



If you're feeling unwell, stay at home

Symptoms of Coronavirus are often subtle. To keep everyone safe, if anyone is feeling unwell, we urge them to stay at home, see their GP and notify our staff in the event of a positive test



Strict new cleaning schedule

To ensure all surfaces and touch points stay sanitary, a new cleaning rota has been put in place

Special attention towards communal areas and toilets have been put in place



From all of us here at Paul's Place, we thank you for all your support and wish you well

