

# Welcome

Thank you so much for your interest in supporting and fundraising for Paul's Place.

This guide is full of inspiration and ideas for fundraising activities and events you can organise to help raise money for our important work with physically disabled adults. We'll walk you through the steps you need to take to make it as easy as possible to raise money and get the most out of whatever you choose to do.

Paul's Place is a local charity based in Coalpit Heath, Bristol that enhances life for physically disabled adults. They do this by providing social activities that connect people, reduce isolation, improve health and wellbeing and give people the opportunity to develop new skills, enjoy new experiences and live life to the full.

Approximately 75% of our members have acquired disabilities as a result of things like Road Traffic Accident's, Brain Tumours, Strokes and Workplace Injuries. This could happen to any one of us or someone we love at any time and life literally changes in a heartbeat!

Did you know that 1 in 5 people in the UK are disabled?

The support we provide is vital in overcoming anxiety, loneliness and isolation that in many cases can even be life threatening.

Members refer to us as a "Lifeline" and say things like, "I cannot imagine life without Paul's Place"; "Coming here gives me purpose and a sense of belonging"; "I feel valued and needed." Members of Paul's Place have opportunities to achieve goals, gain independence, make friendships and take part in life enhancing activities.

We rely on the generosity and dedication of our supporters in order to continue our work. Your fundraising efforts will ensure that we are able to continue providing our vital services to the disabled community.

Let us help you feel the 'Fun' in 'Fundraising!' Heartfelt thanks for your support!

**Registered Company:** Paul's Place (South West)

**Registered Office:** Serridge Lane, Coalpit Heath, BRISTOL, England. BS36 2TT

**Registered Company No:** 11165504

**Registered Charity No:** 1180398

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