



A note from Daniel

Happy New Year All

Although it feels rather like 'groundhog day', as we are back in the lockdown cycle, we do this time have reason to be optimistic. We can see the vaccine rollout happening on the news and this does offer us some real hope that life will start to get back to some sense of normality at some point.

In the meantime, here at Paul's Place we are continuing to support our Members through the 'At Home' project and this month we have some new themed zooms planned to keep Members connected with one another and to keep spirits upbeat! In addition to this our 'There2Care' programme continues with weekly carers meetings happening online.

This month we also say goodbye to Chelsea and Michele who are leaving the team. Whilst it is sad to be seeing them go, it is good that they are both moving onto roles that will enhance their career development. I would like to thank them both, both personally and on behalf of Paul's Place, for their fantastic contributions – they will be hard acts to follow.

If you have any questions or things you would like to talk to me about, then please do not hesitate to contact me – dcheesman@paulsplace.org.uk

In the meantime, say safe, keep well and remain positive!



Daniel



Paul's Place news

Paul's Place at Home continues to provide vital support

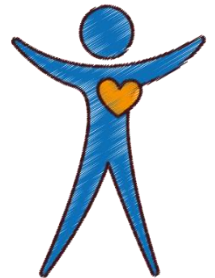
After a challenging year, we're here to ensure all those we support feel connected to Paul's Place throughout lockdown. We want to ensure the friendship and laughter found at our day facility stays in place.

Paul's Place at Home is in full swing, providing vital support while our day facility is closed, enabling us to maintain the same level of support from afar and keep everyone safe and well.

To do this, we have increased the number of activities held on Zoom and created a whole new list of sessions to choose from each week.

From our Blue Tuesday session, which focuses on the personal wellbeing of those we support, to a bit of fun with *around the world with Bob and Heather*. The new activities held each week stimulate, entertain and provide the all-important connection to friends and staff at Paul's Place.

We will also be providing 1-1 wellbeing calls to create a safe space to talk, plus connect service users to any additional support they need at this time.



Sending our best wishes to Miche and Chelsea for their next steps



At the end of this month, we will be saying a very fond farewell to Chelsea Couzens and Michele Thame who will both be moving on from Paul's Place.

Chelsea is leaving us to take up the post of Activities Coordinator at Begbrook Care Home, something she will be excellent at!



Michele will be saying goodbye to us to become a PA for one of our Members – our loss is their gain!

Whilst we are really sad to say goodbye, we want to congratulate them both on their very exciting next steps in their careers and thank them for all their hard work and dedication over the years.

 You did it! 

2020 ended with your fantastic achievement of raising **£25,190 for Paul's Place Covid-19 appeal!**

To all those who donated and fundraised for us in 2020, your contributions make a big difference to all those who are part of Paul's Place.

Thank you




Cope Park Christmas Lights - what a journey!

In 2020, our fantastic supporters Graham and Sue set out to create their best and biggest display yet. They achieved this and more! However, as numbers of visitors soared and Bristol entered tier 3 restrictions, they had to close their display early and move the fundraiser online.



The popularity of their display continued to gain momentum online and together you raised a total of

 **£2,350!** 

Thank you to all those who supported Graham and Sue.

Spotlight on disabled authors:

The Pretty One by Keah Brown



[Image Source: Amazon.](#) Available as hardcopy and audiobook.

"In *The Pretty One*, Brown gives a contemporary and relatable voice to the disabled—so often portrayed as mute, weak, or isolated. With clear, fresh, and light-hearted prose, these essays explore everything from her relationship with her able-bodied identical twin (called “the pretty one” by friends) to navigating romance; her deep affinity for all things pop culture—and her disappointment with the media’s distorted view of disability." Source: Keah Brown website.


Useful information

Accessibility online

In a world that continues to make great technological leaps, accessibility for disabled people can often go overlooked.

We've worked hard to ensure our website is fully accessible and for those businesses who are yet to make the same adjustments, here is a useful tool to help you online.

Natural Readers online will read aloud PDF's, Word Documents and Emails.

This also comes as a smartphone app, allowing you to have copy and pasted text or saved documents read aloud on your phone. 

Finding the positives this lockdown

It's important for us to share even more resources should you need extra help and support this winter;

Former Trustee Nicky Marshall and her Business Partner Sharon Critchlow are on hand to help you find your *Bounce* this winter.

Taken from their latest blog, they talk about the importance of sleep for our wellbeing. To help us get a good night's rest;

use the **REST** method for getting better sleep:

- **Routine.** Go to bed at the same time each night and set your alarm for the same time in the morning.
 - **Environment.** Make sure your room is dark, cool and free from noise. Ear plugs and eye masks can help. If your brain is still racing, try some white noise such as the Rain Rain App to give you naturally soothing sounds.
 - **Stimulation.** Avoid alcohol and limit caffeine in the afternoon. It takes 6 hours for caffeine to leave your system. Limit screen time in the evening and if you do want to watch a bit of TV make it funny or light-hearted where you can.
 - **Thinking.** Get your mind in to the best place by writing down 10 good things that have happened that day or things you are grateful for, just before bed. Maybe it was a chat with Mum or a smile from your son, all of these thoughts help towards a good night's sleep.
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Mental Health support and resources

There are organisations out there who are here to help. Organisations 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 more information, their number is **0117 941 1123**.

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**.

That's all from us this January, we look forward to seeing some of you on Zoom, as well as conversations on the phone!