



# Paul's Place

LIVING LIFE TO THE FULL



## A little piece about self-care during lockdown 2.0

It's lockdown round two. Right now it's important we reach out to friends and family. Even if it's just to talk about something as silly as a funny story someone told you in the past, pets causing havoc or young children being their brilliant little selves and living a care-free life.

Even in the darkest of times, there is still light to be found.

Perhaps re-live your favourite holiday, Birthday or event with friends?

Know those days of being together will return and all the memories you have made up until today have not been lost.

We hope you find moments of joy this November and all the support you need.



In case you missed it - October

Briony May ran for Paul's Place

Briony May finished her virtual marathon! Running 26 miles for October she has achieved her target and raised **£508.18!**

**Let's all give a great big cheer for our runner Briony May!**



We rallied supporters to help us win a share of the Airbus Community Awards



**Thanks to you, we are one of 10 charities who will receive a share of the funds, winning £1,000!**

## We began looking for our 2021 Bath Half Marathon runners

In times like these, when uncertainty occupies our mind, having a goal to work towards is not only rewarding but it will keep you focused.

Set yourself a new goal for 2021 and make a difference to the disabled adults and their carers living in your area.

Get in touch today to secure one of our limited places! Email [Fundraising@paulsplace.org.uk](mailto:Fundraising@paulsplace.org.uk)

Why the Bath Half?

"For me this was a great opportunity to achieve a personal goal and raise money for a charity whose cause I believe in."

- Daniel, Bath Half 2020 runner for Paul's Place (South West)



FR Registered with FUNDRAISING REGULATOR

Paul's Place 25th Anniversary LIVING LIFE TO THE FULL

BATH HALF

## Our Covid-19 Appeal is at £16,686!

Thank you to all our fundraisers and those who have donated so far. It warms our hearts to have such brilliant people who support our local charity.

### Why the Covid-19 Appeal?

From what has been the most challenging and life-changing year in our 25-year history, our mission to enhance the lives of disabled people and their carers living in your area has never been more important.

The Office for National Statistics released a report, which compared the effect of coronavirus on disabled people to non-disabled people. Disabled people have been disproportionately affected by this pandemic. **"In July 2020, disabled people reported more often than non-disabled people that the coronavirus pandemic is affecting their mental health, they are feeling lonely because they spend too much time alone, they feel like a burden on others, or have no one to talk to about their worries."**

As a vital disability service, Paul's Place is here to help. We continue to support the health and wellbeing of those living in your community.

In our 25<sup>th</sup> year, the Paul's Place calendar was filled with many fantastic fundraising activities for you to enjoy. Ranging from the biggest and best annual grand ball to the beloved local Christmas fayre, bringing you plenty of fun ways to support your local charity.

**Forever the optimists we hope you can join us in *making lemonade out of lemons*.**

Our appeal aims to raise £25,000 by the end of 2020. Thanks to you, the target is within sight!

**£10.00** – provides a disabled person with emergency support, such as shopping, or collecting a prescription.

**£20.00** – pays for a support worker to stay in touch with a disabled person, providing a telephone call and helping them discuss their worries about the coronavirus crisis.

Paul's Place would not be the charity it is today without your support. The COVID-19 recovery process relies on your donations.

## Fundraisers in your area

[This December, let's Zumba!](#)

Deb Griffin from ZumbaFreak is hosting a Christmas fundraiser in aid of Paul's Place.



A brilliant and energetic Zumba instructor, Debbie's classes not only leave you tired from all the exercise but from laughter too!



Dressing up is encouraged but optional, for this fun-filled evening to get you moving in December.

Her classes are always popular so make sure to get in quick and secure one of the limited spaces today!

#### Event Details:

**December 14th 2020** | Lincombe Barn, Overndale Road, Downend, Bristol, BS16 2RW.

Session one - 6:30 -7:15pm

Session two - 7:30 - 8:15pm

Tickets £7 per person - limited space - book today - contact [fundraising@paulsplace.org.uk](mailto:fundraising@paulsplace.org.uk) or call Clair on 07493 343 598

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Is it too soon to put up Christmas lights? 🤔 🎄



Image from last year's display.

If it takes 5 weeks to create this stunning display, I'd say it's not soon enough! Luckily Graham and Sue over at **Cope Park in Almondsbury** have been doing this for a few years now and know when to get started!

This stunning display raises money for two local charities. This year Paul's Place has been chosen again!

This is a HUGE fundraiser that normally attracts lots of people. Last year they raised over £4,000 for Paul's Place!

What do you reckon, can we do it again?

With current Covid-19 restrictions, the light switch on will be just for their immediate neighbours. However, with social distancing in place you don't need to miss out!

As of December 1st after the initial switch on, those living in the Bristol and South Gloucestershire areas can drive or walk by to take a look at the out-of-this-world display until January.

Staggering the visitors will ensure social distancing can be maintained and everyone stays safe.

Graham and Sue have gone above and beyond to make sure this fundraiser

can still happen. They have spent so much time planning and putting together this phenomenal display. They hope to bring some Christmas cheer to you this December, as well as raise funds for causes close to their community's heart.

You can see the lights throughout **December until January 3rd.**

Donations can be made online, either with cash or even contactless payments!

Thank you Sue and Graham, you are superstars!

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## Useful information

### **You can shop at your favourite stores to raise funds for Paul's Place!**

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?**

**The Easy fundraising Website** collects funds every time you shop! With 4,300 retailers you'll be sure to find some of your favourite shops. For more information on how it works visit their website [www.EasyFundraising.org.uk](http://www.EasyFundraising.org.uk)

You can add EasyFundraising as an extension to your browser, meaning a prompt will appear whenever you are on one of their partner websites. All the information about how to add this function can be found on their website.

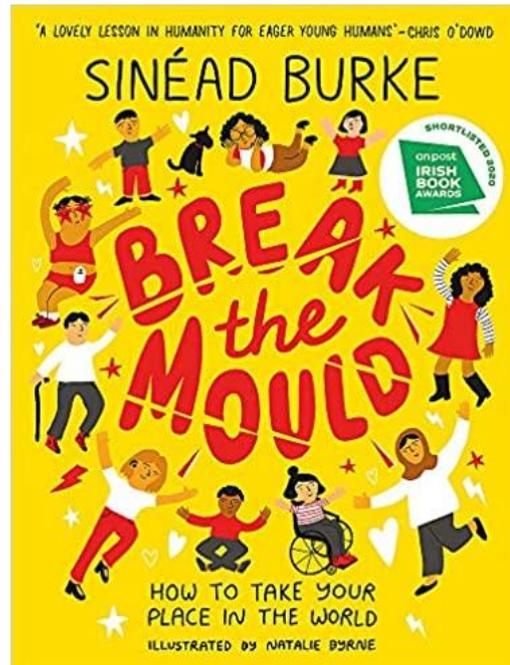
Alternatively, if Amazon is your favourite place to shop, Amazon Smile does the same thing. Buying through [Smile.amazon.co.uk](http://Smile.amazon.co.uk) will ensure a proportion of the money spent on your purchase is donated to Paul's Place.

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## Inspirational people in books we love

This month we're highlighting the brilliant book *Breaking the mould* by Sinéad Burke.

"Sinead Burke is an advocate, activist, teacher, British vogue cover model and happens to be a little person at three and a half feet tall. Her debut children's book will encourage readers to be comfortable in their own skin, break the mould and discover their place in the world."



The Image is courtesy of Amazon. Get your copy from [www.Smile.amazon.com](http://www.Smile.amazon.com) (Available as a paperback, audiobook and on kindle.)

### Let's talk about allyship

Growing up in 2020 is still not an equal experience for disabled people in the UK. Discrimination and sometimes neglecting to create an accessible society has created a difficult environment to navigate if you are a disabled person. Ableist language exists and is used sometimes by mistake or, in the case of bullying, on purpose.

This year marked 25 years since the disability discrimination act was passed. We still have a long way to go before disabled people can grow up in an inclusive and accessible society. For many years, the rights of disabled people have been fought for and with the right allies, we can continue to build on the progress already made. In the UK, conversations about the disability pay gap to inaccessibility when out and about are spoken about more often than in previous years. Now, never has it been more important to become a disability ally to keep those conversations going and amplify them.

To get you started, books like *Disability Visibility* by Alice Wong are both powerful and informative.

For those on Social Media or who love a bit of researching online, Samantha Renke is just one of many brilliant disabled writers who has a regular column in the London Metro newspaper.

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