



# Paul's Place

LIVING LIFE TO THE FULL



## An update from Daniel

Hello All,

I love this time of year, the crisp mornings, the autumn sunsets and the colours of the leaves in the trees and on the ground. Autumn seems to mark a real change in the seasons and this year is no exception as we have colours in abundance. After the challenges of the last six months, I am trying to find the positives in new things. My partner and I welcomed a puppy into our family last month and having this little bundle of joy has really helped us find distraction and focus on things other than the news, which seems to be on a constant COVID-19 loop!

Over the coming month, we aim to find new things at Paul's Place to look forward to. It was a great achievement that we reopened last month and it has been great to see Members (those who use our services) back. I am aware though that people expect more and that we need to focus on things to find joy in other than simply being back in a day facility. Whilst there are many things that we are unable to do, because of the restrictions, there are other things that we can do, so watch this space.

Once again, can I thank you for your patience and as always, if you have any questions or things you would like to talk to me about, then please do not hesitate to contact Paul's Place.

Happy autumn all,

Daniel

Here is the little pup adhering to social distancing!



# 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 - September

## The big news was the reopening of the day facility

Since September 1st we have been able to welcome back small numbers. There has been arts & craft sessions, games, plenty of tea and coffee, plus when the weather has been nice a game of boules outside!



Many have already come forward to thank us for our hard work in re-opening the day facility safely and have loved being back. The nerves were high at the start but it wasn't long before those we support settled into the new normal.

Our mission will always be to help disabled adults live life to full. To ensure everyone stays connected and feels supported we will continue to adapt as the season changes. As we head into Autumn we're working hard to be able to safely increase our numbers indoors as the weather takes a turn and outdoor meet-ups will be harder to arrange.

## We welcomed two new Trustees

Azeem Haroon is an Economist and has been engaged in higher education for the last 15 years. In addition, he has worked with charities, public and private sector entities on a number of different projects.



Gill Sutcliffe has had a 35-year career in education, the last 15 of which were as a Headteacher. During this time she amalgamated two schools and reopened them as a new school on a new site giving her the experience of a major reorganisation. Gill is also a carer for a Paul's Place member and understands the positive impact of the charity.

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## Our Covid-19 Appeal is at £13,657!

Our current Fundraisers are helping us reach our target of £25,000 representing 25 years of helping disabled adults live life to the full.

[Briony May](#) has begun a virtual marathon to raise funds for Paul's Place 🎉



She is aiming to run 26 miles for the month of October to raise £500 for our Covid-19 Fundraising Appeal.

We're super proud to call her our Patron and as always she goes above and beyond to support Paul's Place. Her smile and energy are exactly what Paul's Place is all about! ✨

Let's all give a great big cheer for our runner Briony May 🙌🙌 With her support, we have now reached £13,657! ✨

We'll be updating you on her success next month 🏆

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## Other Fundraising news

Is it too soon to mention the "C-word?"

We mean Christmas of course! Margaret has been making these charming little Gnomes, also known as "Gonks".

A play on the Scandinavian folklore tales about the "[Nisse](#)", these have become popular Christmas decorations in the UK.

She is selling them to raise funds for Paul's Place at £3 each. If you would like your own exquisite little Gnome/Gonk, email [fundraising@paulsplace.org.uk](mailto:fundraising@paulsplace.org.uk)

Thank you to Margaret! 🎉



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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 [Easyfundraising.org.uk](http://Easyfundraising.org.uk).

Alternatively, if Amazon is your favourite place to shop, Amazon Smile does the same thing. Buying through [Smile.amazon.co.uk](https://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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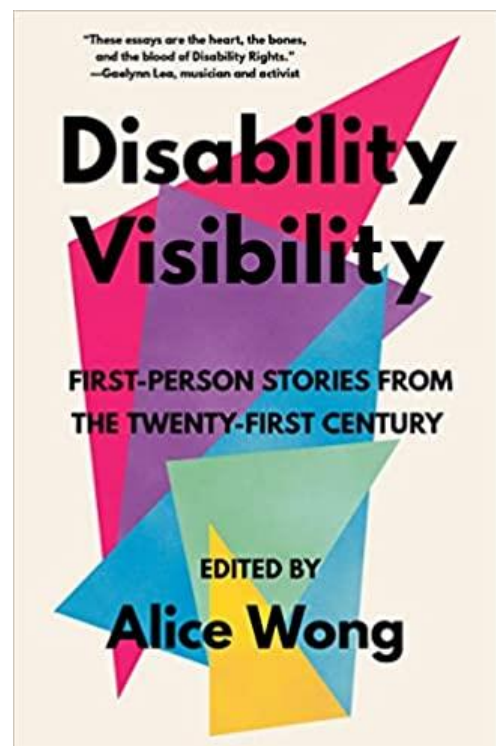
## Inspirational people in books we love

This month we're highlighting the brilliant book edited by Alice Wong. Disability Visibility: First-Person Stories from the Twenty-First Century.

The book was released in June this year, just in time for the 30th anniversary of the Americans with Disabilities Act.

"Disability rights activist Alice Wong brings tough conversations to the forefront of society with this anthology. It sheds light on the experience of life as an individual with disabilities, as told by none other than authors with these life experiences. It's an eye-opening collection that readers will revisit time and time again." --**Chicago Tribune, Best books published in summer 2020**

"Shares perspectives that are too often missing from such decision-making about accessibility." --**The Washington Post**



The Image is courtesy of Amazon. Find your copy in your local bookstore like Waterstones or on Amazon.com (Available as a paperback, audiobook and on kindle.)


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## Hate Crime Awareness Week

This week has been Hate Crime Awareness Week. An important time to understand what a hate crime or incident is and how we can report them to make our communities safer.

Hate Crimes or Hate Incidents are acts of hostility towards you because of your ethnicity, religion, faith, disability, transgender, identity or sexual orientation.

#HateCrimeAwarenessWeek



## Why report it?

- It will set a standard that hate crime will not be tolerated in your area.
- Tackling the issues early on, even if it is just a hate incident rather than a criminal offence ensures it cannot get worse.
- Being targeted because of personal characteristics or perceived characteristics can leave people feeling vulnerable. Having a negative effect on a person's mental health, damaging their self-esteem and leave them feeling isolated.
- Hate crime can affect personal freedom, with people feeling forced into changing their routine, their appearance, behaviour and sometimes even where they live.

You do not have to be directly affected if you are witness to one or someone you care for has been affected you can report it to Avon and Somerset Police, Crime Stoppers UK or get in touch with Stand Against Racism & Inequality.

**To those we support,** Paul's Place will always be a safe space and you can confide in our brilliant team of support workers should you ever be affected.

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## Let's talk about microaggressions

A microaggression is a subtle behaviour – verbal or non-verbal, conscious or unconscious – directed at a member of a marginalized group that has a derogatory, harmful effect.

Disabled people are among those affected. By learning about these subtleties and understanding what certain statements or "jokes" means to them, will help us avoid these negative terms.

The important thing about microaggressions is that whereas some are universally not accepted, others are personal preference. There are personal feelings towards certain statements which one person considers harmless but another feels strongly about. This means mistakes will be made and the wrong thing said. As we get to know the individual we learn about these personal

preferences, until then, consider the alternative meanings to what may appear to be a harmless statement.

For example, whereas one individual may find the remark of "mind you don't get a speeding ticket in that thing!" completely harmless and laugh at the thought to be a joke, another will have heard this same remark made a 100 times, making them feel like that is all people ever see - their wheelchair rather than the person.

The experiences of disabled people vary greatly but by listening to the experiences of many disabled people all of us can begin to understand what is and isn't acceptable as time moves on.

For more information about Microaggressions, books like Alice Wong's Disability Visibility are a great resource.

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

