



As I write this the sun is shining and it really feels as if spring has sprung. Life feels full of hope and expectation once again. Here at Paul's Place, we are working towards the reopening of our day facility on **Tuesday 6th April 2021***.

It has felt like a long winter and planning towards our reopening is both exciting and energising. We are all delighted to be working towards welcoming people back to the day facility.

The spring gives us the opportunity to look to the future. Our plans for 2021 include getting back to some sense of normality and being able to offer you things to look forward to.

I wanted to take this opportunity to thank everyone for their support over the last year. It has been a difficult one for us all, but we have been blown away by the kindness that people have shown us as a charity.

They have meant so much and helped us reach this point – thank you.



Daniel

*Please note: your letters with offer details are being prepared and will be with you as soon as possible.

Reopening Plans Zoom calls

As a disability-led organisation it is important for us to include our members in our plans for reopening. Daniel will be running a number of **'Reopening Plans' Zoom calls in March for members**. He will **talk through the plans** around reopening and **answer any questions** that individuals may have.

The meetings will be as follows;

Monday 22nd March – 4pm

Tuesday 23rd March – 11am

Wednesday 24th March – 4pm

For those on Zoom:

Meeting ID: 8075928130

Password: 199507

If you're not on Zoom or unable to access the internet, don't worry we will make sure everything you need to know is in your offer letter. Any further questions, give our team a call in the office.

Paul's Place news

We received funding to make Paul's Place at Home a permanent service

2020 showed us that virtual activities alongside the day facility being open makes a big difference to our members. To keep the Zoom activities going once the day facility reopens, we're making Paul's Place at Home a permanent fixture, led by our members.

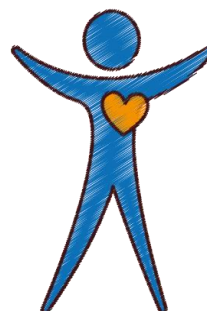
As a Disability-led service the new Paul's Place at Home will:

- Develop a platform for members to talk online. Creating chat rooms dedicated to specific topics.
- More peer-led options for online activities – offering people a choice in what activity to take part in.
- Provide technical support and training sessions on assistive technology. Training will help those who struggle with technology feel more confident online.

Our Communications Officer Alex will be leading the project. She will begin by creating focus groups to start talking about the topic of technology.

The aim of the focus groups will be to find out how people at Paul's Place use technology in their daily lives, how confident people are with technology and finally, what we could do to support members get online.

We're super excited about this project and hope the things learned can be applied to other areas of life.



Current volunteer opportunities at Paul's Place

Telephone and Virtual Volunteer Befriender – remote working

We are running a series of zoom activity sessions for our members, including cookery, art classes, film groups and games. We are looking for volunteers with ideas and skills to help to continue to set up and run our zoom sessions.

Day Care Volunteer – Coalpit Heath, Bristol and Turnberries, Thornbury, Bristol

Due to the impact of the Covid19 situation, we have been providing a reduced service to our members (the people supported by Paul's Place). As Government restrictions lift, we are looking to reopen our day facility. We are looking for volunteers to help support us in the day facility.



Fundraising events in 2021

An update from Clair our Fundraising Manager,

As we begin to ease out of lockdown we are busy planning which fundraising activities we hope to offer later in the year and look forward to sharing those plans in due course.

In the meantime, if you would like to organise your own fundraising activity or event please either drop me a line

at carmstrong@paulsplace.org.uk or give me a call on 07493 343 598.

I would love to hear your ideas and plans and support your fantastic fundraising efforts in aid of Paul's Place.

New T-shirts, vest and collection tins means we are ready for our next fundraising event!



Sign up to run in the Bath Half



The Bath Half Marathon is set to happen on 5th September 2021.

We still have spaces for those looking to run the Bath Half.

Our runners will be the proud owner of a high-quality running vest!

When you sign up to run for the Bath Half on behalf of Paul's Place, you are helping disabled adults live life to the full.

Get in touch today to find out more and secure one of our limited spaces at fundraising@paulsplace.org.uk or call Clair on 07493 343 598

Disability and Digital Inclusion



"Inclusive businesses create
inclusive societies."

Caroline Casey,
Founder of the Valuable 500

This newsletter is sent in various formats to make sure we reach everyone. Some are reading this via their emails. Some will get this through the post, others can read it on our website using a screen reader.

Our communications are designed with disabled people in mind. We're finding new ways to make sure everyone can access our information. We always welcome your feedback!

What are the barriers when it comes to digital inclusion?

- **Accessibility online: inaccessible websites and devices**
 - Inability to change the size of the font and colour contrasts.
 - Too many words, images or complicated patterns on one page make it inaccessible.
- **Cost of devices and internet access**
 - There are some great tools built-into your smartphones, tablets and laptops these days. However, they can be expensive.
- **Keep it simple**
 - Creating jargon-free websites that don't use complicated language is key.
- **Training and support**
 - People are unsure of where to find help. There is a lack of awareness about where to find the right information to get online. Paul's Place at Home hopes to address that.
- **Fear and misconceptions**
 - There is a high percentage of disabled people and/or their carers who have fears about the dangers of being online.
 - Learning new ways to stay safe online will open up a whole new world.

Useful information

Help and support in spring

Paul's Place is here for all those who are part of our charity. We have increased the number of activities and created sessions dedicated to supporting the health and wellbeing of our service users.

Additionally, it's important for us to share even more resources should you need extra help and support this spring;

Mental Health support and resources

There are organisations out there who are available 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 at this time. 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**.

Brighter days are coming, until then, stay safe and well