



Hi All,

It has been so wonderful to see the day facility begin to come back to life these past few weeks. The sound of laughter and people enjoying themselves can be heard once more and it really is great!

We are now looking ahead to the rest of the year and planning to slowly reintroduce the elements that make Paul's Place unique. Right now, there are still more questions than answers. Social distancing and public health guidelines mean that we are having to approach things differently and with much more creativity.

Whilst it seems that we will be feeling the effects of COVID-19 for a good while yet, it really is good to be seeing and feeling the beginnings of a sense of normality – long may that continue!

Daniel

# Paul's Place news

## Introducing the Captain Tom 100 Challenge!

The Captain Tom Foundation has launched a challenge in honour of Sir Captain Tom Moore to support UK charities.

Friday 30 April would have been his 101st birthday and to honour him and his amazing achievements, the family is inviting everyone, of all ages and abilities, to take part in the Captain Tom 100 for charity.

Will you take part in the Captain Tom 100 challenge for Paul's Place?

### Here's how you take part:

- ✔ Think of a challenge to do with the number 100
- ✔ Donate or Fundraise
- ✔ Nominate your friends and family to take part
- ✔ Complete your challenges between Friday 30th of April and May the 3rd

🌟 **Those who raise £100 will become a Paul's Place superstar and be the proud owner of a very special Paul's Place pin badge!** 🌟

**Need ideas on what you could do for your challenge?**

Hula-hoop 100 times

See who can eat 100 sweets first

create a 3D model of the number 100

Name 100 Footballers

Bake 100 cupcakes

100 push-ups

Draw 100 items

100 Keepie-ups

score 100 points

Name 100 capital cities



## Current volunteer opportunities at Paul's Place

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

Due to the impact of the Covid-19 situation, we have been providing a reduced service to our members (the people supported by Paul's Place). As Government restrictions lift, we are allowing more people into the day facility. Our reopening plans are in line with Government guidelines, meaning we are only inviting a limited number back into the day facility at this time.

The first few weeks back have been a success and as more people return we will need extra support. We are looking for volunteers to support us in this.

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### **Our team is growing!**

Now that we are back and working across two sites, we are looking to **add** another support worker to our team.

We've begun sharing the position and will keep you updated as we welcome an **additional** support worker. This additional team member will make sure we can provide enough support at both Turnberries in Thornbury and at Coalpit Heath Cricket Club.

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**The pubs, shops and hairdressers are open: nervous or excited, here's how we can support each other**

Recently, nearly 4 million people are no longer shielding. After over a year of shielding for many, there is some anxiety about being back in amongst the crowds.



It's going to take some time to get used to being back around lots of people. To help you stay calm we're sharing our top tips:

1. Start somewhere you know is quiet. When you feel comfortable there, go to somewhere which has a few

more people. Keep changing the places and work towards being back in a place where there are lots of people.

2. Have a friend, family member or loved one with you to help you if you start to feel overwhelmed. Try focusing on your breathing by counting as you take deep breaths.

Slowly count to four as your breath in, slowly count to four as you breathe out and repeat.

**For those of us who are more confident about being around lots of people, here's what you can do to help those who are nervous:**

1. Always wear your mask indoors unless you are exempt
2. Keep your distance and provide plenty of personal space
3. Most importantly, be patient and be kind

The great thing about Paul's Place Daily is that those we support can rest assured that we are doing all we can to keep you safe. People at Paul's Place have a safe space and can slowly get used to being around lots of people again.

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## Useful information

Have you or someone you know got an old smartphone lying around the house?



For those with old technology gathering dust at home, you can donate it to a family or person in need. Hubbub is an environmental charity, operating in London and Manchester that is helping people get online with donated smartphones.

According to Hubbub, 7 million people in the UK don't have access to the internet. **Their Community Calling Service** is a practical way to support these individuals, as well as tackling electronic waste which is polluting our planet.

It's simple: you donate your old smartphone by posting it to Hubbub who then clean it, data-wipe it and redistribute it to someone in need. Each recipient receives 12-months' free data provided by O2 and access to free digital skills training. So far, the charity has re-homed almost 3000 smartphones, but with 28 million more going unused in people's homes.

Get in touch with the Paul's Place Team if you would like to know more about donating your technology and getting online with community calling.

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## Have your say - The Bristol Disability Equality forum want to hear from you!

Bristol is working on some exciting projects to improve the city. To make sure disabled people are listened to, the Disability Equality Forum want to hear from you!

These changes will affect transport, homes, air quality, jobs and more. The changes are part of Bristol's plans to lower dirty energy use by 2030.

*"Disabled people need to be involved. There will be lots of money and time given to the plans. If we are part of shaping them now then we can use them to make life better for Disabled people. If we do not get involved then the changes are likely to make difficulties for us. This is our chance to be listened to!"*, says a member of the Disability Equality Forum.

The Bristol Disability Equality Forum want to work with you. They want to collect Disabled people's ideas, talk to you about your views on a climate action plan, something they can feedback to the council.

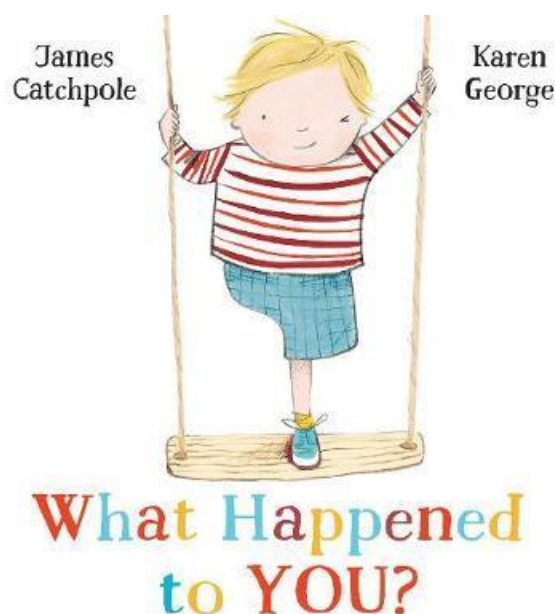
## How you can help

They are looking for people to complete their online survey. **For those who aren't online, they can provide the survey in other formats.** They are also looking for a steering group members and people to do outreach. Get in touch with the team at Bristol Disability Equality Forum for further guidance by calling **0117 914 0528**.

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## Children's literature we love

Our vision is a world that embraces disability and includes everyone, ensuring that all people can live their life to the full. That begins with representation in things like TV, films and books. While there is still some work to be done in terms of representation in TV and films, the world of children's books is making important strides in this!



**Below are recent releases we're excited to share:**

### *What happened to you?*

**A book by James Catchpole, Illustrated by Karen George**

The first-ever picture book addressing how a disabled child might want to be spoken to.

What happened to you? Was it a shark? A burglar? A lion? Did it fall off?

Every time Joe goes out the questions are the same . . . what happened to his leg? But is this even a question Joe should need to answer?

A ground-breaking, funny story that helps children understand what it might feel like to be seen as different.

## The Capables

Created by television producer Danny Jordan—the dad of a child with an upper limb difference—The Capables is an entertaining, educational, and engaging children’s book series, with a focus on inclusion of disability.

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That's all from us this month. We love being back in the day facility and look forward to welcoming more people back as restrictions lift again!

