



A note from Daniel

Hi All

The easing of the lockdown restrictions has meant that life at Paul's Place is slowly beginning to feel more familiar, from a day facility perspective at least. It has been so lovely to see people back and enjoying life at Paul's Place once again.

I wanted to take this opportunity to thank everyone for their support and understanding over the last few months. I know how frustrating and isolating lockdown has been for the people we support, and I really appreciate the patience, support and trust you have shown us at Paul's Place. People have experienced a lot of change. You have been flexible and understanding of the things that we have had to put into place to follow government guidelines and to keep everyone safe.

I hope that you enjoy this update and can see for yourself all the great things that are happening at Paul's Place at the moment.



Daniel





Paul's Place news

Captain Tom

100

Challenge



Thank you!



Thank you to all those who took part in the Captain Tom 100 challenge, together you raised an incredible

£1,035.96!

We had Kerry and family shoot 100 hoops and raise over £200! Georghie created this beautiful picture, raising £137. Clair and Leanne baked and sold cupcakes raising £243. These are just some of the challenges from what was a fantastic weekend. Thank you to all who fundraised and started a challenge for us!



Sports activities have begun

Funded by government and lottery investment, Sport England has awarded Paul's Place £7,250.

With new equipment purchased, instructors hired, as well as the gym in Turnberries, Thornbury, Paul's Place hopes that these activities will re-energise our members.

Kerry is leading the project. "This funding will allow us to understand members feel about sports. Some may have lost confidence or need to build their strength and stamina because their regular exercise routines have stopped."

For many people, sports help people achieve personal goals, develop confidence and support overall wellbeing. "We're helping the members become active again, boosting confidence and bringing back that sense of achievement we're all looking for," says Kerry.

"The instructors mean more people can take part, as there are limited spaces in a gym. It also helps ease people back into physical exercise, being guided by a professional to help build strength and stamina in a safe way again. An activity like wheelchair yoga is inclusive and it encourages new people to take up new sporting activities."

Wheelchair Yoga classes have already begun, Boccia practice is back too.



Baking with Briony

One of the many activities that have returned!



On Tuesday the 11th of May our Patron Briony May joined the two sites and people at home for her special baking event. Together she showed us how to make rainbow cheesecakes. Pictured is Liz preparing the mixture, as well as Sean being brave and testing to see if the cream is whipped enough. To test the stiffness of cream, the bowl is turned upside down over someone's head! It's all about fun at Paul's Place!

It was such a special afternoon spent with our Patron.

Thank you Briony for hosting a baking event!



Arts and crafts at Paul's Place

Baking, as well as sporting and fitness activities, are just some of the activities happening. We love to paint too!

Current volunteer opportunities at Paul's Place

Still open: Day Care Volunteer – Coalpit Heath, Bristol and Turnberries, Thornbury, Bristol

An update from Jools

Jools is our volunteer coordinator. She is making great changes, helping us recruit and train all you wonderful people who have contacted us, wanting to volunteer.

Update on Telephone befriending

Applications for this role have now been paused whilst we train and match our new volunteers. Many thanks to all who applied, we have had some excellent candidates and are excited to be welcoming them to the team!

New: Volunteer Collection Box Coordinator

Our previous volunteer has retired from this role after many years. Many thanks for all her commitment and hard work in the fundraising team. She has been with us for a long time and her contribution has made a big impact. Our fundraising boxes provide important income. As a small charity, every penny counts.

If you're looking to boost your CV and gain experience in the fundraising team, get in touch with Clair to find out more or visit our website's news and events section.

In other news...

Boccia is back!

Following the [guidelines published by Boccia England](#) this is what Paul's Place is

doing to make sure we stay safe when playing Boccia;

1. Practice sessions are risk assessed by Paul's Place staff. Paula and the team have written so many they know exactly what things need to be considered to keep you safe.
2. We will host them at Turnberries, in Thornbury Gym. The gym is large enough to stay socially distant and we make sure that each player has their own Boccia balls. This is to make sure there is no cross-contamination and equipment is used safely. We will also thoroughly clean equipment between sessions as another safety measure.
3. There will be two small groups - our team will be contact, letting people know which group they are in.
4. To begin with, it is just practice sessions. Getting back into the routine of Boccia and improving your skills ready for when competitions begin again.

Two of Paul's Place Boccia Players are featured on the Boccia England website

A few months ago, Alex and Andy from Paul's Place staff team interviewed Mike and Luke. We can now reveal that their stories are both published! They shared their interview with Boccia England who has published their video stories on their website.



Paul's Place Charity Membership

Would you like to get more involved with Paul's Place by becoming a 'Charity member'?

Becoming one means you can become a little more involved in Paul's Place, even if you are not directly supported by us. You would have a number of important rights, including being able to vote on resolutions at the Annual General Meeting (either by person, or by post) and on the appointment of the Board of Trustees.

Those supported by Paul's Place can pay to be a 'Charity member', although some chose not to be. 'Charity members' come from all walks of life and as well as those supported by us, your family members and carers, volunteers, supporters and those with an interest in the charity can all choose to join.

The cost of becoming a 'Charity member' is **£8.50** and this membership fee, contributes to the fundraising of Paul's Place. If you are interested in becoming a 'Charity member' you have until the **31st July 2021** to apply and can do so by emailing info@paulsplace.org.uk or calling the office for a 'Charity member' application form.

That's all from us this month. We love being back in the day facility and have had lots of fun. It's starting to feel like the Paul's Place we all know and love!