



A note from Daniel

Hi All

What a difference the sunshine makes! There has been a genuine buzz about Paul's Place in the last couple of weeks, largely I think due to the sunshine and our ability to get outside and take part in activities that we haven't been able to for such a long time.

It has been great to see those we support taking part in our new 'Inclusive Sports' programme in partnership with Yate Outdoor Sports Centre (YOS). This weekly project has given people something new to focus on as well as learning some new sporting skills!

Despite the changing of the final lockdown date of 21st June, there are a few things that we will be doing differently in the coming weeks, this includes no longer running part of the day facility at Turnberries on a Monday and a Tuesday. A small step, but all steps that will help us in getting back to how we were before COVID.

In the meantime, keep on enjoying the sunshine,



Daniel



Paul's Place news

Marvel Find Your Power Challenge

The Marvel Find Your Power Challenge was created to help disabled people get active after lockdown.

Five celebrity Team Captains compete in a virtual race to the Avengers tower in New York, each covering a distance of 5,000km with the help of team members. The challenge is designed for all abilities and the aim is to cover a distance wherever you are. Challenges are then submitted to the Team Captains leaderboard.

Those at Paul's Place got involved to help Team Captain Briony May Williams and what fun we had!

First, we had to complete our challenges, see some photo highlights below!





Medals awarded at Paul's Place!



Just some of the medals awarded for taking part. 33 Members took part and got their medals.

Between the members they completed 24.82km!

An great achievement and the perfect way to get back into sports. Well done team!

Lots of fun at the Yate Outdoor Sport Centre

Every Monday the team take a group to the Yate Outdoor Sports Centre.

It's thanks to funding from Sport England that we are able to provide this new activity. Funding like this, along with your donations, is what helps keep our programme varied for all those who we support. It's important we have something for everyone by hosting activities which keep people active and stimulated.

It has been wonderful to see people enjoying something new! A picture tells a thousand words and the smiles in the photos below show just how welcome these trips are to those we support.



Thank you to our brilliant volunteer gardeners!

The garden at the day facility is looking beautiful thanks to the wonderful Nicola and Angus who have been working with our service users to bring it back into full bloom!

We also had donations from local businesses. **Lockyer's Fuchsias** donated (you guessed it!) three beautiful fuchsias, and **Elmwood Nursery** donated six trailing geraniums and a Heuchera.



We also reached out to supporters on Facebook and would like to thank all those who provided seedlings. It's amazing what can be achieved when our community comes together!

Thank you so much for your support and for helping to make our garden look this beautiful.

Your kindness has not gone unnoticed, and we couldn't do it without support from local businesses and volunteers.

Current volunteer opportunities at Paul's Place

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

Volunteer Collection Box Coordinator

Paul's Place is looking for a volunteer to join the Fundraising team. The successful

candidate will be an enthusiastic, motivated pro-active individual hoping to get experience working in community fundraising.

The role will help you to develop fundraising skills and really boost your CV.

We will help improve your employability with on-the-job training.

Key roles of the Collection Box Coordinator

- Research sites to place collection tins and make approaches
- Identify sites willing to display a collection tin
- Record all responses and maintain and change in contact details for each site
- Record where tins have been placed in accordance with guidelines provided
- Deliver tins and explain how the tin will be maintained in line with guidance provided
- Ensure all tins are correctly labelled and secured as necessary at each site
- Maintain and regularly empty or change the collection tins (on average once every 3 months) following guidance provided
- To operate within all guidelines provided and taking due care to health and safety, equal opportunities, confidentiality and financial regulations

Why Volunteer for Paul's Place?

Our volunteers are vital. We couldn't do all the brilliant things we do without the support of volunteers. To all those giving up the time and believing in our mission to help disabled adults live life to the full, thank you.

What to look forward to in July

We have Leonard Cheshire coming into the day facility to help those at Paul's Place improve their digital skills!

Lockdown highlighted that technology isn't everyone's friend. Not all of us have access to the internet, some have outdated technology. This leaves individuals excluded from certain activities like being able to stay in touch with friends remotely.

Technology is constantly changing and it's hard to keep up sometimes!


We're here to help. This specialist IT training will show you the latest technology to help disabled people online and teach you valuable life skills.

See the poster below for more information!

Computer says yes!

IT and Smartphone training to boost your digital skills

This July, join Alex as she helps you get to grips with modern technology. Supported by Vicki from Leonard Cheshire, we're offering 3 weeks of IT training. Starting at the most basic level to showing you the best accessibility tools available and how to stay safe online.



Session One: Let's start with the basics! | July 12th

- Turning your device on and understanding the basic controls and functions of your PC and Smartphone
- Setting up an email address: which provider to use and how to connect your devices


Session Two: Making your devices work for your disability | July 19th

- How to use the narrator and read-aloud tool on PC and your Smartphone
- Other accessibility tools to help you find information and talk to each other online

Session Three: Online safety and advanced tools | July 26th

- Teaching you how to stay safe online
- Now that we're feeling more confident with tech, we'll explore advanced tools for those wanting to take their learning further

Sessions will run from 11am till 2pm at the day facility



Charity No.: 1180398 | Paul's Place (South West), Serridge Lane, Coalpit Heath, Bristol. BS36 2TT

In other news...

There is still time to become a Paul's Place Charity member!

What does it mean to become 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.

Service users 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 our service users, Paul's Place 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 for a 'Charity member' application form.

A little reminder that we're continuing to prioritise safety at Paul's Place

With every new activity we introduce and all the activities that we're bringing back - each one is fully risk assessed to ensure it is safe.

We even got ourselves this brilliant little machine to sanitise the minibus!



Lloyd is on call to provide transport again as a bank driver. It's wonderful to see you again Lloyd and we greatly appreciate your help.

That's all from us this month. It's great to be back!