



Staycation is in full swing

Kicking off with the sports day on Monday the 16th August, since then we have been taking people out on day trips to Westonbirt Arboretum, Bristol harbourside and Wells Cathedral.

This staycation is providing the people we support with a range of activities and helping them get out in the community feeling safe with friends and staff from Paul's Place.

Here's a collection of photos from our trips so far and sports day!





IT training from Leonard Cheshire continues

Vicki has taught people all about the functionality of devices, starting with the basic controls of smartphones and tablets to looking at more advanced tools like Google assistants and smart homes.

With the help of Paul's Place at Home coordinator Alex, they have been looking at how we can help make people's individual devices work better for them. Some of the people we support have smartphones and tablets. We were able to show them the integrated accessibility tools for their device.



For example, Simon wanted text-to-speech enabled on his phone. Now his device reads messages and other content on his phone out loud.

It's not just him, Text-to-speech is helping people with dyslexia and learning disabilities to read information independently. Right now, people will be using this tool to understand the content in this newsletter.

This is why you will see us format numbers with a space in between. This ensures that a screen-reader will read the numbers out separately if it is for example, a telephone number.

Another success story comes from showing people Voiceitt, a wonderful tool to help those with speech impairment to communicate more freely. Artificial intelligence like Google assistant, Siri and Alexa don't understand those with a speech impairment. Voiceitt is changing that. It learns an individual's pronunciation and connects with smart assistants like Alexa. This means that those with limited mobility can use a Voice assistant to carry out functional tasks at home.

If you're interested in trying it out in the day facility, let Alex in the office know.

These sessions have helped all those involved with their individual training needs. What they learn with us is helping them find more independence, as well as ensuring they can stay connected. The primary aim of Paul's Place at Home is to ensure the friendships found at our day facility extends to people's homes. If we ever find ourselves in a situation like a lockdown again, we want to make sure that the people we support have all the right tools and knowledge to keep in contact with each other.

Here's to more productive sessions!

Current volunteer opportunities at Paul's Place

Still open: Day Care Volunteer – Coalpit Heath, 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.

To find out more about being a Volunteer Collection Box Coordinator give us a call.

What do our volunteers say?

"I have given the members (those supported by the charity) a special gift of my time, my talents and my skills. In return, I have gained friendships and much satisfaction in helping this charity. I have shared in their laughter and their tears during our incredible journey together. From the weekly onsite small group activities, supporting individuals to achieve their goals, to helping during short breaks and holidays, every moment spent together is creating special memories for us all."

Susan Weaver, Volunteer for 11 years

The big Summer fundraiser

Charity Football Game and Music fundraising day

Daz's Rocks for Charity is hosting a celebrity football match, live music and more!

For £30 you get the chance to play on the Paul's Place team against professional celebrity football players.

Confirmed celebrity players include Louis Carey and Marc Ford!

Book your space to play for Paul's Place in the football match quickly, as there are only 11 spaces left on our team!

Entry to the general event is free with a suggested donation of £2 to watch the match.

Bring your friends and families for a fun summer day out this September!

Venue: Pomphrey Hill Pavilion, BS16 9NF.

Date: Sunday 12th September, starting at 1pm and finishing at 6pm.

This event is raising funds in aid of Paul's Place. To book your place on the team, contact Clair at fundraising@paulsplace.org.uk or give us a call on 01454777236

Thank you Lisa's Local Art

Recently, this local artist decided to host a raffle in aid of Paul's Place with the aim of raising £100.

The prize included an original piece of artwork titled Paul's Place, coaster, magnet, mug keyring and a heart-shaped ornament!

Thank you Lisa, your support means a lot to us and we hope you know the very real and tangible difference your donation makes to Paul's Place.

If that wasn't enough she is even donating a piece of artwork to our Day Facility. We'll be proudly displaying her art, remembering her kind gesture from a local member of our community.



Useful information and other news

A Card to help people understand your needs when out and about

The Access Card is designed for when you for example are going to a museum, cinema, shop or any new place in public. You can show this card and it has details about any additional support you may need when visiting the venue. It's designed to make sure you don't have to keep explaining details about your disability and the additional needs you have. **Not all venues recognise this card** but if you look at their website and check out their map, there are plenty of places in Bristol that do.

This card also helps you get cheaper entry tickets for places that do a disability discount!

Get in touch with Alex, who can show you more when you're next in the day facility.

There are more opportunities for you to learn IT skills with online training from Leonard Cheshire

We have loved having Vicki hosting the IT sessions at Paul's Place. As one of their centres, we are thrilled to have Vicki as our teacher.



For members of the public looking for IT training, they are hosting a wide range of online workshops, to help you boost your digital skills in so many areas.

For the full list of workshops and how to book get in touch with our team.

Public consultation on proposed changes to stroke services across the area

The Clinical Commissioning Group for Bristol, North Somerset and South Gloucestershire want to hear your perspective on the proposed changes to the stroke services across the area.

Stroke is a leading cause of disability. 1 in 50 of our residents live with the long-term consequences of the condition.

It has been a longstanding ambition of the Healthier Together Partnership to improve stroke services and outcomes for everyone in our area. The Bristol, North Somerset and South Gloucestershire Stroke Programme Board – made up of people with lived experience of stroke, senior clinicians and staff – has been working together over a number of months to redesign stroke services in line with national standards and ensure that more lives are saved each year. Following approval from Bristol, North Somerset and South Gloucestershire CCG's Governing Body on 1 June, a formal public consultation has now started and will run until **3 September 2021**.

Full details on these proposed changes can be found online.

The event is online but our team can support you to ensure you don't miss out. We can help get your views across and fill the online survey out together in the day facility.

Raising Awareness of Defibrillators

Recently, BBC Radio Two did a piece about defibrillators in the community. It's important to understand where these are in case of an emergency.

Paul's Place has access to a defibrillator, helping us keep people safe should we need it in an emergency.



The Paralympics and other influential organisations launch the #WeThe15 Campaign

We The 15 is sport's biggest ever human rights movement to end discrimination. The campaign aims to transform the lives of the world's 1.2 billion persons with disabilities who represent 15% of the global population.

WeThe15 will campaign to break down barriers

Launching at the Tokyo 2020 Paralympic Games, WeThe15 plans to initiate change over the next decade by bringing together the biggest coalition ever of international organisations from the world of sport, human rights, policy, communications, business, arts and entertainment.

At a time when diversity and inclusion are hot topics, the 15% who have a disability want effective change to remove the inequality and inactivity. Like race, gender and sexual orientation, we want to have a movement all persons with disabilities can rally behind. A global movement that is publicly campaigning for disability visibility, inclusion and accessibility.

WeThe15 will shine a light on 15% of the world's population. It will build greater knowledge of the barriers and discrimination persons with disabilities face on a daily basis at all levels of society. By doing so we will break down these barriers so all persons with disabilities can fulfil their potential and be active and visible members of an inclusive society.

15% IS HARD TO IGNORE.

So why are people with disabilities so often overlooked? We're dedicating 15% of our ad space to WeThe15. #WeThe15



From all of us at Paul's Place, we wish you well!