



## Paul's Place big news



### Paul's Place Christmas Appeal



Helping disabled adults  
live life to the full



### Introducing our Christmas Appeal

Our appeal recognises all that Paul's Place has done to stay open for people and provide the meaningful activities that we do. It's recognising the hard work of everyone involved to make it through yet another uncertain year. From our members, to staff and volunteers, it's their combined effort that made this year a success.

Of course, we also rely on the support of donations to keep Paul's Place running at the level it does. This is why we are finishing 2021 with one final push to raise £1,000 see us into the new year. 2021 was a success but now we have to do it again in 2022.

## Hello from people at Paul's Place

**Paul's Place members share their favourite activities and what they love about being with us.**

"Because of Paul's Place, I met Bruce at an evening event. I brought my PA. That was 8 years ago.

I believe in fate as Bruce and I are now engaged (since 2 years). I never thought I would find anyone who is my best friend and soulmate. Someone who cares for me. He has welcomed my son Harry into his life.

Paul's Place helps me mentally and makes me happy. I enjoy playing skittles, curling and boules out in the field. I also enjoy colouring. I am making pom poms & a wreath for Christmas. Leanne is helping me do this.



If it wasn't for Paul's Place I would feel very down and sad. It is a brilliant place to come. Thank you everyone at Paul's Place."

Sue Milkins

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## Fundraisers this Autumn and Winter

**Paul's Place 2022 Calendars are selling quick!**

It's not just people's photography that is featured in this calendar, but their artwork too! We've already had some lovely feedback from someone who received one as a gift.



*"I was fortunate enough to be given one of your calendars as a present this weekend.*

*It is an excellent product and would like to thank all the production team, photographers and artists for all their hard work and skill in providing such a high quality and decorative calendar." - From Patrick Swift*

We are selling them at £6 per Calendar. Payment can be made in cash at the day facility or bank transfer.

## Paul's Place Christmas Cards

Our members (those supported by Paul's Place) have been getting crafty and made these packs of Christmas cards for you to buy and give to friends and loved ones.

A gift that keeps on giving, these packs of 6 cards with 6 designs will raise funds for Paul's Place, helping disabled adults live life to the full.



## Fundraiser in aid of Paul's Place

### Stokes Carol Singers

Look out for these amazing Carol singers who will be performing on **Saturday 18th December at Poplars Farm Shop Cafe, Frampton Cotterell and The Willow Brook Centre, Bradley Stoke.**

We will also have a stand there selling our Christmas cards and calendars, so come and say hi!

**Poplars Farm Cafe, Bristol Road, Frampton Cotterell BS36 2AW**

Singing from 10.30 to 12.00.

**Willow Brook Centre, Savages Wood Road, Bradley Stoke BS32 8EF**

Singing from 1.45 until 3.30.

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## Almondsbury Christmas Lights

### The last year...ever!

From all of us at Paul's Place, Thank you to the Hawkes Family. We can't wait to see this year's display!

Paul's Place will again be one of their chosen charities. For many years, this family have gone above and beyond to support causes close to their heart. The Almondsbury Christmas lights have been a popular event for years. The money raised has supported our work to help disabled adults live life to the full. We could not be more grateful that we continue to be one of the chosen charities. We hope you know the very real and tangible difference fundraisers like this one make to small charities like us.

Message from the Hawkes family. *"Come join us for our **Last ever switch on 28 November from 5.30pm** switch on at 6pm! Mince pies, Mulled wine and hot chocolate will be served all for free! It will be the last switch on as we are retiring to Cornwall where we will be continuing the display there!"*

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## What we've been up to at the day facility



## Hello from Liz!

"I love being at Paul's Place - the staff and helpers are great. I enjoyed doing the pumpkin carving with Joe - it had one eye, a big mouth and horns and a candle inside. I also enjoyed skittles but I did not win! Bob organised a fun curling match, Annabelle & I won - we smashed them!"



Do you want to write a message in our next newsletter? We love sharing what you've been up to! Talk to our team to be featured in next month's newsletter.

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## ✧ Volunteering Superstars! ✧

Thank you to Shirley and Lynn for organising our collection tins across the community. They help us gain regular donations and every penny counts! They have been running around getting all our tins swapped for the new branding, doing a brilliant job!

Thank you also to local businesses who have our tins. We greatly appreciate your support in providing funds year-round.





## South Gloucestershire Disability Equality Network Event



Interested in attending our next event  
on Invisible Disabilities?



Thursday 2nd December at 4pm on Zoom



Sign up by visiting <https://bit.ly/3FeM1hZ>

This event is  
Supported by



All are welcome to join - the event may be particularly relevant for members who wish to learn more about invisible disabilities, their impact, and what they can do to help. They have two speakers joining them to discuss the invisible disabilities of bladder and bowel issues and autism. The session will be followed by a Q&A with their speakers who are:

- Nikki Cotterell - Associate Professor in Continence Care and Florence Nightingale Foundation Leadership Scholar 2019, Centre for Health and Clinical Research, UWE.
- Continence Lead, Bristol Urological Institute, NBT and BABCON HIT Director, Bristol Health Partners.
- Visiting Fellow – Universities of Southampton and Bristol
- **Ben Stunell - Member of Paul's Place, and peer mentor with BASS in Bristol**

BSL interpreters will be present for the event.

*We hope to see members joining our fellow member Ben for this event, if you would like help accessing it, let one of our support or office staff know and we can help!*

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## Booster Jab Campaign from South Gloucestershire Council

South Gloucestershire council have lots of information about the booster jab. If you need help accessing it, you can use the computers at Paul's Place and one of the team will guide you to the right website. Further information about vaccines, in general, can be found on the NHS website too.

## Combating the digital divide in South Gloucestershire

### What is the digital divide?

The Digital Divide is the gap that exists between those who have good vs. those who have little or no access to the internet.

South Glos Council and other local organisations have released a brilliant document to help all those living in the area, whether you are a resident wanting to improve their digital skills or over the age of 50 and looking for some extra support, there are various options that can help. Get in touch with our team to find out how you can get a copy.

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## The Marmalade Trust - helping beat loneliness this Christmas

They are offering a Christmas meal for those experiencing loneliness this Christmas. Allowing people to connect with others and spend time with lovely people.

Christmas time usually conjures up joyful images of family and friends celebrating, exchanging gifts, excited chatter and delicious food. For some people, however, it



can be a dreaded, sad and lonely time. Marmalade Trust understands how difficult Christmas can be for someone who is struggling with loneliness.

They don't want anyone to spend Christmas Day alone if they don't want to, so they invite them to join the marmalade trust for a free festive lunch on the big day (Christmas Day). It is for those who feel particularly lonely and isolated this year, for example, a person who may have no family or friends around.

Everyone who joins them is made to feel part of their Marmalade family and is supported by their network of friendly volunteers. They currently hold their lunches in pubs or restaurants throughout Bristol, South Gloucestershire and the North Somerset region. Each person also receives a special hamper full of gifts and a 'Connection Advent Calendar'.

If you or you know someone who could benefit from this, let staff at Paul's Place know.

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### A final note to say...

The days are shorter and we are living in more darkness, so it's understandable that we may need a little extra support right now.

We live in an amazing part of the UK where there are lots of brilliant organisations working hard to combat inequalities. Just like Paul's Place, there are many who share our mission that everyone should have the chance to live life to the full. Make use of the resources that we've shared with you in this newsletter and if you have any questions about anything, get in touch with our team.

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That's all from us this month. Take care of each other and let's have some fun this festive period!