

PAUL'S PLACE NEWSLETTER

MAY 2023



Hi everyone and welcome to our May 2023 Paul's Place Newsletter.

It's been a considerably long time coming! However, we hope to send these out on a more regular basis, probably quarterly, if possible.

If you follow us on social media, you may already be aware of our **Aftercare Support Programme**, but for those of you who didn't already know, please see below for more information on what is available.

The programme has been created to provide a variety of group support activities for our Paul's Place service users.

For more information on how to access, please either email: paulsplaceadmin@beaconcounsellingtrust.co.uk or give our Admin Team a call, on **0151 226 0696** and they can provide dates & information.

Weekly Paul's Place Support Group Meetings

Each Tuesday morning our Weekly Peer Support Group meetings take place, between 11 am & 1 pm in the Paul's Place Group Room.

Why not come along and join us for a cuppa and a chat?

Also, our Online Monthly Peer Support Group meetings take place on the last Wednesday of the month between 7 & 9 p.m.

Both meetings are open to Paul's Place service users, past and present



We have another 2 group events which take place on alternate Wednesdays.



One week we hold our **Well-being Group** in our Paul's Place Group Room between 11 am & 1 pm. This group is led by one of our therapists, Jacki and is aimed at those who are either nearing the end of their counselling sessions or those who have finished altogether.

The next week we hold our **Journeys of Discovery** outings. This is a chance for our service users to meet up and spend some time out and about, exploring places nearby as well as further afield. Jim, our guide, ensures that our outings are both informative and fun.



We have a **Craft Class** which takes place **fortnightly, on a Thursday,** in our Paul's Place Group Room between 11 am & 1 pm. Why not come along and learn a new skill, or maybe you have talents which you can bring along and share with the group.

Our **Paul's Place Trek Therapy Walks** take place every 2-3 weeks, on either a Saturday or Sunday. The walks are hosted by Ian and his team, who are qualified walk leaders and have taken us to some beautiful places already, with many more planned through 2023.



N.B. WE NOW HAVE A MINIBUS THAT WE USE FOR MOST OF OUR "JOURNEYS OF DISCOVERY" OUTINGS AND "TREK THERAPY" WALKS.

Our annual Paul's Place fundraiser
(the Wirral Coastal Walk) takes place on **Sunday 11th June.**

If you would like to either join us or make a donation, please email Agnes, our co-ordinator, at: Agnes.williams@beaconcounsellingtrust.co.uk or leave a message with our Admin Team on 0151 226 0696 and she will make contact with you, as soon as possible.

THANK YOU FOR READING OUR PAUL'S PLACE NEWSLETTER