

PAUL'S PLACE (BCT) NEWSLETTER

NOVEMBER 2023



Charity No: 1140011

Patrons: Lord David Alton & Dr Rosena Allin-Khan MP



First and foremost, we hope you're keeping safe and well.

We'd like to update you on what's been happening here at Paul's Place recently and to tell you of a number of things which are happening, next month.

Our Aftercare Programme has been very well received. We continue to offer our Peer Support Group Meetings, which take place weekly (in person) and monthly (online).

Alongside these, we also offer our service users, past and present, the opportunity of joining our Trek Therapy walks and/or our Journeys of Discovery, We also have a Craft Group, which is held fortnightly and a Wellbeing Group too, which takes place fortnightly.

If you require any further information regarding dates and times of these group events, please either drop us an email or call us.

Unfortunately, we can't hold our Christmas Fair this year, for many reasons. However, we are running a Grand Christmas Draw instead, which takes place on Tuesday 19/12. We have some lovely prizes on offer. Tickets are in books of 5 and the cost is £1 per ticket. If you'd like any, or can maybe sell some on our behalf, then please email Agnes.williams@beaconcounsellingtrust.co.uk, who will get in touch with you ASAP. Our Christmas Money-wall, will take place too; where you can donate to Paul's Place in lieu of sending cards and/or gifts. These donations can be made on our JustGiving page between 20th November and 31st January 2024. Christmas cards are often discarded after a week or two, so why not donate to Paul's Place, where your money will be used to provide vital support all year round, to those bereaved in such devastating and tragic circumstances.

SAVE THE DATE of our Paul's Place Charity Tandem Skydive which will be taking place on Sunday 12th May 2024, at Black Knights Parachute Centre, Lancaster.

If you (or anyone you know) would like to take part or wish to sponsor someone else to do it, please register your interest by email, to the address at the bottom of the page.

The idea for this has come from our very good friend and Paul's Place supporter, Brian (Nasher) Nash (formerly of Frankie Goes to Hollywood).

Please be aware that in order to take part, you do need to commit to raising a minimum of £250, which covers the sole cost of the jump. (Ideally you do need to raise £300 minimum, in order for us to make a profit.

All relevant information can be sent via email or post, to anyone wanting to know more about this event

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