



PAUL'S PLACE (BCT) NEWSLETTER - FEBRUARY 2022

Hi everyone and welcome to our first newsletter of 2022, which also happens to be our first newsletter since our wonderful volunteers were recognised for their dedication and commitment to Paul's Place; in being awarded the Queen's Award for Voluntary Service. A richly deserved honour. We're very proud of you!

Just want to make it known that after a wait of almost two years, our Tuesday morning Peer Support Group meetings have returned to face-to-face! I know that so many of you have been waiting for this to happen and will no doubt want to join us. In order to comply with the guidelines, set out by our Trustees, we have made a number of changes in relation to how our meetings will operate going forward. Beacon Counselling Trust has a duty of care to its staff, service users and visitors; and their wellbeing and safety is always paramount. We ask that all those attending our meetings, adhere to the following requirements, to minimise the risk of any possible transmission:

1. Take a lateral flow test (and have a negative reading) prior to attending the meeting that day.
2. Wearing of a mask on entering & leaving the building; and at any time you need to leave the room.
3. Use the hand sanitizer provided, as often as necessary – but particularly on entering and leaving the building and after any toilet visit made.
4. Sign our visitor's book, thereby agreeing to abide by all the above requirements.
5. To ensure adequate ventilation in the room, 2 windows will remain open for the duration of the meeting.
6. We will continue to provide tea/coffee (served by one person, in paper cups) at the start and midway through the meeting; along with a supply of wrapped biscuits too!

Unfortunately, it won't be possible to run the group as a "drop in" – for the time being at least; and anyone wishing to attend will need to book their place in advance. To keep this simple and to be fair to all those wanting to attend, I will put a post on our Paul's Place Group WhatsApp page (*), in advance of the next week's meeting and if you wish to attend it, you need to message me direct, confirming your place. (*) In order to be added to Paul's Place Group WhatsApp page, you simply need to email paulsplace@beaconcounsellingtrust.co.uk and provide your mobile number.

Initially, we are also having to limit the number of people attending to a total of 10 (including group leaders). The places will be allocated on a strictly first come, first served basis. Once the 10 places are filled, any extra names received will be carried over to the next week's meeting. Please bear in mind that if you book a place and then cannot attend, please either text or email me, giving as much notice as possible; and the place can be offered to someone else

Our monthly evening meetings will continue to take place via zoom, for the foreseeable future. These usually take place on the last Wednesday of the month between 7 & 9 p.m. The dates of the next three monthly meetings are: 23rd February, 30th March and 27th April.

If you need to get in touch regarding anything related to our meetings, please either email me at the address above, or send me a direct WhatsApp message or text.

Please remember the two important things which we always ask all group attendees to abide by: Whatever is spoken about during our meetings is strictly confidential; and is not discussed outside of the group.

We never divulge the means of how our loved ones died, but we do recognise that some people will need to talk about this; and we strongly encourage you to have this conversation with your therapist during your one-to-one sessions.

Please be aware that, as before, our meetings are only open to those who are either presently receiving counselling with us or have done so in the past.

We know that there are many, many more people across Merseyside, who have been (and sadly, will continue to be) bereaved by suicide. The more people we can reach, the more we can help. However, with no Government or NHS funding and our National Lottery grant expiring in just 7 months' time - with no substantial funding to replace it - now more than ever, we are asking for your support. We do realise that so many people are struggling financially and to echo a phrase by a well-known supermarket "EVERY LITTLE HELPS". We welcome ALL donations, whether big or small.

If you don't follow us across social media or visit our website, you may not have seen our two short videos. Video 1 outlines who we are, what we do and why we do it and Video 2 focuses on fundraising. We would appreciate it if you could take the time to watch them yourself, then share these amongst family, friends, work colleagues, etc., far and wide.

JOE'S STORY ANIMATION - <https://www.youtube.com/watch?v=vGzfXDgIVol>

FUNDRAISING VIDEO - https://www.youtube.com/watch?v=un-B-Fm_a1M

We have noticed that quite a number of people like to mark a loved one's birthday or anniversary by holding a memorial event in honour of them. We've had people hosting a whole range of activities to fundraise for us. These have included: Group Walks, Golf Tournaments, 5k, 10k & 15k Walks or Runs Tandem Skydives, Boxing Matches & Football Matches. Do you or maybe a family member, friend or work colleague enjoy walking, running, golf, football, rugby, cycling, swimming or in fact any sport whatsoever? Why not ask if they would be willing to organize a fundraiser for us? I am more than happy to help anybody who needs assistance with setting up an event on our JustGiving page:

<https://www.justgiving.com/beaconcounsellingtrust>

It really is a big help to us if (wherever possible) your event can be featured on there; since we receive the donation without any fuss. If you require customized sponsorship forms, just let me know in advance what you're doing, when you're doing it and where it's taking place. Don't forget to take photos of the event and share them with us as well as your family and friends across social media. Wherever possible, if you could arrange to call in and see us for a "Big Cheque" presentation photo afterwards, too; that would be great.

Did you know that whenever you buy anything online - from your weekly shop to your annual holiday - you could be raising free donations for Paul's Place BCT? Well, you can and it couldn't be simpler, Why not have a look at their website and see for yourself, by following this link:

https://www.easyfundraising.org.uk/causes/paulsplacebct/?utm_campaign=raise-more

There are over 4,000 shops and sites on board ready to make a donation - including Amazon, Argos, ASOS, Booking.com, eBay, John Lewis, and M&S - and it won't cost you a penny extra to help us raise funds. Every time you shop online, go to easyfundraising first to find the site you want and start shopping. After you've checked out, the retailer will make a donation to Paul's Place BCT at no extra cost to you whatsoever! There are no catches or hidden charges.

Thanks to everyone who has supported us so far. We really do appreciate your efforts and rest assured every penny received, is spent on providing vital help and support to those bereaved in such tragic and devastating circumstances.

If you wish to email details of any fundraising events you have done for us, or intend doing in the future, then we can look at sharing the news across our social media platforms and also on our website. Due to GDPR regulations, we do need your consent to do this. As always, the email address for anything Paul's Place related is: paulsplace@beaconcounsellingtrust.co.uk

Stay safe and take care.

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Paul's Place Co-ordinator