

Hi guys, welcome to our very 1st *Sean's Place* newsletter!

It has been a while since we closed our doors to you due to the current Covid-19 situation, but we are hoping that it will not be long until we are all back together again.

We thought it would be nice to share with you some of the things that have been going on behind the scenes while we have all been away.

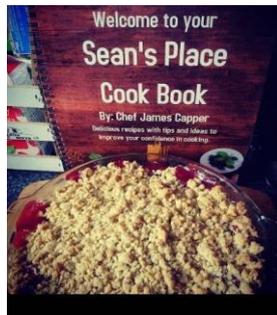


This is Connor. Connor was due to run the Rock and Roll half marathon as a way of raising funds for Sean's Place. The marathon was postponed but, Connor decided to put all his training into running a lone marathon. We are so proud of all his efforts and we are sure that you will agree, what an inspirational young man he is.



This is Dave, you may recognise him from when he did a podcast from Sean's Place with Debbie. Dave too is hoping to raise money for us by running 3 separate personal marathons! He has already completed 1 and the next 2 will follow soon. Thank you so much Dave, we think you are a star!

We think you will agree that we have some amazing people supporting us and the money raised will all go towards creating more fabulous sessions for you all to enjoy! We cannot wait!



We really hope that you have been enjoying the gift packages that we have been delivering and that you are finding time to get creative in the kitchen with our wonderful Sean's Place cookbook, created for you by the talented James Capper. We love seeing the images of your creations and we are so proud of you all for having a go! Well Done!



Some great news for when we return will be the introduction of some gym equipment for you guys to use as and when you feel. There will be an instructor available to give you a plan to suit your needs or just to show you around the equipment. The Sean's Place gym will be for all abilities and there will be something to suit everyone.



More exciting news!!! Our very own Debbie has been nominated for a National Diversity Award. It is incredible to be nominated amongst so many wonderful people and organisations, but to win would be an amazing achievement for Sean's Place... thanks so much for all your support.

We are also in the process of setting up a photography group as we know that this is a passion for a few of our guys. We hope you can get snappy happy!



We are also looking to set up a fishing group. After listening to some of our guys we understand the pleasure they get from this. It will be a welcomed addition to our timetable. It will all be done humanely and we are looking forward to spending some time by the water. Thanks to Tony for leading this one for us.

While in lockdown we have also welcomed 2 new members to the Sean's Place family.

Hello Mark and Tony, we are all looking forward to meeting you both in person and welcoming you to our group.



We hope you have been enjoying our regular catch up calls. It really is nice to speak to you all and hear how you have been doing.

The Zoom calls have also been a success and we look forward to seeing your faces and having a little giggle. We understand that Zoom calls are not for everyone, so there is no pressure whatsoever to take part. We really do love to see you though because we miss you all!

It is also nice that you are enjoying the WhatsApp group that was set up to keep us all connected while we have all been at home and away from Sean's Place. There has been many a lively chat and it is a nice way for you guys to share your news, jokes and the wonderful photography that we see every day.

We understand it has been a difficult time, but we hope that we have provided some ways for you to feel that you are still in touch. Below are some additional numbers if you feel that you need any extra support.

We were together even when we were apart...

Sean's Place
In This Together

HELP IS AVAILABLE!

Samaritans
<https://www.samaritans.org/>
Call 116 123 open 24hrs a day

SHOUT crisis text line
<https://www.giveusashout.org/>
Text 85258 open 24hrs a day

C.A.L.M
www.thecalmzone.net
Call 08088025858 5pm-midnight every day

Papyrus UK
www.papyrus-uk.org (for males under 35)
Call 08000684141 10am-10pm on weekdays and 2-10pm on weekends

REMEMBER, THAT WITH EVERY DAY THAT PASSES, IT'S A DAY CLOSER TO US BEING BACK TOGETHER AGAIN. OUR SEAN'S PLACE FAMILY.

Now over to you if you have any suggestions of sessions/activities that you would like to see at Sean's Place, then please let us know. We build this around you, so it is important to us that you share any ideas with us...THANK YOU and we look forward to welcoming you back very soon!

You can find us, as ever across all social media

WEBSITE: WWW.SEANSPLACE.ORG.UK

@SEANSPLACE2 @SEANSPLACE2 @SEANSPLACEUK

