

## The PSU opens in Chelmsford and Exeter

The PSU has opened two new PSUs in the past five months, opening units in Chelmsford and Exeter.

Chelmsford opened its doors to clients in Chelmsford County Court in January 2016 and welcomed Mari-Claire as its coordinator.

The Exeter office opened in Exeter Combined Court Centre in early January 2016 also, welcoming Matthew as coordinator. Matt commented, 'I'm excited to reach out to the many people who need support in court. We have an accessible location in the court, and a fantastic team of engaged volunteers who are ready and raring to go.'

The opening of Chelmsford and Exeter means the PSU now operates in 16 court centres across England and Wales.

The PSU aims to help as many people as possible and understands that each person has a unique and personal story. Here are some of the comments from past clients who have been supported by PSU volunteers:

*'The PSU helped me in many ways, from talking me through the process, to taking notes, to practical help such as showing me around the building, which all helped me to deal with the anxiety of the hearing and deal with the practical elements of being able to represent myself in court.'* Newcastle client

*'It was very helpful, professional and what I consider a necessity for people in distress and need of help. I'm very impressed with this service and feel more confident representing myself in a court situation.'* Nottingham client

*'[I'm] so grateful that a body like the PSU exists. I cannot believe how helpful everybody has been. Fantastic!'* Cardiff client



## Our upcoming events from around the country

Visit: [thepsu.org/news/upcoming-events/](http://thepsu.org/news/upcoming-events/)

Contact: [events@thepsu.org.uk](mailto:events@thepsu.org.uk)

### Dry January for Justice, January

Hayley, our Leeds Coordinator, is swearing off alcohol for a month to raise money for the PSU. Donate online:

[mydonate.bt.com/fundraisers/dryjanhayley](http://mydonate.bt.com/fundraisers/dryjanhayley)

### Legal Cake Bake, Nottingham, 1<sup>st</sup>-5<sup>th</sup> February

Come along to the University of Nottingham this February to purchase lots of delicious cakes.

### Legal Cake Bake, Sheffield, 3<sup>rd</sup> February

Visit Sheffield Combined Court Centre for some homemade sweet treats. Remember, calories don't count if it's for charity.

### PSU Mooting Championship, Bristol, 4<sup>th</sup> February

The PSU is on the hunt for the best mooters in Bristol. Come along and support your chosen team.

### Spring Raffle, nationwide, 8<sup>th</sup> February-18<sup>th</sup> March

Purchase tickets from the 8<sup>th</sup> February and be in with a chance of winning some amazing prizes from Faber & Faber, Sipsmith, Bordeaux Index and many more.



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## Eva Nazem, student volunteer, tells us about her PSU Half Marathon

I ran the Cheltenham Half Marathon in September 2015. I chose to run for the PSU because I felt it was a very worthy cause and I wanted to raise awareness of the charity. I was inspired by the incredible volunteers who give up their time and support to those who need it when they visit us.

The experience of running a Half Marathon was exhilarating, especially as this was my first. Completing it was an achievement I'm very proud of. I would highly recommend running in an event like this as a way of raising money for a charity – it's a great atmosphere with the crowds cheering you on right to the end and a fantastic buzz from knowing you've supported a good cause.

In total I raised £555 (£633.25 including Gift Aid). I fundraised by letting all my friends, family and work colleagues know that I was doing a Half Marathon. I sent emails and messages on Facebook, and told everyone I knew that I was doing it whenever I had the opportunity.

The process of fundraising was really easy. Setting up the BT MyDonate page was straightforward and the PSU were available to help with any aspects that were a bit more challenging. Letting people know about the website meant that it was simple for people to make donations directly to my fundraising page.

I would definitely like to do another Half Marathon at some point in the New Year, and may be even try and do a full marathon in a year or two.

If anyone is thinking about doing a challenge then they should go for it. And by telling as many people as you can about it you will get an enormous amount of encouragement and support.



## 'Let there be Love': A musical evening with the PSU & Fever Pitch

Celebrate Valentine's with somebody special this year in the beautiful Hall of The Honourable Society of Gray's Inn, **Wednesday 10th February, 6:30-9pm**. Expect delightful performances from musical ensemble, Fever Pitch. Contact [events@the PSU.org.uk](mailto:events@the PSU.org.uk) or visit [the PSU.org/support/events/friends-events](http://the PSU.org/support/events/friends-events) to book.



## Challenge yourself this year and raise money for the PSU

Take part in one of our four recommended challenge events this year. Whether you do it alone or do it with friends, you will be raising money for a great cause.

### Tough Mudder London West, 30<sup>th</sup> April

Test your toughness and take on a gauntlet of muddy, world-class obstacles with Tough Mudder. You are guaranteed to have a great time *and* an intense workout, so grab some friends and get training.

### Jump for Justice Skydiving, 25<sup>th</sup> June

Dive face first into one of the most exhilarating experiences imaginable. Jump for Justice by free falling 10,000 feet in the name of charity.

### London to Paris Tour de France Special, 20<sup>th</sup>-24<sup>th</sup> July

Cycle through beautiful English villages into the stunning countryside of rural France, passing historical landmarks and famous battlefields until you reach Paris, the most romantic city on earth.

### Ben Nevis Trek, 23<sup>rd</sup>-25<sup>th</sup> September

The mighty Ben Nevis stands proud at 1344 metres above sea level and is the highest mountain in the UK. If you're looking for an epic challenge to raise funds for your charity then this is the one for you!

For more information visit [the PSU.org/events](http://the PSU.org/events) or email [events@the PSU.org.uk](mailto:events@the PSU.org.uk).

## How you can help:

**Volunteer for us:** Become a Volunteer and help the many people facing court alone. ([the PSU.org/support/volunteer-for-us](http://the PSU.org/support/volunteer-for-us))

**Donate:** Donate online ([the PSU.org/support/donate](http://the PSU.org/support/donate)) or by a cheque made payable to 'Court Based Personal Support'.