



Thank you

We can't thank you enough for your support. It's you that makes it possible for us to improve the lives of over 5,000 disabled people, their families and carers, every year.

Let's keep working towards our vision of a world where disabled people are seen for what they **can** do

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Welcome to EnTrust

Welcome to the spring 2020 edition of EnTrust. I am writing to you at a very uncertain time for us all, with the devastating impact that Covid-19 is having on the lives of so many.

Here at the Trust we have had to change many of the ways in which we work. We continue to provide complex care for clients in very difficult circumstances, having had many challenges obtaining the necessary equipment required, however our colleagues have risen to this challenge admirably and we show our thanks each week to them during the Nations applause.

Support for our Opportunities Without Limits day services and employment customers is currently being delivered remotely meaning that we continue to maintain the delivery of learning and development albeit in a different way. We are using technology to enable us to interact with clients, which also enables us to reduce the level of isolation that many are feeling.

In housing all but essential repairs are on hold due to the difficulties faced by social distancing rules and securing contractors.

However, there will be a time lapse of about four weeks from my writing this due to print deadlines and delivery – so I am hopeful that by the time you read this, we will start to see an improving situation.

One thing that we cannot change however, is the devastating impact that this has had on our usual income streams which have been decimated. Therefore, we need your support at this time, more than ever before to enable us to continue to provide support to disabled people.

We are so fortunate to be enjoying such beautiful weather – the sight of spring and the sound of the wildlife is simply delightful. All that remains is for me to hope that you do enjoy reading about the many wonderful things that have been up to in and around the Trust during recent months; and to thank you for your support.

Keep safe and well.



Jo Revitt



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www.papworthtrust.org.uk

Virtual fundraising challenges

In response to the Covid-19 outbreak we have had to change our fundraising approach; with no face to face networking or events able to take place, our income streams have been seriously affected. It is critical that we are able to continue to support our customers, particularly as many of them are experiencing an even greater level isolation.

Your donation could enable us to

- ★ Purchase technology and data packages to enable access to digital learning and development sessions
- ★ Purchase activity packs that will be delivered to isolated customers as part of our outreach support – including materials for gardening, arts and crafts and cookery session to support our independent living skills programme.
- ★ In order to support the vital work of the Trust we are launching a series of virtual challenges – arts and crafts, bake off and 5k.

Have a look at some of the fantastic entries that we have received so far!



**VIRTUAL 5K**
Run • Walk • Jog • Row

Art & Crafts



**BAKE OFF**

This month we have launched a photography competition with the theme 'Spring' – to enter simply take a photograph with a spring theme whilst you are taking your daily exercise, email it to jo.revitt@papworthtrust.org.uk

Then donate your **£5** entry fee at www.justgiving.com/campaign/fundraising

Fundraising NEWS

Deloitte.



Vitality Big Half Marathon 2020

On the 1st March 2020, members of the Trust's Fundraising team gathered in the early hours of the morning in a very windy London. It was the first time that we've had runners representing the Trust at the Vitality Big Half Marathon and we're very grateful to Ben, Emma, George and Isabella from our corporate partner Deloitte for all of their efforts.

We were delighted that all entrants finished the race, raising nearly £2,000. The event itself was a great occasion, with a scenic route and a real party atmosphere, including a festival at the finish line! We're planning to make the event an annual fixture on our fundraising calendar. If you're interested in running for us in 2021, please get in touch with Jo Revitt in the fundraising team.

Freshfield House

Papworth Trust were granted £15,000 from The Wolfson Foundation to renovate a disused unit in Huntingdon.

We decided that the best use of this space was to renovate it and turn it into an accessible one bedroom flat to provide a home for a disabled adult.

Our Housing team identified a current tenant called Kim, who at the time was living in a two bedroom first floor flat in Huntingdon, as a possible transfer. His existing flat was not ideal for him, his rent was high because it was a two bedroom flat that he did not need and using the stairs for access was becoming increasingly difficult because of the progression in his disabilities.

Kim moved into his new home at Freshfield House in February 2020 and it has made a huge difference to him!

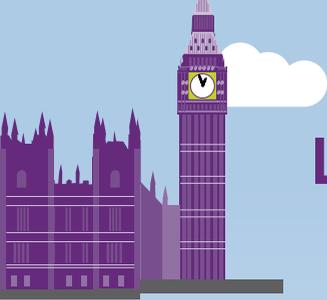
His new home is far more manageable for him and his mobility difficulties – he can easily move around the flat and the flat is on the ground floor which means he does not have to contend with any stairs.

**HOME
SWEET
HOME**

This all helps Kim to be independent, easily cooking and cleaning and getting out into the local community.

Being a one bedroom flat his rent is now more affordable, and the addition of a new flat at Freshfield has meant that his, and the other tenants weekly service charge has reduced from £67.45 to £42.72.

Kim moving into a more manageable and affordable property has meant that the Trust has been able to provide a two bedroom flat for another tenant who requires that space.



London Marathon 2020



Following the COVID-19 outbreak, the 2020 London Marathon has been rescheduled to Sunday 4 October. We are delighted to have five incredible runners on Team Papworth this year who will be taking on the world famous 26.2 mile course to raise vital funds to make a difference to the lives of thousands of disabled people, families and carers.



1

Meet the runners...

Mark Marsh

Why Papworth Trust? I used to drive for the Local Authority to Hester Adrian Centre (as it was known then). The service ceased due to budget cuts, but I've always hoped to be able to help the centre again in the future.

Over 25 years ago, I started working in the healthcare profession as a healthcare assistant. From there I TUPE'd over to community transport, and have remained working for the Local Authority ever since.

In the days when I supported Papworth Trust's customers I built up such a great rapport with them. I want to make a

difference to something will affect me, my family, my friends, and Papworth Trust fits that perfectly.

Why the London Marathon?

This will be my first ever London Marathon, it's been on my bucket list for a while! I've applied for the last five year but have been unsuccessful. Last year I ran the Brighton Marathon which was fantastic, and I know London will be just that and more!

How is the training going?

It's going great and I can feel myself getting fitter all the time. I currently do bootcamps 4 times a week, a parkrun on a Saturday and a longer run on a Sunday. Dare I say it, my goal is to run the Marathon in under 4 hours.

2

James Swann

Why the London Marathon?

I've run a half marathon and I've applied in the ballot for ten years in a row.

The London Marathon is on my bucket list. The sense of commitment and achievement is phenomenal. London is certainly the most prestigious, the landmarks and the atmosphere.

Why Papworth Trust?

As a former police officer I've worked in the local community, I've heard a lot about Papworth Trust and the wonderful work it does. It's great to think I am raising money for a great charity that is local to me.

How's the training going?

I've always run so it's great and I'm used to doing lots of 5k runs. Now Christmas is out of the way, I'm concentrating on gradually building up the runs each week. I tend to do a couple of shorter runs every week, and then a longer run on a Sunday.

3



Sam Pettinger-Harte

Why the London Marathon?

I've run the Manchester marathon before which was great, but there is something about London being the capital city. I have heard the atmosphere is amazing and the sheer amount of people there will be incredible!

Why Papworth Trust?

The organisation I work for, Deloitte, has set up a partnership with Papworth Trust and so I've got to know quite a bit about them. I really wanted to run for a local charity because you get to see where the money you've raised and donated is going - and you get to see the difference it's making!

How is the training going?

It's going well. I'm just trying to build us as many miles as possible without overdoing it!



4

Henry Plaster

Why the London Marathon?

It's on my bucket list! I wasn't a huge runner before but I kept myself fit through cycling. I went to the London Marathon last year to support a friend and it was just incredible. The buzz and atmosphere are amazing as a spectator, and I want to experience that as a runner now.

Why Papworth Trust?

My employer, One Broker, has supported Papworth Trust as a charity for a number of years. I've fundraise in events like the Bubble Run. It's great to be able to support a charity that you can see doing great work!

How's your training going?

It's going well. I completed the Richmond half marathon and I've carried on from there. I've managed to complete 27kms in one sitting. A big thing for me is I don't want to simply complete the marathon, I want to enjoy it! By that I mean I want to run it and not feel like I'm constantly gasping for breath. I'm aiming to complete it in around 4 hours all being well.



5

Troy Parrish

Why the London Marathon?

The London Marathon is something I've always wanted to do. I've applied many times on the ballot but have never been successful. I am a keen runner, I used to run for Suffolk and held school records. I just enjoy doing it! I've done a couple of marathons before so I know the kind of training that is required. I really want to get a new personal best which is 3 hours and 21 minutes.

Why Papworth Trust?

The company I work for, John Grose, has just chosen Papworth Trust as our charity of the year and I want to do everything I can to support this. It's a great charity and I want to raise a lot of money for a great cause.



During the Covid-19 pandemic we have had to drastically change how we interact with our Opportunity Without Limits day service clients, whilst maintaining learning and development programmes, as well as helping to combat loneliness and social isolation. Here is a selection of the programmes that we have been running virtually – everyone has been having a great time and have benefitted from the programmes that we have been able to deliver.

Around the centres



Ipswich

In the run up to Christmas, we heard that one of the Trust's valued corporate partners, Archway Carpets, had started a fantastic campaign, to provide a local homeless shelter in Ipswich with warm clothes and treats.

Many people donated chocolates, soaps, hats, gloves, socks and group of our customers collected boxes from a local greengrocer.

We're very grateful to both the people that donated and also to Darrell Smith, owner of Archway Carpets, for collecting the donations and delivering these to Ipswich Homeless Winter Night Shelter, run by Selig UK.

Once he saw just how many boxes we put together Darrell said "The work that the Trust does is invaluable in supporting disabled people in the local area, and something like this proves just how special they are. We are really proud of our partnership and look forward to it continuing for many years to come."

Basildon

In February 2020, our Basildon Centre was delighted to welcome wheelchair basketball star, Freya Levy. Freya gave an excellent and inspirational talk with customers, who were delighted to try on her European U25 gold and silver medals she had brought along with her. As well as this Freya joined in with an arts and crafts session, and was very happy to chat and take pictures with customers.

In addition, the OWL customers in Basildon have been working on mosaic art which will be displayed in the community at St Luke's Hospice.



Huntingdon

Recently a team of staff swapped their normal day jobs for paintbrushes when they redecorated Bradbury Court in Papworth Everard in preparation for activities that will be rolled out here in the late summer. The room was extremely tired looking when we arrived with peach walls, green skirting boards and window sills!

Sawston

In February, our Sawston service moving into its new long term home of Sawston Free church. There are lots of great plans for Sawston now that we have moved, as we continue to do more in the community and look at new sessions and projects to get involved in and initiate.



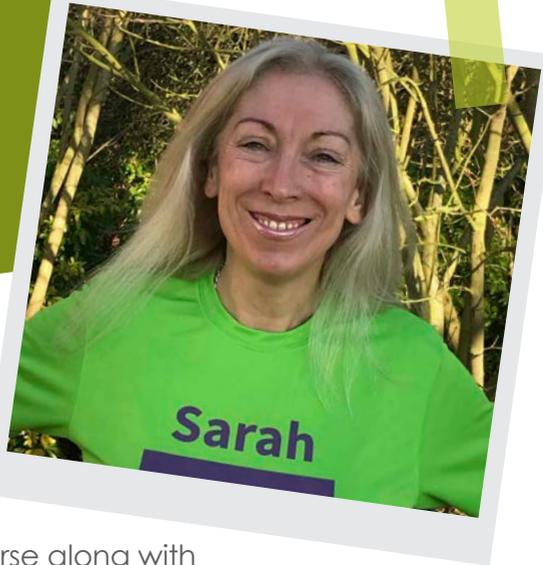
Thanks to the great thinking of Roy Ashton in our housing team, Dulux kindly donated all the paint we needed and we soon got to work!



Cambridge

We were delighted to welcome staff from Deloitte in Cambridge to our centre back in March. Four members of the team ran through the streets of London in the Big Vitality Half marathon on Sunday 1 March and raised nearly £2,000 of vital funds that will support our First Steps To Success employment project. They were presented with good luck cards and a banner made by our customers who also asked them lots of questions about their training schedule.

Sarah's marathon challenge



On Sunday 26 April our CEO, Sarah Miller, started a week long marathon on her treadmill! In 2019 she ran the London Marathon in aid of the Trust, this year of course along with many other fundraising events it was postponed. This has had a devastating effect on our fundraised income – so Sarah decided she wanted to do something herself to fill the gap.



Not having run for a whole year she dusted off her treadmill and ran 4 miles a day, making a video diary as she went recalling the event from a year before.

Lots of our staff have been motivated to join her in a variety of ways – walking, running, cycling, baking 26 cupcakes.

At time of writing her target of £1,500 is within reach, and there is still time to donate at www.justgiving.com/campaign/SarahMiller

15% Discount

for all NHS staff on essential repairs and maintenance



OWL Bikes

STILL OPEN

for your essential travel needs

Opening hours:

Tuesday: 09:00 - 17:00

Thursday: 09:00 - 17:00

Saturday: 09:00 - 16:00

Appointments only
Card payments only

Get in touch:

01223 839 580

owlbikes@papworthtrust.org.uk

Supporting more
people to say **i can**

Information Helpdesk



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