



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.

Contents

- 3 Top tweets
- 4 Deloitte round-up
- 6 Around the Centres
- 10 First Steps to Success case study
- 11 Fundraising news
- 12 Your Company can support
- 13 Ipswich music grant
- 14 Purple Horizons
- 15 Together We Can Make a Difference

Top Tweets



@JRevitt

Lots of luck to the team from Costello Tech Medical who are cycling 40 miles across Cambridgeshire today to raise funds for @Papworth_Trust



@ArchwayCarpets

Look what arrived in the post! Darrell's certificate for taking part in the @OrwellChallenge earlier this summer. Along with @DaveEkrub, Charlotte and @JasonCSmith70 they managed to raise a sizeable amount for the @Papworth_Trust.

@AndyArcher83

As we kick off #NationalInclusionWeek I'm offering to help Businesses in the East of England become more inclusive employers of disabled people. Drop me a DM if you want to start a conversation. Any advice is free of charge. #inclusion @Papworth_Trust



@sus_admin

Just dropped off my Batavus metro bike to the Owl Bike charity via @Papworth_Trust in Cambridge. It was my first purchase moving to Cambridge 4.5 years ago. They'll do it up and sell it on, perfect end for the old thing

Deloitte's dedication to support our work

Earlier this year, we were delighted to be named one of the 13 new charity partners of Deloitte, as part of their One Million Futures social impact initiative. Since then, the team at Deloitte in Cambridge and Ipswich have gone above and beyond to support our work.

Here are some of the highlights...

Ride Across Britain

980 miles, nine days. One phenomenal effort.

Jack Bairstow and Charlie Cullen from Deloitte Cambridge took part in the company's annual Ride Across Britain, tackling the iconic Land's End to John O'Groats route.

The pair completed the gruelling journey and have so far raised £3,962.84 - which will be matched pound for pound by Deloitte. An amazing effort!



Great East Run

Stuart Gilson, Jack Collier and Ben Peard, from Deloitte's Global Trade Bureau in Ipswich, completed the 13-mile Simplyhealth Great East Run in Ipswich.

Fellow Deloitte employee, Thomas Howard, who supported the trio, added: "I visited Papworth Trust, along with Stuart, and we were astounded to see the variety of services on offer to disabled individuals in the local area. We are proud to be supporting the charity."

Static cycle challenge

In support of Jack and Charlie, we organised a static cycle challenge outside the Deloitte office in Cambridge.

Staff, supporters and Deloitte employees took part in the day-long challenge which saw participants complete a 15-minute 'ride'

Cambridge Centre visit

Prior to the Ride Across Britain challenge, Jack, Charlie and colleagues from Deloitte visited our centre in Cambridge.

They toured the facility, met with staff and customers and were given good luck cards and gifts to set them on their way.

Around the centres

OWL

In October, the recently formed OWL Football Team from Sawston played their first games of the season at the Abbey Leisure Complex, Cambridge.

The team will compete in seven-a-side matches against other teams including Cambridge United and CRC.

Special thanks to Melbourn Dynamos who have been amazing in supporting the development of the team and have kindly supplied us with kit and training equipment.



As we dip our toes into Autumn, the OWL Centre has been closing down their allotment for the winter.

Among the winter tasks, they have harvested a superb crop of pumpkins, of varying sizes, and used that to start a discussion on the many things we could do with them.

They have also donated a selection of them to Wintercomfort for the homeless. The rest will be used for carving - and possibly cooking!



Ipswich

Our Corporate Partnerships Fundraiser, Jo Revitt, led a fun and engaging session with customers on fundraising and the importance of it within the charity.

Customers came up with some great ideas of how they could fundraise – and promote their fundraising – and a small group will take this forward.

The centre is currently fundraising towards an outdoor classroom. To find out how you can support this appeal, email fundraising@papworthtrust.org.uk.



The Ipswich Centre recently enjoyed a huge makeover which will enable us to increase the offer to customers, both in the centre and with activities in the community.





Basildon

In the last En Trust, we reported on Basildon's fantastic and spacious new kitchen.

It's safe to say that this has proven hugely popular for staff and customers alike.

Recently, the likes of chicken with peppers and rice and lemon drizzle cake have been on the menu. Yummy!

Our woodwork room is always a hive of activity.

And with Christmas coming round the corner, they have been busy creating some amazing woodwork items for the home and garden.

A huge thank you to our Volunteers and our Customers for their creativity and hard work.

Find out more by calling 01268 663221.

Cambridge

Customers in our Cambridge Centre have been discussing all things to do with climate change.

They showed their support to the national campaign by making some posters and it was great to see how they interacted with such an important appeal. They are clearly very passionate about making the world a better place.

Christmas is coming and our Cambridge Centre elves are preparing personalised Santa sacks in a range of sizes.

Contact us on 01223 478601 to place your order so we can deliver it to Santa for filling in good time.

How we supported James into permanent employment

James, a 20-year-old man with a learning disability, was referred to First Steps to Success from the local Job Centre.

At the initial assessment, we created an action plan that included goals and aspirations, any barriers that he felt were getting in the way and then, going forward, look for positive ways to overcome or manage those barriers.

James' main concern was completing application forms and CV and interview skills, including confidence-building. We supported James with job searching, completing application forms together, interview skills and the STAR technique.

After four months of supporting James with employment skills, he was offered a permanent role in a company that delivers orders around the UK. As a warehouse assistant, James has to ensure orders are securely fitted onto the trucks and then to scan incoming orders.

In our most recent telephone call, James said he was absolutely loving the job.

James said: "I had been applying for lots of jobs before I was referred to First Steps to Success. No-one ever called me back or asked if I could attend an interview until I met Angela. "She helped me with application forms and building my confidence.

"In my last interview, I felt more confident and could answer the questions easier as well as thinking up some questions to ask. I am really happy in my new job and it helps that I can contact Angela if I need support."

To find out more about First Steps to Success, please email Angela.McKelvie@papworthtrust.org.uk



Our Basildon Centre were beneficiaries of a fundraising golf day in aid of local charities.

Maggie and Mike, from Basildon, attended a charity afternoon tea, organised by West and Coe Funeral Directors, and received a cheque for £500 from former mayor Mike Larkin.

They presented cheques to 10 different charities and we gave a short speech explaining how their donation would support and help our customers.

The money will go towards fundraising for a sensory room at Basildon.



Would you like to support our work with disabled people across the East of England?

We have a range of volunteer opportunities across our services. **Find out more** www.papworthtrust.org.uk/jobs-and-volunteering/ #DisabilityConfident



Fundraising campaigns

Papworth Trust are currently running a number of fundraising appeals to support our services and centres across the East of England. We feature a few of our current campaigns below...

Cambridge kitchen and sensory room

We are currently seeking to fund a fully accessible and functioning kitchen, with integrated sensory area. This facility will enhance the independent living skills programme by supporting our customer's independence and wellbeing, including budgeting, menu planning, diet and nutrition. In addition, the sensory area will provide a variety of opportunities for customers to develop a wide range of sensory skills. The new facility will help customers with enhanced life-skills and confidence.

Good Neighbour Project

The Good Neighbour project will provide additional opportunities to clients aged 18-plus who have a learning disability, supporting them to identify, understand and contribute to being a good neighbour within their local community. It will provide opportunities for clients to acquire and develop new skills and lead to increased community engagement, socialisation and independence as well as reduction in isolation, improved confidence and improved wellbeing.

To find out more about supporting any of our campaigns, please email fundraising@papworthtrust.org.uk.

Ipswich music grant



Papworth Trust have been awarded a grant for almost **£20,000** to create a music group aimed at combating isolation for disabled people living in the Ipswich area.

The five-figure sum was awarded by Postcode Community Trust, a grant-giving charity funded entirely by players of People's Postcode Lottery.

The grant will fund music sessions with the ultimate aim of creating a band.

The fun sessions will be aimed at both existing and new Papworth Trust customers with sessions planned for all abilities as well as opening up recording, audio and marketing opportunities.

Ellie Silver, trusts and grants fundraiser, said: "Music is a great way to interact and

enthus and we are delighted to extend this opportunity to disabled people in the Ipswich area.

"The project will use the theme of music to support customers to tackle loneliness and social isolation, improve community engagement and improve and develop independent living skills.

"We would like to thank players of People's Postcode Lottery for supporting this generous grant of £19,592."

The fun sessions, which are due to start in November, are part of the charity's drive to offer more community-focused support.

To find out more about the Papworth Trust music project, please get in touch with the team at Foundation Street, Ipswich on **01473 211671**.

Purple Horizons

We are delighted to be supported by a new fundraising group, Purple Horizons, who have formed together from our hugely successful Centenary Circle.

Speaking about the launch of Purple Horizons, Bronwen Angel said: "My mother, Elspeth, was a trustee with Papworth Trust for a very long time and then chaired the Centenary Circle.

"So I knew all about the amazing work of the charity and I was delighted to help support them.

"A small group of us got together and brainstormed and came up with the idea of informal and informative talks.

"As well as fundraising, this is a great opportunity to raise awareness and promote the work of Papworth Trust."

To find out more about Purple Horizons or to become a member, please email btangel@mac.com or to find out more about the events, please keep an eye on our fundraising page on www.papworthtrust.org.uk



Diary dates

- **November 28th** - Christopher Watson: Only British vineyard owner of a Chablis vineyard
- **February 12th** - Stephen Marsh: The story behind Pinkster Gin

Diary dates TBC

- **Nicholas Hopton**: British Diplomat and recent UK Ambassador to Iran, Qatar and Yemen
- **Emma Rous**: How a local vet became a best-selling author
- **Sarah Oliver**: One of only 18 registered female plumbers (out of 28,000)
- **Julie Spence OBE QPM**: Her Majesty's Lord Lieutenant of Cambridgeshire and ex Chief Constable

Together we can make a difference



£25 could pay for musical instruments and equipment to support the development of music groups.

£35 could pay for plants to enable our allotment group to grow food as part of the independent living programme.

£50 could pay for a disabled person to attend a full day's session at one of our day centres.

£50 could pay for stock for the 'tuck' shop which our clients run as part of their volunteering activities.

£75 could pay for kitchen equipment for use in our independent living skills programme.

£100 could support a person with a learning disability to take part in our First Steps to Success employment programme.

£300 could pay for white goods for our accessible kitchens to support our independent living programme.

Supporting more
people to say **i can**

Information Helpdesk



01480 357 200



01480 357 215



fundraising@papworthtrust.org.uk



www.papworthtrust.org.uk



@Papworth_Trust



/papworthtrust



**Papworth Trust, 1 Saxongate, Bradbury Place,
Huntingdon PE29 3RR**

This is available in other formats
and languages on request

Registered charity number 211234 © October 2019