

Cambridge

# Papworth Trust Day Opportunities



We are here to help

Papworth Trust

**We offer a diverse programme of activities designed to encourage learning, improve confidence and communication skills, develop life skills and facilitate good health and wellbeing.**

This all takes place in an inclusive, environment with a vibrant atmosphere.

Based in central Cambridge, we benefit from having our own car park as well as being on a regular city bus route. The Centre has its own minibus which is adapted to accommodate wheelchairs and we regularly take trips out into Cambridge and beyond.

We have modern facilities with large rooms to facilitate group activities. We also have a fully equipped, accessible kitchen which enables us to deliver sessions on cooking, baking and general meal preparation.

On joining the service, the customer will be assigned a dedicated Case Worker who will focus on their progression and the outcomes they wish to achieve. Working closely with them, the Case Worker will create a personalised support plan, and an action plan to ensure the service meets their needs.

Our activities are delivered by an experienced and passionate team which ensures everyone feels welcome, included, and receives tailored support. We continually adapt our activities to cater for different interests and to keep our sessions stimulating and fresh. We also run regular feedback sessions meaning that customers have the opportunity to contribute ideas and shape the way we deliver our service.

**Some examples of the types of activities we provide are:**

- Shopping
- Health Walk
- Chair-Based Fitness
- Tai Chi and Wellbeing
- Bowling
- Boccia
- Cooking, Baking and Meal Preparation
- Arts and Crafts
- Sing and Sign - learn Makaton
- Computer Skills
- Gardening Group
- Book Club
- Out and About in Cambridge
- Board Game Sessions
- Exploring Cambridge Then and Now
- Creative Writing



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