



Welcome To EnTrust

Hello and welcome to the first EnTrust of 2024 – doesn't time fly!

The Fundraising team hope that you enjoy reading about some of the great activities that customers have been taking part in alongside the unbelievable support that runners and corporate partners continue to provide Papworth Trust.

We continue to be overwhelmed by the support that you provide us. As you read through this edition, we would like to ask you to consider supporting our mindfulness appeal. This appeal will provide specialist instructors who will introduce Day Opportunities customers to a variety of activities including Zumba and Yoga. Our target is to raise £3,000 towards the appeal that will support customers to experience activities to improve their physical and mental health and wellbeing. If you are able to support this appeal – we really appreciate it!

Thank you for taking the time to read the Spring edition of EnTrust.

The Fundraising Team.

Huntingdon - Beat This

Customers at Huntingdon Day Opportunities recently adapted 'My Favourite Things' from 'The Sound of Music' during their 'Beat This' sessions. They spent approximately 75% of their time playing instruments and exploring music, with the remaining 25% focused on writing and practicing their song.

The 'Beat This' sessions, funded by the NFU Mutual Charity Fund, spanned 12 weeks from September to November, providing customers with a unique musical experience. Alongside their rendition of 'My Favourite Things,' they also recorded 'The Lion Sleeps Tonight.' The collaborative effort showcased their musical talents, and we extend our gratitude to everyone at 'Beat This' for creating such a memorable experience. The customers are looking forward to future sessions at 'Beat This' studios.

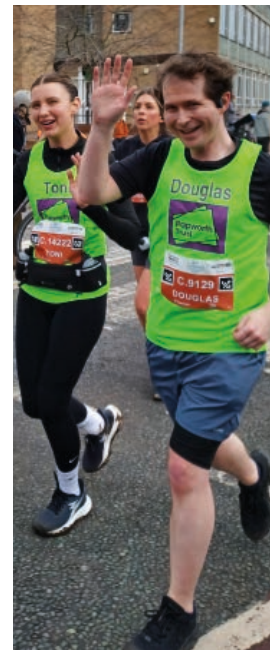
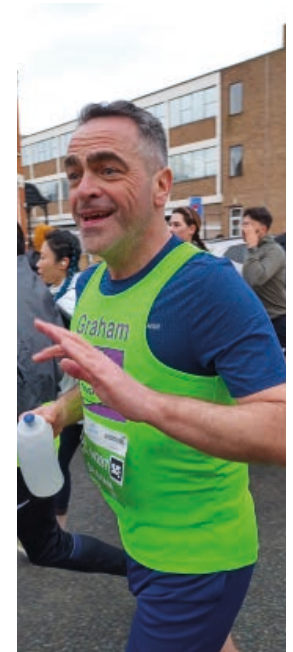


Cambridge Half Marathon

On Sunday 3 March, approximately 13,000 participants crossed the finish line of the TTP Cambridge Half Marathon. Among them were 12 dedicated individuals running in support of Papworth Trust.

With ideal weather conditions on their side, runners embarked on a fresh route that wound through the scenic landscapes of St John's College, Trinity College, King's College, and Jesus College. Notable landmarks like the Bridge of Sighs and the Wren Library adorned the picturesque 13.1-mile course.

Together, these runners raised an incredible total of £6,000 for Papworth Trust. A fantastic achievement.





Abington – Tuck Shop

Exciting news at Abington! The Spring timetable is in full swing, and they are thrilled to announce the launch of their very own tuck shop! The money skill and health/well-being group have been hard at work creating this awesome addition, and from the looks of it, it's a hit already! They've been focusing on budgeting and selecting the best buys and healthy snacks.

Sarah is eager to become more independent with her money and loves assisting everyone with their purchases.



Ipswich - Colchester Art Gallery

Our Ipswich customers took the train to Colchester to visit the art gallery exhibitions. Seeing the unique artworks crafted over the past decade by artists with additional needs from the Level Best art studio – truly inspirational!

2024 London Marathon



The 2024 London Marathon took place on Sunday 21 April. We had 6 runners participate and raise money for Papworth Trust. We caught up with two of our runners:

Harry

“I am fundraising for Papworth Trust, and running this race to say thank you for all that they do for the community. Papworth Trust is an amazing charity that raises money to help give disabled people a better quality of life and campaigning for more rights. From helping seek work, to enabling people to achieve their goals in day to day life, it is a charity I feel very strongly about.”

Dan

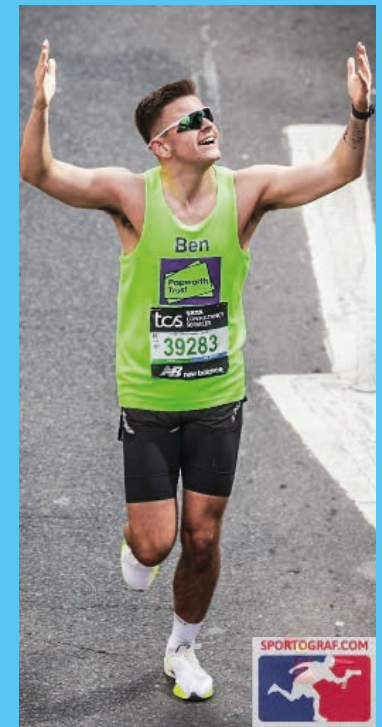
“It was a genuine honour to run for Papworth Trust, I felt an immense sense of pride running with it on my vest and even got some shoutouts from spectators saying it was an amazing charity which really spurred me on!

Thanks so much again for the opportunity, genuinely means so much and I am so grateful.”



Runner times:

Daniel Hutt	04:02:51
Simon Harmsworth	04:21:12
Simon Griffiths	04:18:02
Sara Belotti	03:59:40
Harry Palmer	04:35:49
Ben Szczepanski	03:08:37





Cambridge Health Walks

Cambridge customers enjoyed a lovely stroll that was not only a refreshing health walk but also delved into the rich tapestry of local history.



Huntingdon Cooking Sessions

Customers from Huntingdon Day Opportunities made a delicious savoury mince crumble whilst cooking – a lovely twist on the classic cottage pie. Absolutely delicious and empty bowls all round.



PCS Legal and Papworth Trust



In a momentous celebration of a decade-long partnership, PCS Legal proudly announces its commitment to raise £10,000 in 2024 for Papworth Trust.



Since 2014, PCS Legal has supported Papworth Trust, with a focus on directing 100% of the funds raised to the Basildon Day Opportunities centre, situated near Basildon town centre.

The firm's dedication to the cause has been exemplified through numerous activities over the past nine years, ranging from marathons and cycle rides to golf days and various staff events, resulting in a cumulative donation exceeding £14,500. Now, in the tenth year of their partnership, PCS Legal aims to reach new heights by pledging £10,000 in 2024.

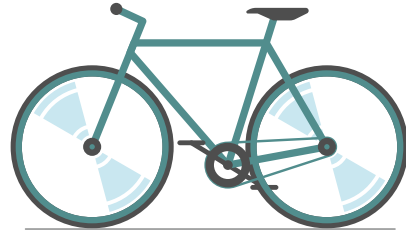
A dynamic lineup of activities has been scheduled throughout the year covering an impressive 582 miles. Activities include the PCS Legal annual charity golf day, climbing Snowdon, a triathlon, The Cambridge Half Marathon, The London Big Half Marathon, Ride London-Essex, and Swim Serpentine.

Stuart Forsdike, the founding Partner of PCS Legal, chose Papworth Trust as the charity partner not only out of his passion for the cause but also because every penny raised directly contributes to the charity's mission. The funds generated will specifically benefit the Basildon Day Opportunities centre, where PCS Legal actively participates and witnesses the tangible impact on the lives of the individuals supported by Papworth Trust.



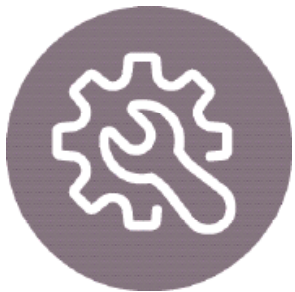
Routeways to Work - Case Study

MW, 25, joined Routeways to Work as they wanted to gain experience and move closer to employment. MW has Autism and Cornelia de Lange Syndrome.



After studying motor vehicles at the local college, MW thought bikes would also interest them. MW's aim for the programme was to increase their confidence of interacting with people and their stamina and motivation for tasks. MW felt ready to work, but still needed support. MW was quiet when joining the team and appreciated everyone was patient whilst they were learning, an experience MW enjoyed.

MW was supported to find a 6-week paid work experience. Feeling more confident, MW applied for a volunteering role at the local library. MW has now been volunteering for 3 months and has left Routeways to Work after completing the programme, moving on to a placement at Darwin Nurseries.

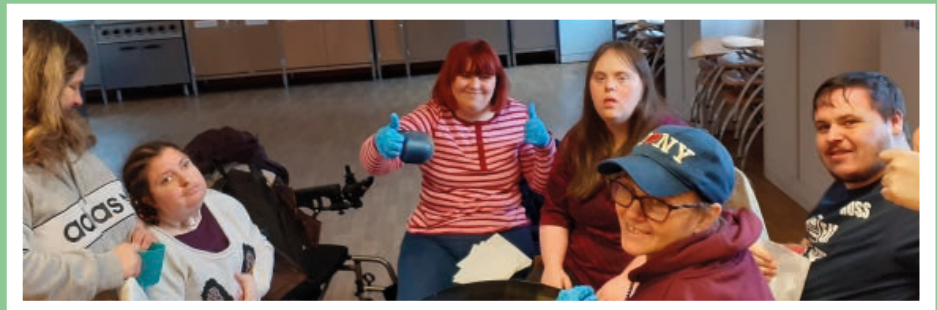


The experience at OWL Bikes and Routeways to Work enabled MW to gain the confidence and experience of working in a retail environment, resulting in an exceptional change in MW, reaching their original aspiration to increase their confidence, stamina and motivation.



Basildon Volunteering

Many of our Basildon Day Opportunities customers are supported to volunteer at local Barleylands Farm. They pitched in by filling bags of goodies for the animals, then got to wander around, feeding them and even spotting adorable baby lambs!



Supporting disabled people to be seen for who they are.



01480 357200



www.papworthtrust.org.uk



@Papworth_Trust



[/papworthtrust](https://www.instagram.com/papworthtrust)



[/papworthtrust](https://www.facebook.com/papworthtrust)



[/in/papworthtrust](https://www.linkedin.com/company/papworthtrust)

Registered charity number 211234

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