



Papworth
Trust



disability
confident

LEADER

Welcome to EnTrust

Welcome to our Spring/Summer Edition of EnTrust!

As we move into warm days and long evenings, we are pleased to share the latest edition of EnTrust.

Your support remains essential to our work, and we are grateful for the trust you place in us. In this edition, you will find customer stories from our services, information on leaving a gift in your Will, and highlights from our fundraising heroes.

You will also see on page 8 a story detailing the difference Routeways to Work is making to its customers. Routeways to Work is 100% funded by donations which means, it continues to be a project where funds are needed. Any donations generated from this edition will help support our fabulous Routeways to Work programme. Thank you in advance for your generosity.

Finally, thank you for your ongoing commitment, we couldn't do any of this without you.

From the Fundraising team – Ellie, Amy, Aisha and Pippa

Please note: if you would like to opt out of receiving the EnTrust magazine, please email

fundraising@papworthtrust.org.uk



Scan the QR Code
to be taken to our
donations page for
Routeways to Work

Leave a gift in your Will



We've been here for disabled people for over 100 years. Help us be here for the next 100.

To find out more email fundraising@papworthtrust.org.uk

Our Care

Something lovely is starting to grow in Lowestoft and it's bringing people together in the process. Across four supported living bungalows, our care customers, Emma, John, Paul and Reuben, share a garden that's now being turned into a small allotment, with everyone participating and enjoying the project so far.

Previously a quiet, underutilised patch of garden, the space is now full of activity. Customers have been preparing the soil, choosing what seeds they plant, getting their hands dirty and with plenty of smiles along the way.

More than just an allotment, the space is being turned into a welcoming garden where everyone can come together for barbecues and time outdoors.



Gardening has all sorts of therapeutic benefits. Multiple studies have shown that gardening activities can have a positive impact on mental and physical health, improving overall quality of life (Ronaldson et al. in the journal of Systematic Reviews, 2024).

By working on the garden together, it's helping customers build their confidence, learn new skills and to feel proud of what they're creating. It's also brought them closer together, strengthening friendships and creating a real sense of community.



Melissa George, Registered Manager in Lowestoft, said **“There’s something special about being outdoors, caring for plants, and watching things grow - and this little project is already showing how much of a difference that can make. Everyone is looking forward to seeing it flourish over the next few months – and enjoying the results together.”**

Our Day Opportunities

At our South Cambridgeshire Day Opportunities, the sensory room is one of the key ways we engage people with Profound and Multiple Learning Disabilities, also called PMLD.

PMLD describes people who have more than one disability and profound learning disabilities. It is usually accompanied by communication difficulties, and often additional sensory, physical, or complex health needs requiring a high level of specialised and holistic support.

Demand for these services is high.

However, resources and qualified staff are increasingly limited.



The charity Mencap reported last year that the number of learning disability nurses has declined 43% since 2009.

Our South Cambridgeshire Day Opportunities is one way we try to meet demand in our local area. The sensory room enables us to create an environment that supports the diverse needs of our customers.

We have an interactive projector that enables customers to play games, which helps with motor skills and creates a stimulating physical and visual space. The projector can be linked to customers' music or sound choices, which is very popular. The space also features a waterbed, fibre optic lights, and interactive touch panels.

The sensory room offers calming and stimulating zones that soothe higher needs. **L, for instance, loves using the interactive switches to enable movement with lights and music choice. L can interact with her surroundings at her own pace, enhancing her communication and independence whilst also increasing her mobility as she controls the environment. She loves this experience, which is demonstrated through her Makaton signing a big thumbs up.**



Our Work

Creating opportunities: local employers opening doors to work experience

We're incredibly grateful to local businesses who partner with Papworth Trust to support our Routeways to Work participants. Meaningful work experience can be a powerful stepping stone towards employment, building confidence, developing skills, and bringing people closer to employers.

We're proud to highlight and say a big thank you to three organisations making a real difference: **Dardan Security**, **Graduate by Hilton Cambridge**, and **Outspoken Cycles**.

Dardan Security

who recently gave participants a unique opportunity to experience the early stages of their work with recovered bicycles, offering insight into logistics, teamwork, and real working environments through their support of OWL Bikes.



Graduate by Hilton

who recently provided an excellent placement for Olivia, offering five half-day sessions across different departments and giving valuable insight into hospitality roles.



Outspoken Cycles

has shown the impact of consistency, offering one participant at a time a placement of one day a week over six weeks, before welcoming the next; providing ongoing, hands-on experience in a supportive environment.



We're delighted that all three organisations are keen to continue working with Papworth Trust reflecting the positive impact of these placements and their shared commitment to creating inclusive opportunities.

Working together to create opportunities

These partnerships show the difference community-minded employers can make. We are always keen to hear from organisations who would like to get involved; whether offering a one-off placement or an ongoing programme.

Every opportunity can be life changing.

If you would like to support our customers, we'd love to hear from you.

Contact details: fundraising@papworthtrust.org.uk

Our Housing

Finding a home that restored independence

Michael had spent most of his working life as a chicken farmer before a stroke unexpectedly forced him into early retirement. As his mobility declined and seizures became more frequent, everyday life became increasingly challenging. Not only was he unable to continue the job he loved, but his home was no longer suitable for his needs, he was losing his independence.

“Our only toilet was in the upstairs bathroom, and we only had an up-and-over shower,” explained his wife, Mary. “With his legs being so bad, it was difficult for him to use the stairs, and I couldn’t get him safely into the bath anymore. We knew we needed to move somewhere level, with a walk-in shower.”

At the same time, Papworth Trust was redeveloping the Vinter Rooms, a former community facility in Papworth Everard that had become underused and was no longer needed in its original form. Grant donations were secured from the Cambridgeshire Building Society Community Fund, B&Q Foundation and the Chapman Charitable Trust which contributed to the development costs required to transform the building into a spacious, fully accessible bungalow designed to meet the needs of disabled people and those with long-term health conditions.

For Michael and Mary, the impact was immediate. **“As soon as we saw it, we knew it was perfect,” said Mary.**



“The wet room means Michael can shower independently, and I can easily check that he’s okay. Having a spare room means our daughter can stay and help when we need it. We still can’t believe we’ve been able to find somewhere like this.”

Today, Michael and Mary are settled in a home that supports their changing needs, providing greater independence, safety and peace of mind. The redevelopment of Vinter Rooms has not only brought a vacant building back into use but has also created a life-changing housing opportunity for a local family affected by disability. Michael put it perfectly when he said **“We are proud to live here. It’s perfect, we love it”**.

Our Heroes



Cambridge Half Marathon



19 runners took part in this year's Cambridge Half Marathon raising the Trust a staggering **£6,924**.

"Supporting Papworth Trust was a privilege. Their work helping disabled people live with independence, purpose and opportunity really resonated. And it felt good to connect a personal challenge with something that makes a difference.

"Thanks to the generosity of friends, family and people I met along the way, I raised £1,500 for Papworth Trust. It was a hugely rewarding experience and a real privilege to support such a meaningful cause."
-Lucy Barrett

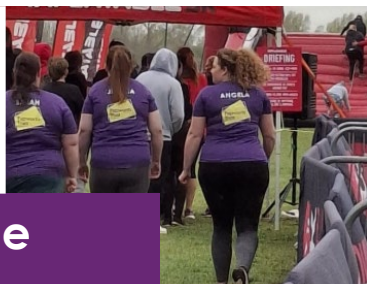




TCS London Marathon



Hot on the heels of the Cambridge Half Marathon was this year's London Marathon where we were lucky to have 6 runners amongst the 59,830 who took part. This year, our wonderful team raised £13,316 in aid of Papworth Trust! We have to give a special shoutout to Molly Hiron from our corporate partner PCS Legal, who individually raised £8,036 of our final total. Well done, Molly!



Inflatables challenge

Who doesn't love a bouncy castle? Well, imagine bouncing for 5 km! This is what a fun team from our corporate partner, Aegon, took on in April on a cold Sunday morning. Fundraising in aid of Papworth Trust, they bounced their way over obstacles with names like The Hurdles, Crash Bang Wallop and Mega Mountains and, thankfully, still had smiles on their faces when they finished.

Our Partners



Keep your eyes peeled across Cambridgeshire to spot the bus! Thanks to a collaboration between the Trust and Whippet buses, you will see an advert featuring Chris, one of our customers and volunteers from our South Cambridgeshire Day Opportunities.

Ed Cameron, Managing Director of Whippet buses said: "We're thrilled to be able to help promote the Trust across the county. It was fantastic to meet Chris and some of the customers at Unity Campus." Chris was very emotional to see himself featured. "It made my day to see my picture on the back of the bus!" he said.

PCS Legal's April quiz night delivered once again, raising an impressive £1,700 in aid of Papworth Trust. Huge thanks to everyone who came along, donated prizes, and made the night shine. And to PCS Legal, your generosity and support truly make you our heroes.



We're busy planning our next round of events:



Vitality London 10,000
Sunday 27 September 2026



Cambridge Half Marathon
Sunday 14 March 2027



TCS London Marathon
Saturday 24 April and Sunday 25 April
2027

We always have the chance of places in many other varied events so please keep an eye on our website

www.papworthtrust.org.uk

Supporting disabled people to be seen for who they are.



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