



# EnTrust

# Papworth Trust Newsletter



## Autumn/Winter Edition 2024

# Welcome to EnTrust

Hello and welcome to the final EnTrust for 2024.

We hope you're not disappointed that we didn't issue a Summer edition but in order to make the magazine as cost effective and impactful as possible, we have decided to produce two magazines a year rather than three.

We have also tried to tweak the style of the magazine slightly. We want to bring you the real-life stories of the customers we work with, helping you to understand the day to day support that the Trust provides, with the back up from your interest and donations.

In future, we also hope to include some more general information about the Trust's work across employment, housing and care and the issues facing disabled people. Thank you for continuing to support Papworth Trust's work. Whether you're an individual donor, a corporate partner or one of our event participants, we couldn't do it without you!

If you have any questions, or no longer wish to receive EnTrust magazine, then please do not hesitate to contact the fundraising team on [fundraising@papworthtrust.org.uk](mailto:fundraising@papworthtrust.org.uk). Huge thanks and happy reading!

The Fundraising Team – Ellie, Pippa and Aisha



Please scan this code to donate to Papworth Trust



## Upcoming fundraising events



As you'll know, each year, individuals who want to make a difference to the lives of disabled people raise for Papworth Trust by taking part in events.

In 2025, many of our supporters are getting their trainers on, pounding streets and footpaths to get in shape for the Cambridge Half Marathon (9 March), Brighton Marathon (6 April) and, of course, the iconic London Marathon (27 April).

In return for places bought by the Trust, our amazing participants will be raising £1000s for us. These are vital funds.

We are always looking for new ideas for events you'd like to take part in to fundraise for us. A walk, a swim, a ride, 5ks or 10ks.

Let us know by contacting Pippa Covell at: [pippa.covell@papworthtrust.org.uk](mailto:pippa.covell@papworthtrust.org.uk)

We're also planning some skydiving for next year, so watch this space!





## Graham's story



Graham has been attending Papworth Trust's Huntingdon Day Opportunities for five years. Prior to joining Papworth Trust, Graham attended a different day centre, but he would often fall asleep during the day due to staying awake late into the night. When he joined us, Graham would spend a large portion of time in the bathroom at the centre due to his mental health.

Over the course of his time at the centre, his confidence has grown significantly, and this is evident in the activities he joins which have helped him come out of his shell tremendously. Some of his favourite activities include bingo, boccia, and karaoke.

Graham especially enjoys singing ABBA songs and Neil Diamond's "Sweet Caroline" during karaoke sessions. He is also set to start baking sessions at the centre soon, adding a new skill to his repertoire.

Zoe Laidler, Service Manager at the centre said **"Overall, since joining Papworth Trust, Graham's confidence and involvement have soared, enhancing both his personal development and enjoyment of daily life."**



## Molly's story



Molly, a 28-year-old care customer, moved into Vange Place, a supported living accommodation, in October 2023. Prior to this move, she lived at home with her parents where she had minimal experience with household responsibilities.

Before moving into Vange Place, Molly's daily life did not involve many household chores or managing her own care needs. She lived with her parents who admitted they did a lot of this for Molly.

Upon her arrival at Vange Place, Molly faced several challenges, including difficulty adapting to her new routine. However, with the support and guidance of the support staff at Vange Place, Molly began to gain confidence and independence.

She has learnt essential life skills such as cooking and budgeting. To support her in these tasks, her support workers created picture cards and recipe cards which have been instrumental in helping her navigate cooking and food shopping. Additionally, they designed prompt cards to aid in budgeting.

Molly has also started volunteering. She volunteers at Cleaves Place, a service for older individuals, where she makes tea and coffee and provides companionship. She has also just started volunteering at Addenbrookes Hospital.

Molly's goal is to move into her own flat and live independently. Her journey at Vange Place has equipped her with the skills and confidence needed to pursue this.

The Registered Manager at Vange Place, Sharon Cook, said **"It is a privilege to be involved in Molly's progression, working towards her goal of living in her own flat"**.



## Disability employment – did you know?

The number of disabled people is rising. There were an estimated **16.1 million disabled people** in the UK in the 2022/23 financial year. This represents **24% of the total population** – up from 19% in 2011/12.

Disabled adults face significant labour market challenges. The employment rate of working age disabled people is **54%** compared to **83%** for non-disabled people. This is a 29% difference.

**Today, only 1 in 10 out-of-work disabled people get help to find employment each year.**

According to Mencap, **only about a third of disabled people with the lowest support needs have a paid job.** 9% of those with medium support needs have a paid job, whilst fewer than 5% of those with the highest support needs are in salaried work.

The Learning for Work Institute has said that if the new Government is to achieve its 80% employment rate ambition, it needs to offer help to everyone who wants to work.

For over 107 years, Papworth Trust has championed helping disabled people find and maintain employment. Government-funded contracts, grants, and corporate sponsorships, have enabled the Trust to pioneer employment initiatives that enable disabled people and those with long-term health conditions to secure jobs.

### Our current programmes:

1

Work and Health Programme and Pioneer

2

Work Well

3

Routeways to Work

4

First Steps to Success

## Paul's story



Paul was involved in a hit and run accident in St. Ives approximately 4 years ago in which he acquired life changing injuries. At the time of the accident Paul lived in a first floor flat in St. Ives town centre.

Paul was discharged from hospital just as the UK went into the first lockdown with no care or support, meaning Paul was confined to his home as he was unable to get up and down the stairs. He was unable to do any grocery shopping and lived on take away deliveries. In his bathroom he had a bath with no supporting adaptations that would enable him to use it.

Thankfully, Paul's name was passed on to a lady that lived close by that supported local homeless and vulnerable residents with food parcels and other support as needed. This is how Paul met Michelle and her family, and they have since become friends. Michelle and her family have supported Paul to start achieving his independence.

Michelle supported Paul with completing an application for housing with the local authority Choice Based Lettings scheme. This meant that Paul could start to bid on properties that had wheelchair access and the adaptations he needed to support his independent living.

Mandi Cooper, Housing Officer at Papworth Trust, first met Paul when he viewed a ground floor flat at Temple Place in Huntingdon. The flat has wheelchair access and is fully adapted including a wet room. Paul was successful with his bid and moved into the property earlier this year. When Mandi met with Paul he said he was so grateful that he had been offered the property. He spoke to Mandi about being able to shower himself and how he is starting to gain some independence back. Paul continues to love and enjoy his home and is looking forward to new beginnings.

# Supporting disabled people to be seen for who they are.



01480 357200



[www.papworthtrust.org.uk](http://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