



Contents

3	Welcome To EnTrust
4	Around The Centres
6	Around The Centres
7	Neil's Trip To Parliament
8	Phil Packer
9	BRIT Challenge
10	London Marathon 2022
12	London Marathon 2022
14	Knutsford Road

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 who they are.

Welcome To EnTrust

Welcome to the Winter 2022 edition of EnTrust, packed with photos and stories of what we have been up to in recent months. I would like to pay tribute to our amazing marathon runners, who together have raised over £15,000 to support a variety of projects over the next few months.

The current cost of living crisis is something that we are all very mindful of, whether for The Trust in providing services, or the impact on our customers and tenants. Consequently, we are launching the "Papworth Trust Positive Action Fund" to support Papworth Trust tenants and customers facing genuine financial difficulties caused by the continuing rise in the cost of living. The fund will be available to make discretionary payments in exceptional circumstances to provide small scale, short term support for people. Examples might include:

- Help with school or work costs such as travel or clothing
- Emergency gas and electricity payments
- Help towards rent or mortgage payments
- Help with bills, food or paying for other essential items

Any payments made to tenants and customers will not be required to be paid back. If you are able to donate, however small a sum, to this appeal we would be extremely grateful; your support as always really will make a difference to those we support at a time when they need it most.

Finally, on behalf of everyone here at the Trust I send you and your families our very best wishes for the forthcoming festive season and a brighter New Year for us all.

Very best wishes

Jo Revitt

Around The Centres



Basildon Opportunities Without Limits

Customers at Opportunities Without Limits Basildon have been busy growing and harvesting their own fresh fruit produce!



Customers grew so much that some was made into jam and the rest was sold!

Ipswich Opportunities Without Limits

Customers at Opportunities Without Limits Ipswich enjoyed an outing to Clacton on Sea following a request for day trips to the seaside by customers during the last round of 'Expert by Experience' engagement sessions. 45 customers attended their scheduled trip over the course of a week, supported by staff and driven by minibus to their chosen destination. Customers showed their eagerness to sign themselves up, requesting they go on theme park rides and enjoy fish and chips. Radio tunes were played on the journey and the excitement was just too much!





Cambridgeshire Opportunities Without Limits

On Wednesday 15 June 2022, Mencap held a reception in Westminster with the All Party Parliamentary Group for Learning Disabilities. One of our Cambridgeshire Opportunities Without Limits customers Neil attended. We spoke to Neil to find out more:

Why did you go to Parliament?

I went to the House of Commons to speak to Mark Harper MP about the struggles disabled people faced during the pandemic. A lot of people felt lonely and confused as the rules weren't clear and there wasn't easy reads available straight away.

What changes would you like to see?

I would like to see more vulnerable people get vaccinated. It's important to get protected against Covid so more information around the vaccination may encourage this. Also I would like fuel prices to go down!



South Cambridgeshire Opportunities Without Limits

Customers from South Cambridgeshire Opportunities Without Limits have been getting creative. They've been making collages about their favourite music groups and artists. They look great guys!





An audience with Phil Packer

In July we held an event in Cambridge with the inspirational Phil Packer. He came to talk to us about his life, his endeavours and his charity – the British Inspiration Trust – which we are proudly working with on our next fundraising challenge. He joined us (with his assistance dog Poppy) and spoke to us about tackling the London Marathon, climbing El Capitan or doing the three peaks challenge. He kindly answered our questions, many of which had been posed by customers. It was fascinating to hear about his personal journey and the difference he's making to you adult mental health throughout the UK.



Papworth Trust's BRIT Challenge (23 January to 23 March 2023)



Papworth Trust is inviting you to take on our '23' themed BRIT Challenge to raise funds for us and to improve your mental health, fitness and wellbeing. You set the challenge and you set the target, taking part as an individual or as a team - the choice is yours! All we ask is that you set your BRIT Challenge around the number 23.

When? The challenge runs between **23 January – 23 March 2023.**

Tell us what you're doing by emailing:

jo.revitt@papworthtrust.org.uk

For more information: <https://tinyurl.com/4ud74e47>

With kind permission from Phil Packer – The Founder and Non-Paid CEO of The British Inspiration Trust www.thebritchallenge.org.uk/



BRIT



Brian, one of our runners said "I had a great run and the support from the crowds were awesome. It was a great accomplishment for a great cause".

I think turning to go over the Tower Bridge when you are hit with the wave of the crowd cheers and the iconic view was a special one."

Paul, another runner said "I've spent the last 6 months training going from 2 mile runs to finally the 26.2 miles (more like 26.7 miles according to my watch!) yesterday. An experience I will never forget.



On Sunday it was the 2022 TCS London Marathon. Papworth Trust had 8 runners participate alongside the other 40,000 runners from Greenwich to The Mall. Jon, Christy, Brian, our very own Sarah Harvey, Louise, Paul, Stuart and Sam all completed it, raising a combined impressive total of £12,500 for Papworth Trust. The atmosphere was electric, the sun was shining and we had staff members cheering our runners on at the 18 mile point at Canary Wharf.

The Final Times!

Jon	3:57:34
Christy	4:22:57
Brian	4:24:21
Sarah	4:39:41
Louise	4:57:37
Paul	4:59:08
Stuart	5:20:00
Sam	5:20:36





Sarah said "It was an amazing day running the London Marathon on Sunday. The volunteers and rail staff were absolutely amazing, dealing with 40,000 runners plus all the spectators, the event organisation was incredible, and the crowd who just keep you going and were so kind, although I can't believe I missed the Papworth Trust support team at mile 18! Meeting fellow runners, all with their very personal reasons for running was amazing, it was a truly inspirational day."



Well done to all of the runners – we are very proud and grateful for the phenomenal sum of money raised!

Knutsford Road



Work has begun to redevelop our property at Knutsford Road in Bassingbourn, just outside of Royston. Before the redevelopment took place, the building stood as a 6 bed care home and 4 ground floor flats. Once our renovation is complete it will be 10 accessible flats. This is our first development in a very long time, and is very exciting. We have started putting together a storyboard of the redevelopment so you can follow its journey:

www.papworthtrust.org.uk/housing/knutsford-road-development/



Supporting disabled people to be seen for who they are.



01480 357200



www.papworthtrust.org.uk



@Papworth_Trust



/papworthtrust



/papworthtrust



/in/papworthtrust

Registered charity number 211234

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