

# Contents

3	Welcome To EnTrust
4	Around The Centres
6	Around The Centres
8	Orwell Challenge
9	Disability Confident
10	Cambridge Half Marathon
12	PCS Legal
14	Volunteer For Us
15	We Can Make A Difference

## 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 spring 2022 edition of EnTrust, as I write we have seen four seasons in one day – currently basking in gorgeous sunshine, albeit very chilly. It is a joy to see all the spring colours appearing in the garden, after what seems to have been a very damp, grey start to the year.

You may remember our Christmas appeal, when I last wrote to you, was to fund a three-month drama project at our new Abington centre – I am delighted to tell you that our target was achieved and the project is underway, we are pleased to be able to share some photographs of the activity in this newsletter. The programme has been so well received and supported by our customers, that we now intend to deliver it across our Ipswich and Basildon centres. The aim of the project is to increase participants' confidence in their own thoughts and opinions; to enable them to gain skills in devising, performing and in all the elements that are necessary to make a show – as well as the boost in self-esteem that this skills building will bring. We would be so grateful to any of you that are able to support our Spring appeal that will fund these two programmes and aim to raise £8,000 to make it happen.

In the last edition of EnTrust I told you about our nomination as a charity partner of the Co-op. In this edition you will find a leaflet explaining just how you can support this fund that runs through until October – just by shopping at any branch of the Co-op, and selecting Papworth Trust as your charity of choice. To date your amazing generosity once again, has so far raised over £650 to support our OWL Bikes bursary programme.

I hope that you have a wonderful spring and summer.

Very best wishes

Jo Revitt

# Around The Centres



## South Cambridgeshire Drama Project

Performance practitioner Justine de Mierre ([www.sowhatsthestory.co.uk](http://www.sowhatsthestory.co.uk)) will work with customers attending our Opportunities Without Limits service at Abington to devise and create a show over 12 weekly sessions. Justine has extensive experience of devising performances with a wide range of people and will use that experience to tailor sessions to the needs and interests of the customers. The show will celebrate talents, passions and interests and be shared in a public performance.

Up to 20 participants can take part in the workshop and there may be opportunities for more to be involved to help with creating artwork, joining in with communal songs etc.



## Basildon Opportunities Without Limits

Customers had a great time on a recent trip to the local leisure complex, Basildon's sporting village. They enjoyed trying out an array of activities and finding new ways to stay fit and healthy.



## Ipswich Opportunities Without Limits

In our print and mark making sessions we've been experimenting with making different types of marks, using readily available materials.



## South Cambridgeshire Opportunities Without Limits

Our Opportunities Without Limits service in South Cambridgeshire hasn't been able to run cooking sessions, since 2018, due to not being in a 'fit for purpose' building with a kitchen. Our move to our new home in Abington has opened up a host of new, exciting sessions we are able to offer. Our customers were absolutely thrilled to start cooking sessions again. Recently, they've been busy making lamb chops with roasted vegetables, a pasta bake and vegetable soup.

## Melbourn Dynamo OWL's football team returns to training

Our centre football team 'Melbourn Dynamo OWLS' have signed up to play in the FA parability league, with tournaments starting in Spring 2022.



This will be their 3rd season in the tournament.

## OWL Bikes

Hawthorn Way,  
Cambridge,  
CB4 1AX

Repairs and sales  
open Monday to  
Friday 9am-5pm  
and Saturdays  
9am-4pm



## OWL Bikes

Matthew came into OWL Bikes looking for a trike for his daughter Sophie, who was desperate for some freedom and independence, through cycling. We'd recently had one donated and our team and

trainees were thrilled to be able to repair and rebuild it for her. Matthew told us Sophie is so excited to now be able to ride a bike, like her sisters.



## Orwell Walk - Sunday 19 June 2022

Walk 13 miles, 19 miles or 25miles.

### Join the Papworth Trust team supporting disabled people across Suffolk

The Orwell Walk will be staged with three main routes to choose from, but with checkpoints every 2 to 3 miles, entrants can decide how far they wish to go. The three main routes are:

- **Levington Loop** (13 miles)
- **Fishponds Folly** (19 miles)
- **Orwell 25** (25 miles)

- **Entry Fee** is only £16.50 for adults and £7.50 for children of 12 years and under.
- **Start Times for Walkers:**  
We invite all participants to raise £50 in sponsorship and will provide you with a Papworth Trust branded running vest to wear.
- HQ opens at 7am for the walkers to start at 7:30am. The last departure for those walking the full 25 miles is 9am, but those walking a shorter route may leave up until 10:30am.
- To register or find out more contact:  
[jo.revitt@papworthtrust.org.uk](mailto:jo.revitt@papworthtrust.org.uk)  
Or call **07792 569 851**



83% of disabled people acquire their disability whilst in work.

1 in 3 disabled people won't discuss a long-term condition with an employer for fear of reprisals such as losing their job (or not getting the job in the first place).

Papworth Trust is delighted to have received reaccreditation in March 2022 of our Disability Confident Leader status for another 3 years.

There are now over 20,000 employers who have joined up to be Disability Confident, out of those 348 are Disability Confident Leaders. We are proud to be part of this group of Leaders supporting businesses on their journey.

Disability Confident organisations play a leading role in changing attitudes for the better. They're changing behaviour and cultures in their own businesses, networks and communities, and reaping the benefits of inclusive recruitment practices.

Our team can support you on the journey to becoming a Disability Confident employer. We can identify areas for development in your recruitment and working practices and help you source the right talent to strengthen inclusion and diversity in your organisation.

To learn more about becoming Disability Confident please get in touch:

Contact: [centre@papworthtrust.org.uk](mailto:centre@papworthtrust.org.uk)

# Cambridge Half Marathon

Some ten thousand runners took to the streets on Sunday 6 March to take part in the 2022 TPP Cambridge half marathon, including 7 representing Papworth Trust. Whilst it was undoubtedly a chilly start for them, the weather was kind and remained dry on the scenic 13.1 circuit around the historic city.

The same 13.1-mile course was used as the delayed 2021 race, starting and ending in Victoria Avenue, beside the Midsummer Common event headquarters, and taking

insights including King's College, Grantchester and Jesus College.

We were absolutely delighted that our runners raised an incredible £2,500, which will support our work across the East of England.

Jo Revitt, Corporate Partnership Fundraiser at Papworth Trust said: "We are so appreciative to our runners for taking part and raising such a wonderful amount of money for the Trust. We were cheering them on loudly and they all ran incredible times, they should all be very proud of their achievements on the day!"

## The Final Times!

James Brown

1:49:34

Allys Kelsey

1:59:48

David Lyons

2:23:32

Sam Pettinger Harte

1:24:25

Ed Johnson

1:39:14

Matt Malin

1:52:32

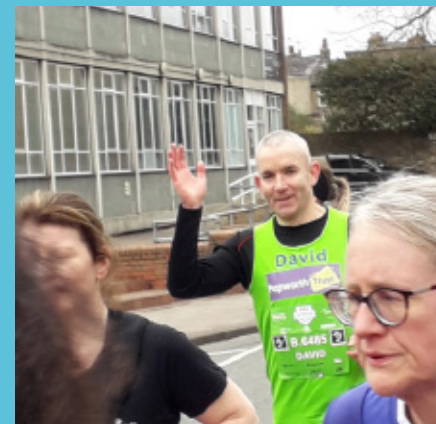
Joseph Fu

2:17:30

Vic Morris

2:24:54

Sam Pettinger Harte finished in place 437 overall!





**Jo Revitt, our corporate partnership fundraiser recently met up with PCS Legal, who have supported Papworth Trust for several years, recently to find out what it is like to be a corporate supporter of the Trust.**

**Can you tell us a little bit about your business...**

PCS Legal is a firm of Licenced Conveyancers and Probate Practitioners. We have offices in Basildon, Wickford, Rayleigh, Ongar and London. We deal with Residential Conveyancing including House sales and purchases, Re-mortgages, Right to Buys, Equity Releases, Transfers of Equity, Probate and Wills to name a few.

**Why did you choose to support Papworth Trust?**

Papworth Trust has been our chosen charity for some years now, we enjoy working with them and love that we're helping a local charity. We get to see exactly where our raised funds go by visiting the Basildon centre and have developed a great relationship with the staff and customers.



**How long have you been a partner of Papworth Trust and how have you found it so far?**

We've worked together for over 8 years now and have been involved in some great events that our staff have really embraced. Luke Burton from our London office has run the London marathon not once but twice! We've held office raffles, staff parties, dress down days, golf days. Last year Sarah Joy from our Basildon office was challenged to sing karaoke whilst on holiday in Crete!

**What fundraising activities do you have planned and how can people get involved?**

We've got lots planned from a bake day, fancy dress to a sponsored dog walking day! Our colleague, Stuart Wallace, will be taking on the challenge of the London Marathon in October. Events will be published on Papworth Trust's website – so we hope that people will get involved by joining us, sponsoring our staff or donating raffle prizes.

**If you would like to find out how your company can support the work we do in your local area please contact Jo on 07792 569851 or [jo.revitt@papworthtrust.org.uk](mailto:jo.revitt@papworthtrust.org.uk)**

**PCS Legal organised 3 virtual quizzes during the pandemic which raised over £1,500. This money was used to provide customers with materials and equipment so they could continue their programmes virtually, combating isolation and ensuring customers could still connect with their peers and support workers.**



# Volunteer For Us

Our Cambridgeshire Opportunities Without Limits service is expanding and developing. During this exciting time we're in need of volunteers to help make this dream a reality. Lucy volunteers at our Opportunities Without Limits service in Abington. She volunteers once a week and is instrumental in supporting the delivery of our sessions.

"I really look forward to my volunteering days at Opportunity Without Limits. There's always a warm welcome at the centre and a happy buzz of activity and chatter. I love spending time with customers, catching up with their news and supporting them with activities throughout the day. I love to find out about everyone's interests and I enjoy developing project ideas together. It's great to feel that my volunteering helps everyone to participate. I've learned so much in return and every volunteering day is enriching and rewarding."

### Volunteering roles available:

- Activity Session
- Bicycle Mechanic
- OWL Bikes retail shop
- Drivers
- Gardener
- Maintenance/Handyperson Volunteers
- Event Support

### Benefits to volunteering for Papworth Trust include:

- Training and inductions
- Mileage paid for
- For just a small amount of time, you can make a big difference to the care and support we offer to disabled people, their families and carers



## Together we can make a difference

**£25** could pay for musical instruments and equipment to support the development of music groups.

**£75** kitchen equipment for use in our independent living skills programme.

**£35** could pay for plants to enable our allotment group to grow food as part of the independent living programme.

**£100** person with a learning disability to take part in our First Steps to Success employment programme.

**£50** could pay for a disabled person to attend a full day's session at one of our day centres.

**£300** goods for our accessible kitchens to support our independent living programme.

**£50** could pay for stock for the 'tuck' shop which our clients run as part of their volunteering activities.



# 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