



Welcome To EnTrust

In recent months supporters have been very busy running full and half marathons; we hosted a mass volunteer event in March at our Cambridgeshire centres; a particular highlight was our Boccia tournament, supported by our IT Technician Will Hipwell, a member of GB Paralympic Boccia Team. Will has subsequently picked up a silver medal in Croatia, his first individual medal in an International competition!

Our customers in Ipswich recently completed their drama programme, with a fabulous production in front of family and friends. We are so grateful for your support in funding this hugely successful activity, allowing us to focus on developing self-confidence, communication skills, creativity and self-esteem, real strides were made, and significant outcomes achieved.

Thoughts now turn to spring and summer, enabling our customers to continue developing skills learnt last year, that have become an integral part of our health and well-being sessions. It is our intention to fund two further Nature Watch programmes for 12 weeks supporting up to 32 adults across our Abington and Cambridge centres, with the help of a specialist tutor.

The appeal to raise £7,000 to deliver this programme, will lead to increased knowledge of environmental issues affecting our world; an improved understanding of the lifestyle changes made to help the environment, which for our customers is empowering, helping them to make informed decisions linked to the environment, as well as increased enjoyment of being supported to access the outdoors.

Very best wishes

Jo Revitt



Knutsford Road



Having officially opened our housing re-development at Knutsford Road, Bassingbourn, in January 2023, we were delighted to welcome our first tenants at the beginning of February.

Knutsford Road has been our first housing development project for some time, transforming the redundant property into ten self-contained and accessible flats, each with a garden.

Watch how the works progressed with our virtual storyboard:



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

Around The Centres



Cambridge Centre Boccia

On Wednesday 15 March Papworth Trust hosted a Boccia tournament as part of our Papworth Trust's BRIT Challenge. Under the guide of our IT technician and GB Paralympian, Will Hipwell, 8 teams of 3 players made up from staff and customers competed throughout the day.

Will Hipwell spoke to us about why he's so passionate about raising the profile of Boccia:

"Boccia is a great way to meet people and make new friends. It's a great physical activity, but often people forget it helps with your mental wellbeing too. The game is very tactical, so it gets people thinking as well as throwing. I knew we already have a great foundation of customers who have experience of playing Boccia, so I thought why not open up the tournament to staff so they could have an introduction to the sport as well. What's so good about the sport is that everyone can play, it's very inclusive."





Basildon Community Cafe

Laura and Jade from Basildon Opportunities Without Limits have been volunteering at the Human Kind cafe in Billericay. Dan, our Activities Facilitator takes customers to volunteer at this new cafe to learn new skills, and gain work experience. More customers will have the opportunity to participate in this as we rotate on a 6 week rolling programme.



Customers will learn different aspects of working in a cafe, serving tables, taking orders, clearing away, washing up, making orders and learning new life skills.



Ipswich Drama Performance

Customers from Ipswich Opportunities Without Limits showcased their drama performance to families and friends at the end of March. The narrative was a creative spin on Romeo and Juliet. Everyone who attended the show loved it, here are some quotes from the day:

Steven's mother Maureen:

"The show was great, Steven was nervous but dealt really well with the pressure. It was so creative and well put together, such a fantastic opportunity."

Alex's mother Kim:

"The show was fantastic, especially the way they showed off each of their personalities and all the effort that they put in."

Peter's sisters Pat and Libby:

"The show was brilliant and very funny, well put together. We rate the experience 5 stars out of 5. It was the first time we have been here and we are really impressed!"

Vange Place Thermomix

Care customers at Vange Place in Haverhill have received a Thermomix machine, made possible through Papworth Trust's legacy fund. This is an all-in-one meal prep and cooking machine with an extensive ability. The accessibility features aim to give customers greater independence and choice in regards to preparing and cooking meals, with a digital system.

Each customer has had a 1-to-1 session with the Thermomix, and the household has now incorporated the Thermomix menus into their 4-week menu planning, 3-4 times a week.



Cambridge Half Marathon

On Sunday 5 March, 15,000 runners took to the streets of Cambridge to run The Technology Partnership Cambridge Half Marathon. The atmosphere was electric and despite the cold weather, crowds gathered the streets to cheer on the runners.

We had 9 runners complete the race for Papworth Trust, raising £3,227 so far with funds still coming in and running in impressive timings. A huge thank you and well done to the following:



Jason Macdonald	01:49:41
Sophie Allan	02:07:29
David Lyons	01:56:35
Max Buchanan	01:46:20
Andrew Symons	02:25:41
Stuart Gilson	01:57:10
Ben Pead	02:08:15
William Rush	02:13:03
Ollie Munday	02:17:12





Deloitte.

Deloitte teamed up with Papworth Trust to take part in our '23' themed BRIT challenge to raise funds whilst improving mental health, fitness and wellbeing. The challenge saw the downstairs foyer of their Cambridge office taken over with a static bike challenge. We had 4 bikes, borrowed from OWL Bikes, and participants could book a 15-minute slot or multiple slots if they wanted!

It was an excellent event and participants cycled a collective and very impressive 253.13kms! It raised £488 on their Just Giving site so with match funding we are looking at £976!

Jo Revitt, our Corporate Partnership Fundraiser said "It was a brilliant day. We are delighted to be involved in #BRITChallenge23, which focuses on the important role that exercise plays in our Mental Health. Huge thanks to Deloitte for hosting this event, which is one of many that were held from January through to March. It was great to see so many of our staff come together, and of course the magnificent funds raised will make such a difference to the disabled people that we are supporting through our First Steps to Success programme."

Staff and customers at Papworth Trust have also been setting their own BRIT Challenge 23 challenges. Customers at our Opportunities Without Limits service in Ipswich flipped 23 pancakes on Shrove Tuesday. Staff and volunteers at the Ipswich centre have been getting their walking shoes on and taking part in the Fitbit 23 Challenge. Steps to date were a whopping 709,837.

Nikki Simmonds, a Bank Horticulture Support at our Opportunities Without Limits centre in Basildon, has completed her swimming BRIT challenge. She has been swimming in 25-metre pool four days a week for nine weeks from the 23 Jan to 23 of March. Her target was 23 miles but she actually swam 27.45 miles, and raised over £400.



Scan the QR code to donate



Papworth Trust

This year, 7 brave individuals ran on behalf of Papworth Trust in the 2023 TCS London Marathon. The event took place April 23, and we were lucky enough to get a chance to speak to some of our runners beforehand:

What has inspired you to run the London Marathon in aid of Papworth Trust?

“I have previously worked with Papworth Trust helping with the running of one of their youth services in Cambridgeshire. I was able to see first hand the work Papworth Trust does on a daily basis, and the support and care that benefits so many people with various additional needs and their families.” - **Mat Lutkin**

“Having done a half-marathon last year in aid of Papworth Trust, the chance to take it one stage further and do a full one was a daunting but exciting challenge. Seeing the work that the fundraising efforts contribute and making a difference to young peoples lives makes the training and running all worthwhile. The money I’m raising through donations to help more projects keeps me going through the long runs.” – **James Brown**

“Papworth Trust support adults with learning disabilities, my sister is now in her 50s but lives with my dad due to her learning disabilities, the opportunities Papworth Trust provides for people like my sister are just what my parents struggled to find when she was growing up, such as leisure activities and help with employment and housing.” - **Melanie Widdows**



News from OWL Bikes

Papworth Trust OWL Bikes is completing free bike maintenance checks and repairs for low income residents of Cambridge. Working in partnership with Cambridge City Council, the Trust is providing 130 free bike maintenance checks and repairs for low income families aiming to promote more environmentally friendly modes of transport. This scheme, which has been running since Spring 2022 is going well with 44 bike repairs so far.

A customer said "I lost my husband 6 months ago. He used to repair everything so I'm very grateful for this scheme. I have 2 young daughters, this repair is for my daughter's bike to enable her to cycle to school safely in Cambridge. Now I can relax that she is safe. It's really lovely that Papworth Trust is running this scheme at this time when everyone is struggling for money."



Earl Anderson Q&A

"I have only been here since January 2023 but have over 20 years of retail management experience. I'm the Commercial Bike Lead and my day consists of supporting our Routeways to Work participants, helping them get a better understanding of both the workshop and the retail shop. The programme consists of 7 modules covering: customer service skills, retail, bicycle maintenance and advanced maintenance, IT and stock management. Also recycling and refurbishment skills. Our participants learn a complete package of skills, with the course lasting between 9 and 12 months.



We're always on the lookout for donations of good, quality second-hand bikes. We are grateful to receive donations so far from Cambridge University students who no longer need their bikes; the City Council; Park and Ride sites; and recently Cambridgeshire Police have stepped in to help as well with unclaimed bikes that they have seized or found. We're always amazed by the generosity of Cambridge (and beyond) residents, and if you have a bike you're looking to donate we'd love to hear from you.

We're also looking for new volunteers, so if you have time to spare please get in touch. We're based at Hawthorn Way in Cambridge, and soon we'll be posting the bikes we sell on our "OWL bikes" Facebook page and eBay shop."

Phone: 01223 839 580

Email: owlbikes@papworthtrust.org.uk

Website: www.papworthtrust.org.uk/owl-bikes/

Address:

OWL Bikes, Papworth Trust,
Hawthorn Way, Cambridge
CB4 1AX

We have provided **154**
bikes to Ukrainian Refugees
thanks to our partnership with
South Cambridgeshire District
Council.



Supporting disabled people to be seen for who they are.



01480 357200



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