

Opportunities Without Limits News

Cambridgeshire

Edition 4

Feedback Week

Customers across all of our centres had an incredible feedback week; from anonymous feedback boxes to interactive question boards, we ensured everyone's voice was heard! Plus, we had productive 'coffee and chat' sessions with parents and carers. Your feedback is invaluable. Together, we'll keep striving for excellence!



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

Registered charity number 211234

Cambridge Reptiles

Our Abington customers visited Cambridge reptiles, where they held some exotic creatures, followed by lunch in the park. All in all, a great day out!



OWL Dynamos end-of-season awards

The OWL Dynamos football team gathered for their highly anticipated end-of-season award ceremony on 9 July. The team was ecstatic to finish yet another remarkable season with so many achievements.

The ceremony itself was nothing short of spectacular as we proudly received the trophy for emerging victorious in the para ability league. Additionally, several team members were recognised with individual awards, further highlighting their outstanding performances. Chris, in particular, celebrated the occasion by joyfully popping the cork off a bottle of non-alcoholic champagne, symbolising the team's unity and shared success.



Yoga

Customers at Opportunities Without Limits Abington loved a yoga session with Joan! Customers were offered the option of chair-based exercises for those who found transferring to the floor challenging. It's so great to see the class adapted for all participants. Everyone is so excited for Tuesday mornings now!



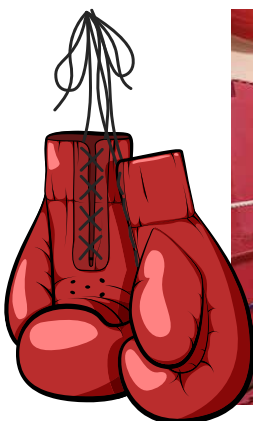
Pineapple cake

Customers had a brilliant cooking session at Abington! They baked a delicious pineapple upside-down cake. Lucy did a fantastic job measuring the ingredients as part of her support plans. Lucy and Annie teamed up to whisk everything to perfection and check the consistency. After baking, Lucy demonstrated how to use the washing machine. Fun and learning all in one!



Abington Boxing

A small group of our Abington Opportunities Without Limits customers visited Iceni Boxing Club in Hardwick, where they practiced boxing training. They watched a sparring session before being coached through some punchbag and pad exercises.



Art with Alan

Customers at our Opportunities Without Limits centre in Abington have been taking part in Art with Alan. Customers have been able to develop and enhance their understanding of art as well as enabling them to understand and achieve the visual process, strengthening their drawing skills and increasing their knowledge, making all artwork accessible no matter what their ability.



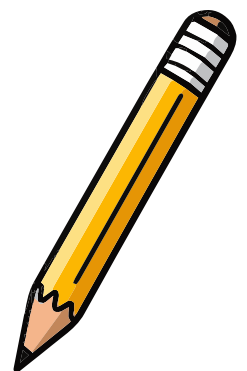
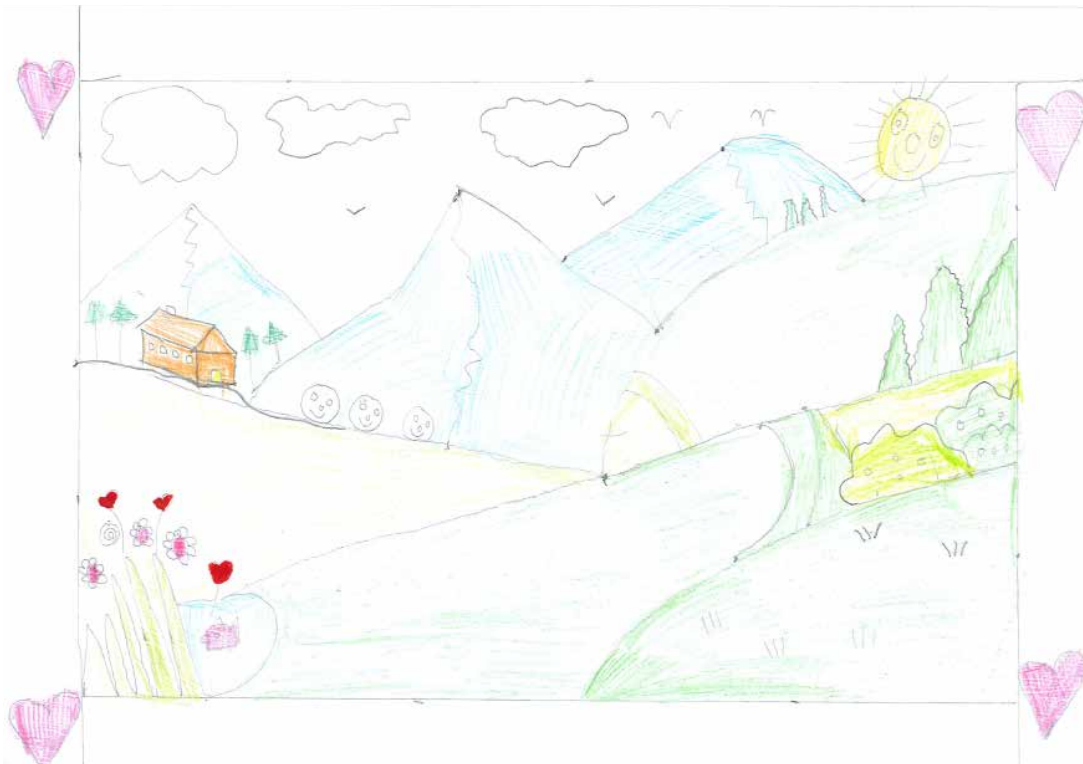
Sue's ice cream van model

Big congratulations to Sue from our Huntingdon Opportunities Without Limits centre for completing her latest Lego masterpiece - a delightful ice cream van model. With unwavering dedication, Sue meticulously followed 26 pages of intricate instructions, and the end result looks great!



Anthony's Drawing

Anthony, in our Huntingdon Opportunities Without Limits, drew this beautiful picture. He's not keen on colouring, so his friend Katie took it home and coloured it for him – adding some lovely hearts! A great example of teamwork and friendship, and we love the finished result!



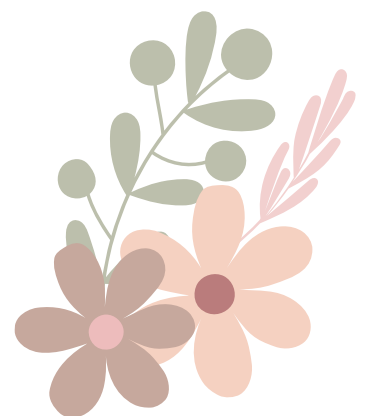
Boccia

Our Huntingdon Opportunities Without Limits customers are loving Boccia! Customers played Boccia with the red team and blue team both winning a round! A fantastic time was had by all and they can't wait to play more!



Katie's canvas

Katie has just finished this beautiful, intricate canvas. Her meticulous attention to detail has produced a work of art to be truly proud of!



Bingo

Customers enjoyed a competitive game of Bingo! Michelle (left) and Lilly (right) were determined to win the £5 gift voucher prize, and Norry makes everyone giggle with his animated Bingo calling!



BINGO!



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Biscoff-inspired Flapjacks

Recently customers whipped up some culinary magic at the Opportunities Without Limits Cambridge centre! Teamwork made the dream work as they mixed and stirred their way to mouthwatering Biscoff-inspired flapjacks. They taste as heavenly as they look!



Health Walk

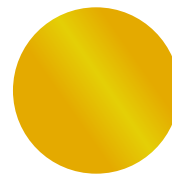
As part of our health walk session at our Opportunities Without Limits Cambridge staff took a group of our customers out and about around Cambridge looking at some of the famous sights. We played a quiz to see if they could guess what some of the famous points of interests were.





Connect 4

Customers had a connect 4 showdown. Mavis soon saw off the opposition in just a couple of moves!



Boccia

Boccia is a popular activity amongst customers at Cambridge Opportunities Without Limits and one which sees their competitive nature shine through. Take a look at these snapshots capturing the thrilling moments of intense gameplay!



Meet Andrew, our new Caseworker

As Caseworker my role is in providing support, assistance, and coordination of services to individuals who attend Opportunities Without Limits, liaise with parents and carers to ensure the service we are offering is meeting the needs and outcomes of the individual. I also review and update support plans & monitor progress. I arrange taster days for new customers which will involve showing them around the centre and introduce them to the team and the customers. Liaising with the Local Authority to promote the centre and the services we offer is also an important part of being a Caseworker.

What were you previously doing before this role?

I worked for Papworth Trust on an employment project called Community Connections South (Building Better Opportunities) for 5 years. This project finished at the end of March this year after being awarded several extensions and helping people through the pandemic. Prior to this project, I worked on various other employment contracts within Papworth Trust and other providers.

What's an average day look like at the moment?

I like to start my day meeting with the Activities Facilitators in order to prepare for the day. One of the highlights of my day is greeting the customers upon arrival and having a chat. In order to ensure that every customers' changing needs are being accommodated, I review individual support plans with customers face to face. Building a relationship with the County Council is important, so I ensure that referrals are discussed in a timely manner with the relevant staff. I then organise visits and taster days where we welcome potential customers and showcase our facilities and the range of activities we run. No two days are the same because my day focuses on people and this is what is so rewarding about the job.

What changes have been implemented since your arrival at the centre?

We are very lucky to have a new kitchen at the Cambridge centre meaning that we are now able to run more cooking and baking sessions which help customer progress their life skills and independence. Boccia is very popular at the centre as demonstrated when the I.T. team organised a highly successful tournament earlier in the year. I am looking at getting a regular tournament organised across Papworth Trust centres and would eventually like to extend this to outside organisations, with a view to Papworth Trust being known as the Boccia specialists.

In order to ensure that we are growing our participation at the centre, with the help of my colleagues, I am looking to set up an open day event for Social Workers so that they have a better idea of all the great work the Trust does for its customers.



Meet Vicky, our new Caseworker

I provide a single point of contact for existing and new customers, and am actively working to grow the Abington and Huntingdon centres by engaging with the local community, local authority and external stakeholders. I work with our customers to create support plans to identify their needs and strengths, and help enable them to progress and achieve their goals. I also work closely with families and carers to gather feedback and ensure that progress is made and outcomes achieved. I am passionate about ensuring we provide the best possible service and experience for our customers.

What were you previously doing before this role?

I have worked for the last five years with both adults and children with learning disabilities and autism in the care sector and in schools, and later as part of an NHS funded project with young people with the most complex needs to help avoid unnecessary admissions to mental health hospitals. Prior to this I worked as a project coordinator and as a manager in other customer facing roles within higher education and the private sector.



What's an average day look like at the moment?

I am working closely with the customers to identify their needs and goals, and speak regularly with parents and carers to gather feedback to ensure the service we offer is person-centred, and to seek ways in which we can improve. I arrange taster sessions for potential new customers, and liaise regularly with the local authority and engage with the local community to actively promote Papworth and our day service offer. I am working with the teams to implement timetable changes and exciting new activities to help facilitate the customer's goals and outcomes.

What changes have been implemented since your arrival at the centre?

We have some new starters joining this month and new timetables planned with several new activities. I have arranged a boxing session for some of our customers, and am arranging music sessions with a community group. I am also looking into implementing a number of new sessions in the future such as swimming, gym sessions and days out. We have also just completed Feedback Week which has been invaluable at providing us with the views of our customers and their parents and carers, and provided us with lot of exciting ideas for the future! It feels like a really exciting time to be part of Papworth Trust with lots of positive developments on the horizon!



Contact details for the mentioned centres

If you are interested in contacting any of the above centres then please use the contact details below:

Abington (South West Cambridgeshire)

GreenAway,
54 High Street,
Abington,
Cambridgeshire, CB21 6BG.
07817 958195

Saxongate

1 Saxongate,
Bradbury Place,
Huntingdon,
Cambridgeshire, PE29 3RR.
01480 357200

Cambridge

Hawthorn Way,
Cambridge,
Cambridgeshire, CB4 1AX.
01223 478601

(We understand setting the postcode into the sat nav does not always take you to our exact location. Please use 'Hawthorn Way, Cambridge, CB4 1AX' instead.)



Supporting disabled people to be seen for who they are.



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