

Opportunities Without Limits News

Ipswich

January 2022

This month we caught up with budding artist and customer, Sammy, who has kindly donated some of her artwork so that we can start brightening up the walls in our buildings.

Sammy, have you always enjoyed drawing and painting?

Until I came to Papworth Trust, I never knew I could paint or draw. I realised very quickly that I can get lost in art, I can pretend to be someone I'm not. I can imagine I am the artist and think about what they are trying to create.

Do you steer towards any particular style or theme of painting?

If a painting can make me feel happy, I steer towards that. I love using bright colours.



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Papworth Trust, 42-54 Foundation Street, Ipswich, IP4 1BN

Registered charity number 211234



Do you paint at home now as well as Papworth Trust?

Yes. I paint at home, I draw at home. I find it calms me down if I'm feeling irritable. When I paint, it makes the whole world feel better.

How would you describe the art sessions at Papworth Trust?

Ali leads the sessions and she really likes to push us. She believes in us. We're not allowed to use tracing paper, that's forbidden. Instead, we follow step by step guides. Lately, Ali's been teaching us about different shades – you can think you have the same colour, but by using shading it can look so different.



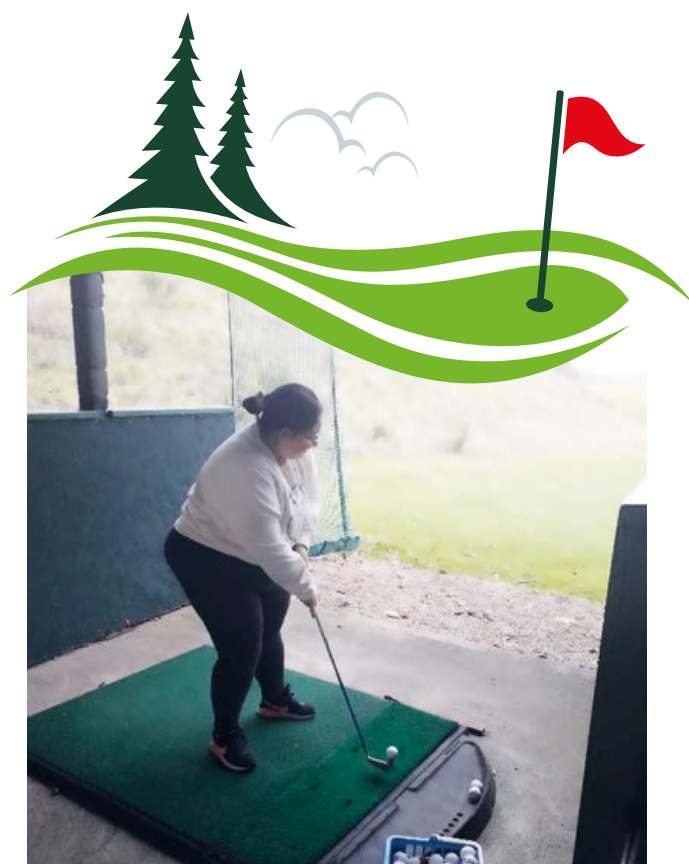
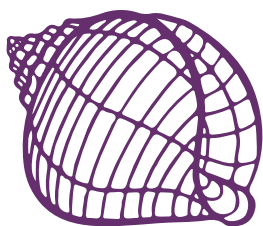
Why do you like coming to Papworth Trust?

Because it saved my life. I didn't want to come because I was ill, but I soon found that in Papworth Trust you can talk to wonderful people. You can express a feeling and people won't judge you. I used to be very lonely, but I've never had so many friends in my life as I have now. Papworth Trust is a very special place to me and I can never say thank you enough for all they've done.

Out and about in the community



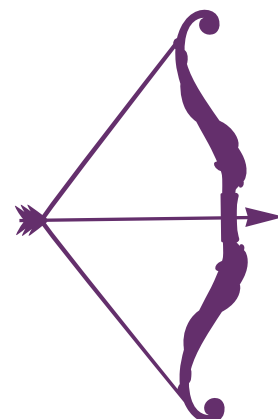
Walking along by the sea at Felixstowe - Max and everyone enjoyed it.



On the golf range with Harriet.

Out and about in the community

Jamie bursting the balloon at Archery.



The Dog Squad!

Sharna, Lina, Montell and Robert volunteer at the Dog Squad on a Wednesday helping out with gardening tasks. They also enjoy working with the dogs...



Sunny, our resident Robin who always joins us when we are working!



The bug hotel that we helped to make, and Noodles the dog who tried to pull all the sticks out!



Montell cutting up a rotting tree that we dug up.



Print and Mark Making Session

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



Supporting disabled people to be seen for who they are.



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