

Day Opportunities News

Ipswich

Edition 6

Guest spot session

Suffolk Police visited Day Opportunities Ipswich for an interactive session with the customers. The customers had a fantastic time learning about the police's efforts to safeguard our community, trying on uniforms, having their fingerprints taken, and getting an up-close look at the inside of a police car. Glen, one of our customers, commented, "The session was absolutely great! I found it interesting, and my favorite part was trying on the uniforms."



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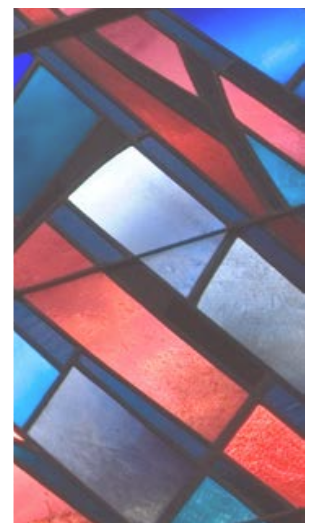


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Christ Church

Karen and Jamie, alongside Pippa, Fundraiser, and Emily, Caseworker, presented at the Christ Church Thursday Forum in Ipswich, Tacket Street, sharing insights into Papworth Trust's work. Karen and Jamie highlighted the impact of Papworth Trust on their lives. They appreciated hearing feedback from guests, parents, and carers about their experiences with Papworth Trust's Day Opportunities. Thanks to Christ Church and the guests, the talk raised £94.50.



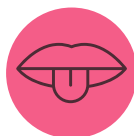
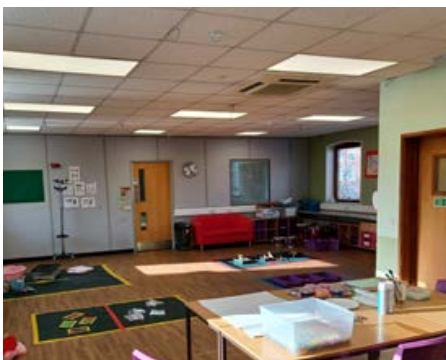
Colchester Gallery

Customers hopped on the train to Colchester to explore the art gallery exhibitions. Witnessing the remarkable artworks created by artists with additional needs from the Level Best art studio over the past decade was truly inspiring.



Sensory play

After a successful first sensory play session in September 2023, we decided to organise another one. We invited parents and children to join us for our second session, where a group of children with special educational needs (SEN) participated in engaging messy play activities. Our customers and staff collaborated to set up the room and create materials like finger paint, cloud dough, sand, oil bags, and other fun items for the day.



TASTE



VISION



TOUCH



HEARING



SMELL

Lavender soap

Customers enjoyed the opportunity to make their own homemade soap, finding the process relaxing and mentioning it was their first time trying it. They particularly enjoyed the pleasant aroma of lavender, finding it soothing and even mentioning it made them feel sleepy.



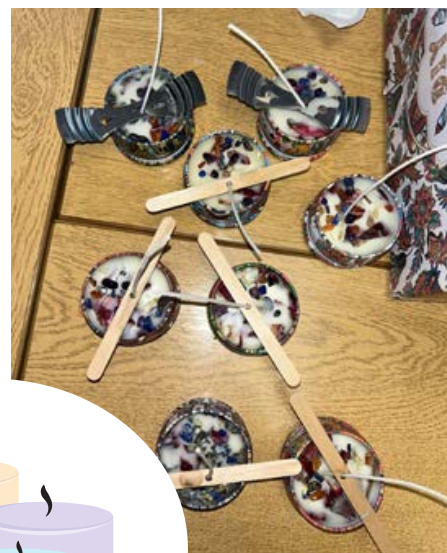
Baylham Farm

Customers had a wonderful experience at Baylham Farm, where they got up close to the adorable animals, brushed them, and enjoyed feeding them.



Scented candles

Staff introduced a new activity session called “Well-being” aimed at enhancing overall health and quality of life. During this session, customers made scented candles. Candles provide various benefits and offer a simple yet effective way to practice mindfulness.



Art

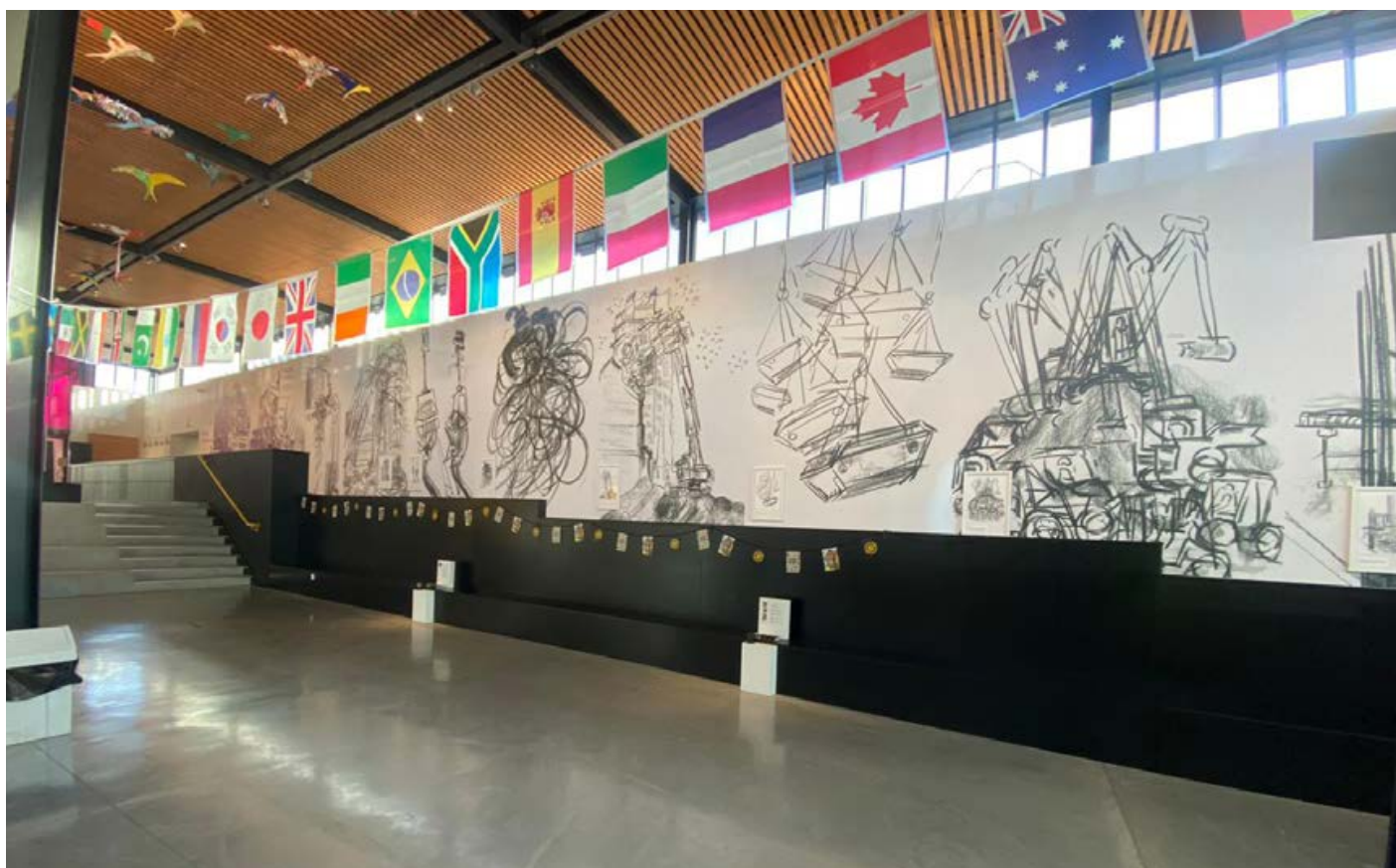
Karen and Jamie created beautiful artwork inspired by Anne Marie Zilberman's “Golden Tears.” Their pieces reflect how tears can express joy, sorrow, or be as precious as gold.





History of art

Customers Carina and Andrew explored the “Arrivals - celebrating migration to Suffolk” exhibit at Suffolk Archive at the Hold. They learned about the untold stories of generations of migrants who have made their home in Suffolk, which continues to shape the county's culture.



Supporting disabled people to be seen for who they are.



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Registered charity Number 211234

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