

Opportunities Without Limits News

Cambridgeshire



December 2021

Christmas is taking the centre by storm!



In Cambridge we are ramping up the Christmas spirit with sessions like making a table decoration of jolly ol' Santa. Using the traditional papier-mâché technique to fashion a head.

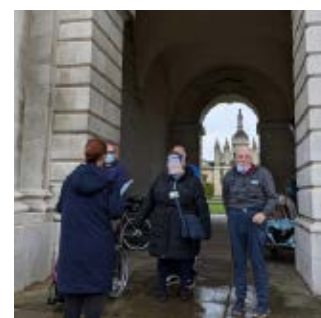
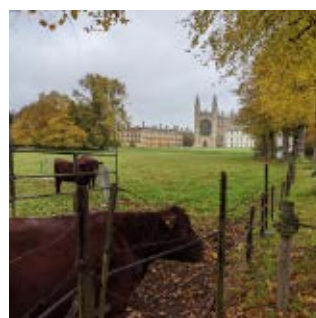
Cooking in the kitchen!

After significant and generous donations to enable us to make the centre kitchen more accessible and modern, we've been delighted to be able to use this after the reduction of restrictions! Stay tuned on our social media for photos of us using our new kitchen!



Getting out and about!

We've been so excited to get back into the community recently. We've been walking in Milton Country Park, had a morning out to Ely Cathedral and also recently visited Kings College! Our customers have loved getting back out and we've been thrilled to be able to make the most of the autumn weather!



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History with the Norris Museum!

In Huntingdon we are lucky to be able to invite the Norris museum in St Ives to come along each month and bring with them some interesting local artefacts and historical knowledge.

Some of our customers were given the task of trying to work out the uses of some the items brought along. Can you guess what they are?



South West Cambridgeshire



Our new home!

We've had several full months now, in the services new home of GreenAway, Little Abington. The incredible building and grounds allow us to do outdoor and indoor sessions on site such as Bushcraft, Gardening, allotment, pond dipping, walking, aswell as our more traditional cooking, photography, crafts and sports sessions. Customers and their families have told us that they're pleased that the service has a proper base now and the gardens and building are amazing. Customers in our hub at Papworth Everard are going to transition to GreenAway in January, so the service will be altogether again.

Football Frenzy!

Our talented football team took part in the Cambridgeshire Parability league tournament again this year. We've played 4 matches at the end of this year at the Abbey football pitches in Cambridge. A big thank you to everybody who played and supported us in these matches. The season finished with a football awards ceremony at GreenAway on 8 December. Our Silent Disco and presentations allowed us to celebrate the football season as a team.



Cooking up a storm!

Our incredible kitchen at GreenAway allows us to do cooking sessions for the first time since 2018. We've been thrilled this month to start our Lunch Club sessions. Most recently we made sandwiches.



Autumnal OWL Day!

We were thrilled to host an Autumn OWL Day in October! After a year of not being able to see the other centres, Cambridge, South West Cambridgeshire, Basildon and residents of Vange Place, came together at GreenAway for a day of Autumn fun and games in the GreenAway garden. We had great fun creating chocolate apples and creating Autumnal Nature craft.



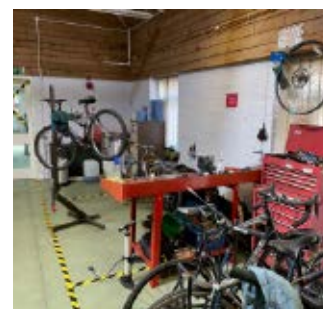
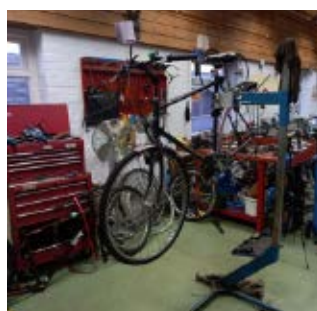
Fundraising Projects!

We are thrilled to have recently been donated money by HSBC and The Marshall Community First Fund. The funds received have allowed us to expand on the sensory equipment we have in our new home, GreenAway. The funds from HSBC also allow us to broaden the equipment we have to allow us to run orienteering, walking and nature based activity sessions, with natural seating, OS maps, walking boots, laptops and more! Our next newsletter will have pictures of our customers using the equipment in our sessions!

OWL Bikes

Cycling through 2021!

As lockdown restrictions eased earlier in the year, OWL Bikes opened its doors to shop customers and our trainees, throughout 2021. We've begun to support young people and adults with a Learning Disability, who have a strong focus on transitioning into paid employment through support in our workshop, shop and also linking in with our employment support projects. We've made some great partnerships with local colleges and partners in the area and look forward to supporting more people in 2022.





Popping up around Cambridgeshire!

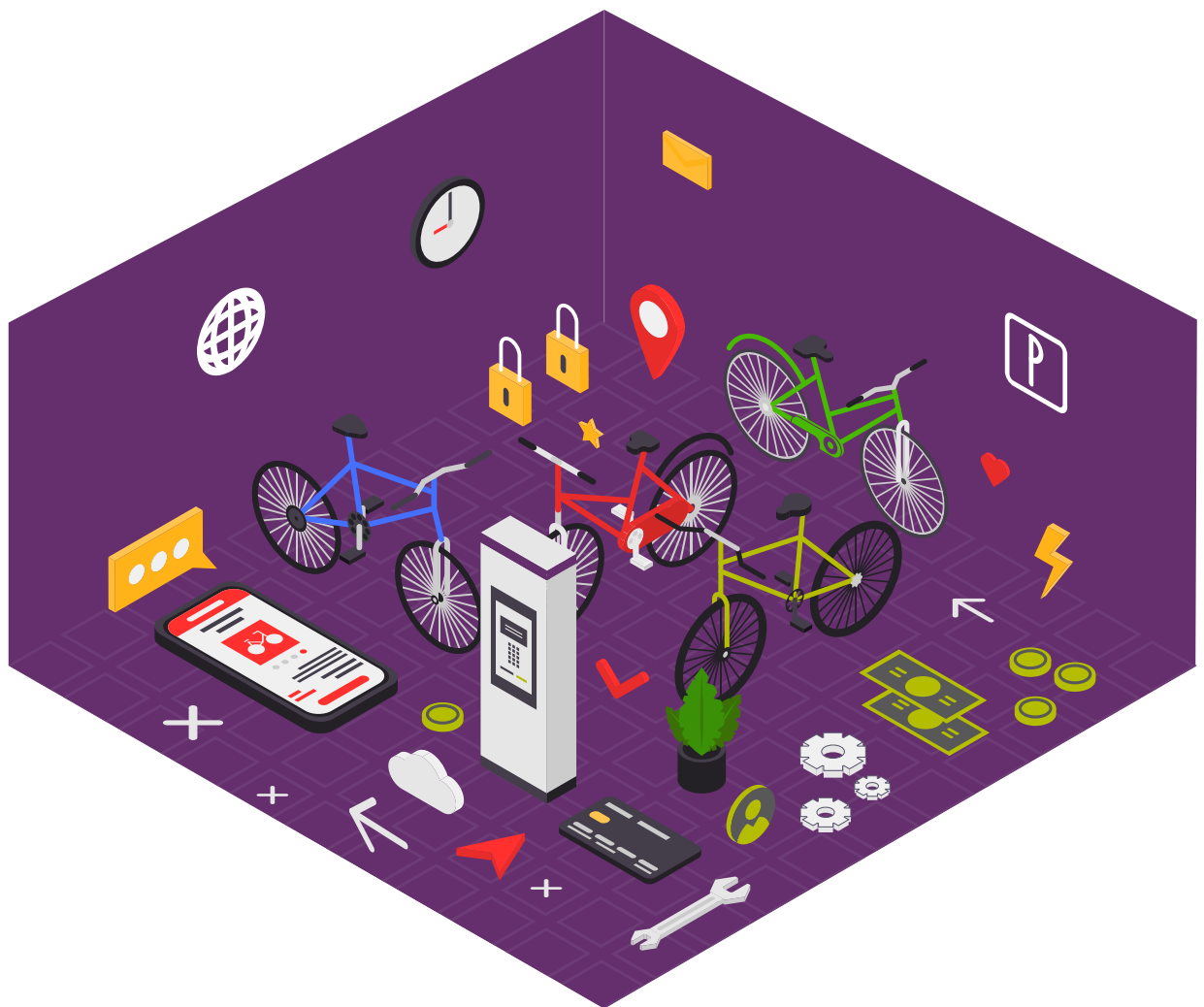
OWL Bikes has increased its pop up shop presence around the county in 2021. More recently, we've started working with Prospects Trust in Ely. Every Thursday, we allow our trainees to access our support at our pop up shop on Lynn Road, Ely. If you live locally, come and get your bicycle repaired by us, whilst enjoying a coffee at the Prospects Trust cafe!



Bursary Funding

We've begun utilising the funds raised for our OWL bikes Bursary project. This funding allows us to support those trainees who may not traditionally be able to secure for our service, yet may be closest to the job market. They may already be receiving supporting from our First Steps to Success Project, yet just need the practical experience to put on their CV. Funds raised are allowing 20 trainees to access OWL Bikes for approximately 1 year. We've been able to use this funding to support the travel of a trainee accessing our pop up shop in Ely and also the placement of a trainee in our main Cambridge based workshop!

**Papworth
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Supporting disabled people to be seen for who they are.



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