

Opportunities Without Limits News

Ipswich

Edition 2

ActivLives 'Boccia Festival'

Customers from Opportunities Without Limits in Ipswich were victorious in the annual ActivLives 'Boccia Festival' which took place in April. Papworth Trust had three teams of three players in each team. Ollie, Glenn and Jess came first in the festival which was held at the Whitton Sports Centre in Ipswich and saw teams from the local area compete in the Paralympic sport.

Jess said "I like the aspect of the boccia festival, it was very well organized. I can't believe we won and I came second place in push the jack challenge winning a drinks bottle that Evie Edwards had donated with the first prize being a shirt from the Paralympics.

Kayleigh said "It's the first time, I have enjoyed myself and am looking forward to the next".

Ollie said "I like to take part in the festivals and play, I have completed a course to help referee games and do this at the centre". Another customer gave it the thumbs up.



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01473 211671

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

Registered charity number 211234

ActivLives 'Boccia Festival'



Boccia is a popular session at our centre, with customers playing and honing their techniques on a weekly basis. Christine Mann, Activities Facilitator, said: "Everyone played well it was a positive experience for them to be able to attend this festival again after such a long break and they are looking forward to the next one in September."

Frida Kahlo



Every Tuesday morning, our Activities Facilitator Ali has been running a popular 'History of Art' session. Customers have been learning about different artists each week and then will turn their hand to either using the artists technique or style of drawing e.g. Pointillism.

This particular week they learnt about Frida Kahlo, who was a Mexican painter known for her many portraits, self-portraits, and works inspired by the nature and artefacts of Mexico. Our customers then did their own interpretation of her self-portrait with some amazing colourful results. We think you will agree, they are incredibly talented at art.

Frida Kahlo



Baking



We have baking and a lunch club session in the centre throughout the week. The customers choose the recipes they would like to bake each week, alternating between sweet and savoury.

Recently, the customers have been making mini quiches, banana loaf and pineapple upside cake.



Suffolk Punch Trust



The customers walked around Suffolk Punch Trust on Wednesday 13th April. They had a guided tour where they talked about each of the horses and were able to ask any questions about them.



Later they gave a more informative presentation about the Suffolk Punch and brought one out. Some of the customers looked around the history museum as well. The weather was good so we were able to have our lunch outside on the tables and benches.



Pond

Our customers, supported by Phil and Ali, have been building our new pond and what an incredible job they have done.



Papworth Trust is delighted to have been chosen to benefit from the Co-op Local Community Fund.

The past 18 months have been challenging for everyone and the pandemic has changed how we have been able to fundraise at Papworth Trust. That's why we are grateful to have this partnership with the local Co-op.

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