

# Day Opportunities

Papworth  
Trust



Cambridgeshire | Essex | Suffolk

Leisure, training and employment activities for disabled adults



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## Get in touch

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**'Papworth Trust'**



**@Papworth\_Trust**

# How we can help you

Papworth Trust's Day Opportunities provide leisure, learning and work-related activities to more than 250 disabled people. We support customers with physical and learning disabilities ranging from mild to moderate to more complex needs from five locations in the East of England.

We're passionate about what we do and work hard to get to know the individuals we support their likes, interests, needs and dreams. We strive to deliver high quality sessions, adapting our approach and session content in order to cater for varying needs and levels of ability.

So, if you need somewhere supportive to engage in activities and make friends or if you want to learn something new, improve your wellbeing or explore the possibility of getting a job, why not get in touch to see how we can help.

On joining the service, you will be assigned a dedicated Caseworker who will solely focus on your progression and the outcomes you wish to achieve, in addition to our ongoing activity sessions. Working closely with you, the Caseworker will create a personalised support plan, and an action plan to ensure the service meets your needs.

**"Papworth Trust has helped develop my knowledge, confidence and the feeling of belonging somewhere in the community."**

**"We are encouraged to learn new things, to take part and to be independent."**

**"All aspects of the service are very good. Staff are always very kind and understanding."**

## The types of outcomes we work towards include:

- Learning and Understanding
- Progressing and contributing
- Health and Wellbeing
- Independence
- Communication and Interaction
- Social
- Employment





## Basildon

We offer an exciting range of leisure, learning and employment focussed opportunities for people looking to access social activities, develop skills and help with learning about going to work. Our Basildon service delivers opportunities from our centre and within the friendly local community. We benefit from a beautiful sensory garden and wildlife pond, modern facilities and excellent transport links.

All of our sessions are delivered by an experienced and passionate team of staff and volunteers. We pride ourselves on ensuring everyone feels welcome and receives tailored support to explore their potential and achieve their goals.

### Some examples of the types of activities we provide:

- Woodworking
- Gardening
- Cooking
- Music
- Creative arts
- IT
- Volunteering
- Learning to Work Skills



# Cambridge

Based in Chesterton, the Cambridge service offers plenty of choice from a thriving part of the city. Activities are delivered within our lively centre or out in the community. The service enjoys fantastic access to a huge range of opportunities and experiences right on our doorstep.

The dedicated and enthusiastic staff team are proud to cater for a wide range of needs and are committed to helping people maximise their potential. We work hard to ensure activities are inclusive and that everyone has the chance to progress towards their personal goals whether leisure, skills or work related. Our Cambridge Service benefits from close links to our training focussed OWL Bikes service, our experienced employment support team and the independent charity Cambridge Online which are all co-located on site.

## Some examples of the types of activities we provide:

- Numeracy/money management/shopping
- Healthy lifestyle/exercise classes
- IT classes, including being safe online
- Creative art and design
- Community engagement and leisure activities
- Learning for work and life skills
- News and views
- Cooking/baking and meal preparation





# Ipswich

We offer a rich and diverse programme of recreational, learning and employment opportunities from our centre's facilities in Ipswich and the wider communities of Suffolk and Essex. Situated close to the town centre, we benefit from excellent links to local transport and neighbouring community projects.

We're a super friendly and welcoming service with enthusiastic, skilled and experienced staff and volunteers who support individuals to achieve their personal goals and aspirations. Our fully accessible building accommodates multiple group activities creating an inclusive environment and vibrant atmosphere.

Our sensory garden, nestled away from the busy goings on provides a beautiful haven to escape and enjoy the outdoors.

**Our schedule of activities is ever evolving and features an extensive range of group sessions encompassing:**

- Music
- Cooking
- Gardening and Nature watch
- Out and about
- Numeracy
- Art
- Sports and Games
- Yoga
- Community volunteering and work opportunities



# Great Abington

Our South Cambridgeshire service, based in Great Abington, provides a programme of opportunities from a friendly and supportive village setting.

There is a strong focus on delivering nature-based activities within the grounds which follows a project-based approach aimed at providing people with the chance to increase their independence, social inclusion and explore volunteering and work.

Opportunities are delivered by our enthusiastic and creative team of staff, volunteers and partner organisations. We are focussed on making sure everyone has a great experience and feel fully supported to pursue their goals whilst making a positive contribution to their community and environment.

## Some examples of the types of activities we provide:

- Cricket/Football/Boccia/Yoga
- Arts and Crafts
- Gardening
- Cooking
- Numeracy/Money Management/ Shopping
- Geography/History/Wildlife Watch
- Brainteasers
- Sign and sign
- Drama prep and production







# Huntingdon

Located in the centre of Huntingdon, the service has fantastic access to local amenities and the surrounding area. We offer a range of opportunities delivered from our modern community hub or out and about in the community. The service aims to provide a variety of options to meet the needs of people who are looking to develop skills, socialise or try new things.

Our knowledgeable and skilled team will support you to ensure you get the best possible experience from your chosen activities and help you to feel comfortable and included. We are committed to assisting you with your individual goals whilst delivering group activities that encourage a friendly and sociable atmosphere.

## Some examples of the types of activities we provide:

- Book Club/News and Views
- Chair-based Exercises
- Arts and Crafts
- Boccia and Pool at the local Community Club
- Cooking/Shopping/Money Management
- Geography/History/Natural History
- Writing and spelling





# How sport has benefited our customer's health and wellbeing

Chris is in his mid-thirties and attends our Great Abington service.

He has always enjoyed socialising with peers and music and group-based activities. Historically, he has shied away from sports-based groups until he opted to take part in gym sessions and tennis sessions. Initially, he wanted to try something new and was interested in giving it a go.

This interest developed and Chris has now shown great interest in the exercises and equipment in the gym. He has a strict routine that he follows and each week aims to better his personal targets. The same applies in his tennis sessions.

Sport has never been a big part of Chris' life. However, the heightened interest in sports has greatly benefited Chris' health, wellbeing and personal fitness levels.

All Day Opportunities offer sessions that allow you to develop skills suitable for the work place.

**"I love football and I also like history, cookery and drama."**

**Andrew**







## Learning to Work

Papworth Trust has been committed to supporting disabled people into work for over 100 years. We know that employment is critical to a person's independence and their life opportunities and we support people to explore and achieve their aspirations relating to work, whatever this means to the individual.

We are proud to have achieved Disability Confident Leader accreditation and work with other employers to influence and enable them to recruit more disabled people.

Our experience of providing employment support services is extensive. We've worked with over 25,000 job seekers since 2011 and achieved more than 15,000 paid job placements



# Routeways to Work

Routeway to Work is a unique offer for disabled people, aged 16+, as it combines the learning of practical skills in a professional workshop environment, with employment support and guidance.

Based at OWL Bikes in Cambridge, the free programme provides the opportunity to develop new skills, improve confidence and self-esteem. The programme takes participants through 8 practical modules including bike maintenance, advanced bicycle mechanics and customer service over a 9-month period, with the option of a 3-month extension.



