

Opportunities Without Limits

Papworth
Trust



Cambridgeshire | Essex | Suffolk

Leisure, training and employment activities for adults with a disability



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Get in touch

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 'Papworth Trust'

 @Papworth_Trust

How we can help you

Papworth Trust's Opportunities Without Limits service provides leisure, learning and work-related activities to more than 1,000 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.

"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:

- Social inclusion
- Practical skills
- Employment and volunteering
- Recreation
- Independent living
- Communication and confidence
- Health and wellbeing



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:

- Shopping and cooking
- Exercise classes
- Creative art and design
- IT
- Community and leisure (including cinema and bowling)
- Learning to Work Skills
- News and views

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:

- Creative communication
- Creative minds
- Healthy lifestyle
- Music & performing arts
- Nature watch
- Out & about
- Staying safe
- Community volunteering and work opportunities
- Learning to Work Skills



Sawston

Our Sawston service provides a diverse programme of opportunities from a friendly and supportive village setting. The service has a strong focus on delivering skills-based activities within the community and 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:

- Allotment and gardening
- Bushcraft
- Volunteering
- Learning to Work Skills
- Sports (including football, tennis and gym)
- Drama
- Creative arts





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 you 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:

- Sailing
- Karaoke
- Shop and cook
- Arts and crafts
- World and environment
- Sports and games
- Healthy Lifestyles
- Learning to Work Skills

How sport has benefited our customer's health and wellbeing

Chris is in his mid-thirties and has lived with his parents for all of his life. He has Down's Syndrome and has attended our services in Sawston for some time.

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 Opportunity Without Limit services offer sessions that allow you to develop skills suitable for the work place.

"I like music, drama, drawing, cooking – I like everything about the OWL Centre."

Tim





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

How we supported James into permanent employment

James, a 20-year-old man with a learning disability, was referred to First Steps to Success from the local Job Centre.


At the initial assessment, we created an action plan that included goals and aspirations, any barriers that he felt were getting in the way and then, going forward, look for positive ways to overcome or manage those barriers.

James' main concern was completing application forms and CV and interview skills, including confidence-building. I supported James with job searching, completing application forms together, interview skills and the STAR technique.

After four months of supporting James with employment skills, he was offered a permanent role in a company that delivers orders around the UK. As a warehouse assistant, James has to ensure orders are securely fitted onto the trucks and then to scan incoming orders.

In our most recent telephone call, James said he was absolutely loving the job.





"Everyone gets involved and has great fun and our customers are really interested in learning. We encourage everyone to get involved and help us choose the topics depending on what they are interested in. Everyone gets something from it."

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