

Abington

# Papworth Trust Day Opportunities



We are here to help

Papworth Trust

## **We offer a diverse programme of recreational, learning and socialising opportunities from our picturesque village location in south-west Cambridge.**

Our activities are designed to encourage learning, improve confidence and communication skills, develop life skills, and facilitate good health and wellbeing. We benefit from a large garden, wildlife pond and vegetable garden, and our many rooms allow for a variety of group activities, creating an inclusive environment and a fun, vibrant atmosphere.

On joining the service, you will be assigned a dedicated Caseworker, Vicky, 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.

Our activities are delivered by our experienced and passionate team who ensure everyone feels welcome and included, and receives tailored support to explore their potential and achieve their goals and aspirations. We continually adapt our activities to cater for different interests and to keep our sessions exciting and fresh.

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

- Music
- Book Club / What's the story
- Cricket / Football / Boccia
- Arts and Crafts
- Gardening
- Cooking
- Money Management
- Shopping
- Geography / History / Wildlife Watch
- Brainteasers



**For further information please contact: Vicky Gildersleve**

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