

My name  
is Beth.



I was over the moon when I  
got the job working at the  
weekends.

I am taking exciting new steps towards fulfilling my long-term career ambitions. It really reassures me to know that Papworth are around to help me make the right career decisions and let me work out what I want to do for myself. They help both with the big decisions and also the practical ways of how I'm going to get to where I want to go.

## Learning

We have a number of centres based in Basildon, Cambridge, Huntingdon, Ipswich and Papworth Everard, which deliver a range of opportunities, to help people learn to live independently including how to:

- shop
- cook
- use public transport
- look after money
- use a computer and the internet
- train towards work, including work experience, volunteering, and learning the skills to move into paid employment

We also help people work towards qualifications.

## Work

We support people throughout the East of England, to find and keep a job. This includes work experience, voluntary work and supported employment programmes.

## About The Papworth Trust

The Papworth Trust's mission is for disabled people to have equality, choice and independence, each year helping over 12,000 disabled people through a wide range of services.

### Contact details

For a confidential chat, call the Information Helpdesk on 0800 952 5000

Email: [employment@papworth.org.uk](mailto:employment@papworth.org.uk)

Visit: [www.papworth.org.uk](http://www.papworth.org.uk)

