

Welcome to our October 2025 newsletter



Last month, much of the national conversation on social media centred on mental health and suicide prevention.

At Teamwork Trust, these aren't just one-month themes, we are committed to creating an open, supportive space for positive mental health every single day, for everyone who attends or works with us.

At the end of September, we held our second staff away day (pictured). It was a full and energising agenda, and we were especially grateful to Carl Peach for his inspirational and motivating talk.

He captured so powerfully the importance of maintaining positive mental health, even in the face of adversity.

Let's keep talking!

Helen Burdett-Wright
Teamwork Trust CEO



He did it! Ben smashes his 50km rowing challenge



Ben completed his 50km rowing challenge last month after three, hard days pulling on the oars. Fundraising Executive Judy Caine said: "We are all so proud of what Ben has achieved. He has been a member of Teamwork for 10 years and when he told me he wanted to give something back and to row 50km (the distance between our three sites in Corby, Kettering and Wellingborough) I thought he was ambitious to say the least. However, he trained hard and has achieved his aim. So far he has raised over £100 via online donations and we have yet to count the cash."

The [donation portal](#) will be open until the end of October should you wish to show Ben your support.

Teamwork Trust news



Amazing auction success

Our summer auctions were a huge success and we're delighted to announce we raised a phenomenal £2,015 across the three events.

The auctions featured hand-painted garden ornaments, all lovingly made by our talented members.

The events were compered by our Head of Development, Ric Ellis, who said: "We can't give a big enough thank you to those who came and supported these fantastic events.

The generosity shown across our three centres was incredible and we're really grateful to everyone."

All money raised will be reinvested into Teamwork, to allow us to enrich the lives of adults with autism and learning disabilities.



Centre re-development

Thanks to significant investment from our own reserves, we have refurbished the ceiling and installed a new, energy-efficient heating system at our Kettering site as part of the Going for Zero programme.

This project is part of our long-term strategy to create a modern and sustainable environment for our members. The improvements have already transformed the space, making it brighter, warmer and more welcoming.

The new heating will help us reduce both our running costs and our carbon footprint. The next phase is a Learning & Opportunities Hub for Kettering – a place co-produced with our community and funded by the National Lottery.

Thanking our contractors – you have been amazing!

The centre re-development work at Kettering could not have been done so efficiently without our excellent contractors. Thank you for the generosity of our lead contractor, Colin at [Fifty Five Ltd](#), along with Andy at [APC Commercial Interiors](#) and Gary Curtis our electrician. Also, special thanks to [Griffiths Air Conditioning Ltd](#).

Teamwork Times



Our members take part in a monthly 'Journo Club' session in which they discuss, create and write stories that mean something to them about the time they spend at Teamwork Trust. This can be trips, projects or events – anything they choose. We then include the stories in their very own newspaper, the Teamwork Times.

Click on the image to read this month's edition created by our Corby journalists!

Teamwork People

A spotlight on the people who make Teamwork Trust such an amazing place

Sara Brown



Sara (left) accompanying our members at an event

Sara is our Wellingborough Learning Lead and she joined us three-and-a-half years ago. Having started as part of the education team that worked across our three centres, her role has changed and we now have an education lead based at each venue devising a diverse range of educational opportunities for each centre, which as Sara explains: "Has given me the chance to really get to know our Wellingborough service users and deliver sessions specific to their interests."

"What I love about Teamwork is there's no such thing as an average day! Although we may have a daily timetable, this is flexible enough to allow our service users to engage with other organisations and events taking place in their local community so my day always looks a little different.

"I have really enjoyed being able to take our guys out and about with a savvy shoppers group, library group, a history club, a tour of our local theatre and visiting the lamb feeding event at Chester House Estate.

"Needless to say, I feel very lucky to have such a varied job – I know friends and family stuck in an office all day are very jealous of what I do!

"I love working with a supportive team but most of all it is our service users themselves that make my job as enjoyable as it is. However you feel when you come into work in the morning, I can guarantee you feel better by the interactions you have during the day. I love them for their genuine interest in you as a person and their honesty and directness about how they feel about sessions we run. There is always some comment or interaction that puts a smile on my face."

Want to be a Teamwork Trust volunteer? Click here to find out more

Social media

Here are a few of the activities to have featured recently on our social media



Our members help to plan and guide everything we do, and our Steering Group Committee is a big part of that. The Committee meets bi-monthly, bringing together members from our centres, our Senior Leadership Team and a trustee representative which this month was Jo Fitzroy-Ezzy.

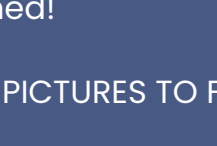


Some of our members have been taking part in an independent living skills programme. The six-week course sees participants complete household tasks like hoovering, cleaning, setting the table and changing the bed – and they each receive a certificate when they have successfully finished!



Our Wellingborough centre has, over several weeks, been running sessions in which members have been cooking up some real treats in the kitchen. The dishes have sounded incredible (including gingerbread men, samosas, and veggie lasagna) with, of course, lots of fresh ingredients from Michael's garden.

CLICK ON THE PICTURES TO FIND OUT MORE



Teamwork testimonial

"Teamwork Trust members have been coming to us at Glamis Hall for only a short while, but have had a massive impact on the clients. Always ready with a smile and a chat, they are helpful both to staff and clients and definitely a positive addition to Glamis Hall's weekly activities. Some of the 'jobs' have included laying the tables for lunch, helping to serve lunches to the clients, sowing sunflower and marigold seeds (these are now growing beautifully in our garden!), helping clients with their bingo and other activities which include Kurling and Boccia. The members have now become a firm fixture of the Glamis family. Long may this continue."

Alison Hill – Glamis Hall Day Centre, Wellingborough

Upcoming events



POSTPONED Ceilidh at Chester House

It is with regret that, due to circumstances beyond Teamwork Trust's control, we have postponed our Ceilidh at Chester House. This wonderful evening of music and dance will be rearranged to take place in spring 2026 with details to follow soon. We apologise for any inconvenience.



Friday, October 31st Halloween Quiz & Curry

Join us at the Kettering Park Hotel & Spa (7–10pm) to enjoy a fabulous curry and fun-packed evening with quizmaster Simon Cox. Teams of 4–6 are welcome – the more competitive the better! There are great prizes on offer along with a raffle. Tickets cost £32 and are [available to buy here](#)

SAVE THE DATE – Thursday, November 27th Mario Kart Championship Challenge

Teams of four are invited to rev up for some serious Mario Kart madness at the Savoy Cinema in Corby. Get on track now and book your ticket [via this link](#). There will be a trophy for the winning team and snacks will be available throughout the night should you need a pit stop to refuel. Tickets cost £10 per person and the event will take place between 6–8pm.

Would you like to volunteer at Teamwork Trust?

[FIND OUT MORE OR FILL OUT A FORM HERE](#)