

Camtrust

For lives less ordinary

HIGHLIGHTS:

Fruitful Learning
Project and Jam Day
centre pages

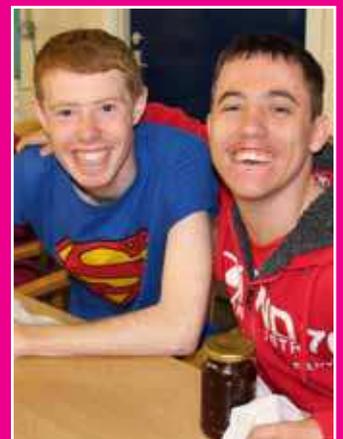
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ENROL AT CAMTRUST FOR A LIFE OF ADVENTURE!

Join us for cooking, bicycle maintenance, IT, retail, arts & crafts and a host of other activities.

Contact Steve, our Training Supervisor to book a taster session **01223 236786** or email info@camtrust.co.uk



WHAT'S IN A NAME?

It is a perennial problem – what should our 'students' be called?

The county council call them 'service users', education call them 'learners', some social enterprises call them 'trainees' or 'co-workers'. We have been calling them 'students'.

However, after a recent debate at Camtrust the 'students' decided that in future they would like to be known as 'clients' and they have formed a new Clients' Committee which will report to the Camtrustees.

THE CAMTRUST NEWSLETTER

is compiled from articles written by clients and volunteers, supported by the staff team.

Layout and design: Tony Stead.

Printed in-house.

Join Camtrust for a life less ordinary

You can learn how to

- Refurbish bicycles
- Cook a meal and bake a cake
- Use computers and cameras
- Grow things
- Do lots of crafts
- Serve customers at the Pop-Up Sales
- Produce a magazine and a cook book

Interested?

Contact Steve Chivers to arrange a visit on 01223 236786 or email info@camtrust.co.uk



FOR FURTHER INFORMATION ABOUT THE CHARITY PLEASE CONTACT US:

Camtrust

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THE GUIDED BUS TO ST IVES

On Mondays I come to Camtrust to do travel training to help me to make journeys independently. We decided to take the Guided Bus to St Ives.

First I went on the internet to do some research about what guided bus numbers to take to St Ives. I also researched the cost and how often they run.

There are 3 different buses you can catch to St Ives A, B and C. We took the B bus to St Ives.

I used my smart card and Steven paid by cash-the day rider cost £6:40. Once we got off in St Ives we had a walk round the shops and we went to Gregg's. Steven bought his lunch and I had something to drink.

Then I went to the card factory to get my mum a mother's day card and Waitrose to get ingredients for Thursday lunch club. Finally we caught the guided bus back to Histon. This is my first time on the guided bus to St Ives I enjoyed being at St Ives looking around the facilities.



GOING GREEN

After the Prince's Trust left us last autumn with 3 lovely new raised beds we went to Darwin Nurseries for advice on best, low maintenance planting for the winter – and came back with broad beans, chard, rosemary and wall flowers. We then added strawberry plants from Sunclose Farm. Now our somewhat sceptical and reluctant gardeners are beginning to see the light as the broad beans and strawberries are ready for picking and eating!



ARTS & CRAFTS

On Wednesdays we do a bit of art with Chris a trustee of Camtrust.

We make things to sell at our pop up sale we have once in a while on Tuesday. All the money we make goes to the charity. We sell things such as diaries and boxes.

We have fun working together in a small group - it makes it feel calm and relaxed. I enjoy working with Chris and the other social users at Camtrust.

Vicky



* Recently the clients have been busy painting and decorating stones, making bunting, jewellery and doing some clay modelling.



SAMMY THE CAT BY VICKY

You were more than just a cat to me
You were a friend, a friend I could talk to
A friend I needed, when I needed a cuddle
We had so many great times together
When you came to visit me
We had great laughs together.



When you kept walking into the kitchen to see Steve (as we know he's not a cat person). You were a delight to know, everyone loved you especially me, I'll never forget you my friend and I wish you well on your new journey. *Vicky*

VISIT TO SUNCLOSE FARM

A Fruitful Learning Project!

A year-long partnership project with Burwell Print, Darwin Nurseries and Red2Green. Funded by Cambridgeshire County Council's Community Adult Learning Fund (CALF). Last autumn it was everything Apples, then came Marmalade after Christmas followed by Jam.

Four of Camtrust's clients took part.

JOLLY JAM DAY

Vito: On Tuesday 5th July we went to Darwin Nurseries doing our last day for the Jolly Jam Project. When we arrived at Darwin Nurseries we sat down having a cup of tea waiting for Red 2 Green and Burwell Print to arrive.

First we started wiping and drying the jars to keep the germs away before we put the jar and lid labels on.

Kirk: We put the main label around the jar and the jar lid label on top of the jar.

We were all given a certificate and a jar of strawberry jam because it was the last day of the project.

Vito: Then we went to the field setting up different events like wet sponge throwing, wellie throwing, table football, table skittles, tennis, horse shoes and croquet, darts and hula hoops for the people to have fun.

We were also offering coffee, tea, scones and clotted cream. We had lunch outside sitting on the bench and I played some games like croquet, wet sponge throwing and tennis.

Kirk: Also I had a ride on a buggy with Phillip, we went around the field.

Today Camtrust and Red 2 Green went to visit Sunclose farm which is based in Butt Lane, Milton. It is a family run business (Harold Fruit Farming Ltd) and has been in business since 1971.

We met the farmer and his name was Paul Harris. The farm used to grow sugar beet and wheat but now only sells fruit. They grow strawberries, raspberries, blackberries, redcurrants, blackcurrants and gooseberries. The fruits is sold to Sainsbury's, Aldi, Lidl, farm shops and wholesalers.

The farm has over 130 acres of land and sells over 500 tonnes of strawberries and over 200 tonnes of raspberries a year.

Paul employs 150 workers who pick, pack and take the fruit to the shops.

Strawberries are grown in grow bags with 8/10 plants per bag they use drip irrigation to water the plants which happens every hour for 2-3 minutes at a time. The strawberries are grown under polytunnels to help protect the plants.

At the end Paul gave us some freshly picked Strawberries, and frozen gooseberries, raspberries redcurrants and blackcurrants to take home with us. I really enjoyed my trip to the farm.



Merry Marmalade

MARMALADE PROJECT

We went over to Darwin Nurseries and met up with the other social firms Darwin Nurseries, Burwell print and Red2Green. We worked in different groups mixing with people from the other social firms, it was nice.

Firstly, we had to wipe and dry the jars with a wet cloth to make sure they were not sticky. The jars had to be clean and dry for the labels to stick on the glass so we then had to dry them with a paper towel. We then had to stick a label on the top of the jar and a label on the side of the jar.

It was decided that each social firm would sell their jars of marmalade at a price they agreed. Each social firm got 8 jars of marmalade to sell and everyone got a jar to take home.

Darwin Nurseries made some marmalade cake for everyone to try using the marmalade we made - it was bloody lovely!

Jim



MAKING STRAWBERRY JAM

Ingredients

- 4kgs Strawberries
- Juice of a Lemon
- 2kgs jam sugar

Method

1. We put the jam sugar into a preserving pan.
2. We cut off the stem at the top of the strawberries (hulling)
3. We washed the strawberries and dried them carefully with kitchen towels.
4. We put strawberries and lemon juice into the pan with the sugar and stirred gently.
5. We left the pan for half an hour (while we had a cup of coffee!)
6. We put a small plate in the fridge. This was needed later to test if the jam had set.
7. We put the jam on medium heat and boiled it for about 40 minutes.
8. We removed the scum from the top with a spoon.
9. We took the cold plate from the fridge and put a spoonful of jam on it and put it back in the fridge for 5 minutes to check if it had set. Our jam had set.
10. We sterilised the jars, in the dishwasher.
11. We turned off the heat then let the jam cool for approximately 10 minutes to stop the strawberries rising to the top of the jars.
12. We filled the jars with the hot jam before it set, and put on the lids.



We did all this ourselves and all enjoyed it.

Neil





VOYAGE TO TIPPING POINT LUCKY STARS

On Wednesday 6th July 2016 Maureen and I got 2 buses to Cambridge Station. We got the 09:55 Citi 8 which got to the City Centre at 10:17. We caught the 10:25 Citi 3 which got to the Cambridge Railway Station at 10:35. We bought our train tickets including the underground from the ticket office. We caught the 10:47 Great Northern Non Stop Service to London Kings Cross and we got there at 11:35. We went over the road to McDonald's and Maureen bought me a Cheese Burger then we went on to catch the Metropolitan Line to Wembley Park. We walked over to the Fountain Studios then we went into the Studios and we sat in the front row.

The warm up guy was very funny and he introduced the host Ben Shepard and the Celebrities. The Celebrities were Audley Harrison the boxer, Denise Van Outen actress and Harry Redknapp former football manager. I really did enjoyed the recoding of Tipping Point Lucky Stars. Greg the floor manager told us when to clap. We left the studios around about 18:00 we walked back to the tube station at Wembley Park.

We went on the Metropolitan Line to London St Pancras then

we caught the 19:14 Great Northern Service to Ely but we did get off at Cambridge. A good friend of ours called Paul picked us up from the station because I wanted to get home to watch Wales v Portugal in the euros.

Kirk

HOME MADE JAFFA CAKES

Neil and I helped Steve in the kitchen making homemade jaffa cakes. First thing we had to do was wash and dry our hands then put an apron on. All the ingredients were out on the side ready to use. Steve put on the oven to be warmed up.

We had to whisk the eggs and sugar into the bowl over simmering water. The first time we did this it looked like scrambled egg so we threw it away and we had to start it again! We added the flour and made a thick smooth batter. We transferred the tin to the oven and baked it for 8 – 10 minutes. We made the filling by mixing the jelly and marmalade and boiling water until the jelly had dissolved. Steve put the jelly on the cakes. We melted some chocolate and then poured it over the cakes. Everybody thoroughly enjoyed eating them at lunch-time – they were soon all gone!

By Cathie and Neil



A VISIT FROM ELY ROTARY CLUB

We had a visit from Mike Bentley President of Ely Rotary Club and Bernard Arnold. They gave us a cheque of £250.00 for Camtrust.

We prepared questions for Mike Bentley and Bernard Arnold to answer.



We learnt that Ely Rotary Club meets every Wednesday to socialise over lunch and to discuss ideas for raising money for charities, both at home and abroad. The Ely club started 77 years ago.

We also learnt that they run Aquafest in Ely as a thank you to the community for helping them raise funds.

Women were allowed to become members about 15/20 years ago. The Rotary Club has 1.2 million members worldwide, it is the largest organisation in the world.

There are 33,000 clubs around the world in more than 30 countries.

Thank you for your kind donation.

*Andrew, Paul, Michael,
Kirk and Cisco*

IMPRESSIONS OF A VOLUNTEER

Early in December I was on my way home from the Co-op, when I had good luck to spot an interesting jumble sale at the Methodist Church Hall in the High Street. Being a meanie I bought half my Christmas presents there, (there was some good stuff actually) and in a conversation with Gill, it was stressed to me that this wasn't any old jumble sale, but a pop up sale on behalf of Camtrust.

We chatted for a while and talked about the job a volunteer for Camtrust does. It seemed similar to work I used to do for a charity during the 90s and after Christmas and New Year had passed, I went to Camtrust one Tuesday morning and was made to feel very welcome by everyone. I came in the following Tuesday and had a marvellous day. The only problem as far as the students were concerned was that I was a Manchester City supporter, upsetting Martin (West Ham United supporter), Kirk (Manchester United supporter), Vito (Tottenham Hotspur supporter), Neil (Cambridge United supporter), Jim (Manchester United Supporter) and Cathie (who hates any conversation about football!

So we all got on really well! I was made to feel welcome by everyone and have really enjoyed coming in every Tuesday since, being severely beaten in the early morning games of Uno, much to Kirk and Jim's amusement, taught how to use Word on the computer by Neil, helping wherever I can, especially at the last pop up sale in March.



Recently I received the final accolade to indicate that I was part of the Camtrust community. Kirsten makes everyone, students and staff, their own laminated coaster with details of how they like their drinks and I was really happy one morning to find in the coaster pot:- Peter - Tea, White no Sugar - Coffee, White no Sugar!

So now you know! Life's great, come and join and support us, whoever you are!

Peter Pennington

ONE OF LIFE'S TRUE GENTLEMEN

It was with great sadness that we learnt of William George Chivers' death on 9th March 2016. Father of Steve, our senior tutor, he was a regular visitor at Camtrust.

Thanks to his generous bequest we now have a lovely picnic table and garden seat to remember him by.

(The picnic bench and garden seat were made by the trainees at Phoenix Trust, Milton)



NEW FACES AT CAMTRUST - Welcome to some of our new clients

Paul

Andrew

Matthew

Janette

Michael



Camtrust News

Production of this magazine is made possible through a grant from
Cambridgeshire Community Foundation

WAYS TO HELP CAMTRUST

The value of all donations (including bicycles) can be increased by 25% if the donor is a UK taxpayer! Call in to collect or download the Gift Aid form at www.camtrust.co.uk/giftaiddeclaration.pdf

LOCAL GIVING

Camtrust is a member of Localgiving. They make donating easy – just visit www.localgiving.com/camtrust, decide how you want to donate (single donation or monthly), enter your details and you are done!

Please help us by becoming a regular donor – every little helps.

PRINTING

Do you need some printing or photocopying done? We can do most things, including design and artwork, plastic comb and Wire-O binding, envelope stuffing and laminating. Come and see us or email for a quote.

DONATE YOUR IDLE BIKE!

Do you have an idle bike in the shed? If so, we would be happy to give it a new lease of life.

POP-UP SALES

Support our Pop-Up Sales – they are held on a Tuesday most months at Histon Methodist Church Hall. To find out when the next one will be watch out for the banner in our window, plus posters and fliers around the village.

WANTED!

Camtrust is looking for a volunteer bookkeeper and a fundraiser.

Do you have either of those skills plus a little spare time? (One morning per week)

If so, please do come and see us for an informal chat and cup of tea, We would love your help.

THANK YOU ALSO TO:

Station Stores Impington

The 1740 Club

Emmanuel URC, Trumpington

Little St Mary's Church,
Cambridge

Ann Simpson who raised £818.75 in sponsorship by taking part (and finishing!) the London to Brighton 60km Walk.

Steve Chivers who did the London to Cambridge Bike Ride again and raised £330

And to all our wonderful individual donors and supporters

CAMBRIDGE BUILDING SOCIETY

Cash for the Community Challenge

A massive thank you to everyone who voted for us and then collected the tokens in the Cambridge News. We came 6th out of 15 charities and were awarded £655.87.

A tremendous result for us.



HISTON FOOTBALL CLUB

We were proud to be their chosen charity of the year.

The thing I enjoyed at the Histon football match was collecting money for Camtrust but it was way too cold for me because I was sitting in a wheelchair. I do not like football at all. But I went to support Camtrust with my dad, my dad loves watching football.

Thanks to everyone's generosity we raised £143.72

Cathie

