

Camtrust

your local charity for adults with disabilities

LADYBIRD BOAT TRIP

On Thursday 27th of September, 18 of us went out on a boat trip from Hartford Marina in Huntingdon to Godmanchester. Ann and I travelled in Jim's car with Jim and his mum Christine.



We all had a lovely time and the weather was perfect for the boat trip. The sun was out, there were no clouds and it was "bluetiful".



We were all looking out for things that we could see or hear. I saw some swans, moorhens, ducks, a kingfisher, coots, geese, fish, cows, dogs, dragonflies, willow trees, some cruisers, a

narrow boat, caravan, sheep, cars, pigeons, a wind turbine, trains, a mill wheel, a water boatman and some herons.



We went through about 3 locks to continue our journey on the boat travelling down the river. We also had some lunch whilst strolling down the river. There were 4 members of the crew Gary, Robin, Ian and Tony. They were very kind, friendly, knowledgeable and told us when to look out for kingfishers.



By Jamie

CO-OP LOCAL COMMUNITY FUND



Camtrust would like to thank local Co-op members for supporting us over the last year. A total of £5,390 was raised for our charity – a magnificent effort.

DONATE TO CAMTRUST



You can make a donation to Camtrust through Local Giving: localgiving.org/charity/camtrust



Amazon Smile gives you access to the same products, with the same prices and service as Amazon, with the difference that Amazon will automatically donate 0.5% of the purchase price to the charity you have chosen.

Go to smile.amazon.co.uk to select Camtrust from the drop-down list of charities.

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Camtrust Charity Cambridge @CamtrustC
Charity no. 1017004

SHOPPING FOR THURSDAY'S LUNCH CLUB

At Camtrust on Thursdays we have Lunch Club which is when the clients, with Steve's help, cook lunch for everybody. We decide what we are going to eat for lunch and make a list of ingredients to buy. We also look in the cupboard to see if we need any other items that we might be getting low on.



We usually do the shopping on Tuesdays and go by car.

I push the trolley round the shop and I read the list while we go

around and look at the shelves to choose what we want to buy. I push the trolley to the checkout and I put the shopping on the belt to be scanned. Then I put the items in the bags that we take with us and put them in the trolley.



After paying we take the receipt so we know how much we have

spent. We then go to the car and we put in the bags. I put the trolley back in the trolley park.



Then we go back to Camtrust with the shopping and put the items away.

By Kirk

MEET THE CLIENTS



MICHAEL

'I have been coming to Camtrust for four years. I like working at the computer, cooking for our Thursday lunch club and gardening.

I enjoy listening to country and western music and line dancing with my cowboy hat on.'

(Michael is shown holding the poppies he made in his arts and craft session.)

THURSDAY LUNCH CLUB

Today I helped Steve to cook the meal, baked potatoes with tuna or beans and cheese with salad, for Thursday lunch club.



First I washed my hands. I scrubbed the potatoes and used a knife to make holes in them to allow the steam to come out when they are cooking. I turned the oven on and when it was the correct temperature I put the potatoes in the oven to bake them.

Then I helped to make the salad by cutting the tomatoes and cucumber. I put the salad leaves

in a bowl. I mixed the tuna and mayonnaise together.

Then I set the table by putting the cutlery, salt and tomato sauce on the table.



I finished by washing up and wiping the kitchen surfaces.

I really enjoyed helping to make the lunch.

Everyone enjoyed the baked potatoes they tasted very nice.

By Paul

CAMTRUST CONCERT, OCT 2018

On Sunday 7th October at 3pm The Medlock Ensemble held a concert in aid of Camtrust at All Saints' Church in Cottenham.



I arrived at the church for 2.30pm where Helen met me and showed me where to sit. I felt a bit nervous about going in front of everyone but I did my speech about Camtrust. Afterwards I felt happy and proud. Mum, dad and my friend said I did a very good job.



Tim Lihoreau from Classic Radio was the compere, I liked him, and he was funny. I then sat with my family and listened to the concert.



The music was brilliant and the orchestra were friendly, everyone clapped and cheered when the concert finished.

The concert raised £3,000 for Camtrust which is amazing. Camtrust would like to thank Reverend Lynda Davies, the Warden Graham Appleby and church staff for all their help and support with the concert.

By Jim

Camtrust POP-UP SALE

Histon Methodist Church Hall

TUESDAY 11 DECEMBER

10.00am - 3.00pm

Bikes Jewellery DVDs Kitchenware
Garden Tools Children's Toys Books

01223 236786 info@camtrust.co.uk
Registered Charity Number 1017004

MEET THE STAFF AND TRUSTEES



ALAN

'I have been a Camtrust volunteer for about 10 years (with a three-year break when I lived in Swavesey). I am also a former trustee.

I lecture at the University of the Third Age (U3A) and have been involved in amateur dramatics for 50 years!

I also drive for a volunteer car scheme in Histon and lead local holiday tours.'

POPPIES

The eleventh hour of the eleventh day of the eleventh month marks the signing of the Armistice on 11th November 1918 to signal the end of World War One.

Flanders is the name of the whole western part of Belgium. It saw some of the most concentrated and bloodiest fighting of the First World War. There was complete devastation. Only one living thing survived, the poppy flowering each year

with the coming of the warm weather, brought life, hope, colour and reassurance to those still fighting.

Remembrance Day is also known as Poppy Day. It is traditional to wear an artificial poppy. Many of us wore a poppy to remember the war dead.

Michael

(This article was independently copy-typed by Michael.)

RED 2 GREEN PROJECT

On Wednesdays Cathie, myself and our tutor Steve have been meeting with other clients from Burwell Print, Darwin Nurseries and Red2Green at the Red2Green café based at Bottisham Village College.

It was decided between us that we would pilot an 8 week project working together to make cakes, flapjack, breads, and soups to sell at their café which is open on Tuesdays and Thursdays.



The first few weeks we talked about and completed some worksheets on food safety, hand washing and protective clothing.



We were split into two groups and one group would make a savoury dish and the other group a sweet dish. So far we

have made vegetable soup, various cakes, flapjacks, scones and quiches for the café.



We also had a Halloween party on the last day of the project where we decorated tables and made and ate lots of lovely food.

By Vito

CAMTRUST A.G.M.

On October 17th, Camtrust held its A.G.M. Friends and families joined us at the end of the afternoon.

First we had a short business meeting. We had reports about what had happened at Camtrust in the past year and about the financial situation. I gave a report on behalf of Camtrust's Clients. After the meeting we had a lovely tea party. Vito helped make the sandwiches and cakes and I helped make scones with Vito. Everyone said that the refreshments were delicious.

By Cathie

ILLUMINA VOLUNTEERS AT CAMTRUST



In late November, 15 employees from Cambridge firm Illumina volunteered at Camtrust for the day.

Most of them helped to decorate Camtrust's studio, kitchen and toilets.



The volunteers were very cheerful and got an amazing amount done in the day. Without them, this much work would have taken many days.



Two of the volunteers created a new website for Camtrust. This will be live very soon!

A great big thank you from everyone at Camtrust.

THANK YOU FOR DONATIONS

- Glyn & Jane Phillips
- Meg Barrett
- Little St Mary's Church, Cambridge
- Bernard Stewart Deane
- Co-op Community Fund