



# NEWSLETTER WINTER 2019/20

CAMTRUST CHRISTMAS LUNCH

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CAMTRUST GARDEN

WINTER WONDERLAND

## CAMTRUST CHRISTMAS LUNCH

On the 18 December 2019 we had a delicious Christmas Lunch.

Jim and Michael helped Steve with preparation of the vegetables the day before. Jim peeled the potatoes and Michael cut the sprouts.



Steve came in early to cook the turkey. We played games of Uno and Family Fortunes and listened to Christmas Music.



All the clients, volunteers and staff were invited and arrived during the morning, 31 in total.

The table was set. We all made a cracker which we put on the table. Kirk put his Heinz Soup on the table. He put lots of bread in his bowl, it nearly overflowed.

The meal was delicious. We all enjoyed it we had trifle for dessert.

After the meal we did a Christmas quiz while we had a coffee and ate sweets.

By Paul

The Histon Cubs visited Histon Tesco Express and Histon Co-op to collect donated items for our meal. These were delivered by the leader. We are very grateful to them all for their help and support.



### Choose us as your Co-op local cause

Go online [coop.co.uk/membership](https://coop.co.uk/membership)



Camtrust has been chosen for the next round of the Co-op Local Community Fund. The funding round runs until **24 October 2020**. Every time Co-op members shop at the Co-op, 1% of what they spend

on selected own-brand products and services goes to the Co-op Local Community Fund. This is then distributed to local charities including Camtrust. Money for the Fund is also raised from sales of carrier bags.

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Camtrust Charity Cambridge @CamtrustC  
Charity no. 1017004

## MY TIME AT CAMTRUST

I had been at Camtrust for the last 4 years. I found them through their website. After my induction my tutor Steve set me a 12 week travel training programme to help gain my confidence and independence in taking the bus from Papworth to Cambridge and Cambridge to Histon on my own, I learnt not just about how to stay safe but which buses to catch and what I would do if the Bus did not turn up.



I also took part in an apple project with other social enterprises. We all went to a farm where we were shown how to make apple juice. In another

project we made marmalade - we all tasted different types of marmalade one by one and put a score out of 10 and then we all made our own marmalade which we sold to the public. We have also helped to make cakes and soups for a café in Bottisham.



On a Wednesday I used to take part in arts and crafts with Chris and Victoria - I made a pot with clay and made my own designs, I also made bracelets, felt and cutting out letters. Chris's friend Sally came to Camtrust and decided to do an animation project with characters out of felt and we filmed a short movie.



### MEET THE CLIENTS



#### JAMIE

I have been coming to Camtrust for nearly three years. I attend on Mondays and Thursdays. On Mondays I enjoy using my imagination in our new create and design programme. I am busy on Thursdays helping to refurbish bikes and putting them outside for the public to buy. My hobbies include cooking, shopping at Primark and playing pool for Milton 8 Ball B team. I also follow my favourite football team which is Arsenal Football Club.

Once a month I used to go to the pop-up sales at the Histon Methodist Church where we sell bikes, books, CDs, DVDs, cakes, teas, coffees and scones (all made by the students at Camtrust). This helped gain my confidence in talking to different people from Histon and Impington.



On Thursdays I used to help Steve do the cooking for lunch club. We choose what we want to eat and one of us goes shopping to buy the ingredients, We have had lasagne, fish and chips, pasta, Chinese stir fry, spaghetti bolognese and jacket potatoes and it was all very yummy.

Every Wednesday I used to do some work experience at the Histon Methodist Church with Claire helping Judy and others serve and take soups, teas, coffees, cakes and toasties to the customers.



Although I will miss my time at Camtrust I have moved on to work part-time at Morrisons and St Johns College.

I have made lots of friends at Camtrust and will continue to keep in touch with many of them.

THANK YOU ALL!

By Vito

# CAMTRUST GARDEN

## September 2019

Today as it was sunny and warm I did some weeding of the vegetables. Lots had grown in the sunny weather.



I then cut back the rosemary bush. I gave the mint a cut too, it smelt delicious.

I put some canes in the soil to hold the tomato plants up off the ground. We have many green tomatoes on the plants but some are turning red. Claire picked these and we ate them with our lunch.



Robert and I dug up the potatoes. We found some huge ones and some small baby potatoes. I suggested to Steve that we have baked potatoes next week for lunch club.

Whilst I was digging the potatoes I found a green caterpillar in the soil.



We added the compost donated to us by Glyn Phillips, to the raised beds, then mixed it with the soil.

## October 2019



Today Alan Neech came to Camtrust to help sweep the fallen leaves from the car park and around Jim's planter. Claire and I decided to tidy up the garden area and pulled up the old lettuce and tomato plants.



There were some green tomatoes still on the plant. I picked these first then put

them in a bowl with some red tomatoes and placed them in a sunny position on the window ledge in our building. I hope they will soon turn red so we can eat them.



By Michael

## MEET THE STAFF AND TRUSTEES



LILLY

I have been Camtrust's Centre Manager since the beginning of September 2019.

I live in Histon with my husband Mike and have two young children who keep me busy.

Interesting fact: I have an identical twin sister!

# WINTER WONDERLAND 2019

On Friday 13th December 2019 my friend Joy and I visited Winter Wonderland at Hyde Park.



Joy drove us to Cambridge North Station we caught the 14:13 train to London Liverpool Street on a class 317. When we arrived to London Liverpool Street we popped into McDonalds for two cheese burgers and a medium coke.



We started our long walk to Hyde Park. We went past two theatres, one was showing Tina Turner the Musical and the other was showing Mamma Mia the Musical. Then we passed some shops including Hamleys. Then we arrived at Hyde Park, it was heaving. My friend had to go to

the portable loos. We walked around it, also we had a ride on a very fast waveswinger.



We caught a number 6 bus to Charing Cross. Then we walked from Charing Cross. Finding our way back to Liverpool Street was very tricky, we reached the theatre where Tina Turner the Musical was showing and we got lost.

We decided to get a taxi to Liverpool Street we caught the 21:58 train with 3 mins to go. It was another class 317 we arrived in Cambridge when we waited an hour for another class 317 to Cambridge North. We drove back home from Cambridge North and I got into my house at midnight.

By Kirk

## FIXED AND REFURBISHED CHILD'S BIKE

Last Thursday I was working on a little child's bike so it can be sold to the public. I checked the brakes, changed the brake pads and I also tied the stabilisers to the handlebars with cable ties for new owner to attach if they required. In the afternoon I put the bike out the front with a price tag on it.



By Jamie

**DONATE TO  
CAMTRUST**

 **Localgiving**

You can make a donation to Camtrust through Local Giving: [localgiving.org/charity/camtrust](https://localgiving.org/charity/camtrust)

## THANK YOU

- Roy Hancock (for organising the Camtrust Music Quiz)
- Glyn & Jane Phillips
- Barbara McCurdy
- Histon Icenis Cubs
- Varrier-Jones Foundation
- Little St Mary's Church, Cambridge
- Congregation of St Andrews Church, Impington
- South Cambridgeshire Rotary Club