



SEPTEMBER
2022



Camtrust Catch Up



OUR CATCH UP NEWSLETTER TO BRING YOU UP TO DATE WITH WHAT'S GOING ON HERE

- VOLUNTEERING AT CAMTRUST -

Sabrina

Hi, everyone! I am Sabrina. I'm so delighted to work at Camtrust as a volunteer since March. This opportunity came so sudden when I jogged pass Camtrust and I caught a glance of a magic, friendly smile and waving hand, who was actually Claire, which caught my attention and we had a quick chat. She asked me whether I am interested in volunteering. She started introducing Camtrust to me and invited me to participate in their activity. I straight away fell in love with their welcoming staff and the caring atmosphere.

Since then, I volunteer every Wednesday and Friday. I enjoy teaching our clients life and work skills, and also building friendship with them. This is a meaningful experience to me and at the same time I am pleased to make some contribution to the community.



On 27th March, I was happy to go to the Wimpole Hall Farm trip with Camtrust. The place was lovely and everyone enjoyed the trip so much. I am looking forward to exploring different fun experiences with our clients.

- BIKE SHOP MECHANIC -

Tertius



In April this year I started working on the bikes on Wednesdays and Thursdays with Clive and Len to learn a new skill because I like bikes but I didn't have any experience taking bikes apart or putting them together. I knew basic parts before I started working on the bikes like how to put a chain on, how to change a saddle but I didn't know how to put more complicated parts on, put them together onto the bikes and put different bike parts together. I enjoy it learning lots of different ways to mend bikes such as adjusting spokes on the bike wheels, taking pedals off and putting them on and adjusting brake cables and gear cables and all different part names inside the bikes e.g. Ball Bearings, Cassette, Crankset, spokes, chainrings. I've learned quite a bit more about mending bikes now.



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localgiving.org/charity/camtrust



CAMTRUST HAS BENEFITED FROM A DELIVERY OF ABANDONED BICYCLES THANKS TO A PARTNERSHIP BETWEEN UNIVERSITY OF CAMBRIDGE, AND MEARS, ALSO KNOWN AS PORTAL.



The bikes were collected from bike stores around the Eddington campus, which provides affordable rent apartments for university staff. The site often hosts academics from overseas who choose to leave their bikes when they return home. The bikes were initially put into storage to await collection and when nobody came forward to collect them, the idea for the project came about.

Jamie LeRoy, Soft Services Manager at Mears, said; "We're pleased to have been able to partner with the university on the project to give the left bicycles a new lease of life and support a brilliant local charity at the same time."

We're very grateful to receive these kind donations. Our bicycle refurbishment project relies on donations of unwanted bicycles which are either used for parts or repaired and sold to the local community - generating much needed income for the charity.

We're genuinely overwhelmed and delighted each time someone supports us, no matter how large or small a donation or gesture is. It makes a big difference and helps us to continue the important work we do.

- BACK TO CAMTRUST -

by Michael

I came back to Camtrust in May. My first week I did door to door selling of the Histon and Impington Feast programme. I enjoyed speaking to the customers and collected £2 for each programme.

On Wednesdays, I do art and I made decorations for the Queen's Jubilee. I also made bugs to go in Camtrust's display for the Histon Flower Festival.

On Thursdays, I do maths and I have got much better at it. My reading is good when I remember to wear my glasses. I like playing bingo especially when Jim joins in on Zoom.



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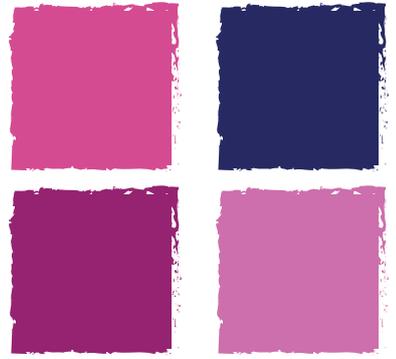


OUR TRIP TO WIMPOLE - BY JANETTE

We were picked up by the Histon and Impington Community Minibus at 10.00 and arrived at Wimpole Hall Farm then we all had a group photo.

We took the buggy to the farm. We started looking around the farm. First thing I saw was the sheep and lamb then piggy and little piglets. I really loved to see the horses they were beautiful. I also looked at goats which were very lovely. At midday we had lunch together.

Next we walked to the Walled garden. We saw lots of colourful tulips and collected dandelions, snail shells and other items. We went to the café on the buggy. We made faces from the items we collected. At the café we had a cup of tea, coffee or hot chocolate. Then the buggy took us back to the car park we got the minibus back to Camtrust.



WOMEN EURO'S 2022 PROFILE - BY CISCO

During the Euro 2022 Womens Cup I researched the player Lauren Hemp on the internet these are the interesting facts that I found!

England Women's Euro's 2022 Player Profile by Francisco



Name: Lauren Hemp.
Age: 21 years old.
Born in: North Walsham, Norfolk.
DOB: 7th August 2000.
Club: Manchester City
Previous: Bristol City

History: Lauren won England Young Player of the Year in September of 2016, 2017. And won PFA Women's Young Player of the Year in 2018, 2019, 2020, 2022.

Trophies: Lauren won the FA Women's Cup: 2019-20.
League Cup Won 2021-22.

FIFA Under-20 Women's World Cup third place: 2018.

Facts: She has scored 19 goals in 57 appearances in 4 seasons with Manchester City, and she has scored 8 goals in 26 appearances for England.



HISTON AND IMPINGTON FEAST PROGRAMME SELLING - BY KATIE

Camtrust was approached by the organisers of the Histon and Impington Feast Committee and asked to help with selling programmes for the event in July 2022 as Camtrust is one of the charities the funds will be distributed to.

We were allocated roads around our Camtrust studio to call at our neighbours to sell the Histon and Impington Feast programme.

Our clients, Katie, Janette, Michael and Nicky, went out on different days with Lilly, Claire, Amy and Sabrina.



- WORK EXPERIENCE - by Katie

I went out with Lilly and Claire on a windy day. Lilly carried the programmes in her bike basket as they were heavy.

We knocked on each door. If people were in, our clients explained what the programme was and sold it to them for £2 each. Some of them also donated money to Camtrust.

If people were not in, we posted them a slip telling them where they could buy the programme. I

enjoyed spending time talking to other people in the community. It was a wonderful opportunity for me to develop my communication skills.

We sold the programme for a week.

I enjoyed this work experience and I am looking forward to doing some more selling next time.



HEALTHY EATING - BY JODIE



At Camtrust we have been talking about the importance of a healthy diet. This should include all food groups.

I was given a sheet with picture of different foods and asked to put them into their correct food types.

Fruit and veg, dairy, protein carbohydrate.

Here is my finished picture.



HISTON AND IMPINGTON FLOWER FESTIVAL - BY CATHIE

Camtrust's art group created a display for Histon and Impington flower festival. It was held at St Andrews Church in Histon.

The theme of the flower festival was 'Caring for creation' We chose 'Repair, ReCYCLE, Reuse' for the title of the arrangement, which included a used bike wheel and wicker basket.



I made one of the ladybirds used in the arrangement. I liked the pink sweet peas the most. Also, the Hebe flowers. I thought the hand-made insects made it stand out. It all looked nice and pretty.

FOX EXPERIENCE - BY JACK

In June I found a website about a zoo where I could get up close with foxes. I paid £110 for two people to gain entrance. On July 26th Paul and me drove to The Fenn Bell Conservation Project which is in Allhallows, Rochester. It took three hours and 31 mins to get there.

When we arrived, we had to wait for twenty minutes until two nice zoo keepers came along to take us to the foxes, we followed them to the fox area and entered one at a time. There were two doors because in the middle you need to wash your shoes with water and disinfectant. When I entered the enclosure, one red fox sniffed my leg and the zookeeper gave me food to feed them, and if you time it right you can stroke them on their back.

The white fox loved licking the juice from the fruit off of my hand. We finished the experience by exploring the rest of the zoo. We saw owls, otters, meerkats, toco toucan, raccoons, squirrel monkeys, parrots, green iguana and binturong.



- I LOVE COLOURS - BY MINOLI



I really enjoy drawing with my colourful felt pens.



Here is a selection of my artwork.



CAMTRUST ZOOM BINGO SESSIONS - BY JIM

When I was shielding at home Camtrust organised Bingo games over Zoom for me to join in. The bingo games were after lunch on a Thursday afternoon at 1:30pm.

I looked forward to playing bingo and seeing everyone over zoom to talk to, I even won a few games of bingo! Joining in with zoom Bingo cheered me up, made me smile and I loved it.

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CAMTRUST CLIENT OVERVIEW - BY MORGAN

Hi I am Morgan.

I have been coming to Camtrust for the last few months, since the beginning of April. Whilst I am here, I work half the time in the class room and the other half I spend time in the bike workshop. In the workshop I have repaired a bike puncture, I have taken a bike apart, worked on a crank set and back wheel, all under the guidance of Clive.

I enjoy coming to Camtrust. I walk to Camtrust as I live close by in Impington. My hobbies include going to see big concerts like Adele and Elton John. I also enjoy playing on my Xbox I like to play FIFA. In real life, I support Arsenal FC. I enjoy watching movies, I have seen all the marvel franchise.

I am studying retail and business at Cambridge Regional College.



CAMBRIDGE BIG WEEKEND- BY KIRK

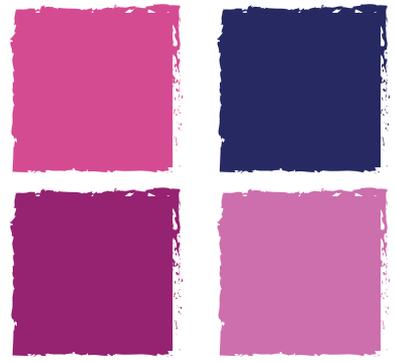
On Friday 1st July, I am looking forward to going to the Big Weekend at Parker's Piece which is in the city centre. I am going with my support worker and my neighbour. We are getting the Guided Bus A from Histon and Impington to the Regal Wetherspoons.

The evening celebrations will start with some live music at 6pm and there is a firework display planned to start at 10pm. We will be sitting in the disabled area. After the live music has finished they have a celebration firework display to the end of the night.

Wow... What a fantastic show! Josh from Cambridge Star Radio started the night with his DJ set from 6pm to 7pm afterwards at 7pm Big Ten which are a SKA band, played for an hour but I'm not keen on their type of music. At 8pm my favourite party group in the world came onto the stage "the real Club 7" I was blown away because it was the original members Bradley and Tina.

Before the main act came on stage Maureen, Shannon and I went on the City View Wheel. When we were going around the second time Josh introduced the main act which was Heather Small. She didn't impress me with her music.

The Fireworks were outstanding, loud and colourful



WIMBLEDON COMES TO CAMTRUST - BY BEN

- To celebrate the arrival of Wimbledon, we enjoyed our very own mini- tournament.
- The racquets were made in our design and create session, by using two paper plates and a large ice lolly stick.
- Each client designed their own racquet by drawing designs on the plates and colouring the sticks.
- The sticks were stuck between the two plates using sellotape.
- Then the two plates were stuck together.
- When everyone was ready, a tennis court was created, using a long piece of string that was stretched between two chairs.
- A lively game followed, that was enjoyed by all, with lots of noise and laughter, using a balloon as a ball.



SCARY SPIDERS- BY PAUL

Today in our Design and create session we have been busy making a spider's web and collecting spider's legs.

To make the body we cut a toilet roll inner in half and painted the spider's body using lots of exciting colours.

We went for a walk to find the spider's legs, they were on the grass verge and had fallen from a tree.

When we made the spiders, we fixed them to the spider's web and now they can catch flies.



MY COLLAGE BY NICKY

In our art session this week, I made a summer collage.

I love the band Take That, the band members are Robbie Williams, Howard Donald, Gary Barlow, Mark Owen and Jason Orange.

Sabrina took two photos of me. I used the I-pad to find nice photos of the band.

Using pic collage, I insert my face to become their new band member.

