



APRIL 2022

Camtrust Catch Up

WE'VE GOT SO MANY WONDERFUL THINGS TO TELL YOU, SINCE OUR LAST NEWSLETTER

- CELEBRATING SUCCESS -

Camtrust opened as planned on Fridays, starting on 5th November and Amy joined the staff team. This move has been great for the charity – not only have we been able to offer more sessions to new and existing clients but we've also opened our refurbished bike sales and servicing too.

Camtrust Lunch Club is now in full swing. Our clients have made and shared many delicious meals together, such as: sausage casserole, fish finger sandwiches, pancakes and pasta with meatballs.

A polycarbonate, canopy roof has been installed between the two bicycle workshops - joining them and creating more covered space for our bike mechanics to work. This is a huge improvement and provides much needed shelter, especially on wet and windy days.

I'm delighted to announce that we've also been able to welcome Clive who will join the staff team at the end of April, thanks to a grant from The Evelyn Trust. Clive will be a Support Tutor and will mainly be working on our bicycle refurbishment project. Initially for a 12-month period but we're hopeful to continue his employment after this time, if we have built enough business or secured funding to cover the ongoing salary cost.

Camtrust has got digital! Thanks to Mencap and a Let's Get Digital grant, we have been able to refresh the majority of our IT equipment (which urgently needed replacing!) Items include iPads, laptops, digital cameras, headphones and a very exciting interactive smart screen. The new equipment will help our clients, staff and volunteers improve their digital knowledge and skills.



We have also recruited 3 new volunteers to join the team! We'll introduce them in our next newsletter. We're so thankful to our brilliant team of volunteers who support the tutors to teach life and work skills.

**DONATE TO
CAMTRUST**



Localgiving

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

- COMING UP -

We have a trip planned to Wimpole Hall farm. We hope to find lots of opportunities to learn about Spring and the natural world and, if we're lucky, might even see a lamb being born!



Our main area of focus now is to improve our garden. It's in a state of disrepair and urgently needs improvement. We'd like to totally transform the area and turn it into a sensory garden - making it accessible to wheelchair users. An outdoor space where clients can interact with nature with multi-sensory activities and seating. We're currently contacting various organisations to ask for funding towards this project.

We'd also like to make a further improvement to the bike workshop area, adding a sales and administration office where clients can learn retail skills.

We're looking at ways to increase our re-use & recycle services to the community and look forward to sharing ideas with you in due course.

LIVING WITH COVID19 & COMMUNITY

Covid-19 is still affecting many of our clients, staff and volunteers but thankfully hasn't caused disruption to our service. We've kept most of our infection control measures in place, including wearing face coverings, daily temperature checks, ventilation and regular testing. This seems to be working well. Although Covid-19 continues to provide challenges, we'd like to become more involved in the community and are cautiously working towards this.

FOCUS WEEKS

Some of the life and work skills that clients have enjoyed learning about this year have been based around the following themes:

- Bird Week
- Chinese New Year
- Internet Safety
- World Water Day
- Robert Burns Week
- Winter Olympics
- Anti-Bullying Week
- Spring Time and Easter



FUNDRAISING HAS GIVEN US A BOOST!

The Christmas craft stall we held at the Histon Smokehouse raised £641.96

Dobbins Robbins Charity football team raised £538.16

Eamon runs the TTP Cambridge Half Marathon raising £625.75

Roy Hancock's Christmas quiz raised £123.00

In addition to this, we're enjoying being a Co-op local cause and the support we've received has been fantastic.

Choose us as your
Co-op local cause
Go online coop.co.uk/membership



We've also received several other unexpected donations from our supporters. We are 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.

I hope you enjoy our Spring catch up.

Thank You



LILLY MUNGOVAN - CENTRE MANAGER



AIR RIFLE SHOOTING - BY BEN

My name is Ben and I joined Camtrust in November last year. During my free time I do Air rifle shooting at Shepreth Farm and I use air rifle pellets to shoot at painted targets in the shapes of tanks, birds, space invaders, squirrels and lollipops. I shoot these kinds of painted targets in Shepreth Woods and I go and do Air rifle shooting on the 2nd and 4th Sunday of every month.

The rules of Air rifle shooting are if you see something has snapped or something is in the way of the painted target you would say "Marshall" and then a whistle is blown.

When the whistle is blown I would shoot the air rifle pellet through my air rifle gun a few good yards down range and then I would leave my gun alone and then a second whistle is blown and that means all clear continue shooting.

- If you hit metal on the painted target you would get a one.
- If you knock the target over and it stays down you would get a two.
- If you completely miss the painted target you would get a zero.

(some of the other HFT members call the zeros doughnuts)



COOP HISTON FAIRTRADE EVENT



On Monday 14th of February, Claire attended the Co-op Fairtrade local cause event at the Co-op in Histon.

A stall in the shop was publicising the wonderful Fairtrade items they have on offer in the Co-op. The selection included coffee, lemons, and a wide selection of teas, wines and chocolate.

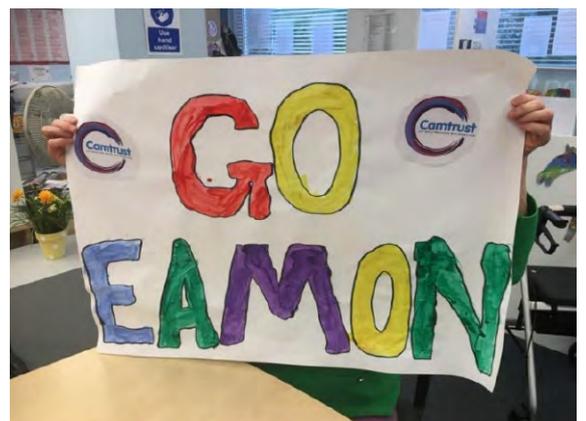
Claire took part in a quiz to identify Fairtrade items. She was successful in completing the challenge and as a reward was offered some Fairtrade goodies. She chose some Fairtrade Bananas to share at Camtrust.

Naomh and Sadaf spoke to Claire about how they could support Camtrust. Claire discussed our bi-weekly lunch club and Sadaf kindly offered to supply the ingredients needed for our March 1st Pancake Day.

OUR CHAMPION RUNNER - BY KATIE

On Sunday 6th March 2022 Eamon, who is the manager at the Histon Smokehouse, ran the Cambridge half marathon. As he was raising funds for Camtrust, we made banners to encourage him on his way. Amy and Ginny were at the event to support him along the route. Eamon looked very strong at the finish, completing the course in a time of 1 hour 50 mins 35 sec. He raised £625.75 for Camtrust.

An amazing total. Eamon said the hardest part was around the tenth mile when he realised he still had half an hour's running left. He saw someone dressed as a ketchup bottle, and even ran alongside Freddie Mercury! Thank you, Eamon, from everyone at Camtrust.



LIFE IN THE FRUIT & VEG SECTION - BY VITO

On a normal day, I will reach work at 8 am and finish at around 5 pm. When I arrive, the first thing I do is ask a colleague what tasks have already completed so I can understand what needs to be done from then on. At the end of my shift, I usually check the front of the store to make sure everything is organised for the customers and I will also go to the chiller to see if anything can be placed in the front of the store. If there is space, then I would restock as much as possible.

At work, the fruit and veg is stored in the chiller. There are two main sections; the fresh delivery stock and the back stock. The back stock is the produce that we put directly on the shelves, whereas the fresh delivery stock is placed onto the back stock when its running low.

In the fruit and veg section, it is important that we complete quality checks throughout the day. This is because we want the customers to have the best produce and not to take home subpar veg.

During the shift we often need to rotate the stock. This means that we bring forward produce with earlier "best before" dates and place the produce with later dates behind the other stock. We do this because we don't want any waste so we try to encourage customers to take the front stock.



COOKING FOR LUNCH CLUB BY KATIE

We are all very happy that we can enjoy the Camtrust Lunch club which was cancelled during the covid pandemic. I looked through various recipe books to find a suitable meal and I chose to cook sausage casserole.

I wrote a list of the ingredients and Steve took another client to buy the ingredients.

Ingredients

Sausages
Onions
Tomato puree
Carrots
Potatoes
Casserole mix
Peas and broccoli

Method

Firstly, I peeled and chopped the potatoes, onions and carrots. I then browned the sausages and cooked the onions before putting them into a casserole dish. I then mixed the casserole mix with water and added tomato puree and the frozen peas and poured this into the casserole dish.

This was then cooked in the oven for an hour. In the meantime, I boiled and mashed the potatoes and also cooked the remaining vegetables in a saucepan.

I served it to the other clients and it was very yummy.

So yummy!



CROSS STITCH PIN CUSHION- BY NICKY



Chris brought in a pin cushion with a pretty cross stitch design on it. I decided to make one myself.

I used a piece of binca, a wide-eyed needle and embroidery thread. I used different stitches to create a pattern. Chris helped me assemble the pin cushion.

I enjoyed doing the sewing and was pleased with the finished pin cushion.



PANCAKE DAY - BY CISCO -

BLANKETY BLANK 2022 - BY KIRK

On Wednesday 23rd March Maureen and I went to see a TV recording of Bradley Walsh's Blankety Blank at Versa London Studios which is located near Wembley. Maureen walked and I cycled down to the Guided Busway and we caught the 09:07 A to Cambridge Railway Station and then caught the 10:03 semi-fast train to London Liverpool Street. We arrived at London Liverpool Street at 11:15. We went to McDonald's for my lunch. I ordered a Cheese Burger with extra onions no pickle while Maureen had a McDonald's Wrap.

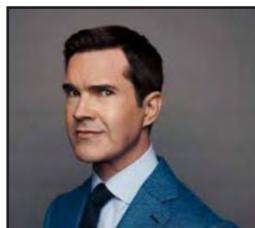
We caught the Central Line from London Liverpool Street to West Acton which is 17 stops on the Underground. We tried to find the Studios but we got lost. Finally, we found it and after having our tickets checked, we were given a wrist band and then went through to security to wait in a queue to get into the studio.

We sat in the disabled area near the front. At the start of the recording we watched a warm up man.

The Celebrities were Lorraine Kelly, Richard Madeley, Suzi Ruffell, Jimmy Carr, Su Pollard and Big Narstie and the Main Presenter is the one and only Mr Bradley Walsh. The show was really funny and I had a great time enjoying the quiz. At the end, the theme song come on we all clapped to the music.

We went back to West Acton tube station another 17 stops back to London Liverpool Street. We called into McDonald's for my second cheese burger!

We caught the 19:37 slow train to Cambridge, then the 21:45 to Histon.



ARIANA GRANDE - BY KIRK

My favourite artist is Ariana Grande. She is from Boca Raton Florida and she is 28 years old. She has been in lots of TV shows and one of her famous TV shows called Sam and Cat on Nickelodeon and Victorious and now she is a worldwide singing superstar. Ariana Grande has had 5 number 1's including:

- 7 rings
- Stuck with you
- Rain on me

I really enjoyed when Ariana sang Somewhere Over the Rainbow at the One Love Concert. In 2021 Ariana became a judge on The Voice USA taking the place of Nick Jonas in those famous red chairs.



Here I'm mixing the eggs, flour and water and olive oil with a wooden spoon for the first lot of pancakes.

That turned out a bit lumpy so I had to use the electric whisker to smooth out the lumps.

Before I made the second lot of pancakes I thought it was good idea of Steve Chivers, that I pour a little bit of milk after each stir which worked better.

Here I'm adding the finishing touches by chopping the strawberries for the pancakes.



Here I'm cooking one of the second batch of pancakes.



**CAN YOU FIND
THESE WORDS IN
THE GRID
OPPOSITE**

- BARBARIAN
- BOW
- WIZARD
- KINGDOM
- KNIGHT
- VILLAGE
- SKELETON
- TROLL
- SORCERER
- SHIELD
- HELMET
- DWARF
- SWORD
- AXE
- WARLORD
- ARMOUR
- CASTLE
- DRAGON
- KRAKEN
- HORSE
- SPEAR
- GOBLIN
- ELF
- FLAIL

REALM OF WARLORDS WORDSEARCH - BY JACK

U	S	K	R	A	N	O	T	E	L	E	K	S	H
W	P	W	S	D	R	O	C	E	I	T	H	P	O
W	E	K	H	R	B	M	L	T	M	R	H	N	R
A	A	I	I	A	A	F	O	K	B	O	W	L	S
R	R	N	E	G	R	F	H	U	E	L	L	T	E
L	B	G	L	O	B	R	I	E	R	L	H	A	U
O	R	D	D	N	A	A	A	N	L	G	O	V	E
R	E	O	R	A	R	W	B	T	I	M	A	S	G
D	R	M	E	W	I	D	D	N	L	S	E	N	A
F	E	S	X	I	A	E	K	R	E	R	E	T	L
L	C	T	A	Z	N	E	R	O	O	K	G	P	L
A	R	R	C	A	S	T	L	E	A	W	X	T	I
I	O	E	G	R	H	E	D	R	L	F	S	C	V
L	S	T	E	D	A	G	K	G	O	B	L	I	N

CHRISTMAS CRAFT FAIR - BY CATHIE



Wednesday 8th December 2021 Camtrust held a Christmas Craft Stall at Histon Smokehouse to raise money for the charity.

We sold homemade cakes, Christmas Craft items (made by clients during art sessions) refurbished bikes, quiz sheets and more.

We also sold raffle tickets – there were 3 prizes, all of them were hampers with some fantastic items.

All items were very kindly donated by local businesses.

We raised an amazing £642. Everyone really enjoyed this event.

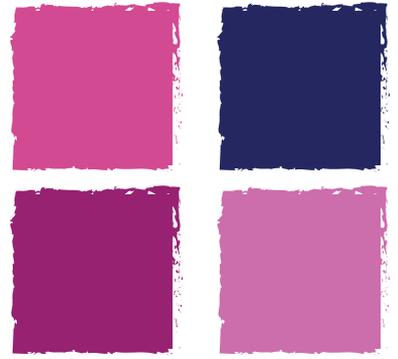


BIRD ART - BY JIM

In art sessions we have celebrated National RSPB Big Garden Birdwatch with Bird themed art activities.

As a group we made a picture using art techniques to create a big bird picture. I painted a sky background using sponge dabbing, Jack and Minoli created various birds which I placed in the sky to make an amazing picture.

Chris and Jodie created a bird house made from corks. They using a glue gun to stick the corks together to form the house shape.



MY EXPERIENCE AT TOTTENHAM HOTSPUR STADIUM - BY VITO

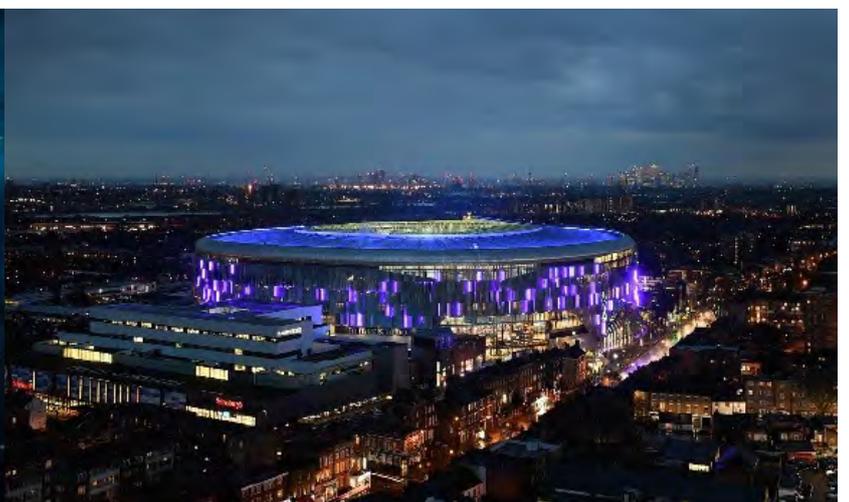
On Monday 7th March I went to watch the Tottenham vs Everton match at Tottenham Hotspur stadium. To get there, I first took the train from Bedford to London St Pancras which took around 40 minutes. I then walked to King's Cross station to get the underground to Tottenham Hale. After that I walked to the stadium with my dad.

When I arrived at the stadium I looked around the shops and bought a couple of items, after I looked around I had some food from the stadium.

After this I found my seat and began to chat to other supporters. When the game was about to commence we started singing the chants this continued throughout the game. At half time I stayed at my seat and engaged conversation with those around me.

At full time the score was 5:0 to Tottenham and I went to meet my dad outside the stadium and I walked back to the underground to Tottenham Hale, then took the train to Bedford and didn't get home until midnight.

It was nice to spend time with my dad and go to watch a football match. The game was breath taking to watch and it was the experience to see the other players and how being there brought the fans together as a community was incredible.



ELVIS PRESLEY - BY PAUL

Who Was Elvis Presley?

Elvis Presley was a world-famous American singer and actor. He is one of the most famous singers of the 20th century. Elvis became so famous that he was given the title, "The King of Rock and Roll".

Early Life

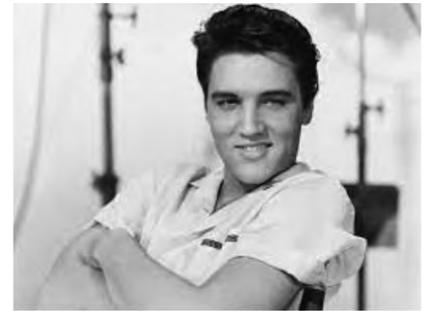
Elvis Aaron Presley was born on 8th January 1935 in Mississippi, USA. He was a shy child. Elvis developed his love of music through attending church and was given his first guitar on his 11th birthday.

The King of Rock and Roll

Elvis' first hit song was in 1956. It was called "Heartbreak Hotel". Elvis inspired other musicians with his talent, style and unique dancing. He was also an actor. His movies were fun, romantic and featured his music and singing.

Fast Facts

- Elvis grew up in a very poor household.
- Elvis was drafted into the Army in 1958 at the height of his fame. He served for two years.
- Elvis sadly died of a heart attack at the age of 42.



THE CHINESE NEW YEAR BY JANETTE

At the end of January, we concentrated on researching all about the Chinese New Year. We watched a video about the celebration and the different symbols that represent the different years. The Chinese calendar runs in a 12-year cycle, each one represented by a different animal, starting in 2022 (tiger). Last year was the ox, then rat, pig, dog, rooster, monkey, sheep, horse, snake, dragon, and rabbit.

In an art session I made a drum, which was made from a paper plate. I painted a red smiley face on it, then when it was dry I stapled string on either side. I added a bead on the end of each string to make the noise when the drum is rattled.

I also made a Chinese lantern from folded red card. I stapled it, then cut slits and folded into a lantern shape. I decorated it with gems which I stuck on and a handle fixed to the top.

My birth year is symbolised by the rat. I made and coloured a bookmark of the rat, and I also completed a Chinese New Year word search. I enjoyed this project, it was good fun!

