



NOVEMBER 2021

# Camtrust Catch Up

IT'S BEEN A WHILE - LET'S CATCH UP WITH THINGS!

It has been a while since our last catch up newsletter and we've got so much to tell you about! First, here's a brief update to get you up to speed...

At the start of the year, in line with government guidance, Camtrust temporarily closed the centre and instead offered online learning sessions via Zoom. Activities included bingo, quizzes, arts & crafts, exercises and lots more! Work packs were also sent home for completing and returning. Everyone adapted to working remotely brilliantly and each client received a certificate for taking part.

Since re-opening (again) in April this year, we didn't need to make any changes to the centre, or our activities, because all the necessary Covid-19 safety measures were already in place from the first re-opening. We all settled in to the 'new normal' routine at Camtrust very quickly and were very glad to be back together once again.

We've made a number of additional improvements to the building, including:

- Installing contactless taps in the toilets
- Replacement lighting throughout the studio area
- Extending the bike workshop – doubling the size!



Studio area replacement lighting

Another exciting development is that Camtrust has recently received its FIRST EVER staff and volunteer uniform. We've received lots of lovely comments about how professional and smart it looks.



Keeping to the theme of FIRST EVER - I'm also very pleased to announce that Camtrust will be opening on Fridays from 5th November and Amy, who has volunteered at Camtrust for a very long time, will join the staff team.



AMY is joining the team!

More good news is that Camtrust Lunch Club, which has been on hold for the last year or so, will re-start in November. It will be run in a slightly different way but I know how much clients enjoy this activity and look forward to tasting the delicious hot lunches that are made.

We have plans to hold a Christmas craft stall, in Histon selling handmade items. Details will be made available nearer the time via posters and social media. Updates are posted on our Facebook page - if you'd like to know what we're up to, please send us a friend request.

## CAN YOU HELP?

Camtrust has been chosen for the next round of the Co-op Local Community Fund. The funding round started on Sunday 24 October 2021 and will run for 12 months until 22 October 2022. If you are a Co-op Member, please could you consider selecting Camtrust as your cause?

Finally, on behalf of everyone at Camtrust, I would like to thank all our volunteers and supporters. I hope you enjoy reading the Autumn newsletter.

Lilly - Centre Manager

## GOODBYE TO VICTORIA - BY JODIE AND MINOLI



Victoria is a student artist and she has been volunteering at Camtrust on Wednesdays for more than two years. She has been helping us with different art techniques and we have enjoyed having her teach us.

In September, she left to go to university. We presented her gifts: a bag which we had decorated and coloured, a note book we made in art, a pen and beautiful blue earrings. Minoli and Cathie thanked her for her hard work. We will all miss her. We hope to see her again soon.



## MY LIFE - BY BENJAMIN

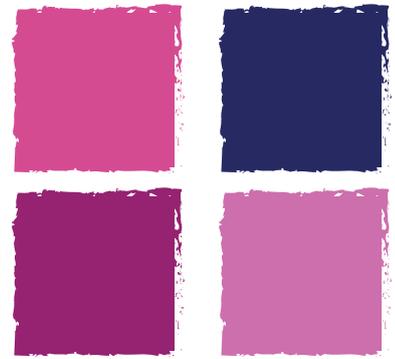
My name is Ben and I'm a new client at Camtrust. I went to Fen Ditton Primary School and Impington Village College where I did sports leadership. I did my practise expedition to Grafham water and the real expedition to a farm and the weather was absolutely baking, and when I completed my practise expedition I got my bronze Duke of Edinburgh. I went to the Centre school in Cottenham where I was in Yellow house and I joined the student voice.

I attend Camtrust on Mondays, and join in the design and create sessions. Here I am holding the bat I made from a cardboard roll for Halloween. I also attend Cambridge Regional College where I have just started Archway, which is where you try lots of different subjects before you choose your main subject. I also enjoy lots of sports. I do Football training with Phil Mullen at Coleridge Community College and at the Abbey astro turf. I go to Cambridge University Sports Centre to do Adaptive Martial arts. On the 2nd and 4th Sunday of every month I go to do Air Rifle Shooting in Shepreth Wildlife Park, and on the last Wednesday of every month I play in a pan disability league on the grass pitches at Abbey swimming pool.

Once every month I am hugely involved with NCS: National Citizenship Service where I have helped out with lots of social action projects. I have helped out at Emmaus, I helped make mince pies and deliver to the residents all around Cottenham and I have done a cake sale and a jumble sale and raised £110 pounds. Also we did a run, walk, cycle, jog coast to coast and we raised £515 pounds for Each. And every third Wednesday evening I go to Hills Road Sixth Form College to attend an NCS meeting.



**We are recruiting for volunteers** - particularly those with bike maintenance/repair experience. See our advert on the back page. Please spread the word and get in touch if you or anyone you know would like to volunteer.



## ART & CRAFT PROJECTS - BY CATHIE

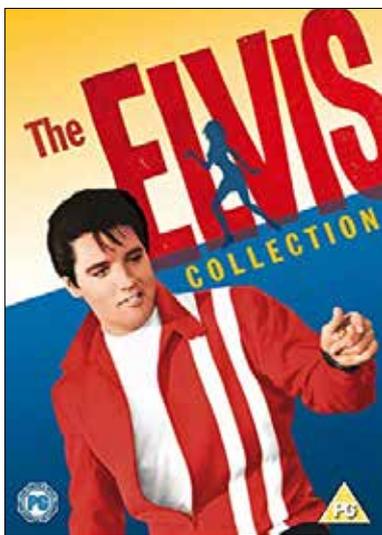


### ELVIS PRESLEY

Elvis Presley is my favourite singer. He is lovely. I get an Elvis magazine every month and enjoy looking at all the photos. I got a new box for my Elvis magazines. Elvis died in 1977 but his music lives on.

My favourite 6 Elvis songs:

1. Wonder of You
2. Suspicious Minds
3. Return to Sender
4. Blue Suede Shoes
5. Jailhouse Rock
6. Blue Hawaii



BY PAUL



We are proud to introduce you to ELMA VICTORIA, our Model Elephant. We have been making her in our Art sessions on Wednesdays. We made her body and limbs by rolling newspaper and wrapping masking tape around to keep it sturdy. Victoria, our Art Student, assembled Elma and we decorated her using lots of coloured tissue paper. We all enjoyed making Elma. You can meet her in the Histon Library when it opens again. Please be careful with her as she is quite fragile.

#### Sea scene

In week 1, Jim and Victoria painted the sea using blue, green and purple paint. The rest of us made mosaic sea creatures and painted sea weed and corals.

In week 2 we made our own felt using special wool and threads which we arranged on bubble wrap. We wet the threads with washing up liquid and water then rolled it in all directions. Next, we had lots of fun throwing it onto the table to get the wool mixed together. Bubbles went everywhere.

In week 3 we made turtles for our sea scene using a weaving technique. We were given a piece of card in the shape of a turtle that had slits in it for weaving

the wool around. After choosing our wool we used a needle to weave the wool over and under the slits to create a shell for the turtle.

In the final week we gathered all our sea creatures and seaweed together. Jack and Jim arranged the felt on the canvas. We added our mosaic sea creatures and a couple of woven turtles. The finished piece of art work looks very professional and it is to be hung on the wall in our studio here at Camtrust.



## FRIDAY NIGHT CLUB AND CAMTRUST BY JANETTE

On a Friday, I go to Friday night club. Some nights we have a disco and some nights we have Bingo. The other week we had an Elvis night, and we had a supper night after.

I go to Camtrust on a Monday and Tuesday, sometimes on Monday we do art. On Tuesdays we learn about Money.

I go to Monday club every 2 weeks, we had a disco on the 27th of September.



## MY FILM REVIEW OF NO TIME TO DIE - BY FRANCISCO

On the 30th September 2021, I went to see the long anticipated 25th James Bond film: No Time to Die. I missed my 4:30 IMAX showing due to public transport issues, so I got a new ticket for the 5pm standard showing.



I really enjoyed the film and thought it was fantastic, and had brilliant action sequences. I'm going to see it again soon.

## HISTON GREEN FUN FAIR - BY KIRK

In July I went to the family funfair which was on Histon Green. It was called Whyatt's Amusements. During the first weekend it was opened Friday to Sunday, then they opened from Friday to Tuesday. The rides included The Waltzers, Ferris Wheel, Helter Skelter, children car ride, hot air balloon ride, the ring toss, some side stall games, food stall, bungee trampolines and water bump boats.

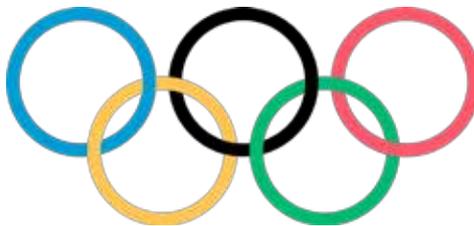
The Whyatt family who own the fair are my friends and they played the song "Red Red Wine" on the Waltzers because it is my favourite song. After this I went on the Ferris Wheel. I didn't pay because they know me. I had a lot of fun on the Ferris Wheel and talking to my friends.



## THE CAMTRUST OLYMPICS - BY KATIE

During the Olympics and Paralympics, Camtrust did its own version of the games. We played Darts and Bingo, Hoop-la, Bean Bag toss, 10 pin bowling and Connect 4.

An award ceremony was held for each event and medals were awarded, just like in the real Olympics.



## JIM'S HOLIDAY TO WALES

I went to Wales in September with my Uncle, Mum and Dad.

We drove to Wales in our two motor homes, we drove from Cottenham and my Uncle from Portsmouth. Mum followed us in my car. We stayed at a Park Dean Resort in Llandudno, it was called Ty Mawr Holiday Park. We went to the club house every night, it was brill! Sometimes we had dinner and stayed to watch the entertainment.

During our stay we visited Llandudno, Rhyl, Colwyn Bay and the Great Orme. I did enjoy going in the cable cars at the Great Orme, it made me happy, I could see all around me as it was really high.

I went fishing with my Uncle, we didn't catch anything this time but it was fun.



## MORRISONS COVID-19 RULES - BY VITO

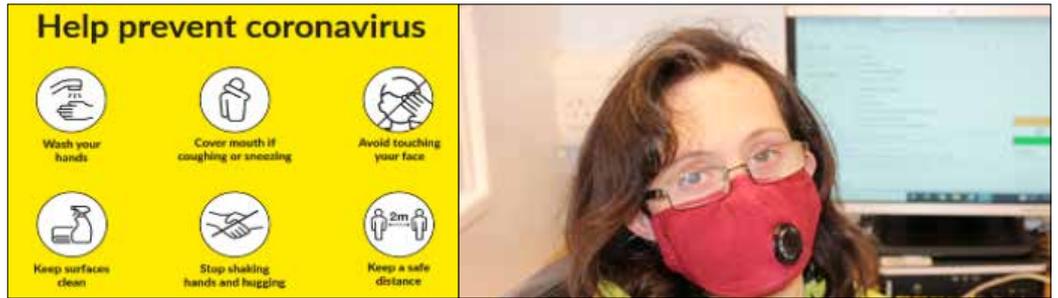
In 2019 China was infected by a virus called Coronavirus known as Covid-19. It caused a global pandemic, and people had to be extra careful and to stay 2 meters apart. At the time I was working at the Morrisons café.

At Morrisons the café had to shut for about a year for the safety of the staff and customers. The café staff went to other departments then I went to the fruit and veg section when the café was closed.

At first the rules were to stay 2 meters from each other, wash hands and wear face masks when working. When the Covid-19 restrictions were lifted you don't have to wear masks as long as you follow the rules to protect others.

CAN YOU FIND  
THESE WORDS IN  
THE GRID  
OPPOSITE

BLACKADAM  
WOLVERINE  
BATMAN  
GREENLANTERN  
STARLORD  
BLACKPANTHER  
POLKADOTMAN  
BLACKWIDOW  
ULTRON  
DORMAMMU  
BLOODSPORT  
RONIN  
SPIDERMAN  
IRONMAN  
DARKSEID  
BRAINLAC  
LEXLUTHOR  
VENOM  
HULK  
SHAZAM  
STARRO

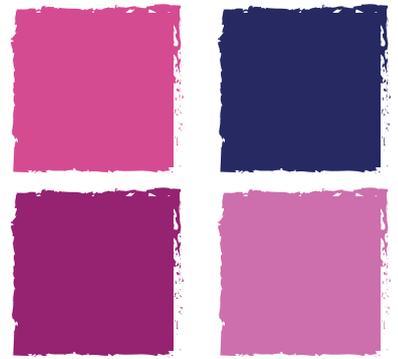


## MARVEL AND DC WORDSEARCH - BY JACK

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



# ~ Thank You ~



All of Our  
Regular Donors

Little St Mary's Church  
Cambridge

Roy Hancock  
(for organising various Camtrust Quizzes)

Trinity College  
Cambridge

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

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Choose us as your  
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## Camtrust is recruiting! Volunteers and Trustees play a vital role



Camtrust is a Cambridge charity specialising in life skills for adults with physical disabilities and learning difficulties. We offer a wide range of programmes and activities teaching skills for independent living, helping our clients feel confident in their abilities and reach their potential.

As a small charity, Camtrust relies on its excellent team of volunteers and trustees. We are looking for several new volunteers to support clients in their day-to-day learning.

Monday to Friday, 9.30am - 3.30pm. 1 day a week on a regular basis.

Typically, volunteering roles in our centre might involve:

### Social/Wellbeing Skills

Outings  
Lunch Club  
Arts and Crafts  
Gardening

### Independent Living Skills

Shopping  
Budgeting  
Cooking and Baking  
Travel Training  
Internet Safety

### Core Skills

ICT  
Literacy  
Maths

### Workplace Skills

Bike Refurbishment  
Bike Repairs  
Work experience in the community  
Coffee Mornings

### Amy, Volunteer



*"Volunteering at Camtrust is such a fun and rewarding experience. It gives me an opportunity to give something back to the community, develop new skills and make great friends"*

## Get in touch!

If you are interested in joining Camtrust as a volunteer or trustee and would like to find out more, please get in touch with:

Lilly Mungovan  
Centre Manager

Email: [info@camtrust.co.uk](mailto:info@camtrust.co.uk)

Tel: (01223) 236786

Camtrust supports equality, diversity and inclusion.

We encourage applications from all sections of society.

### Mark, Chair of Trustees



*"Being a Camtrust trustee is incredibly rewarding, we help to keep the charity going so it can do such fantastic work. We are a great team - with many of us involved in volunteering in other ways as well. We are always looking for new ideas and complimentary skills, so do please think about joining us to help Camtrust onto even greater achievements"*

Please note that:

- Camtrust could be flexible on the hours volunteered as long as we're able to cover the full day.
- The morning session is 9.30am-12.30pm and the afternoon session is 12.30pm-3.30pm.
- Some of the mentioned activities have been put on hold due to COVID-19. This might be reviewed after the 19th July.
- There are infection control measures in place as a result of COVID-19, including the requirement to wear a medical grade face mask whilst in the building and taking regular COVID-19 tests. Both of which will be supplied by Camtrust.
- Any offers of a volunteering position would be subject to an introductory visit, Enhanced DBS check and induction.