



SUMMER 2023

30TH ANNIVERSARY ANIMATION PROJECT

By Cathie

Sally is a friend and volunteer of Camtrust who gives up her time as an artist to work with our clients on various projects. Take a look at her website here www.sallystenton.com

She has helped us to create a felt animation to celebrate our 30th Anniversary.

During one of our art sessions, Sally came to Camtrust to start our 30th Anniversary Animation project. We planned what to include by writing ideas on a large sheet of paper. I wrote down some of the activities we enjoy at Camtrust.

We made felt by layering pieces of wool onto bubble wrap, added soap, wetted it & put net curtain over it and moved it about with our hands. When the wool was mixed, we dried it on the radiator.

I then cut some letters to make the word Camtrust and a large number 30 out of felt.

Jack created a professional drawing of a fox with many tails and had a good understanding of how to move the fox for use in the animation.



ALL ABOUT MY FAVOURITE THINGS

By Perihan

Perihan is a new client at Camtrust. Here she introduces herself by talking about her favourite things.

My favourite films and tv programmes are Inside Out, Only Fools and Horses, Keeping Up Appearances, The Good Life, Dinner Ladies and Dad's Army. My favourite characters are Del, Rodney, Uncle Albert, Captain Mainwaring, Sargent Wilson and Pike.



My favourite sports are cycling and the Olympics.

Three foods I love are rice, pasta, meat. My favourite things to do at home are tidying up, watching tv, playing games on my tablet, eating chocolate and cooking.

My favourite animals are cats, horses and butterflies.

My favourite place to be is Camtrust because we are going on a trip to the Botanic Gardens.

MY 30TH BIRTHDAY

By Katie

In February I had my 30th birthday party at Camtrust. A couple of weeks before my birthday Claire helped me make invitations to give out to my friends.

I helped my mum cook some pizzas which she brought in. The flavours of the pizza were:

Ham, mushroom & mascarpone pizza
Chargrilled vegetable antipasti with basil pesto
Buffalo mozzarella with fresh basil

I also helped my mum prepare some salad to have with the pizza. Afterwards we had fruit which I helped prepare as well.

Then I had a Caroline the Caterpillar birthday cake with a firework candle. Everyone sang happy birthday. Then we played pass the parcel and the prizes were coloured pencils and chocolate. I am the same age as Camtrust because Camtrust has been open for 30 years.



GARDEN PROJECT

By Michael

On Tuesday I came to Camtrust with my work mates Chas, Ali and David from Phoenix to measure up for the Camtrust garden furniture. We discussed the position for the planters and benches.

Claire and Chas drew a layout plan for Chas to take away.

We hope to have the completed planters and benches and a table on wheels delivered in early June. We will then start planting.

Any donations of lavender, honeysuckle, clematis and rosemary would be very welcome. Please contact Lilly, Claire or Mary at Camtrust on 01223 236 786

Lilly and Mary came to Phoenix to bring the purple paint for the table. They checked on the progress and were impressed with the benches and planters. In the afternoon I painted the table purple.

Our volunteers Bill and Peter have been working hard with other members of Histon Mens Club to make screens to go over the electrical boxes in the garden area, from old pallets. We are very grateful to the team for all their hard work.



30TH ANNIVERSARY ANIMATION PROJECT

By Tertius



I used my initiative on the technical side, fixing the camera on to a tripod. I took lots of photos for the animation by taking lots of still photos, mainly of the same picture, but every different photo had different items moving in or out of the photos.

Then I helped by swiping and filming the images. After this I had to go through the many photos and delete any unwanted photos and switch off the live settings.

Everyone participated and worked together to help move the photos around to create the animation, like when one person was taking photos, we instructed others in a friendly and helpful manner when to move the pieces around and when to remove our hands out from the frame/picture.

Nicky took lots of photos for the animation. Katie took photos and moved the pieces. She encouraged others and her enthusiasm had a positive effect on the group. Jim introduced a creative new approach by moving some of the pieces into 3D positions. Minoli did a careful, slow swiping action on the iPad to make one of the videos.



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Camtrust

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DO**



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MOSAIC 30

By Jim



In our art sessions this month, we have been working together in a group to design and create a mosaic for our new garden area.

The first week we discussed the idea of incorporating the number “30” in our design, to celebrate Camtrust operating as a day service for thirty years.

The following weeks were very busy. We first recycled a large piece of plywood to use as the base for our mosaic. Donations of tiles were collected, and these were washed and cleaned, then cut with a tile cutter into various shapes and sizes.

Once adhesive was spread on the board, the tile pieces were placed on the base to create the design and border. Jim said “ I have enjoyed working on the mosaic project, in the garden.”



TO GET IN TOUCH WITH CAMTRUST

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RIDING FOR THE DISABLED ASSOCIATION

By Jodie

I ride on Thursday afternoon at The College of West Anglia in Cambridge, RDA meet there. Some weeks I ride Boysie also King, Larry and Blue. I enjoy dressage the best, just recently I tried show jumping and liked it. From September to May we practice for the qualifier. At the qualifier I ride the course and Judges award points for each part of the course. I need to have over 70% for a place in the Nationals held in Gloucester the first week of July.

I have had many entries in dressage and cross county challenge over the 12 years I have ridden with RDA. During May this year RDA were remodelling their website. I was one of four riders who were invited to take part. We arrived at The College for a photo shoot. The session began, meeting with those who would take the photos and they interviewed us as well. Then we got on our horse to warm up. I was riding Larry that day. Some photos were taken when we were warming up, then me and one other went outside for more photos, and some were taken with a drone from the air. The website shows some of that photo shoot and the great time we had www.RDA.org.uk



ST. JOHNS

By Ben



When I am at St. Johns College in Cambridge City Centre next to the Old Sweet Shop and opposite the Round Church, I work in the kitchen where I chop up fruit salad and do other jobs that the chefs ask me to do.

I ripped up Cavallo Nero, cut up beetroot, I learn some knife skills and cleaning skills, and I cut tomatoes, and I sometimes put truffles on plates.

In the plate wash I clean the dishwasher and the filters, I wash the plates, polish the cutlery, clean the trays, and turn over wine glasses, and clean kitchen and buttery utensils and cutlery.

Before we go to the buttery, we go up to the Combination Room to set up the very long table for the Fellows dinner in the evening. When we come back we go to the very lovely beautiful buttery, we serve up delicious food and ask the customers if they have any allergies, and we have to stock up the drinks and juices.

REGGIE VISITS CAMTRUST

By Morgan

It was Tuesday morning Reggie was visiting us for Mental Health Month and to celebrate National Pet Week. Reggie is a sprocker puppy, which is a combination of a springer spaniel and cocker spaniel. Reggie is owned by our tutor, Steve and Ann, who also works at the centre. They brought Reggie in to meet us. Reggie was off the lead in the centre he sniffed everybody and came and sat under my chair.

A few of us then took Reggie for a walk to the park. When we arrived at the park Reggie was let off the lead. I ran around with Reggie and we played with a stick. We practised some of his recall.

It was a sunny day and Reggie got thirsty. Ann got out his water bottle, he had a big drink but then ran off with the bottle top! He thought it was a toy.

We then returned to the centre to have lunch. And Reggie went for a nap. We hope to do this again on another sunny day.



MY VISIT TO RED PANDAS

By Jack

Last year 2022 me and Paul were trying to find encounter with foxes in Paradise Wildlife Park. They do have foxes but we can't do encounter with them, so we choose red pandas. There was another zoo where we can encounter with foxes in Fenn Bell Conservation Project.

2023 we finally encounter with red pandas, they are cute. The zookeeper let me feed the mother panda with pineapple fruit. When the little plastic box was empty the panda went up the tree and started eating bamboo. We were not allowed to stroke them but one did come close to our legs and sniff my leg and went back up the tree.

When the tour was over, the zookeeper showed us the exit and me and Paul went home.



HEALTHY EATING PROGRAMME (KITCHEN SAFETY)

By Janette

Sally came in and she taught us about kitchen safety. She taught us to not put a knife in a toaster as you could get an electric shock. She also taught us to make sure we clean up any left-over food because you could slip over on any food on the floor.

We learnt about the hazards from different equipment. A knife could cut you, so we make sure not to run with them. With a grater you could grate your hand, so we have to make sure to keep our hands away. You have to be careful with a rolling pin as you could drop it on your toe. To stop this happening you have to keep a firm grip on it.

We learnt about the different knives. There are chefs knives which are used for chopping vegetables and meat. A cleaver is used for splitting meat and bone. Lastly, a paring knife is used for peeling and chopping fruit and vegetables.



VICTORIA SPONGE

By Kirk



INGREDIENTS

150g flour

150g Caster Sugar

150g Cake Spread/Margarine

3 eggs

BUTTERCREAM

100g Icing Sugar

50g Margarine

1 tsp Vanilla Extract



METHOD

We washed our hands with soap and water and then we put an apron on then greased the tins with the margarine.

We helped Sally to measure the ingredients out and she put them in the mixing bowl, we took it in turns to whisk it. Sally cracked the eggs in a little bowl, and we measured the flour out.

We helped Sally to put the eggs and the flour in with the sugar and the margarine, we folded it together. We helped Sally to put the mixture into 2 tins and put it in the oven for 30 minutes gas mark 4.



BUTTERCREAM METHOD

We helped Sally to measure the margarine out and put it in the mixing bowl.

We helped Sally to sieve the icing sugar into the mixing bowl with the margarine. We took it in turns to mix it up altogether.

I put the jam on to one side of the sponge and Sally and Janette put the buttercream on the other side of the sponge. Janette put icing sugar on the top of the sponge



We cut the cake up and enjoyed it with our friends at Camtrust. It was delicious!