

## Gloucestershire's new police cadets

A group of Grange Village community members have become police cadets. The Police Cadets scheme was originally aimed at teenagers, but the force in Gloucestershire has opened it up for adults with learning disabilities. Harriet, who lives at Grange Village, had enthusiastic encouragement from her family to get involved:

'I spoke to my Dad and he told me to go for it. So I went to the interview and I got in!'



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### Taking responsibility

Police cadets take on a responsible volunteer role in their local communities. 'We've learned about what can happen if you leave your car unlocked, and we've given out special security pens to mark your postcode on your laptop and iPad,' says Harriet. 'I'm able to give people advice about how to keep themselves safe.'

'Our new cadets have engaged with communities and made a real difference. I couldn't be prouder of them,' says Tracy who co-ordinates the scheme at Gloucestershire Constabulary. 'This programme is supported by the National Volunteer Police Cadets and we hope that other forces will consider this initiative.'

### A sense of achievement

Harriet's cadet role is helping her gain confidence and new skills. 'Being a police cadet means that I can make myself stronger, and I'm learning a new thing in my life,' she says. 'I love it!'



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**Well done to Harriet and all our other cadets, on their fantastic achievement!**

### A great place to volunteer

The library is open every Friday, with plans to increase as more volunteers are recruited. 'I was looking for voluntary work that would give me a different experience,' says Charlie, who spends most of his working week in Middlesbrough's bustling town centre. 'I'd definitely recommend volunteering at Botton, it's so relaxing coming to such a beautiful place!'

**If you're interested in volunteering at Botton Village's new community library, get in touch with: [volunteers@cvt.org.uk](mailto:volunteers@cvt.org.uk)**

## Book lovers welcome at Botton Village!

Botton Village's new community library is now open to community members and the general public. Local author Bryan Cross presided at the official opening ceremony at the end of September, which everyone turned out to enjoy.

### Books...and more books!

For Workshop Manager Sean and volunteer Charlie, opening day rounded off months of hard work. Sean estimates the library holds over 1,000 books. 'There's been a lot of heavy lifting!' says Charlie.

### Meeting a local need

The new library is a partnership between Botton Village and North Yorkshire County

Council. 'The library van doesn't often get to our local villages Castleton and Danby,' says Sean. 'So the library will be great - not just for our community members but for people who live locally too.'

We're talking to local schools about how they can use the library, and we'll be holding story telling sessions for younger children and community members.'



# Social farms and gardens

You may remember that two years ago, we asked you to support our social farms and gardens. Your response was overwhelming! Your support means that 165 people are now able to benefit from attending our six social farms and gardens.

'The roots of modern social farming came out of organisations like Camphill Village Trust,' says Robin, who is responsible for supporting and advising all our social farms. 'There's a freedom in being outdoors which really helps people who find it difficult to cope in smaller, indoor workshops.'

Let us take you on a tour, to show you how the funds we raised together are creating new opportunities:

At Botton Village we have been able to invest in some new essential farming equipment and fencing, which helps to keep people and animals safe.

Catherine has taken charge since she joined High Farm. Bringing the cows in from the field needs a loud firm 'Come on!' But it's not just the cows who follow orders. 'She keeps us all in line and doesn't let us waste time chatting!' laughs Robin.

Catherine attends High Farm two days a week, and spends another day at Botton's Food Production Centre, learning how food goes from farm to table.



**With the funds raised in our appeal, we're about to add new disabled facilities in the Grange Village garden. This will benefit everyone taking part in outdoor workshops, and make it easier for people with physical disabilities to join in.**

## Enjoying the outdoor life

The Kunekune pigs from New Zealand are popular at Grange Village Social Farm in Gloucestershire. 'They're great for people to handle. If you tickle their bellies they roll over,' says Farm Manager Kate.

'We've got hens, rare breed Cotswold ewes, and guinea pigs as well,' says Kate. 'People can get involved in animal husbandry, farm maintenance, and firewood processing. But it's not just about farm work. We encourage an interest in wildlife, animal tracks and foraging - anything to do with being outside.'

Alec is gaining confidence handling tools. 'This winter we're going to borrow the big splitter from Oaklands Park for the firewood,' he says. 'I'm getting quite good at using the splitter - it's difficult at first, but you get the hang of it.'

And confidence isn't the only benefit. 'I'm tired at the end of the day but it's good for you,' says Alec. 'Working on the farm is good exercise. It helps keep me fit!'



## A new roundhouse at Ashfield Gardens

Ashfield Gardens in Stourbridge is busier than ever. Your donations have helped us to improve accessibility, and to invest in a new member of the team to focus on helping people with disabilities and mental health issues to get involved.

'There's so much for people to do here. We've got two polytunnels for growing vegetables, a kitchen for community meals, and a pottery studio,' says Hannah, the new Farm Co-ordinator. 'Not to mention the beehives and our two little Shetland ponies!'

But there's space for one more feature. We're building a roundhouse, and I've been involved since day one,' says Steven.

When complete, the roundhouse will be a communal space for craft projects. 'It will be a proper workshop with a woodburning stove inside,' says Steven. We've cut out the hole where the pipe will go out.'

The team is using as many recycled and salvaged materials as possible. 'We've used an old-fashioned stable door that we found in the woods. And lots of pallets too,' says Steven. 'It's unbelievably tricky to dismantle pallets!'

It's a challenge Steven relishes though. 'I've been a gardener since I was 14, and I still get a kick out of it!' he laughs.



**Your generosity has been vital in helping us to improve and invest in our farms and gardens, benefitting everyone. Thank you for your support.**



## New friends and new activities at Delrow Community

Our newest social farm opened at our Delrow Community in Watford this summer. It's already popular, not just with the community members, but with many other local people with disabilities who come for 'day opportunities'.

'I look after the chickens. Giving them food and water, and collecting the eggs,' says Stefanos, who comes to Delrow Community

twice a week. 'And I help with the vegetable boxes that people buy - we put cucumbers, tomatoes and courgettes in them.'

The social farm has given new opportunities to Delrow's community members too - including their first 'festover'.

'We realised that none of our community members had ever been to a festival - and most had never even camped,' explains Day Opportunities Manager Kat. 'We begged, borrowed and stole some tents, and held our own mini-festival right here on the farm!'

With live music from staff members who play in bands, and a barbecue provided by our café, Delrow Central, community members had the chance to experience a real festival on a warm September night.

The festover was a night to remember for Gemma. 'My blow-up mattress was as comfy as my bed,' she says. 'We all had glow sticks and sat by the fire, talking and singing and making each other laugh. We should definitely do it again, it was brilliant!'

## Creative corner

Our communities are full of talent. In this edition, we feature an exhibition from the writers and artists of Croft Community.

'A group writing project is fun, because we can bounce ideas around,' says Owen, one of the talented writers who meet every Monday around the table in the library.

### Being creative together

Owen and his fellow writers like to get out and explore the countryside around Malton for inspiration. Ideas are shared and jotted down. Then back in the library, the group write up poems in their journals. 'We cut out photos and stick them in our journals too,' says Jane.

After an outing to nearby Helmsley Walled Garden, the writers' group decided to join up with the painting group to create an exhibition of poems and paintings inspired by the visit.

The writers' group have each written a poem about their visit and a group poem. Meanwhile Croft Community's talented painters got to work to create some complementary artwork in watercolours and oil pastels.

### Experimenting with painting techniques

'I drew the Vinehouse Café separately and stuck it on the painting, to give a 3D effect,' says Nicky. Using leaves and twigs instead of brushes to apply the paint has helped capture the lush greenery of the Walled Garden too.

Mike attends both groups and has contributed a poem and a painting of an allium. 'I love this picture because it makes me feel really calm,' he says.

### A sense of achievement

'We've done some practice pieces getting the flowers just right,' says workshop leader Michaela. 'Working on the same project over several weeks gives people a focus and a sense of purpose. Everyone should be really proud of the finished results.'

**The poems and paintings were exhibited at Helmsley for two weeks in October and can be viewed on our website at <http://bit.ly/helmsleypoetry>**



### The Gathering at the Vinehouse Café Helmsley Walled Garden

After the rain came the sun  
After the drive came the fun  
Tanya came up with a quip  
Owen came up with a pun  
Treacle and Ginger cake  
Served with a carton of cream  
And Jane chose chocolate and banana  
And the rain came down like a stream  
The last vanilla and apricot slice and latte dream for Mike  
Inside the glass of the café we had to wait  
Until the skies turned bright

Group poem by  
Larry, Jane, Owen & Michael  
August 2019

## Let's celebrate

Are you celebrating something special this year? If you're turning 50, celebrating a Golden Wedding or getting married, why not suggest guests make a donation to Camphill Village Trust instead of giving presents?

Charitable gifts make life simple for your guests, and is a lovely way to raise funds and help people in our communities to live a life of opportunity.

### We are with you all the way

We provide gift envelopes, a collection box, and charity literature to make your fundraising easy. You can also choose favours from our gift range, as a thank you to your guests.

From pin badges on a personalised backing board, to hand-made chocolates and beautifully wrapped soaps and candles, we have everything you need to make your celebration memorable. Please get in touch with Sue or Ann in our office to find out more, Tel **01287 661 238** or email [family@cvt.org.uk](mailto:family@cvt.org.uk)

