

Catherine's Great North Run success!

The annual Great North Run is one of the major events of the fundraising calendar, and this year's race cancellation has cost many charities vital funds.

But Catherine, who attends the social farm at Botton Village, didn't want Camphill Village Trust to miss out. So when veteran runner Brendan Foster put out a call on TV for people to hold their own socially distanced virtual run, she was keen to sign up.

'Catherine likes walking better than running,' explains mum, Jackie. 'We knew that she could manage the half marathon distance.'

A team effort from all the family

Catherine's sister Helen took charge of creating a JustGiving online fundraising page. With her mum and dad helping with the training and route planning (plus a high energy breakfast of pasta on the big day!), the family were well prepared to go the distance.

'It was awesome!' says Catherine. 'My feet were hurting but I still ran across the finish line.'



Online medal presentation

Catherine's friends and family celebrated her achievement with her via Zoom. 'My friends Amy and James were there, and Granny and Grandad too. I felt really proud.'



The family has raised an amazing £1,500 in sponsorship.

Thank you to Catherine and family - and everyone who sponsored or supported you!

Supporting mental health online

Regular readers will remember that our community members have been learning together with online Zoom sessions during lockdown.

A space to talk and share

Alex, who lives at Larchfield Community, and support worker Debbie knew that after the stress of lockdown, many people would welcome extra support. They researched online resources and prepared a four-week Zoom course on mental health and wellbeing. Almost 20 people from our different communities took part.

Capturing our feelings in 'worry jars' and 'hope and wish jars' has been a popular part of the course.



'The jars help us talk about our feelings,' says Alex. 'I put a day out at Whitby with fish and chips in my wish jar!'

Continuing to support each other

Although the four-week course has been completed, many participants were keen to carry on. The workbook that Alex and Debbie produced for their course is now being shared in all our communities. We're holding a weekly mental health 'drop-in' session on Zoom and training more staff to be mental health first aiders.

'It's good to raise awareness. People are sharing more about the impact Covid-19 is having on their mental health,' says Debbie. Alex agrees that the Zoom sessions are a good idea.

'The best part is that we can chat about different things, it makes you feel better after,' she says. 'I feel happy at the end of every Zoom class!'

Bunting bonanza

Earlier this year, we asked some of our supporters to make bunting to give our communities a sense of celebration for our 65th anniversary.

We were amazed by the response! Bunting of every colour of the rainbow, striped, spotted and plain, inundated our Botton Village office over the summer months.

Karen who works at Botton Weavery supported a team of community members to sort the bunting, hang individual pennants together and share it out across all nine communities.



She told us: 'We've received everything from beautifully made machine-sewn bunting, to hand painted pennants, cut out by children with little shaky hands, with extra things sewn or glued on. There are lovely messages saying 'Hello' and wishing us well. There are some hand-stitched by a 91 year old lady, and others all the way from Zimbabwe!'

'The effort so many people have put into doing this is overwhelming. I really hope all the people who sent bunting in know how much we appreciate it.'

Thank you to everyone who sent us bunting - your efforts will brighten our communities for many years to come!



Stokesley Rotary Club got involved and made Botton Village some bunting of their own

Improving our communities - with your support

Your past generosity has helped us to achieve some major renovations this year.

St Albans Art Studio

The newly refurbished Art Studio had just reopened in spring when lockdown was announced, and we had to close again. But we're delighted that with the right safety and social distancing measures in place, we've been able to open our doors again. And we're hoping it will stay that way.

'We've got a one-way system,' explains Alex. 'When we come in we use the front door, and then we go out through the back door. The different houses come on different days, because we don't want big groups of people mixing.'

Alex is delighted to be back and is hard at work creating Christmas cards. 'Normally we'd sell them at the Café on the Corner but this year we're thinking of

having an outdoor sale at the front of the Art Studio, when the rules allow,' he says.

The extended and refurbished Art Studio looks amazing - and Studio Manager Gaspar knows that the improvements have played an important part in being able to reopen. 'It would have been really difficult to put the social distancing measures in place in the cramped, old Art Studio,' he explains.

'The bigger space means we've got room for more people and can do more activities.'



We're raring to go at Kingfisher Café!

The new and improved Kingfisher Café looks amazing! Thanks to the fantastic generosity of our supporters, the kitchen and front of house areas have been transformed.

'We've got better disabled access now, with an automatic door at the front,' says Café Manager, Nicola. 'But it's the kitchen and staff areas which have seen the biggest changes.'

Light and airy

Kingfisher Café's back rooms used to be cramped, with steps between different areas and limited natural light.

'It feels so different now,' continues Nicola. 'We've got more space, and different work zones - a bakery, a food preparation

A legacy 65 years in the making

1955 is memorable for its bitterly cold winter and Winston Churchill's resignation as Prime Minister. It was also the year that a group of pioneering volunteers founded Botton Village - the first Camphill community for adults with learning disabilities.



Society has come a long way since the days when learning disability was seen as a health problem and people were often detained in mental hospitals. Over the last six decades Camphill Village Trust has played a part in helping people to live a life of opportunity and changing the way society sees disability.

We've produced a new short film, celebrating the achievements of Camphill Village Trust and the people who make up the charity. From our beginnings at Botton Village to our 10 vibrant communities and services where nearly 600 people are now supported to make their own decisions, learn skills and lead independent lives, there is much to be proud of.



The film also acknowledges the amazing contribution our supporters have made. Together, we have changed so many lives for the better - and will continue to do so for many years to come.

Watch our anniversary film and find out how you can help create a better future for adults with learning disabilities.

<https://bit.ly/legacy65>



A new home for Gareth at Croft House

The funds raised in our appeal to refurbish Croft House - the original house at Croft Community - have helped to create a new home for Gareth. He was living in one of our off-site houses in Malton but needed more support. So he's moved into a new bedroom which we've created by reconfiguring the downstairs space.

'I'm glad I made the move,' says Gareth. 'I've got lots of friends here and there's always things to do in this house. We all take turns at cooking for each other.'

Gareth moved in August and is settling in well. But our plans for Croft House haven't quite reached completion yet.

'The coronavirus has slowed the work down,' explains Gareth. 'So we're still waiting for a few things, like new carpets.'

The kitchen has been modernised and two bathrooms have already been

refitted to make them more accessible. A third downstairs bathroom is due to be updated, and the long-awaited carpets fitted.

'It's been tough at times this year, with the work taking longer than planned because of coronavirus,' says team leader Trace. 'But everyone who lives here has coped so well, and stayed cheerful and positive - we've all supported each other.'



area, and a washing up area. We've had skylights put in so it feels light and airy. We rely less on artificial lighting now, which helps people with sensory processing issues.

Adjustable work counters and space for wheelchairs to turn have also been built into the new design.

'We'll be able to welcome people in wheelchairs for work experience, which we weren't able to do before,' adds Nicola.

Nicola is working with the council to agree when the café can safely re-open in line with the local Covid-19 guidance, and community members are looking forward to getting back to work.

'Finding my way around the new kitchen will be interesting,' says Mark who usually works in the café four days a week. 'And I'm looking forward to trying the new till!'



Greg can't beat the feeling

Making music has always been a passion for Greg. And living at Delrow Community has given him a chance to shine.

'I've performed at events at Delrow a few times now - at the regional forum, and the Delrow Festival last year,' says Greg. 'I do the vocals, with mine and Temi's music in the background. Temi's one of the support workers and he helps me a lot. He's a musician himself so we've got a lot in common.'

An early interest in music

'My first musical instrument was a keyboard. I played it every day,' says Greg. And he didn't stop there, going on to try his hand at drums, guitar, harmonica and ukulele.

Since moving to Delrow Community, Greg has been learning more about music production. 'I use a programme called Logic on my laptop,' continues Greg. 'You can create your own songs and tune on it, and add different instruments.'

This has led to Greg making music videos, with his own artwork as a backdrop, which he uploads to his YouTube channel - [youtube.com/sonicsatsuma](https://www.youtube.com/sonicsatsuma)



'Making music really boosts my mood'

Greg is hoping that Delrow will find a way to hold a socially distanced gig before too long.

'It's exciting playing live,' he says. 'I enjoy the natural buzz, it makes me feel awesome!'

Second birthday for Shared lives

'It's good living with Liza and Melvin,' says John. 'I like it when we go to the library - and when we get McDonalds!'

John moved in with Liza and Melvin as part of our Stourbridge Shared Lives scheme in February. Lockdown followed soon after, but he's been keeping busy with trips to the library, working out on the cross trainer, as well as enjoying a game of pool and a takeaway now and again!

'He's part of the family,' says Liza. 'That's just how it should be.'

Going from strength to strength

Liza, Melvin and John are among the newest recruits in a growing number of

Shared Lives households since Camphill Village Trust took on the contract two years ago. 'We started with 26 households and in the last two years we've recruited another 25. We're supporting 47 people now,' says Kate who manages the scheme.

'Shared Lives carers provide something different to our traditional communities,' continues Kate. 'It's a good option for people who have more complex support needs.'

Liza and Melvin were Shared Lives carers for many years with a different scheme in Nottingham, and were keen to get involved again when they moved to the West Midlands. They haven't been disappointed.



'The support we get is excellent,' continues Liza. 'We've had all the training that's required, and they're always at the end of the phone. It feels like being part of a family too!'

If you live in the Dudley and Black Country area and would like to become a Shared Lives carer, visit our website to find out more: www.camphillvillagetrust.org.uk/shared-lives-carer/

