

New Minibus for the Centre

The Centre took delivery of another new minibus in December, purchased with funds from the Friends. This is identical to the large VW model (with high-tech modifications) that was delivered two years ago. The new buses have proved enormously successful in daily use. They are able to carry more visitors and carers, and are highly adaptable so that they can take larger wheelchairs and also varying ratios of wheelchairs to ordinary seats.



Recent Events

Concerts by Keswick Amateur Operatic Society planned for November had to be cancelled because of the floods. A collection was held at Morrisons Supermarket, Penrith on 6th March, and a coffee morning at Skiddaw Hotel (May McEntee) on March 27th.

Forthcoming Events

Rory Stewart at Rheged. Rory Stewart is giving a talk in the main auditorium at Rheged on Saturday 17th April in aid of the Friends. Rory has been a diplomat in Iraq and has lived and walked extensively in Afghanistan (and indeed trekked right across Asia). His experience gives him a unique perspective on areas of the world that are of importance to us all, and this promises to be a special evening. Tickets, priced £12.50, are available from the Booking Office Tel: 01768 868000. Don't delay!

Collection at Tebay Service Station.

There will be an all-day collection at Tebay Service Station on the M6 on Saturday 29th May. This is a Bank Holiday weekend. We need pairs of volunteer collectors for both Northbound and Southbound sites from early morning onwards, on what has proved a very productive venture in previous years. If you (and perhaps a friend) can spare an hour or two to join the team on this day, please contact Alistair Brewis on (017687) 76485.

Friends and the Appeal

The public component of the "Extending Equal Chance" Appeal is now gathering pace, and plans for action are being developed under the leadership of Tony Welton, a Calvert Trustee. The Friends will be asked to join in this exceptional 'one-off' effort to raise the funds needed to fill the gap between the sum already raised (about £2.9m as we go to press) and the target total of £3.8m. The opinion of the Friends' membership will be sought soon on how best we can play our part.

Contact the Friends of the Calvert Trust (Lake District). Registered Charity no. 1067899

Chairman Alistair Brewis
017687 76485
alistairbrewis@btinternet.com

Vice-Chairman Rebecca Brockbank
016973 42794

Hon. Treasurer Ann Busby
016973 71016
malann.busby@virgin.net

Hon. Secretary Ursula Glaves-Smith
017687 73731
u.glaves-smith@tiscali.co.uk

Photos courtesy of Mayfield School Chorley, Mathieu Leader, Alistair Brewis, and the Lake District Calvert Trust

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The Lake District Calvert Trust
Little Crosthwaite
Keswick
Cumbria CA12 4QD
017687 72255

enquiries@lakedistrict.calvert-trust.org.uk
www.calvert-trust.org.uk/lakedistrict

Registered Charity no. 270923

It's what you can do that counts!



NEWS

SPRING 2010

Welcome to our Spring Newsletter. 2010 is shaping up to be a busy and exciting year for us. We pressed the button for the first dig of our state-of-the-art Water Centre on November 30th 2009, and since then, both staff and visitors have been enjoying the sight of the new building going up. It has been a busy period for the staff, as we

remain open for the duration of the build. However, knowing that in a years time we will have some fantastic new facilities that will make everyones Calvert Experience even better than before, makes it all worthwhile! Read all about it!

Ruth Jeffcoate - Editor

Big Expansion is Underway

Through the columns of the Spring Newsletter we are delighted to announce that we have been able to start the build of our new water centre and additional accommodation.

The plans are to invest nearly £3.8 million to increase capacity, introduce a range of new and world- beating features, and launch an Outreach project.

We are one of only a very few centres where people with even the most profound disabilities can enjoy the same challenging outdoor experiences as non-disabled people. As our visitors are already aware, people come from all over the UK to participate in a wide range of activities including horse riding, climbing, kayaking, canoeing, sailing, ropes courses and even paragliding. In our usual pioneering way, we want to make this experience even better for our visitors, and to extend and preserve our status as a world-class establishment!

Nearly half the £3.8 million investment is being used to provide a new indoor water centre that has been specifically designed and adapted to accommodate the needs of disabled users. It will offer a complete hydrotherapy/sensory facility and

the multi-use pool will be able to accommodate indoor boating, distance swimming, water-based training courses, and scuba diving through the incorporation of moving water technologies and variable depth chambers.

Further investment will enable our accommodation to be increased by almost 50%, allowing an additional 1,200 disabled visitors and their carers to attend the Centre each year. Our adapted sailing fleet will be upgraded, new trap routes will be opened, and a new and exciting accessible ropes challenge course will be built.



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The final part of the plan is to invest almost £400,000 in an Outreach Programme which will enable us to partner other activity providers in the UK in order to improve the provision of accessible, challenging activities across other parts of the country. Our vision is that our visitors will eventually be able to continue their journey of challenge and achievement through outdoor activity, long after they leave our Centre.

Announcing the new project (which has been named the Extending Equal Chance Appeal) Mr Robin Burgess OBE, DL, Chairman of Trustees said "We are delighted to be able to carry out these plans to greatly increase our capacity and range of activities. People with disabilities find it very difficult to participate in outdoor adventure, and the provision for them UK-wide is currently poor. This investment will enable us to cater for more people and offer them a much better range of adventurous activities, both at our Centre and elsewhere"

Thanks to significant grants from a number of leading Trusts and statutory bodies, as well as generous contributions, both large and small, from a number of individuals, including staff and Trustees, nearly £3m has already been raised,

...while Councillor William Graham, Mayor of Carlisle discovers for himself the challenge of abseiling in a wheelchair!

enabling the building of the new water centre and accommodation expansion to commence.

The critically important final phase of the fundraising will begin shortly. A Public Appeal is to be launched, and it is expected that a number of projects and events will be undertaken to help raise the £1m still outstanding. If you think that you can help in any way to make sure our dreams are realised, then please contact the Centre on 017687 72255. Alternatively, you can donate to the Appeal by going to either www.theBigGive.co.uk and typing in our name, or to our own web-site, www.calvert-trust.org.uk/lakedistrict, where there is a direct donate button on our News & Events page.

One of the first groups of local people to back the Appeal are the Mayors and Council Leaders of Cumbria, who visited The Lake District Calvert Trust at Little Crosthwaite recently to see the progress being made on the new water centre.

Michael Toulmin - Chairman of Trustees Management Group

The Mayors and Council Leaders of Cumbria listen to the plans for the Appeal...



News a review of the AGM

The 29th AGM of the Friends, held at Little Crosthwaite on November 2nd 2009, paid warm tribute (led by Nicolas Banister) to Lady Jill Jackson, who died recently and was a long-term supporter of the Friends.

The Chairman thanked committee members, organisers of events, and those involved in flag days/collections held during the year, all of which raised a total of £7,223. This year marked the 25th anniversary of Rachel Carter's involvement in our re-cycled card enterprise, and the Chairman offered congratulations and warm thanks to both Rachel and to Maureen Alker for their work – this has regularly raised over £1,500 annually. Rachel is continuing to produce cards but would be interested in hearing from anyone willing to assist her as she winds down her commitment to this task (please telephone her on 017687 72617).

Total income was reported as £19,252 and total expenditure £1,416 (of which £1,000 was sponsorship of the horse 'Mischief' at the Riding Stables). Total assets amounted to £48,725 – to be reduced when funds were transferred to the Centre to complete payment for the latest addition to the minibus fleet (see below). The Chairman, Vice-chairman and Secretary were re-elected (see panel). Ann and Malcolm Busby were re-elected until June 2010, after which Nigel Barker was elected to take over as Treasurer.

The Chairman outlined significant trends in the membership and fundraising activities of the Friends, and referred to the much larger enterprise now managed directly by the Centre. The time seemed right to re-examine the organisational relationship between the Friends and the Lake District Calvert Trust itself to ensure that their parallel efforts are coordinated to the best possible advantage. The committee will consider possible options and bring proposals to the next AGM.

Committee Changes

May McEntee remains a welcome constant in a rapidly changing committee! Renée Lingard retires after many years of service. Renée has, in her time, filled many roles on the staff of the Lake District Calvert Trust, and her broad experience has been greatly valued. She and Peter have moved to Leamington Spa but return to this area regularly and Peter (a former Centre Director) continues to serve as a Trustee. We wish them well in their new home, which is in old haunts.



Ann and Malcolm Busby will be retiring from the committee later in the year and the role of Treasurer will then be filled by Nigel Barker. Nigel Barker lives in Keswick and is a well known figure as Front-of-House manager at the Theatre by the Lake. He is highly qualified for our post; after a career in banking he has been in great demand as a treasurer of numerous local organisations. We are grateful that he is able to include us in his portfolio. Caroline Gunning also retires, but stands ready to help with special events, as noted in the last Newsletter.

The committee is delighted to welcome as new members John and Alison Miles, and Sheila Goodliffe. John has been involved with the Calvert Trust through son Matthew for many years, and is already applying some of his experience to great effect. Alison, who is a GP in Kirkbride, brings extensive experience of the local area and of voluntary work. She is currently President of Wigton Rotary Club. Sheila Goodliffe has just retired as Chief Executive of Eden Valley Hospice in Carlisle, and brings to us wide connections and extensive experience of fundraising. Additional committee members would be most welcome (there is provision for co-option) - please contact Alistair Brewis.

"Although building work was taking place, it did not affect the real purpose of our visit – the trip was fantastic!"

Funding News

The Lake District Calvert Trust is happy to announce several new avenues of funding support this year.

The Francis C Scott Charitable Trust has awarded us a substantial bursary that we can utilise to assist visitors from Cumbria and North Lancashire. We are hoping that participants from these areas with the most profound of physical, learning and/or sensory disabilities will apply for financial assistance to visit us – contact the Centre



We are proud to announce a new partnership with our corporate funders, **Irwin Mitchell Solicitors**. Irwin Mitchell are renowned for their understanding of the issues affecting clients and their families after they have suffered from medical negligence/serious personal injury – and they know how to make a positive difference for those whose lives have been affected. Irwin Mitchell truly believe that participation in outdoor adventurous and sporting activity can make the world of difference in the future outcome of serious injury, which is why they have partnered with the Lake District Calvert Trust. They know that we can help those with even the most profound of disabilities find a sense of achievement, purpose, skill and confidence that will have a life-long impact on how they cope with their new circumstances and face their future with



We would very much like to realise our future dreams for people with disabilities, as evidenced by our current **Extending Equal Chance Appeal**. However, we also realise that the future good that the Trust can do is highly dependent upon your continued goodwill and spirit of giving.



on 017687 71924 for more information. To find out more about the work of the Francis C Scott Charitable Trust, visit their web-site at www.fcsct.co.uk. Carers/support staff are also eligible to apply for this award, which can be used to defray a substantial percentage of the costs of our residential course fees.

new hope and aspiration. The Irwin Mitchell Fund will help support those with acquired brain/spinal cord injuries (as well as members of HMS armed forces injured whilst on active duty) to attend our Centre and benefit from the 'Calvert Experience'. We are particularly keen that Irwin Mitchell Fund participants should aspire to gaining the National Governing Body Awards offered on our dedicated **Specialist Activity Courses** in Sailing, Canoeing, Horse-Riding, Mountaineering and Paragliding. For more information about the Irwin Mitchell Fund and our Specialist Courses, contact our Centre on 017687 71924. To find out more about what Irwin Mitchell do to make a positive difference to the lives of those with acquired disabilities, visit their web-site on www.irwinmitchell.com

Why not help us raise money by organising a fundraising event? We can supply you with all the necessary forms and information – just call our Fundraising Manager on 017687 71928. And please do not forget the very real benefit that we gain from Regular Giving. Just £5 a month allows us to buy a gas-inflatable life jacket that will allow someone with severe epilepsy to take to the waters for the first time!

Finally, we rely heavily upon legacies to support our future work and infrastructure, so do not forget to include us in your Will. It will be a Will for Achievement! If you would like a legacy leaflet, or more information on the type of legacy you can leave to us, just call the Fundraising Manager at the Centre. It's what you can give that counts!

A Huge Thank You!

Over the Christmas and New Year period, you would not have recognised the Centre! Gone were the visitors, and the hustle and bustle of life at Little Crosthwaite was on hold. But there was no time to think of the impending Christmas festivities, and staff 'wind-down' had to be put to one side. There was work to do!

In a matter of just a few weeks, we had progressed from still having a large hole in the Appeal fundraising requirements, to one where we were suddenly preparing for a huge hole in the ground – the start of the build on our new water centre!

We needed a precise plan to ensure that over the festive period, staff offices and our reception area could be moved across the yard to Old Barn, and

the dining room stripped of its furniture in preparation for the builders to move in. All of this would have been difficult enough, but we had not reckoned on the weather! Snow and day-long freezing temperatures reduced our site to little more than a skating rink! It was bitterly cold and the conditions were treacherous. But none of this stopped the staff team from getting stuck in to the task of getting everything moved on time!

A fantastic job was done by all, and I would like to thank all of the staff for putting their own festivities on hold in order to ensure that we could begin the building project on time.

Well done, and thanks everyone.

Michael Toulmin - Chairman of Trustees Management Group

The Calvert Chronicles

Hello Folks. I'm Mathieu Edwin Leader, age 17, and I suffer with cerebral palsy which makes me confined to an electric wheelchair.

The Calvert Trust is an enjoyable experience in which you yourself are both physically and mentally liberated, a bit like the Twelve Labours of Hercules. It makes the word disability meaningless as it proves that you are able to do things as well as or if not better than an able person. It proves that strength comes from within and you find who you truly are, and that despite insurmountable odds the human form can never fail!

One of my most enjoyable experiences was navigating the lakes of the Lake District with agility and great skill, improving my motor skills. Feeling the wind and water was an immense joy and gave me an inert sense of pride 'like an expert sailor on the high seas'.

Or the time that I surmounted a big cliff - I felt like Sir Edmund Hillary climbing my own



Mathieu in his favourite place - on the water!

Everest with a sense of calm assurance and focus that could not stop me from climbing the perilous summit.

I hope this can inspire disabled people and able people both, to see what skills you can learn and that anything is possible for all - the sky's the limit - you can do anything in the right frame of mind.

Remember. Be kind and unwind at Calvert - the place that can open doors to all and opens its doors to all.

Mathieu Leader, Reporter

Stories *from 'The Stables'*

The Big Freeze!

After all the disruption and inconvenience we suffered during the Big Flood of November 2009, we then got the Big Freeze in the New Year. Unlike the staff, this meant that our horses got an extra 2 weeks holiday this year! In fact, we didn't get the ponies back until January 18th, instead of the 5th as we had hoped. With all the ice and snow, it just wasn't safe to bring them back to work until conditions had got milder. It has to be said, however, that they did not complain! They all thoroughly enjoyed the festivities and their prolonged Winter Break, and there is no doubt that it did them the world of good! They are all back into full time work now!



Prince in the snow 'You know, I have a hard time with sunlight as it is – now they go and put this white stuff down, it gets freezing cold, and I'm still blinded by the light!'



Bruno in the snow "Yeah. I know. Don't I look good against a white backdrop! All agents please call 017687 72250'.

Horsebox Appeal Update

RAISED ALMOST £17,000!

We are proud to announce that our Horsebox Appeal, which officially closes at the end of March, has now raised a total of almost £17,000 out of a hoped-for £20,000! Our specially-customised Horsebox will allow us to take out our ponies and wheelchair-adapted traps all over Cumbria, and to take our talented riders with disabilities to shows and competitions. We are delighted to be able to announce that we have recently received a considerable donation from HRH Princess Anne's Charities Trust. This means that our Horsebox is on order, will be delivered, hopefully in April, and will then form part of the proud entourage of Lake District Calvert Trust vehicles on the roads of Cumbria! We should mention that it is virtually unheard of for Princess Anne to donate to a charity that she is not patron of - so we have done exceptionally well in securing this donation!

All contributions to help support the running costs of the Horsebox still gratefully received - please contact the Centre (017687 72255) or Henri at the Stables (017687 72250).

We hope to have photos of the Horsebox for our next Newsletter.

“

This Centre is truly inspirational. From our youngest at 7 to our oldest at 62 – everyone is encouraged to be part of a team – but also to expand their own abilities.

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News in Brief Upcoming Events

Phil Packer's '26 Charities' London Marathon, Sunday April 25th.

Our Ambassador, Phil Packer will be running the 26 miles of the Marathon to support 26 charities - one for each mile. The Calvert Trust is mile 6 (follow the TV for coverage before, during, and after this event). The theme is, of course, 26. Do you know of 26 people who could donate 26p, £2.60, £260 or £2600 to this effort? If so, contact the Centre and we will send you out a sponsorship form - you don't need to do anything other than collect 26 payments of at least 26p each!!

Augill Castle's Family Fun Day, Sunday April 25th.

Augill Castle, an exclusive luxury hotel in Kirby Stephen, Cumbria, will be holding a fundraising day of adventure and excitement with lots of events (e.g. abseil down the Castle Turrets, Chariot racing, Cross the Swamp, cycling and orienteering competitions), plus a fantastic raffle to win wonderful prizes such as weekends away in top hotels, a rugby shirt signed by Johnny Wilkinson, and a days Catamaran sailing on Lake Windermere. Attendance is by invitation only - the invitations are free, but all proceeds from entry fees for activities will be donated to Calvert. Call us on 017687 72255, or Augill Castle on 017683 41937, if you would like an invitation or more information.

Donations

We promised last year that we would provide a published list of all those kind and generous supporters who donated to us during the year. Several of those donors have expressed the wish that we do not publish their names or the gifts that they have given to us. For this reason, we have decided not to go ahead with the list. We do, however, want all donors, past, present and future, to realise that everything they give to us goes directly to benefit our visitors with physical, sensory and/or learning disabilities. On behalf of these visitors, the Lake District Calvert Trust is very grateful to you all for your financial support.