

Monday 25th July 2016



Glenn and Lynne Cooper at this year's camp as Captain Pugwash (this year's theme) and pirate.

Tonight our speakers were Lynne and Glenn Cooper. They were invited to speak about one of their passions, Trekkers Disabled Camp for adults.

Lynne first started going to a camp for the disabled when a police cadet and was so taken that she has been going ever since. About 12 years ago she persuaded her husband Glenn to join her but although reluctant at first this soon changed and they now run a camp each year.

This is specifically for adults with physical disabilities who spend a mundane life with carers in residential homes but Lynne and Glenn provide activities they would not necessarily be able to enjoy. These include flights on helicopters or light aircraft, water skiing, paint balling, bouncy castles and much more.



Helpers come each year, some to provide personal care, and others to do the cooking and laundry. All campers are divided into 4 groups who are then allotted tasks each day, e.g. preparing vegetable for meals, washing up, cleaning toilet blocks or keeping the campsite clean and tidy.

Cooking is carried out on a log burning stove with an oven attached but the food is on a par with any restaurant. Cooked breakfasts, two course lunches and dinners. A packed lunch is also provided for those great days out that they all enjoy.

As a great many of the campers are in wheel chairs for a day out specially adapted mini buses are hired which can cost £650 per day but it's really worth it when you see the faces of these campers who would not normally be able to enjoy such a holiday.

Lynne and Glenn try and keep costs to a minimum and they manage to provide a weeks holiday, with 3 meals a day, all activities and helpers for as little as £125 per person per week, everyone pays the same. Fund raising is always in their minds and hopefully we will be able to help in some small way this year. For more information go to <http://www.trekkerscamp.org.uk/> Trekkers Camp is also able to offer the opportunity of completing a section of the Duke of Edinburgh Gold Award for Residential Opportunities.