



HiAAMS
HAMPTON IN ARDEN TO AMSTERDAM CHARITY RIDE

A CHARITY CYCLE RIDE FOR
CAMERON GRANT MEMORIAL
TRUST FROM 16-19 MAY 2025

Cameron Grant
MEMORIAL
TRUST

AMSTERDAM RIDE MEETING
7PM AT THE SOHO TAVERN
MONDAY 10 MARCH

VERY MANY THANKS TO ALL SUPPORTING OUR RIDE!



Wyckham Blackwell
timber engineering
Since 1884



Carter Thermal Industries Group



transport planning



Agenda

- Welcome Paul & Evan
- Red Fox Cycling Rich & Andy
- Group Training Rides Evan & Paul
- Additional Corporate Sponsorship & Riders Paul, Evan & Julia
- Riding Back from Amsterdam Evan
- AOB
 - Fundraising Pages
 - Scimitar Sportswear
 - Bike Return
 - WhatsApp
 - www.camgrant.org.uk/hiams-info-for-riders
- Questions All
- Next Meeting
- Ride Overview and Itinerary Evan



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Grant**
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**RED
FOX
CYCLING**

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HiAMS Group Training Rides

- These are social rides, not professional events
- We will ask everyone to
 - sign a waiver before taking part
 - provide emergency contact details
- They are voluntary but we hope as many as possible will take part
- If you are local and an experienced cyclist, please volunteer to lead a ride or 2

Today

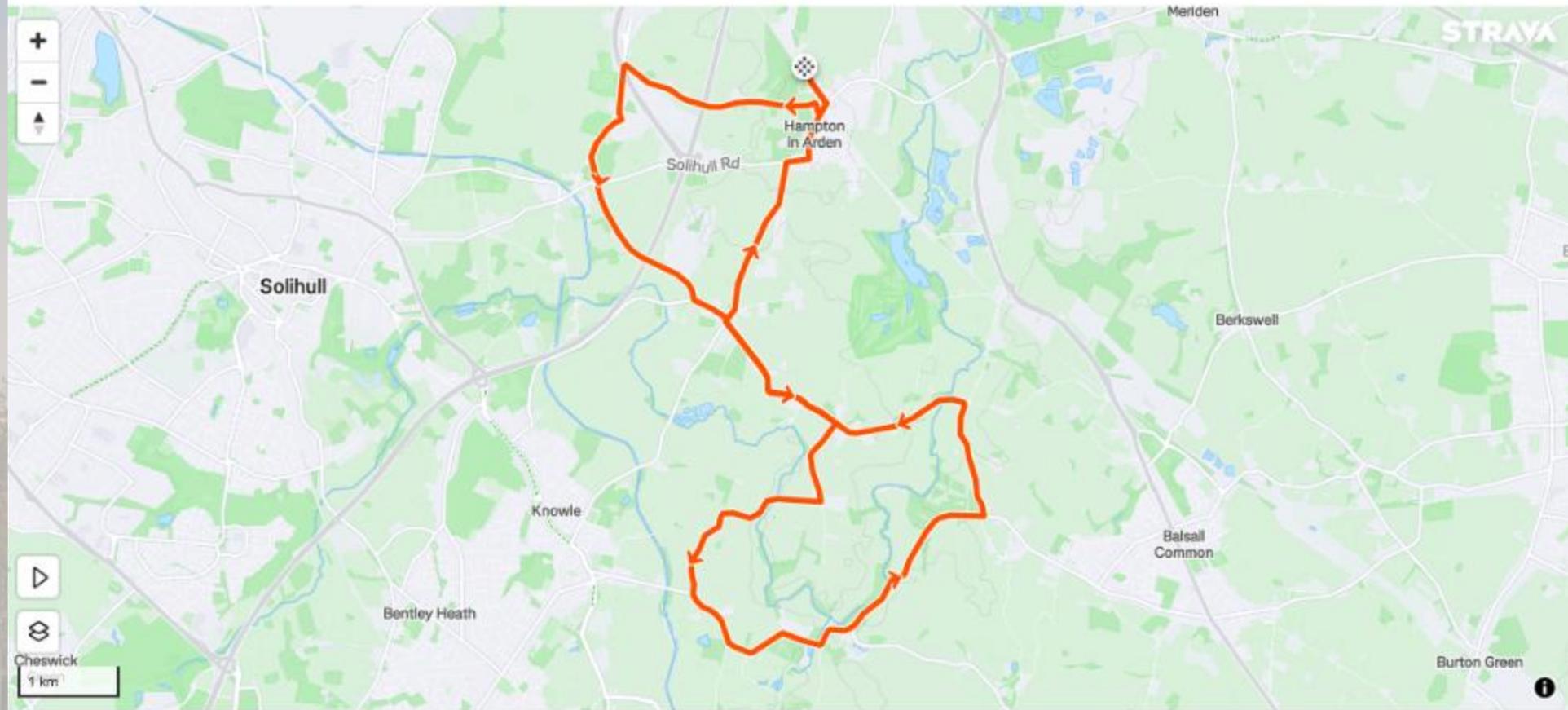
< >

Mar 2025 – Jul 2027

10	MAR, MON	●	19:00 – 20:00	HiAMS Ride Update	Soho Tavern Hampton In Arden
15	MAR, SAT	●	10:00 – 11:00	HiAMS Training Ride 1 - Evan & Paul	The Hampton Health & Fitness Club
22	MAR, SAT	●	09:30 – 11:00	HiAMS Training Ride 2 - Evan & Paul	The Hampton Health & Fitness Club
30	MAR, SUN	●	09:30 – 11:30	HiAMS Training Ride 3 - David Frisby	The Hampton Health & Fitness Club
5	APR, SAT	●	09:30 – 12:00	HiAMS Training Ride 4 - 5 or 6 Apr, tbd	The Hampton Health & Fitness Club
6	APR, SUN	●	09:30 – 12:00	HiAMS Training Ride 4 - 5 or 6 Apr, tbd	The Hampton Health & Fitness Club
12	APR, SAT	●	09:30 – 12:30	HiAMS Training Ride 5 - 12 or 13 Apr, tbd	The Hampton Health & Fitness Club
13	APR, SUN	●	09:30 – 12:30	HiAMS Training Ride 5 - 12 or 13 Apr, tbd	The Hampton Health & Fitness Club
19	APR, SAT	●	09:00 – 12:30	HiAMS Training Ride 6 - 19 or 20 Apr, tbd	The Hampton Health & Fitness Club
20	APR, SUN	●	09:00 – 12:30	HiAMS Training Ride 6 - 19 or 20 Apr, tbd	The Hampton Health & Fitness Club
26	APR, SAT	●	09:00 – 13:00	HiAMS Training Ride 7 - 26 or 27 Apr, tbd	The Hampton Health & Fitness Club
27	APR, SUN	●	09:00 – 13:00	HiAMS Training Ride 7 - 26 or 27 Apr, tbd	The Hampton Health & Fitness Club
3	MAY, SAT	●	09:00 – 14:00	HiAMS Training Ride 8 - 3 or 4 May, tbd	The Hampton Health & Fitness Club
4	MAY, SUN	●	09:00 – 14:00	HiAMS Training Ride 8 - 3 or 4 May, tbd	The Hampton Health & Fitness Club
10	MAY, SAT	●	09:00 – 15:00	HiAMS Training Ride 9 - 10 or 11 May, tbd	The Hampton Health & Fitness Club
11	MAY, SUN	●	09:00 – 15:00	HiAMS Training Ride 9 - 10 or 11 May, tbd	The Hampton Health & Fitness Club
16	MAY, FRI	●	09:00 – 17:00	HiAMS Day 1 - Hampton to Corby	The Hampton Health & Fitness Club
17	MAY, SAT	●	09:00 – 17:00	HiAMS Day 2 - Corby to Cambridge	Holiday Inn Corby - Kettering A43, an IHG Hotel
18	MAY, SUN	●	09:00 – 17:00	HiAMS Day 3 - Cambridge to Harwich	Clayton Hotel Cambridge
19	MAY, MON	●	09:00 – 17:00	HiAMS Day 3 - Hoek van Holland to Amsterdam	Hook of Holland

HiAMS Training Ride 1

Type  Distance **21.3 km** Elev Gain **157 m**



 **HiAMS**
Solihull, England

 **Send to device**

 **Join Strava Club**

 **Cameron Grant**
MEMORIAL TRUST

HiAMS Training Ride 2

Type  Distance 33.3 km Elev Gain 268 m



 **HiAMS**
Solihull, England

 [Send to device](#)

 [Join Strava Club](#)

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A CHARITY CYCLE RIDE FOR
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TRUST FROM 16-19 MAY 2025

Cameron Grant
MEMORIAL
TRUST

VERY MANY THANKS TO ALL SUPPORTING OUR RIDE!



Living Well
UK



i am
EMMAROBINSON

Wyckham Blackwell
timber engineering
Since 1884



Carter Thermal Industries Group

A1 GAS FORCE

GYMSHARK

STS
SPRAY TANKER SERVICES

Pertemps
Network



DAVID WILSON HOMES
WHERE QUALITY LIVES



Letting a Property

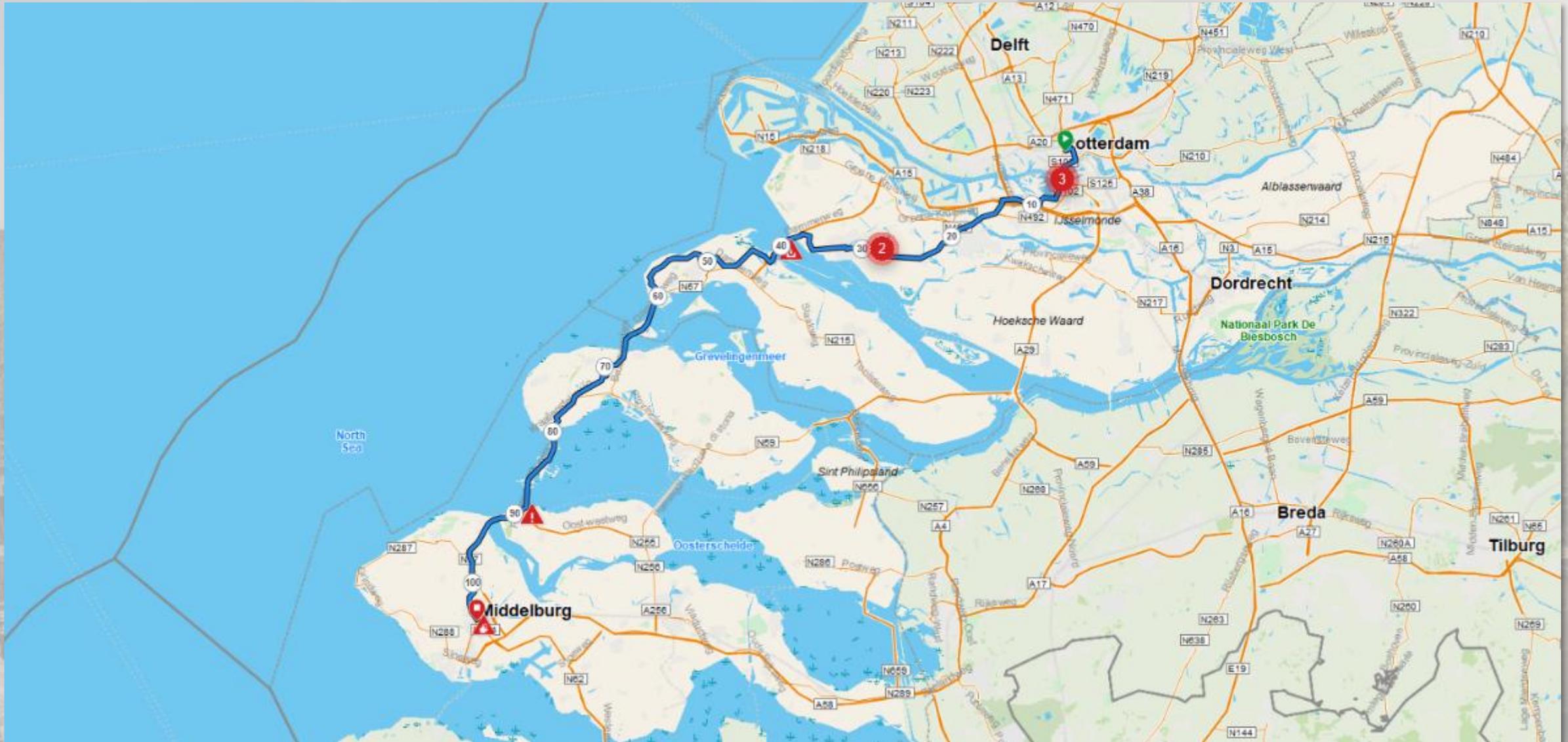
1  David Betts	2  Doug Cave	3  Katie Dallimer	4  James Dillon	5  Les Ebrey	6  Paul Ebrey	7  David Frisby	8  Alastair Grant
9  Evan Grant	10  Stewart Hartop	11  Helen Herniman	12  Lorraine Hobbs	13  Adam Lloyd	14  Callum MacDonald	15  Kate Marton	16  Peter Marton
17  Adam Paintain	18  Andy Porter	19  Mark Porter	20  Steve Ray	21  Helen Roper	22  Paul Roper	23  John Scott	24  Laura Scott
25  John Sheck	26  Charlie Simon	27  Julia Skan	28  Steve Smith	29  Kurt Sobocik	30  Gareth Thomas	31  Russell Tilsed	32  John van der Rest
33  34 	35 	36 	37 	38 	39 	40 	

Agenda

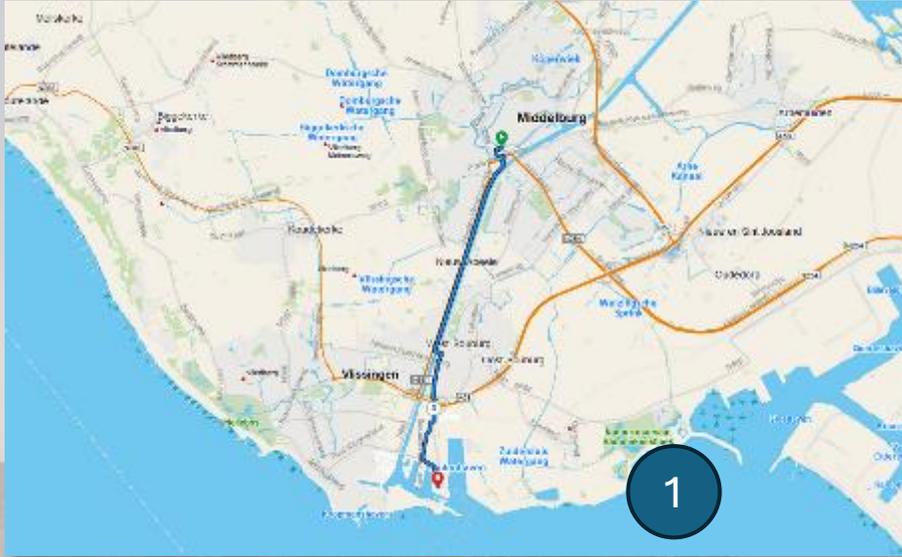
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Tue 20 May - Rotterdam to Middelburg
65 miles (105km)

- Train to Rotterdam



Wed 21 May - Middleburg to Tournai (83 miles, 134km)

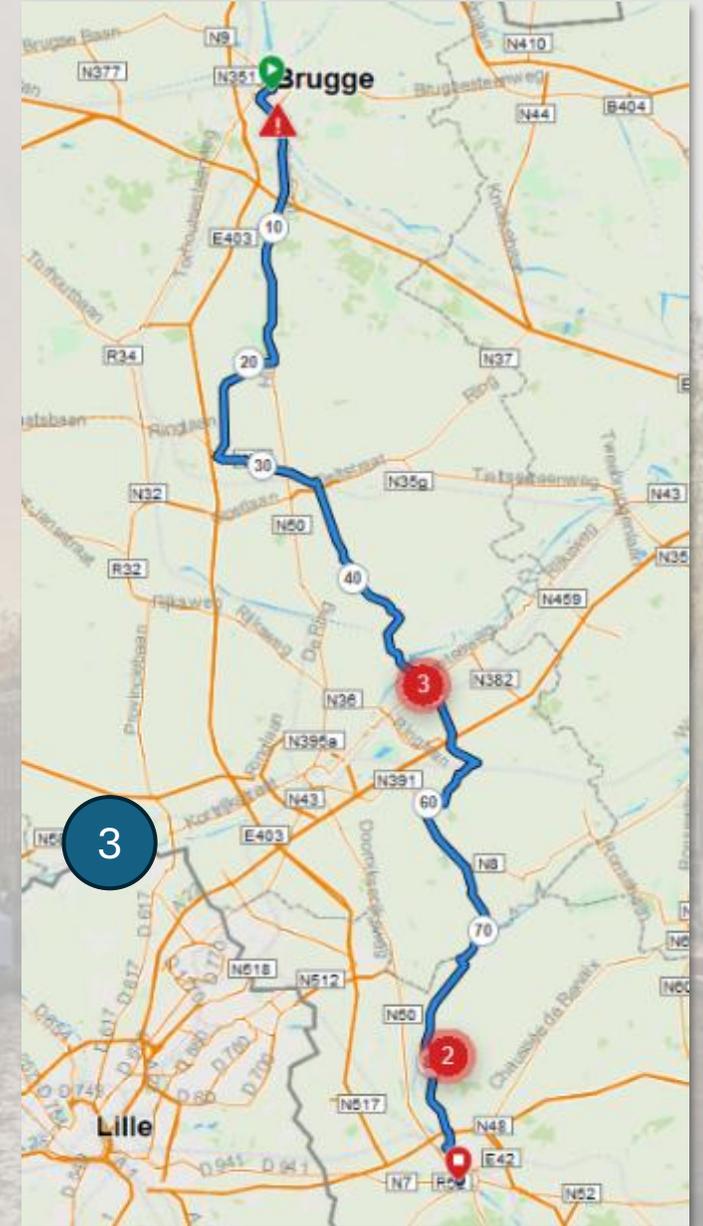


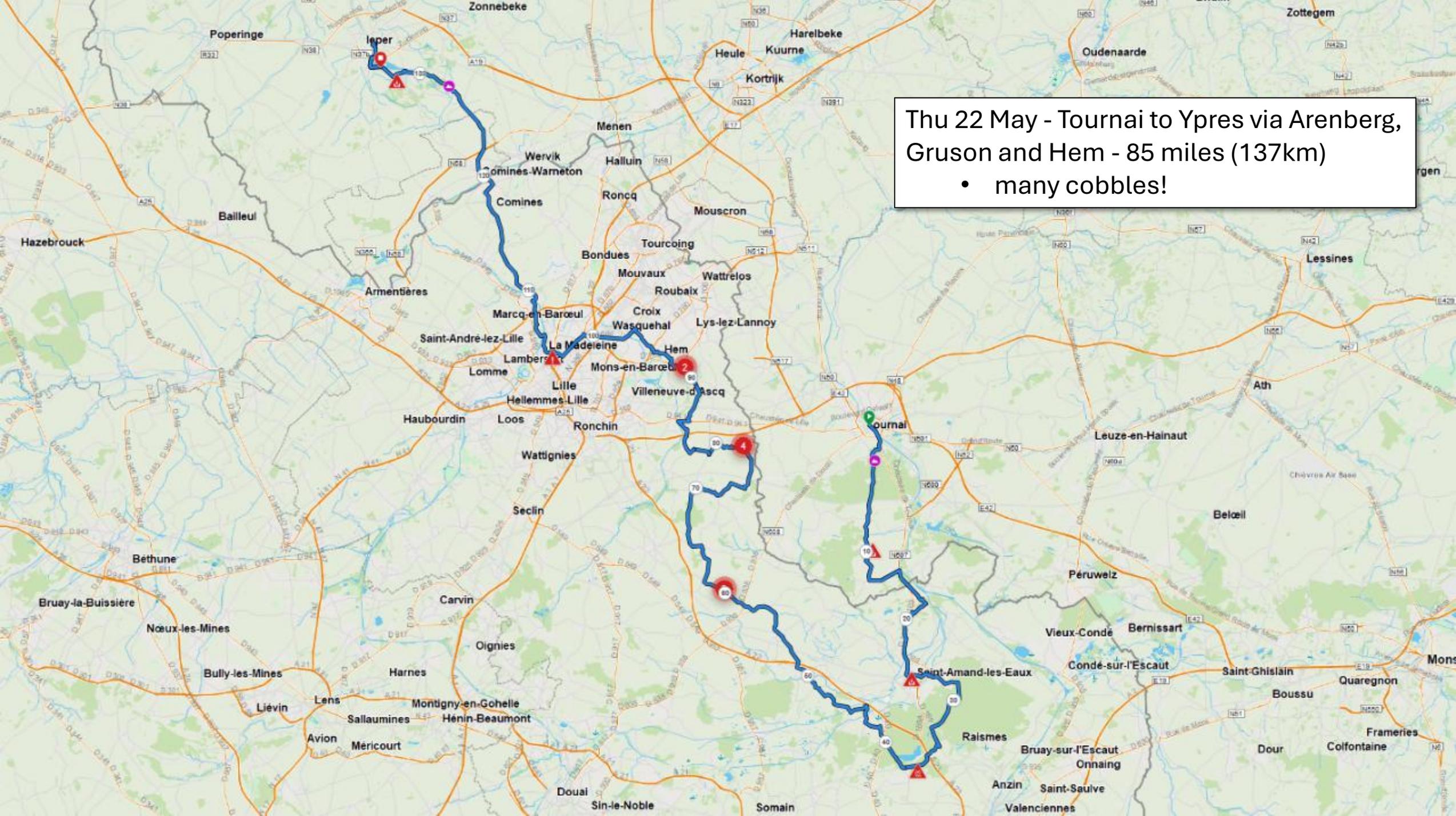
1. cycle to Vlissingen (4 miles)
 - ferry to Breskens



2. cycle to Bruges (24 miles)
 - lunch

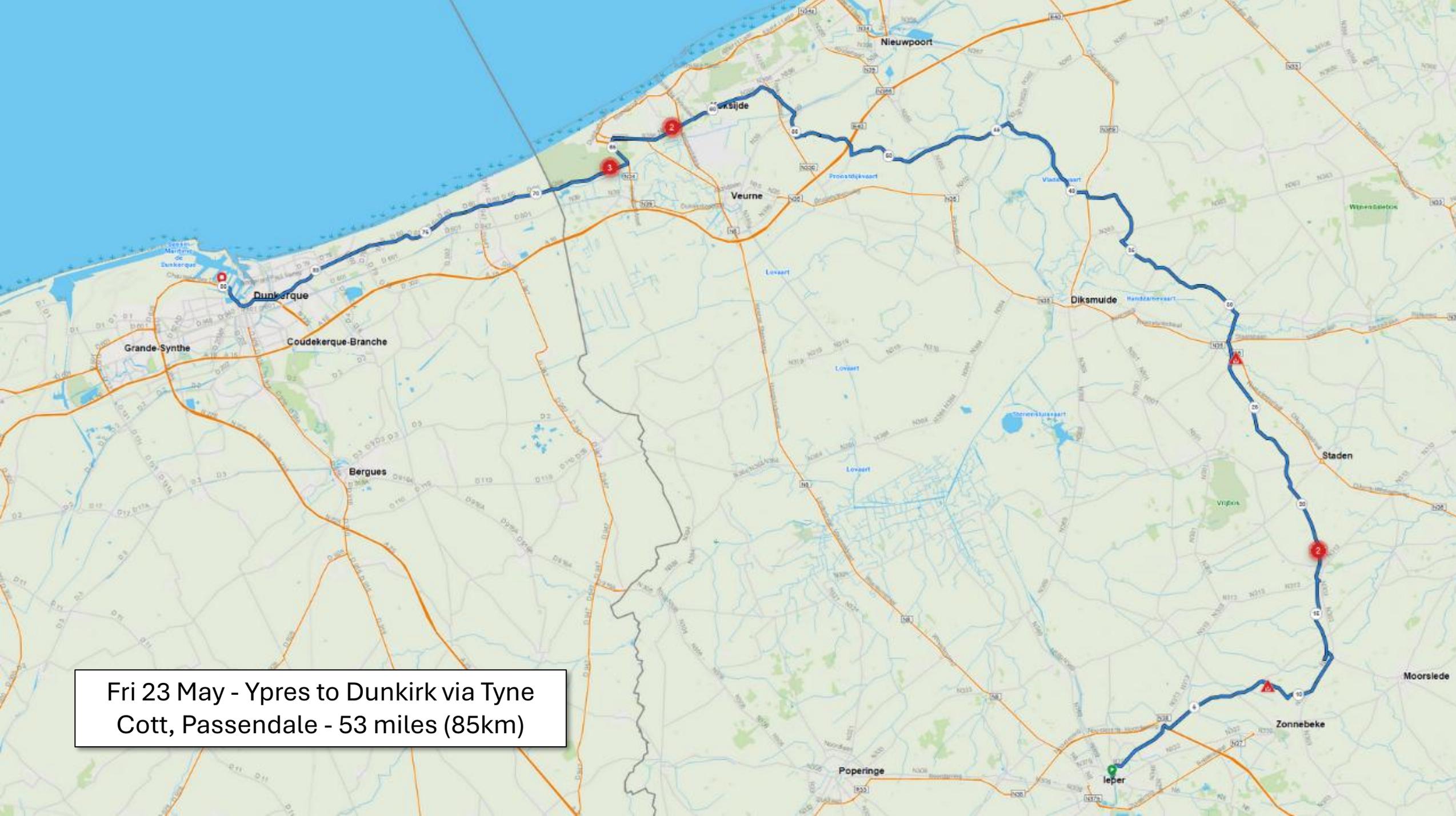
3. cycle to Tournai (55 miles)





Thu 22 May - Tournai to Ypres via Arenberg, Gruson and Hem - 85 miles (137km)

- many cobbles!



Fri 23 May - Ypres to Dunkirk via Tyne Cott, Passendale - 53 miles (85km)

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Rich & Andy
Evan & Paul
Paul, Evan & Julia
Evan

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All

Evan



Hampton-in-Arden to Amsterdam Charity Ride May 2025

Fri, 16 May | Hampton in Arden, UK

Buy Tickets



To sign up, click the
link below or scan the
QR code

bit.ly/HiAMS-Red-Fox



Ride Overview and Itinerary



Total Giving Fundraising Pages



About Cameron and the Trust



HiAAMS
HAMPTON IN ARDEN TO AMSTERDAM CHARITY RIDE

HAMPTON IN ARDEN
— TO —
AMSTERDAM

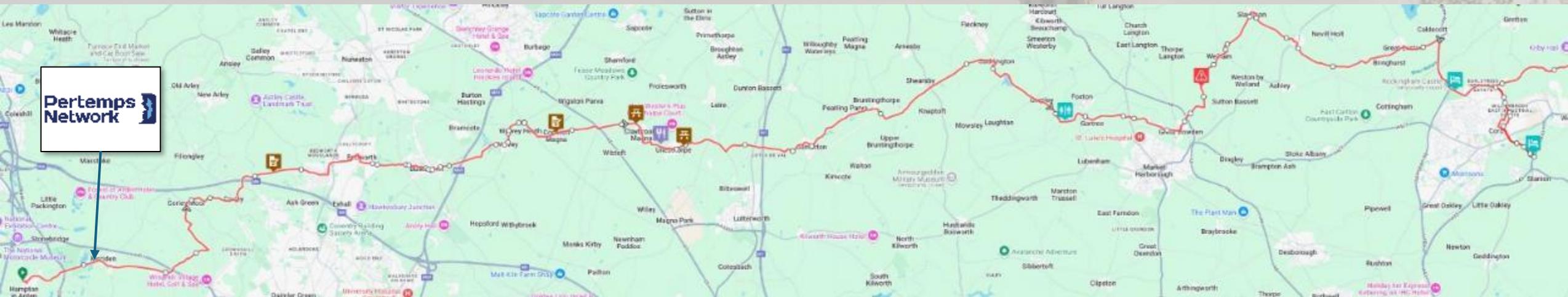
FRIDAY 16th
—
MONDAY 19th

MAY
2025



Presented by
 **the hampton**
Health & Fitness Club
&
 **Cameron Grant**
MEMORIAL TRUST

Hampton to Corby, 16 May



Indicative route only
56 miles (91km)

Holiday Inn Corby - Kettering A43



Corby to Cambridge, 17 May



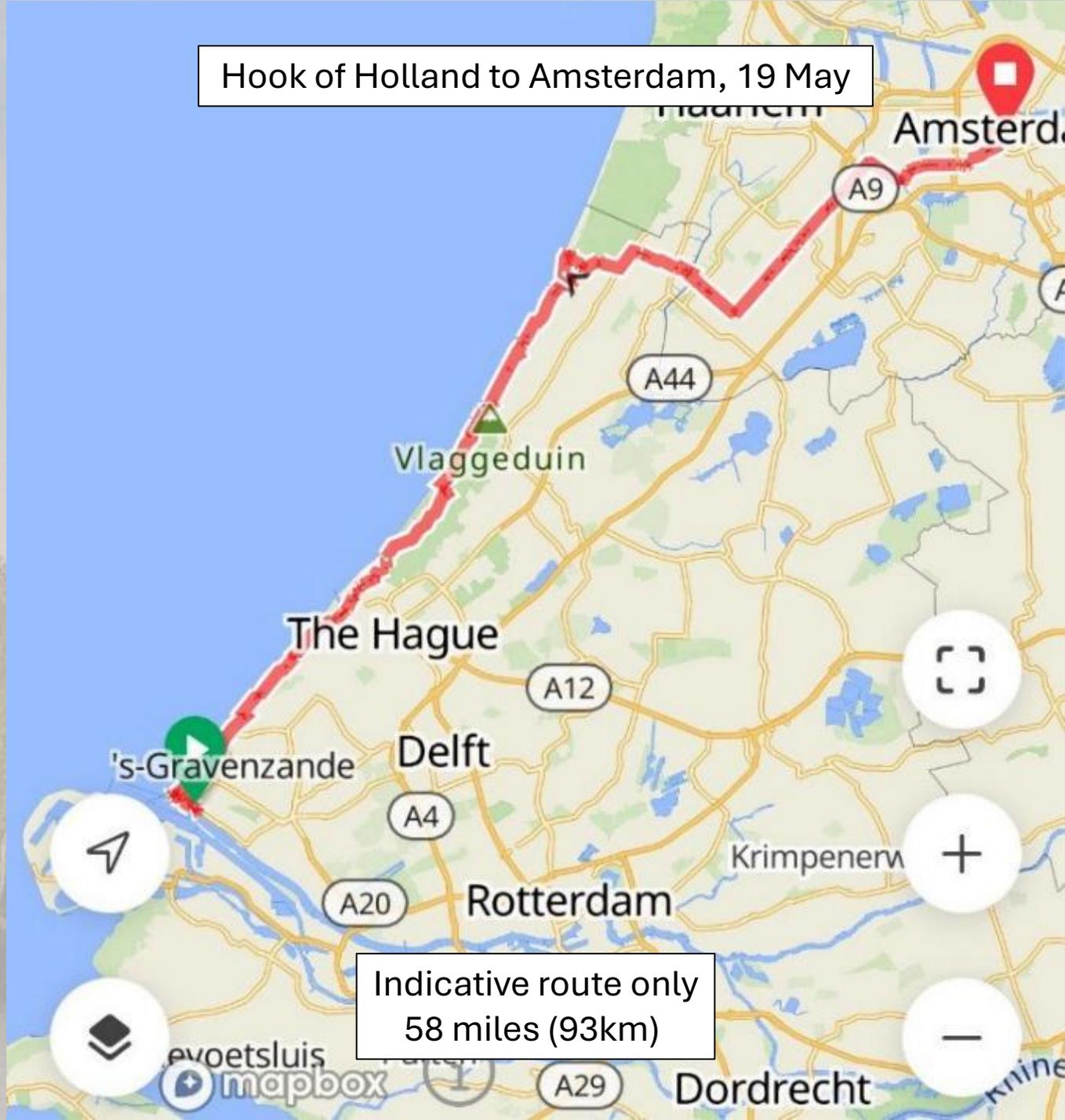
Indicative route only
60 miles (97km)

Clayton Hotel Cambridge





Hook of Holland to Amsterdam, 19 May

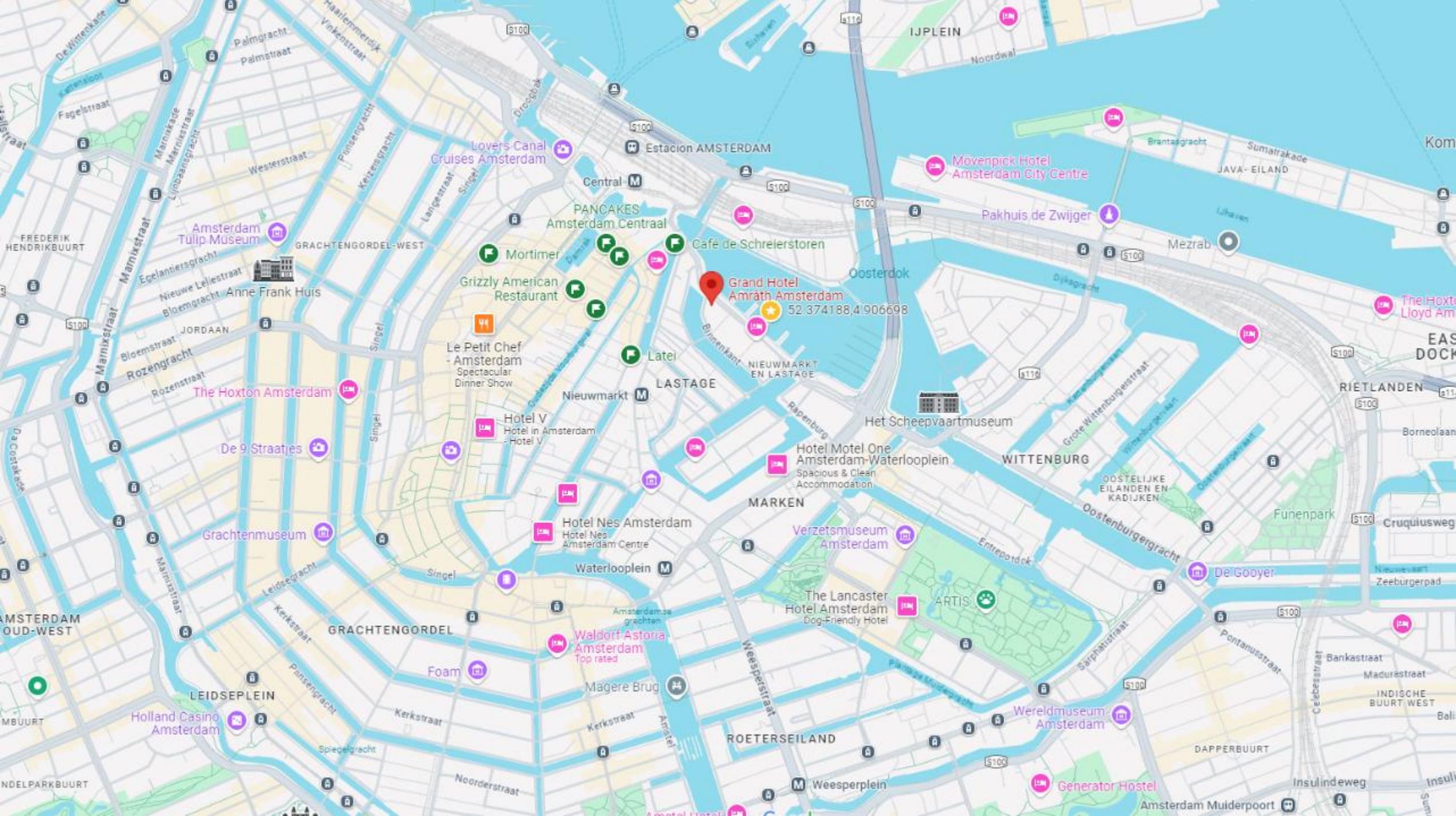


Indicative route only
58 miles (93km)

Grand Hotel Amrath

Special location in the historic heart of Amsterdam





Grand Hotel Amrath Amsterdam
52.374188,4.906698

Lovers Canal Cruises Amsterdam

PANCAKES Amsterdam Centraal

Movenpick Hotel Amsterdam City Centre

Amsterdam Tulip Museum

Mortimer

Café de Schreierstoren

Pakhuis de Zwijger

Anne Frank Huis

Grizzly American Restaurant

Grand Hotel Amrath Amsterdam

Oosterdok

Le Petit Chef - Amsterdam Spectacular Dinner Show

Latel

Dykgracht

The Hoxton Amsterdam

Nieuwmarkt

Het Scheepvaartmuseum

De 9 Straatjes

Hotel V Amsterdam - Hotel V

Hotel Motel One Amsterdam-Waterlooplein

WITTENBURG

Grachtenmuseum

Hotel Nes Amsterdam Hotel Nes Amsterdam Centre

Verzetmuseum Amsterdam

OOSTELIJKE EILANDEN EN KADIJKEN

LEIDSEPLEIN

Waterlooplein

The Lancaster Hotel Amsterdam Dog-Friendly Hotel

ARTIS

De Gooyer

Waldorf Astoria Amsterdam Top rated

Foam

Magere Brug

Wereldmuseum Amsterdam

Generator Hostel

DAPPERBUURT

Insulindeweg

Amsterdam Mulderpoort



View from out from the front of the hotel
(from Google Street View)

Total Giving



**Cameron Grant
MEMORIAL TRUST**

Fundraise for Cameron Grant Memorial Trust

Your Details

Your **Email Address**

www.totalgiving.co.uk/fundraise/cameron-grant-memorial-trust?pageAppeal=11951

Evan's page (as an example): www.totalgiving.co.uk/mypage/hiams-for-cam

Are you fundraising for a specific **Campaign or Appeal**?

Yes

No

Campaign / Appeal

HiAMS - Hampton-in-Arden to Amsterdam Charity Ride



Are you taking part for a specific **Fundraising Event**?

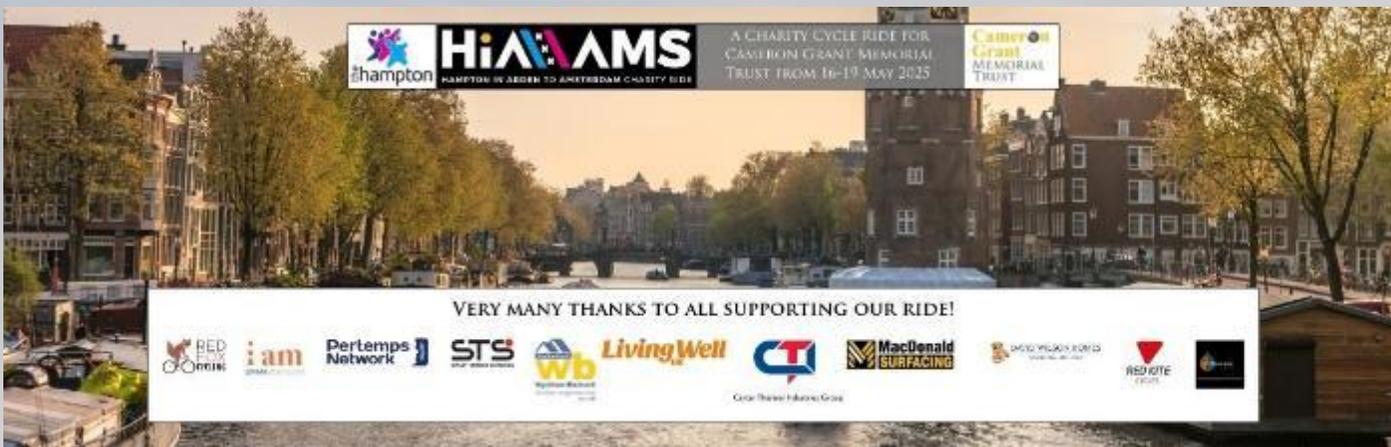
Yes

No

Fundraising Event

HiAMS





Cover images for
TotalGiving Pages
(1200x380px)

www.camgrant.org.uk/hiams-tg-cover-images

About CGMT: YouTube link
www.youtube.com/watch?v=oflblmp5V1c

Edit your page



1

4 Of Online Giving Forever...



RIDING TO AMSTERDAM FOR CAM

MONEY FOR CAMERON GRANT MEMORIAL TRUST HIAMS - HAMPTON-IN-ARDEN TO AMSTERDAM CHARITY RIDE



A CHARITY CYCLE RIDE FOR
CAMERON GRANT MEMORIAL
TRUST FROM 16-19 MAY 2025

2



- Home
- Donate
- Fundraise

- See The Difference
- FAQs
- Contact Us

- Personal Login**
- Charity Login
- Register Your Charity



Edit your page

[DASHBOARD](#)

[MY DONATIONS](#)

[MY PAGES](#)

[MY DETAILS](#)

[FUNDRAISING GROUPS](#)

[LOGOUT](#)

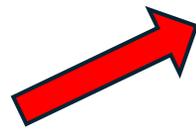
WELCOME EVAN



16

Fundraising Pages

3



1

Active Pages



£32,541.12

Total Amount Raised



6

Donations You've Made

[Create a New Fundraising Page](#)

[Donate Online Now To Any Charity](#)

TotalGiving™ is a revolutionary new way to give to charitable causes, where the funds raised are transferred directly to the charity. Create fundraising pages, donate directly, claim gift aid and much much more. Our vision is simple, to change the world of online giving, forever.



TotalGiving™ on X



TotalGiving™ on Facebook



Contact TotalGiving™

Edit your page

MY PAGES

Show Pages By Status:

Open

Date Range:

From:

To:

Page Title	Charity	Created	Donations	Gift Aid	Offline Funds	Target Funds	Status	Analytics
Hampton to Amsterdam for Cam	Cameron Grant Memorial Trust	18/01/2025 08:03:11	£0.00 (0)	£0.00	£0.00	£1,000.00	●	



4

TotalGiving™ is a revolutionary new way to give to charitable causes, where the funds raised are transferred directly to the charity. Create fundraising pages, donate directly, claim gift aid and much much more. Our vision is simple, to change the world of online giving, forever.

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Edit your page

TOTAL GIVING Changing The World Of Online Giving Forever... LOGOUT

DASHBOARD

Show Pages By Status: Open

Page Title
Hampton to Amsterdam for Cam

Update Fundraising Page (www.totalgiving.co.uk/mypage/hiams-for-cam)

Date Created: 18/01/2025 08:03:11
Charity: Cameron Grant Memorial Trust

Page Title: Hampton to Amsterdam
Appeal: HIAMS - Hampton-in-Arden
Event: HIAMS
Fundraiser's Name: Evan
Target Funds: 10,000.00
Offline Funds: 0.00

Show Page:
Accept Donations:
Hide Days Left:

Your Personal Message

I will cycle from Hampton-in-Arden to Amsterdam with Alastair and 28 others in memory of Cameron, my son and Alastair's brother, who died in 2014.

Outwardly happy, successful and fulfilled, Cameron took his own life, aged 21, after a lonely, 7-year battle with depression. We

Email To Donors

Very many thanks for supporting the Cameron Grant Memorial Trust. You can keep up to date with what we are doing on our website (www.camgrant.org.uk). Please also find

Fundraising Page Banner (Min. 1200 x 380px)



Upload Image

Fundraising Page Images

Upload Image

YouTube Video URL

www.youtube.com/watch?v=ofb0imp5V1c

Please copy the contents of your web browser's address bar from your video's YouTube page.



5

Cancel Update

Tips And Example Messages

- Use photos of yourself and add new ones every few weeks
- Share your link as widely and as frequently as possible on social media
- Add your link to your email signature (and you might need to do this in several places such as on your phone, tablet & PC)
- The text I used for “Your Personal Message“ and “Message to Supporters” follows on next 2 slides. Feel free to copy and adapt for your purposes. Or just ignore!
- Some employers will make matched donations!

Your Personal Message

From 16-19 May I will cycle from Hampton-in-Arden to Amsterdam with Alastair and 28 others in memory of Cameron, my son and Alastair's brother, who died in 2014.

Outwardly happy, successful and fulfilled, Cameron took his own life, aged 21, after a lonely, 7-year battle with depression. We are taking on this ride for the Cameron Grant Memorial Trust to raise awareness about the risk of young suicide, to encourage all in mental distress, and especially young people, to speak up and ask for help and to raise awareness of the CAM Support Messenger service which offers free, 24/7 crisis support: just text CAM to 85258.

The money we raise will be used to produce more of Cameron's Coasters and Wellbeing Postcards for schools, colleges, universities and any other community that can use them. Cameron Grant Memorial Trust also makes small grants to support innovation in mental health care and, where possible, to increase counselling capacity. Funds raised will support this work too.

For more information about Cameron's Coasters & Wellbeing Postcards, CAM Crisis Messenger and the other work of the charity, please see our website: <http://www.camgrant.org.uk>. and the YouTube video linked below. If you have any questions, please contact me at: evan@camgrant.org.uk. Many thanks!

Message to Supporters

Very many thanks for supporting the Cameron Grant Memorial Trust. You can keep up to date with what we are doing on our website (www.camgrant.org.uk). Please also find us on Facebook (facebook.com/CamMemorial), BlueSky (bsky.app/profile/cammemorial.org.uk), Instagram (instagram.com/cammemorial), and X/Twitter (x.com/CamMemorial).

Very many thanks again, Evan Grant

Fundraising

- Start a Fundraising Page:

totalgiving.co.uk/fundraise/cameron-grant-memorial-trust?pageAppeal=11951

- Evan's page

www.totalgiving.co.uk/mypage/hiams-for-cam

- Group Donation link (to support all on the ride)

totalgiving.co.uk/appeal/hiams/donate

About Cameron Grant Memorial Trust



youtu.be/oflbImp5V1c

Cameron



youtu.be/DdCbYUTC5D0

**There is always
someone you
can talk to**

Cameron Grant
MEMORIAL TRUST 

**WWW.CAMGRANT.ORG.UK
info@camgrant.org.uk**



“Don’t let this happen
to anyone else”

Cameron's Coasters

**Feeling low?
Don't bottle it up.
There is always
someone you
can talk to.**

Cameron Grant
MEMORIAL TRUST 
WWW.CAMGRANT.ORG.UK
info@camgrant.org.uk

**Talk
to us,
we want
to listen & help** 

PAPYRUS HOPELINE247

☎ 0800 068 4141 ✉ pat@papyrus-uk.org
☎ 88247 🌐 www.papyrus-uk.org

Samaritans ✉ jo@samaritans.org
☎ 116 123 (free) 🌐 www.samaritans.org

CAM Support Messenger
Free, confidential, 24/7 support
☎ Text CAM to 85258

shout
85258

PAPYRUS HOPELINE247 ☎ 0800 068 4141
☎ 88247 ✉ pat@papyrus-uk.org
🌐 www.papyrus-uk.org

Samaritans 24hrs, 365 days a year
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🌐 www.samaritans.org

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shout
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Wellbeing Postcards



