



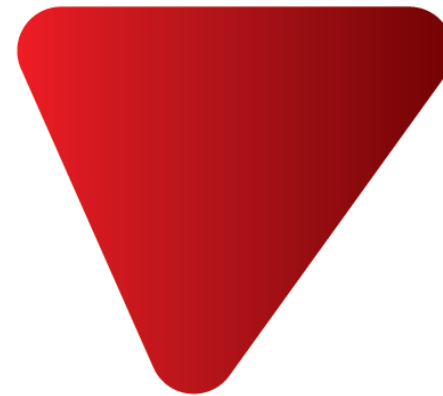
A CHARITY CYCLE RIDE FOR
CAMERON GRANT MEMORIAL
TRUST FROM 16-19 MAY 2025

AMSTERDAM RIDE MEETING
7PM AT THE SOHO TAVERN
TUESDAY 11 FEBRUARY

HiAAMS
HAMPTON IN ARDEN TO AMSTERDAM CHARITY RIDE

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

RED KITE
CYCLES



Cameron Grant
MEMORIAL
TRUST

Agenda

- Red Kite Cycles
- Welcome
- Group Training Rides
- Scimitar Sportswear
- Fundraising Pages
- Additional Riders & Corporate Sponsorship
- AOB
 - Riding Back from Amsterdam
 - Key Date – 17 Mar
 - Bike storage
 - www.camgrant.org.uk/hiams-info-for-riders
- Questions
- Next Meeting
- Ride Overview and Itinerary

Adrian & Candy

Paul & Evan

Paul

Evan

Evan

Paul, Evan & Julia

All

Evan

Today

< >

Feb 2025 – Feb 2026

11

FEB, TUE

● 7 – 8pm

HiAMS Charity Ride Meeting Soho Tavern Hampton In Arden

15

MAR, SAT

● 10 – 11am

HiAMS Training Ride 1 – Evan & Paul The Hampton Health & Fitness Club

22

MAR, SAT

● 9:30 – 11am

HiAMS Training Ride 2 – Evan & Paul The Hampton Health & Fitness Club

30

MAR, SUN

● 9:30 – 11:30am

HiAMS Training Ride 3 – tbc The Hampton Health & Fitness Club

5

APR, SAT

● 9:30am – 12pm

HiAMS Training Ride 4 – 5 or 6 Apr, tbd The Hampton Health & Fitness Club

6

APR, SUN

● 9:30am – 12pm

HiAMS Training Ride 4 – 5 or 6 Apr, tbd The Hampton Health & Fitness Club

12

APR, SAT

● 9:30am – 12:30pm

HiAMS Training Ride 5 – 12 or 13 Apr, tbd The Hampton Health & Fitness Club

13

APR, SUN

● 9:30am – 12:30pm

HiAMS Training Ride 5 – 12 or 13 Apr, tbd The Hampton Health & Fitness Club

19

APR, SAT

● 9am – 12:30pm

HiAMS Training Ride 6 – 19 or 20 Apr, tbd The Hampton Health & Fitness Club

20

APR, SUN

● 9am – 12:30pm

HiAMS Training Ride 6 – 19 or 20 Apr, tbd The Hampton Health & Fitness Club

26

APR, SAT

● 9am – 1pm

HiAMS Training Ride 7 – 26 or 27 Apr, tbd The Hampton Health & Fitness Club

27

APR, SUN

● 9am – 1pm

HiAMS Training Ride 7 – 26 or 27 Apr, tbd The Hampton Health & Fitness Club

3

MAY, SAT

● 9am – 2pm

HiAMS Training Ride 8 – 3 or 4 May, tbd The Hampton Health & Fitness Club

4

MAY, SUN

● 9am – 2pm

HiAMS Training Ride 8 – 3 or 4 May, tbd The Hampton Health & Fitness Club

10

MAY, SAT

● 9am – 3pm

HiAMS Training Ride 9 – 10 or 11 May, tbd The Hampton Health & Fitness Club

11

MAY, SUN

● 9am – 3pm

HiAMS Training Ride 9 – 10 or 11 May, tbd The Hampton Health & Fitness Club

16

MAY, FRI

● 9am – 5pm

HiAMS Day 1 – Hampton to Corby The Hampton Health & Fitness Club

17

MAY, SAT

● 9am – 5pm

HiAMS Day 2 – Corby to Cambridge Holiday Inn Corby – Kettering A43, an IHG Hotel

18

MAY, SUN

● 9am – 5pm

HiAMS Day 3 – Cambridge to Harwich Clayton Hotel Cambridge

19

MAY, MON

● 9am – 5pm

HiAMS Day 3 – Hoek van Holland to Amsterdam Hook of Holland

Scimitar Sportswear



GYMSHARK

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



HAMPTON-IN-ARDEN TO AMSTERDAM CHARITY RIDE

CAMERON GRANT MEMORIAL TRUST



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

Cameron
Grant
MEMORIAL
TRUST

VERY MANY THANKS TO ALL SUPPORTING OUR RIDE!



Carrier Thermal Industries Group



RAISED SO FAR
£1,805
£1,512 exc. gift aid

DONATIONS
49

[DONATE NOW](#)

[see donations list](#)

TARGET
£20,000

ABOUT HAMPTON-IN-ARDEN TO AMSTERDAM CHARITY RIDE





Mark



Andrew



Kate & Peter



Ruth Fennell



Lorraine



Adam



Evan

VERY MANY THANKS TO ALL SUPPORTING OUR RIDE!

RED Cross, i am, Pertemps Network, STS, Wb, LivingWell, CPT, MacDonald, BNP Paribas, NEDRIVE, and others.



Julia Skan

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- Adrian & Candy
Paul & Evan
Paul
Evan
Evan
Paul, Evan & Julia
All
Evan

Day 1, example route

Rotterdam to Antwerp 63 miles (102km)

connect.garmin.com/modern/course/331580933

- Train to Rotterdam
- Cycle to Antwerp

Day 1, example route

Rotterdam to Antwerp 63 miles (102km)

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- Train to Rotterdam
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Rotterdam to Antwerp 63 miles (102km)

connect.garmin.com/modern/course/331580933

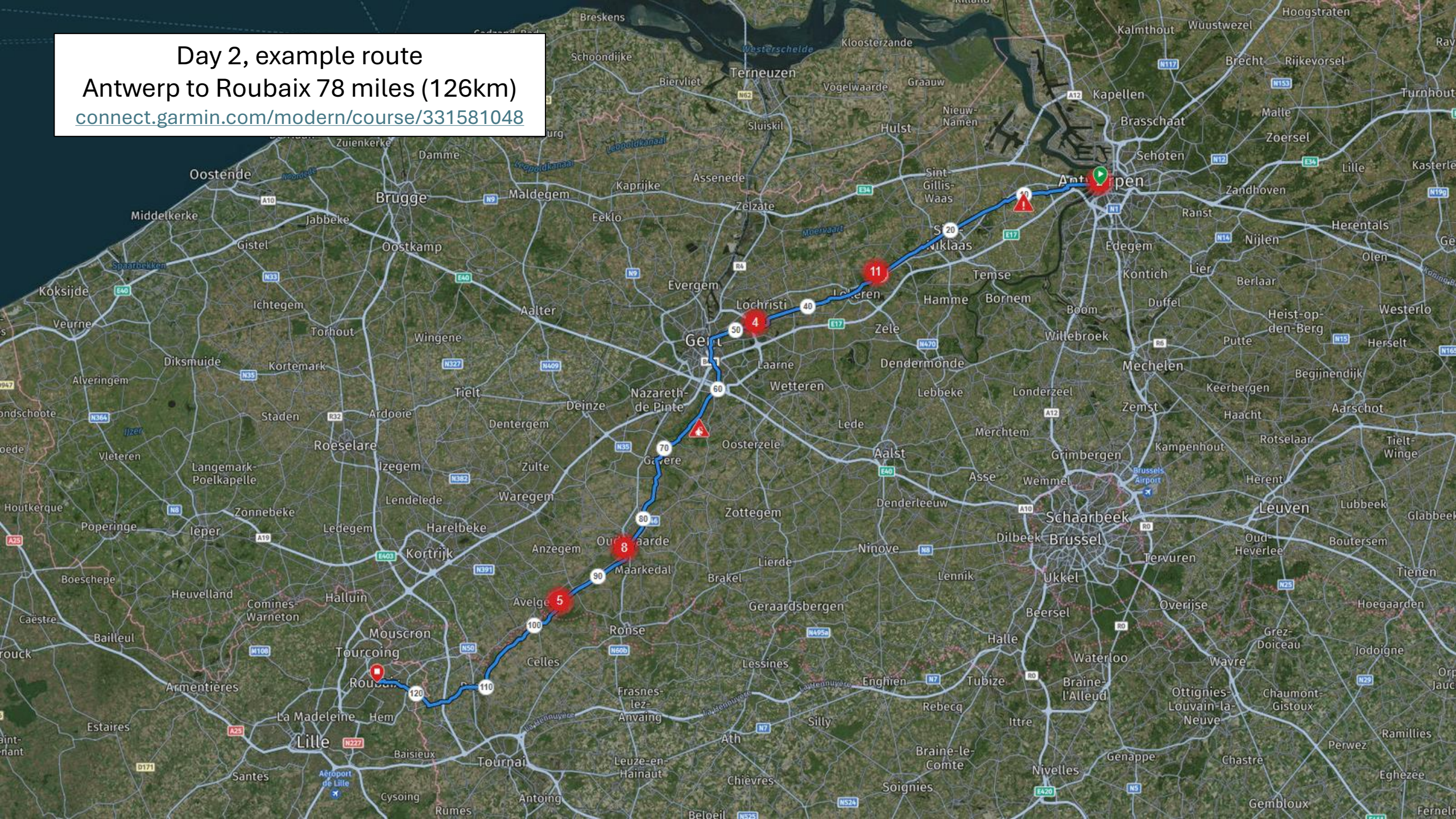
- Train to Rotterdam
- Cycle to Antwerp

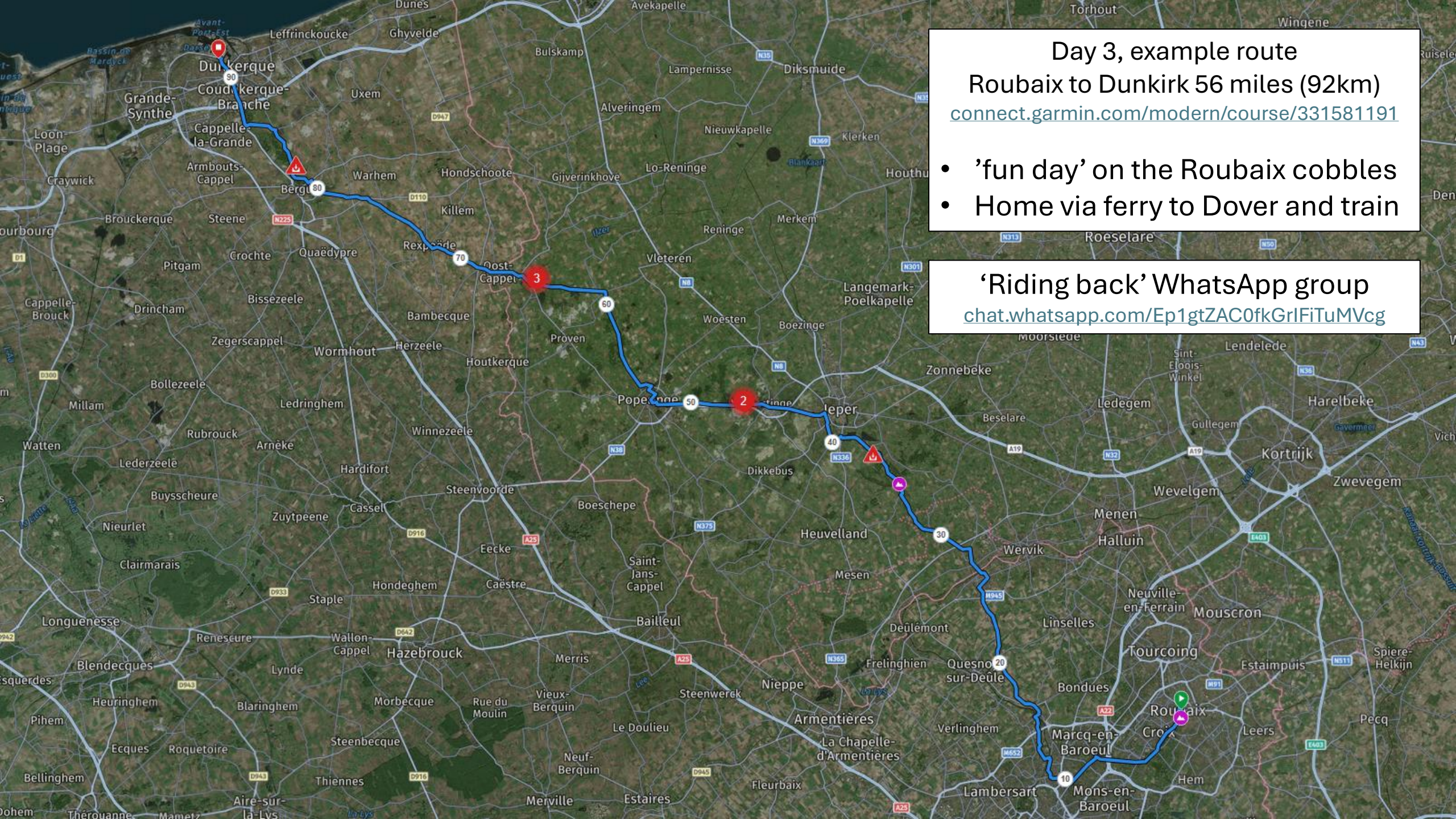
- Day 1, example route
- Rotterdam to Antwerp 63 miles (102km)
- connect.garmin.com/modern/course/331580933
- Train to Rotterdam
 - Cycle to Antwerp

Day 2, example route

Antwerp to Roubaix 78 miles (126km)

connect.garmin.com/modern/course/331581048





Day 3, example route
Roubaix to Dunkirk 56 miles (92km)
connect.garmin.com/modern/course/331581191

- 'fun day' on the Roubaix cobbles
- Home via ferry to Dover and train

'Riding back' WhatsApp group
chat.whatsapp.com/Ep1gtZAC0fkGrIFiTuMVcg

Agenda

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Adrian & Candy

Paul & Evan

Paul

Evan

Evan

Paul, Evan & Julia

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



TotalGiving Fundraising Pages



About Cameron and the Trust



HiAAMS
HAMPTON IN ARDEN TO AMSTERDAM CHARITY RIDE

HAMPTON IN ARDEN
— TO —
AMSTERDAM
—

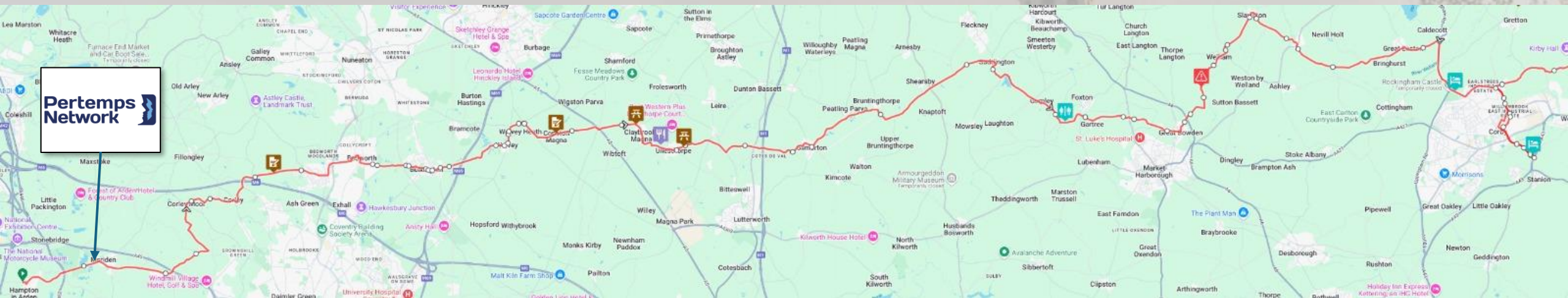
FRIDAY 16th
—
MONDAY 19th

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



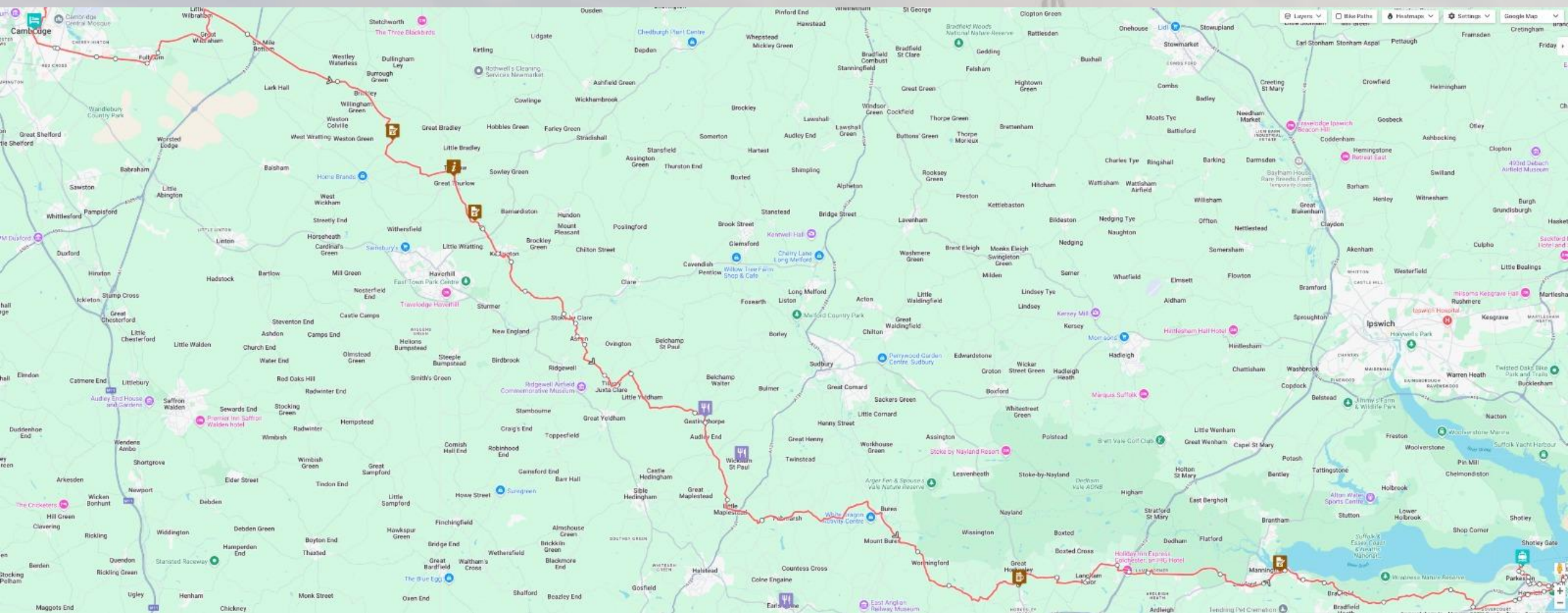
Corby to Cambridge, 17 May

Indicative route only
60 miles (97km)

Clayton Hotel Cambridge



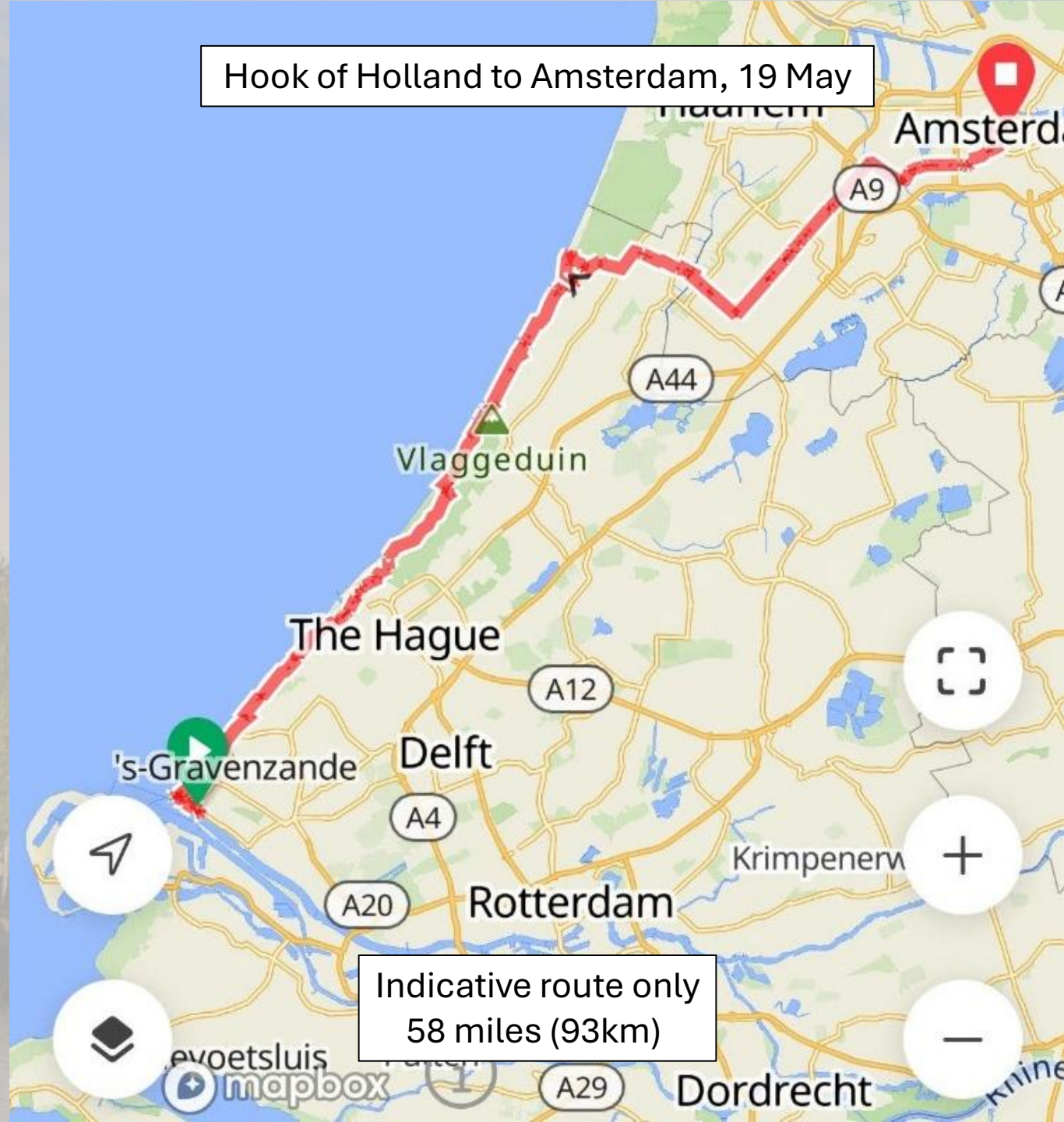
Cambridge to Harwich, 18 May



Indicative route only
68 miles (110km)



Hook of Holland to Amsterdam, 19 May

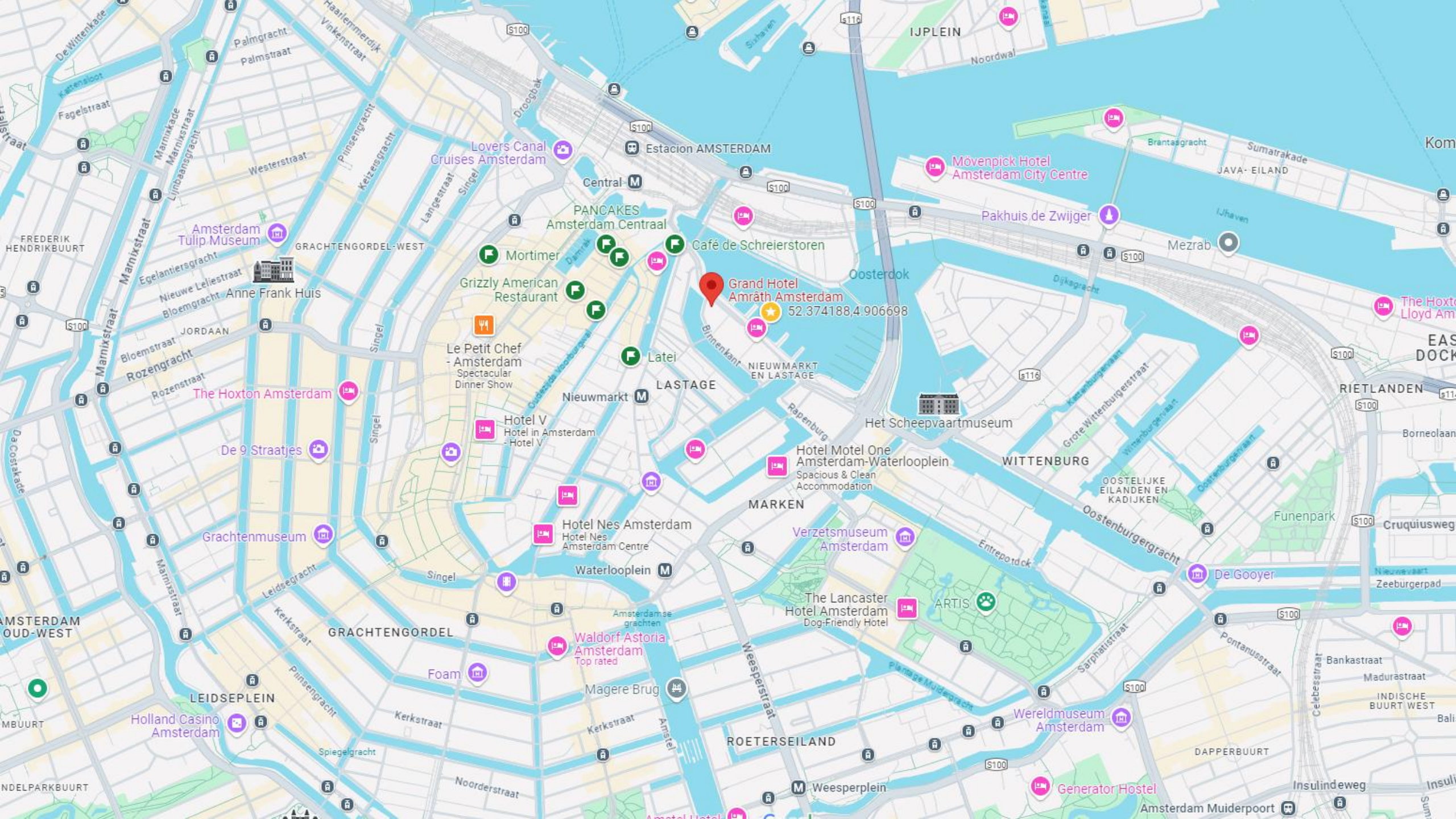


Indicative route only
58 miles (93km)

Grand Hotel Amrath

Special location in the historic heart of Amsterdam







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**?

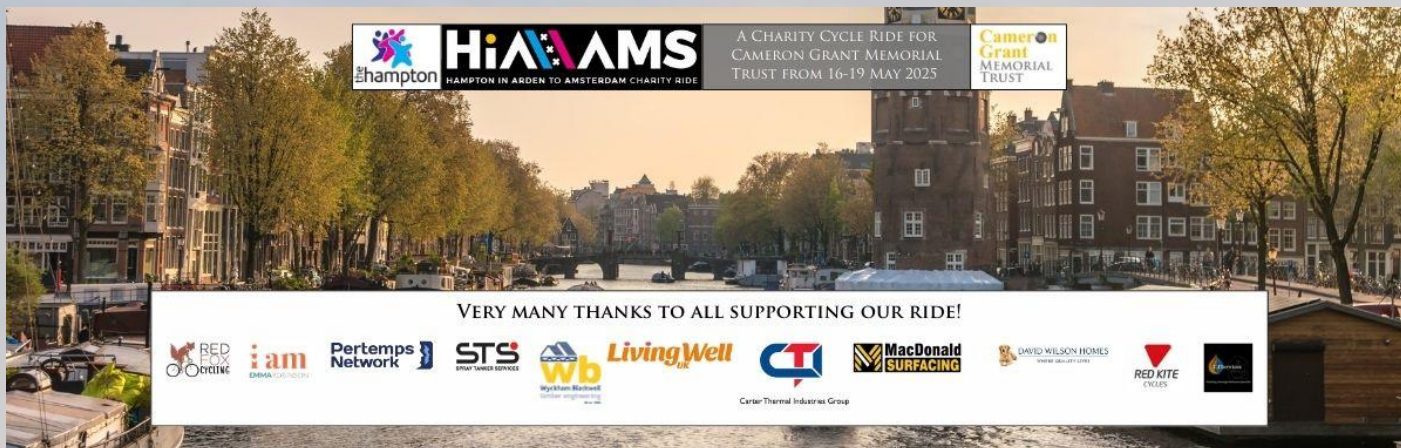
Yes

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



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



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[Fundraise](#)

[See The Difference](#)

[FAQs](#)

[Contact Us](#)

[Personal Login](#)

[Charity Login](#)

[Register Your Charity](#)



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[MY PAGES](#)

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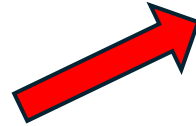
WELCOME EVAN



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.



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Changing The World Of Online Giving Forever...

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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.



TotalGiving™ on X



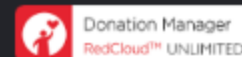
TotalGiving™ on Facebook



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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 Created18/01/2025 08:03:11

CharityCameron Grant Memorial Trust

Page TitleHampton to Amsterdam

AppealHIAMS - Hampton-in-Arden

EventHIAMS

Fundraiser's NameEvan

Target Funds1,000.00

Offline Funds0.00

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.

Cancel

Update

5

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

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

shout
85258

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

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

Wellbeing Postcards



Design by <Name of Designer>

IF YOU NEED HELP, TALK TO US

PAPYRUS HOPELINE247

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

Samaritans

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

CAM Support Messenger

Free, confidential,
24/7 support
📱 Text CAM to 85258

shout
85258

