



The King's Award
for Voluntary Service



SUPPORTING HUMANITY'S

CAMBRIDGE DAY TRIP

INCLUDES A PUNTING BOAT TOUR AND A
VISIT TO CAMBRIDGE'S ECO-FRIENDLY
MOSQUE



As part of Supporting Humanity's aim to empower, uplift and support the community, our day trips help to promote conversations about mental health and tackle loneliness.



Monday 13th April 2026



Please arrive at Frenford Clubs,
Ilford, IG1 3PS - 8:45



Coach departure - 9:15



Estimated return time - 17:30



Includes hot lunch
catered by Saffron
Kitchen, and snacks
too!



Anyone over the age of 65 residing in
Barking & Dagenham, City of London,
Hackney, Havering, Newham,
Redbridge, Tower Hamlets or
Waltham Forest



Cost: **£20 per person**
(a significant discount from the
original price of £45) plus a £1
booking fee

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TO BOOK YOUR
TICKETS!