



Annual Report

2018—2019



Serving the local community



Registered Company Number 7513432

Registered Charity Number 1140728

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- *Details of the services we offer*
- *Current news*
- *Information on future plans*
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- *The Sawtry Eye magazine*
- *Ways you can get involved*
- *Photo Gallery*
- *Previous annual reports*
- *Our history and background*
- *How we got to where we are now*
- *Contact details*

www.caresco.org.uk

*Our thanks to Webshepherd
for all his help in maintaining our website*

Welcome to our

Annual Report

1st April 2018 to 31st March 2019

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please contact:

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Contents	Page
Introduction	5
Chairman's Report	6
Treasurer's Report	6
Manager's Report	7
Alconbury Thursday Club	8
Vintage Club	9
Friendship Club	10
Printshop	10
Sawtry Eye	11
Charity Shop	12
Chatterbox	13
Befrienders	14
Autism Parents Support Group	14
Sawtry Man Cave	15
Coffee Shop	15
Sawtry Car Scheme	16
Sounds Good	17
Sawtry Foodbank	18
Christmas Day Party	19
The CARESCO Centre	19
Fundraising	21
CARESCO Activity Timetable	22
The Beginning	23
Management Committee	23
"I volunteer With CARESCO because ..."	24

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Introduction

Objects: The charity's objects are specifically restricted to the following: *"To advance any charitable purposes for the benefit of the community of Sawtry and satellite villages, in the county of Cambridgeshire, and in particular the relief of persons in need within the area of benefit.*

To identify welfare needs of individuals and groups in Sawtry and its satellite villages, devising means to meet those needs, with the help of volunteers, and to enlist the backing and co-operation of the statutory services, existing voluntary organisations and any other medium." (Taken from CARESCO's Articles of Association)

Social Aims: To improve the lives of local people, in particular focusing on early intervention by providing a range of social activities and encouraging participation, while also offering others an opportunity to focus their energy and effort into the community in a positive manner by volunteering. In addition CARESCO aims to provide opportunities for community groups to communicate their message in printed form, to offer a way to pass on unwanted items for resale and a means to access transport for those without other options.

Activities: This year we have continued to provide services through our clubs in Sawtry and Alconbury. We have also edited the Sawtry village magazine, overseen the local car scheme in partnership with the County Council, continued our social music-based group, our carers support group and run a weekly café. Our charity shop has successfully completed a sixth year of trading and the Christmas Day Party its seventh event. We have continued to work in partnership with the local churches to provide a food bank service within Sawtry. During the year we have focused particularly on building up a club where men can meet up and share skills.

Following a long review, the trustees made the final decision to close the Printshop in February which has resulted in the production of the Sawtry Eye magazine moving to an external commercial printers. Sadly, our befriending scheme has wound down and our work on Autism has reduced due to other work commitments.

All our activities are co-ordinated by a small team of paid part-time staff, supported by a large number of volunteers, without whose time, energy and skills our work would be impossible. We aim to ensure that the sole qualification for volunteer recruitment shall be the suitability to perform the required task.

We welcome people from within our geographical area regardless of background, gender, or faith. The only restriction being our ability to cope with their care needs. Most of our activities charge a modest fee for attendance to help towards our running costs while ensuring no one is excluded by price.

Our Car Scheme is available to anyone who has difficulty accessing public transport and our Christmas Day Party is offered to those who would otherwise be on their own on the day. The café, music group and charity shop are open to all who wish to access them. The Foodbank is there for anyone in receipt of a valid voucher.

Public Benefit: Throughout the year the CARESCO trustees have continued to have regard to the guidance issued by the Charity Commission on public benefit when reviewing aims and objectives and in planning future activities.

CARESCO works to bring people together through a wide range of activities and interests. By encouraging people to engage and socialised, friendships are formed, people find a productive use of their time and our community grows stronger. By being involved, individuals will remain active with reduced care needs for longer than may otherwise be the case.

In addition, CARESCO also runs trading activities: a weekly café, a charity shop and the village magazine, which are social enterprises so that any profit is reinvested back into the organisation.

For more than thirty-five years, CARESCO has been a social focal point in Sawtry, pulling people together in a common cause from a wide range of backgrounds. For many who have become involved with CARESCO, the experience has had a significant impact on their lives, providing support for those who need it and a positive occupation for those willing to volunteer.

Our work has often involved early intervention, bringing people in as volunteers and keeping them active and socialising for longer than might otherwise be anticipated. Some volunteers later move across to become direct beneficiaries of our services. For our service users, accessing one of the activities can help to maintain their independence for longer than would otherwise be the case and thereby preventing or delaying a need for more intensive levels of care.

Chairman's Report

There's never a dull moment at CARESCO. This year has been no exception.

We have seen some trustees and staff move on – and I, for one, am ever thankful for any help that we have received which keeps CARESCO moving in the right direction.

Changes are always happening within the Charity and we are always looking for exciting new projects to ensure that CARESCO can appeal to the masses.

We have no less than 12 solid projects at CARESCO, of which we are all very proud. The vast population growth in Sawtry will enable us to branch out even more and ensure that CARESCO can continue to build on its solid foundations for the future. We are still very much trying to encourage the younger generation to join us and I think, in time, we will succeed.

Fundraising is always a challenge - and increasing costs always hit us hard. Behind the scenes, usually as unsung heroes, our Treasurer and the finance team work very hard to keep us safe and ensure that we meet all the legal obligations to which we have to adhere.



Last but not least, it is our wonderful team of volunteers who are still very much what makes CARESCO thrive. We simply could not continue without these kind and generous people giving up their hours, sometimes days, to ensure that our activities are a success.

We always need more volunteers and when we have more, we will of course still want even more.

We do not just want to encourage Sawtry and its surrounding villages. We want everyone to **be** part and **feel** part of our very worthy charity. That is what CARESCO is all about, so if you have not already signed up – even if you can spare just a few hours, then, please do.

Tina Campbell

Treasurer's Report

It has been a busy year for the Accounts Team. Donna and Marina gave a lot of support to the Trustees in providing analysis to help the difficult decisions about what part we should continue to play in the production of Sawtry Eye and, more latterly have had their time taken up on introducing new systems needed as a result of VAT registration and the Government's Making Tax Digital initiative.

We continue to be careful with the cost of wages and salaries, consistent with fairness, and to control all other costs. We are grateful for the support of the local community at our Charity Shop, Man Cave and other activities. This support is vital if we are to be able to continue our efforts.

Finally, our thanks go to Joanna Williams our Auditor.

Bob Seeds

Financial Statement

The audited financial statement for the year April 2018 to March 2019 is available as a separate document and can be found on the downloads page of our website. Please ask for a copy.

Our thanks to our Accounts team, Manager Marina Joyce and her Deputy Donna Green, for all their hard work day-to-day to ensure that the financial records are kept up to date.



General & Volunteer Manager's Report

First and foremost, my thanks must go to everyone who supports CARESCO in some way: our fantastic staff and volunteers and, of course, the trustees, the people of Sawtry and the surrounding villages who so generously support us financially. Without this help, the fundraising efforts of many individuals and organisations, and the donations and purchases in our charity shop, the financial impact of the rising costs of running our organisation could not have been overcome.

This year we have been continuing with the in-depth reviews of the work we do and how we do it in order to ensure we are providing activities and services that are needed, and that we as an organisation have adequate resources and finances.

The decision to close the Printshop was made in February after a lengthy review period of both the Printshop and the Sawtry Eye. Going forward the decision will mean reduced pressure on our accounts team (also the Printshop team) who have had to cope with increased workload this year due to CARESCO becoming VAT registered and changing to a new accounting system that copes with the requirements of Making Tax Digital. A financial systems audit took place which highlighted the need for additional work to strengthen procedures and financial controls. Pleasingly, it also highlighted the commitment and conscientious approach that staff have.

GDPR came into force in May 2018. The new regulations have meant additional work across the organisation to put in place the procedures and systems necessary to ensure we remain compliant. Thank you to Liz for co-ordinating this work.

Two new staff roles were introduced in the second half of the year. Hugh Spencer joined us as Supervisor in the Man Cave. We transferred Emma Flanz's hours from online sales to take on a new role of Fundraising Manager. The increasing costs associated with online sales outweighed the benefits. Selling all donations through the charity shop has helped to increase sales as have extending our opening hours on Saturdays. It has proved worthwhile; customers have appreciated this move and it has brought new faces to the shop.

This year we have had to tackle another serious challenge. We receive a yearly grant from Cambridgeshire County Council (CCC); however, we have been affected by the knock-on effect of cuts to local government budgets that has meant CCC is reviewing how they award funding for older people's services. The amount of funding we will receive in the future is unclear, as is the process for applying for it. I have attended meetings, and focus groups and maintained regular contact with the commissioning team at CCC in order to keep as aware as possible of future changes that will impact CARESCO. We have assisted the team who have been reviewing our day care clubs and entered into discussions to shape a contract to replace our current funding agreement.

Staff have therefore had a challenging year. Their unwavering commitment has meant we have been able to provide a seamless service to those who come to an activity, a club or use one of our services. Thank you to our trustees who have supported the staff through this period of change and for their hard work. Inevitably, project work that I have been personally involved with has not received the same attention compared to last year. As a result, work in these projects has stalled or reduced in order for me to focus on General Manager duties that will help to ensure long term sustainability in the wider organisation.



We have continued and extended our partnership working, giving work experience opportunities to students from local colleges and Sawtry Village Academy. We have continued to work in partnership with Care Network and Carers Trust. We worked with Healthwatch Cambridgeshire and Peterborough with creating a focus group for a campaign around prevention of falls in older people.

Another highlight this year has been forming a partnership with Sawtry Walk to Run, Sawtry Youth Project and Sawtry Village Academy in the Sawtry Sport 4 All project. Work started in August and continued through the year with the aim to provide an inclusive free sports day for the community in July 2019. Local clubs and organisations that provide all manner of sporting activities have been invited to take part in the event and it has been great to see everyone come together in the planning stages.

The CARESCO Centre Clubroom had a makeover at the beginning of the year after discussions with all user groups. The sorting room at the charity shop also received improvements with a new heater and an improved layout. Both projects were carried out by some of our fabulous volunteers. Thank you to all.

In July, Sawtry Man Cave officially opened in the rear half of the of the new and improved Sawtry Community Centre. The project has grown and evolved over the year, responding to the needs of those who want to be a part of it and by utilising the skills of everyone who has become involved. Word of mouth, social media presence and GP's referrals have meant more people have joined in and they report back how much they enjoy being a part of the Man Cave.

During this year at least 180 people volunteered with us. We were thrilled in February when five of our volunteers were recognised by Hunts Forum in their Volunteer Awards ceremony. A special mention must go to Heather Thompson who was awarded the Silver Award for her work with Sawtry Man Cave.

CARESCO relies on our volunteers to carry out all the work it does so my final word must go to thank them all once more for everything they do for others in the community.

Miranda Knell

Alconbury Thursday Club

Manager: Mary Watkin
Deputy: Gaynor Foley
Treasurer: Nicola Scully
Cook: Various
Venue: Alconbury Sports & Social Club
When: 9.30am - 2.30pm



Volunteers: Liz Adams, Ann Baker, Elaine Cull, Sandra Evans, Terry Foley, Alasdair Gardner, Mick Gunney, Tish Kijviriyar-Evans, Eleanor Lee, John Mann, Laura Mosca, Priscilla Nicholson, Margaret Oliver, Monica Pegg, Dawn Pupins, Marjorie Rowlinson, Jenny Robertson, Nicola Scully, Pauline Sewell, Derek Smith

Membership: 20

Aims: *A day out for the housebound and socially isolated and a break for those who care for them.*

Alconbury Thursday Club continues to be a popular day out for our members. Our team of volunteers is essential in guaranteeing this happens in a way that ensures our members are comfortable at all times. Currently many of our members are suffering from increasing frailty with the average age being in the early 90s.

We have a team of three drivers who bring in members from Wood Walton, Upton, Huntingdon and Ellington. This is in addition to the Cambs County Council bus, which transports members from Great and Little Stukeley and also Alconbury and Alconbury Weston. Our patch is wide.

We have four chefs, who each select the menu once a month, cook the meal and supervise any preparation. They are assisted each week by two volunteers. Ann Baker co-ordinates the menus and runs the kitchen each week. This new system has proved very popular with the members and has worked well. This is due to a generous and flexible approach by all our chefs and the kitchen team and the excellent food.

We arrange a varied programme of activities and trips out. This year we were delighted to be invited into our local primary school for the day, where we were very well looked after. All the members enjoyed the close contact with the young pupils.

Entertainment continues to be varied. Expenditure on entertainment is a large part of our budget but brings a great deal of pleasure to the members. We need to review how this will be paid for over the coming months.

We are immensely lucky to have such a large team of volunteers, which enables us to provide one-to-one support where required as well as ensuring flexibility throughout the year for outings when more helpers are needed and to cover absences. The volunteers really enjoy the time they spend with the members and it shows in the happy



atmosphere when you come into the Club.

Thursday Club is immensely sorry that Gaynor Foley has decided to retire. Her warmth and sense of humour will be greatly missed. We have benefited hugely from Gaynor's wide range of experience, in particular her nursing skills and knowledge of working with disabilities.

It has again been a very successful year – my thanks to everyone who makes it possible.

Mary Watkin

Vintage Club

- Manager:** Vicki Currington
Deputy: Gill Robinson
Cook: Helen Trebes
Venue: CARESCO Centre
When: Wednesday and Thursday, 9.30am – 2.30pm
Volunteers: Annette Faff, Wendy Hunt, Rose Johnson, Linda McCloud, Tina McCulloch, Denise Pike, Gill Ratcliffe, Richard Willmer
Membership: Wednesday - 16 Thursday - 17

Aims: *To bring together members of our community for a regular day of friendship, food & fun*



We have had a busy year with lots of activities. Our members enjoy doing jigsaw puzzles, crosswords, various games, bingo and chair exercises. Sheila & Twink have both come in during the year to do flower arranging & craft sessions. Kimbles Childcare have visited and entertained our members. Sounds Good have given wonderful sing-a-long sessions along with Pam Tuplin and her music quiz. Pupils from the local school entertained with their WW2 dance. We had a visit from Sawtry History Society who did a talk on the Manor House. We have also been out on a few trips to various restaurants. Our Christmas trip was our first joint trip out with the Friendship Club followed by a joint Christmas party at the CARESCO Centre, both were very successful.

For our fundraising, we have held quiz suppers in April & October to raise money for both the Vintage and Friendship Clubs' social funds. We also held a coffee and cake morning in the club room which raised £150 for CARESCO.

We have lost eight members this past year for various different reasons but also gained eight new members. Our daily attendance charge had to be increased to help cover costs in August to £7.50.

We are, as always, grateful to our volunteers for all their hard work, though sadly Rose Johnson left as a volunteer in November due to work commitments. Helen continues to provide wonderful meals and accommodate our members' dietary requirements. We offer a free lunch for their first visit to anyone who would like to come and try our club.

The new risk assessment form that we introduced last year has proved very useful. We also had to fall in line with the new GDPR regulations, so new forms were issued, signed and stored securely digitally. We had a visit from County Council officers in June to see what we offered as a club and to speak to our members.

Over the past year we have realised that the Friendship and Vintage Club have gained more crossover members so that we currently have 11 people who attend both clubs. With this in mind we feel it is time to explore possibly combining the two clubs and relaunching as a single social club that runs for four days giving members more continuity during the week. We had our first meeting in March to discuss ways of moving forward with this proposal.

Vicki Currington & Gill Robinson

Friendship Club

Manager: Pat Ayres
Deputy: Helen Trebes (Tuesdays)
Venue: CARESCO Centre
When: Monday and Tuesday 10.30am - 1.30pm
Membership: Monday - 13 Tuesday - 18

Aims: *To provide an opportunity to make new friends and share a meal together*

Over the last year there has been an increase in membership at the Club, also, there are more members that attend both Friendship and Vintage Club. We do have room for more members and welcome couples. We are flexible with attendance if folk want one or both days. We always welcome newcomers even if they only want tea/coffee/biscuit and a chat. For those wishing to try the club out there is an offer of a free lunch for their first visit.

Friendship Club has enjoyed several trips out for lunch this year, which have included a Garden Centre, Hartford Marina and the Mulberry Tree. Our members joined with Vintage Club for our Christmas meal, and also a joint trip to the Farmers Restaurant for lunch. All future trips out will be joint with the Vintage Club.

Friendship Club continues to hold a weekly raffle for members. For our social fund, in partnership with the Vintage Club team, we continue to hold our fundraising Quiz Suppers. All profits from fund raising go to subsidise trips out and any entertainment. We have introduced more activities at the club: games, music, art and chair exercises. More ideas are in the pipeline.

Our thanks go to Jackie Gillis our volunteer driver who has continued to drive for us every second Tuesday. The rest of our lifts are supplied by the Sawtry Car Scheme drivers, mostly this is undertaken by Tony Black.

In March, the Friendship Club team entered discussions with the Vintage Club team on the possibility of merging the two clubs together to make one social club operating over the four days. We are having meetings to see the way towards this.

My own thanks are to Helen for her unfailing support as Deputy of Friendship Club.

Pat Ayres



Printshop

Manager: Marina Joyce
Deputy: Donna Green
Venue: CARESCO Centre
When: Monday - Friday 9am - 12 noon

Aims: *To provide a low-cost printing service for community groups*

It has been a tough year for the Printshop team. Despite continuing to receive positive feedback from customers, unfortunately the Printshop has been experiencing financial difficulty and we have been working on ways to help save the service behind the scenes, but finally a difficult decision was made in February 2019 to close the Printshop after 33 years of faithful service to our local community.

When CARESCO took over the Printshop from Man Power Services back in 1986, it was a time before home computers and desktop publishing.



Nowadays printing at home is normal and commercial printers are able to work faster and more economically than the machines the Printshop could use.

Thankfully the Sawtry Eye magazine is still continuing by outsourcing to a commercial printing firm (see separate report). This has been a big change for staff and volunteers but we all feel it was the best option so we did not lose our wonderful magazine. This also meant we had to tell our regular customers that we could no longer print their magazines but we gave them details of recommended printing firms so they could find an alternative.

Our thanks to the support from the teams behind Stilton Scan, The Parishioner, Hunts RSPB, Sawtry Carnival, Sawtry Show, Fenstanton Sports and Great Stukeley Flower Show and Sawtry Fireworks as we made this tough decision.

The hardest part was letting all our wonderful volunteers know that the Printshop was closing, we held a meeting with them and explained the decision behind it closing and offered them all the opportunity to help in other parts of CARESCO. Everyone was very supportive if disappointed.

Over the past year we had 35 volunteers old and new, who were always eager to help with the folding, collating or stapling when needed. We held our annual buffet lunch in December for our volunteers which once again was a huge success and I would like to say thank you to everyone who helped on the day.

I would like to thank Donna my deputy for all her support over the year and to Debbie Coates who has been a massive help in the Printshop, also to our trustee Elizabeth Coates for her help, support and encouragement through the process of winding up the Printshop and to all the amazing volunteers over the years without whom we would never have got the work completed on time.

Marina Joyce

Sawtry Eye

Editors: Liz Coates & Marina Joyce

Designer: Donna Green

Bi-monthly: February, April, June, August, October & December

Distribution: Conington, the Giddings, Glatton, Hamerton, Sawtry, Upton, & Winwick

Aims: *To edit, produce and distribute a village magazine funded by commercial advertising.*

It has certainly been a challenging year for the Sawtry Eye team and some significant changes have happened over the past few months. The reality was that the magazine could no longer be sustained in the way it had always worked as income was no longer covering the costs to distribute over 3000 copies to local homes and businesses.



Articles and adverts for local community clubs and events have always been included in the magazine without charge, however we were aware that some would be willing and able to help financially to cover some of the ongoing costs of production and distribution. With that in mind the team put out an appeal for financial contributions, setting no limits or suggested amounts, but inviting all the groups currently contributing material for publication to make a donation. The result was very encouraging. While not a solution in the long term, it did show us just how much the various groups appreciated and valued

the support we gave them by publishing their details regularly.

We also began to charge a cover price of £1.00 per copy for those who did not live within our distribution area. At the same time, we also received a number of generous personal donations from readers who value the magazine and did not want to see its demise. We are very grateful and encouraged by this show of support, it is always good to know our efforts are appreciated.

As possible ways forward were explored, including the extreme of stopping all together, reducing the number of issues per year or only publishing online and not printing paper copies, we distributed a simple survey with the

Dec18-Jan19 issue and also made it available online to find out what our readers thought.

We received just short of 200 responses which told us how much those people valued receiving a printed copy of their local magazine. Recognising the limitations of this form of survey and the inevitably low response rate, none the less, the team were encouraged to find ways of continuing rather than only publishing an online version.

With the parallel conversation going on in the Printshop, it became obvious that the only way to continue was to outsource the printing with a commercial company which would reduce the production costs significantly. Thus for the first time since the original issue back in October 1988, the April-May19 issue was printed, not by the CARESCO Printshop team, but by ClanPress (Kings Lynn).

This has meant small changes in format, the magazine is now on A3 folded rather than A4 as previously, and the print quality is much superior. But for now we have retained the recognisable distinctive look of the magazine and the colour front cover. We have been delighted with the results and the feedback has all been positive. The team at ClanPress could not have been more helpful and supportive having a wealth of experience with community magazines.

Our thanks to everyone who responded to the survey, offered financial support, or just a word of encouragement and appreciation. Also to our advertisers who have stuck with us, our contributors who give us the words to publish and to our faithful band of distributors who pound the pavements, whatever the weather to bring the magazine to every front door on their route.

We are grateful in particular to our trustee Elizabeth Coates, who has worked closely with us throughout the year exploring the issues and the possible solutions. Her ongoing commitment to the magazine and willingness to get stuck into finding a way around the issues has been invaluable.

Liz Coates

One of the responses from the survey:

"Sawtry Eye is a brilliant publication. We moved to the area 18 months ago and it has been invaluable in enabling us to access local services and groups, and my husband and I are now members of a number of groups and church. Thank you."

Charity Shop

Duty Managers: Emma Flanz, Hannah Lea

Supervisor Rosemary Jubb

Venue: 7 Greenways, Sawtry, PE28 5UR, 01487 208026

When: Monday - Friday: 9am - 4.30pm; Saturday: 9am - 12.30pm; Sunday: Closed

Contact: E - shop@caresco.org.uk; T - 01487 208026

Aims: *To provide a local low-cost recycling service for the community while raising funds to enable the wider activities of the charity.*

The charity shop has enjoyed another hugely successful year.

We have continued to evolve and our part in the community grows ever stronger.

Our partnership with Sawtry Man Cave now allows us to explore different systems to optimise on the value of the growing tide of donations that are coming from ever further afield as our reputation grows.

The shop's counter sales once again exceeded last year's. This was further increased by rag sales and also Ziffit and World of book sales supplement the sales income regularly each month.

The considerable effort that has been invested into establishing the Gift Aid



has proved very worthwhile and allows us to claim 25% back on all sales made under the scheme.

We extended our Saturday opening hours to 4pm in August 2018 which has proved lucrative and a great hit with the community. However, finding volunteers for the Saturday is still proving an ongoing challenge particularly as we have lost some key volunteers who we have struggled to replace.

We have, however, established a strong team of cover managers/supervisors which has enabled the smooth running of the shop and brought in fresh ideas and strengthened the management team.

The continuing support we receive from customers dedicatedly donating to us does mean that storage has been an ongoing challenge. The new hanger rails and racking installed in the sorting room in January to alleviate this has succeeded in making the working environment more efficient, but the limited space does continue to dictate the competitive prices, strict filtering and brisk turnover of stock required to keep the shop functioning effectively.

The role of the shop still features strongly in village events, such as providing the crockery smash at the Sawtry Carnival and an ABBA-themed charity night where many an outfit was entertainingly devised for excited customers. Our imaginative window displays continue to reflect village life and remind the community of imminent local events, thus keeping CARESCO as a shop and service, central to a positive community life.

Emma Flanz & Hannah Lea

Chatterbox

- Manager:** Miranda Knell
Venue: CARESCO Centre
When: Second & Fourth Monday
2 - 4pm
Volunteers: John Hartill, Sheila Tibbs
Aims: To provide peer support, advice and friendship for family carers and those for whom they care.



Chatterbox is a monthly drop-in where carers come on their own or with the person they care for. The wider family are also welcome, as caring often extends to more than one family member. Carers often look after children or grandchildren during the school holidays. All are welcome. We have a small number of volunteer helpers who help to make refreshments and all-comers welcome to the sessions. We also carry information and leaflets from other organisations and use these for signposting. The drop-ins regularly attract between 15 and 22 people.

We work in partnership with Carers Trust Cambridgeshire who attend regularly to provide one to one support in the way of Carers Assessments and Carers Prescriptions, bypassing the need to have a GP referral. We have had different people in to talk about issues facing carers but also a series of visits from Pat (Carers Trust) as part of their Listening Ear project, who offered one to one sessions.

Refreshments are provided at each session, however members suggested a piggy bank for donations would be a good idea. Donations cover the cost of refreshments.

We held a two-year birthday BBQ in August. The day was chilly and rainy so thanks go to John for manning the BBQ while everyone else stayed in the warm. It was once again a great way to commemorate the anniversary.

In December the 'Chatterboxers' went together to the panto to see Robin Hood at The Cresset. All enjoyed cheering the heroes and booing the villains in the show. Thank you to staff at NGA HR in Peterborough for their donation of interval drinks.

Thanks also go to Jennie and her granddaughter Sophie who came to a spring drop-in with Easter themed crafts. A relaxing time was had by all and a chance to do something a bit different.

The group have enjoyed teaching each other games like Bridge and Hoi! as well as taking part in local quizzes after some 'just for fun' quizzes during the regular drop-ins.

Being able to chat and share experiences with other carers is what our carers tell us they value most.

Miranda Knell

Befrienders

Manager: Miranda Knell

Venue: Sawtry & surrounding villages

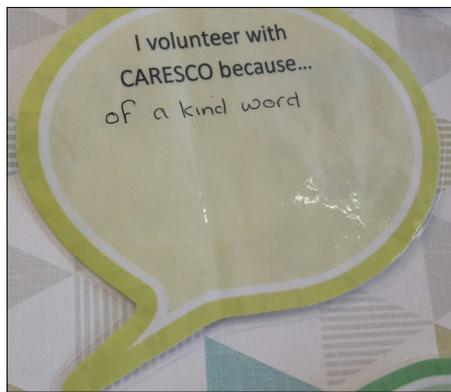
When: Daytime weekdays

Aims: *To provide companionship and support through a weekly visit to older or socially isolated members of our community.*

The befriending scheme is aimed at helping those who may be feeling alone, isolated, or just in need of a good chat. A previous scheme, Good Neighbours, ran until Spring 2016 when due to various factors, the scheme came to an end.

When carers support group Chatterbox started in August 2016, the need for a befriending scheme once again arose. With help from Age UK, a new scheme was set up and befrienders were recruited.

We have had referrals for people wanting a befriender from Care Network and Wellside Surgery. Sadly, the people referred were often not suitable for our scheme as their needs were in excess of what we could expect from our befrienders. Other people have self-referred to us mainly after reading about Befrienders in the Sawtry Eye. It has been a challenge to find good matches as we do not have many befrienders.



The scheme continued throughout the year but in only in a small way due to changes in my role within CARESCO and a lack of secured funding to expand the scheme. Other factors affecting the running of the scheme have included; befriendees moving into a care home, the time available to the befriender does not match any of our befriendees and deaths of both befrienders and befriendees. I have continued to work in partnership with Care Network who also operate a befriending scheme.

Miranda Knell

Autism Parent Support Group

Manager: Miranda Knell

Venue: CARESCO Centre

Aims: *To provide support, advice and friendship for parents and the wider family of anyone with Autism or ADHD.*

The autism project has evolved throughout the year. We decided to bring our parent drop-in sessions to a close in June. Due to other uses of the CARESCO Centre, it was difficult to retain a regular evening slot for the sessions that suited the regular attendees. Information and support have been provided on an individual basis as and when required. Signposting has formed a large piece of this work especially for parents and grandparents of newly or undiagnosed children and young people.



In February and March, we assisted local families by supporting a pilot scheme for families living with autism that taught emotional resilience and calming techniques. Participants from all families fed back that the techniques and information did help them in their day to day lives.

Advances were made by helping individuals from our local community, students from Cambridgeshire Regional College and a small group of students from Sawtry Village Academy with Autism Spectrum Disorders or learning disabilities to gain life and work place skills through work experience within our various projects. It has been very rewarding to everyone involved to see the positive effect on all those who have taken part in these initiatives and the increase in confidence that has taken place.

Miranda Knell

Sawtry Man Cave

- Supervisor:** Hugh Spencer
Co-ordinator: Heather Thompson
Venue: Sawtry Community Centre
When: Monday, Tuesday & Thursday, 9 - 12 noon
Aims: *To provide a safe space for men to build friendships while sharing expertise and passing on knowledge*



As a new activity for CARESCO, the Man Cave is there to support men who want to get together, share and learn new skills. All are welcome including those with illness, disabilities, feeling lonely, isolated or who have suffered the loss of a loved one. There is no age limit and we currently have members ranging from 18-87years.

The Man Cave is open to members of the public to bring items for repair, for PAT testing or for replacement watch batteries. We currently have 20 men attending regularly and we are averaging 10 members of the public dropping in at each session.

We are in negotiations with Cambridgeshire County Council with regards to a lease for our use of their Community Centre building. The project has the full support of the CCC and talks have been very positive with regards to a lease.

The Man Cave has been warmly received by the local community and has become a hive of activity. Recycling plays a major part with all useable parts removed for reuse before any item goes to the landfill.

Heather Thompson

Coffee Shop

- Co-ordinators:** Marina Joyce & Liz Coates
Venue: CARESCO Centre
When: Friday 9 — 11.30am
Volunteers: Liz Chattell, Debbie Coates, Sarah Coates, Tina Drage, Gary Johnson, Diana Richardson, John & Lydia Shine, Students from the Willows, Sawtry Village Academy
Aims: *To provide a venue for people to meet up with old friends and to get to know new ones over a cuppa and cake.*



The Coffee Shop has continued to enjoy good support over the past twelve months. We have a number of different groups who come along through the morning to find space for a chat and time together. Parents wander in from the playground first thing while our regular large group of retirees gather from mid-morning onwards for fun, laughter and to put the world to rights. We often also see folk who have been to exercise classes at the sports centre next door. Other people who find their way in are welcomed and included in the conversation.

We have been delighted to have the help of three pupils from the Willows at Sawtry Village Academy and their teacher, Sarah, during term time. The students have been involved in serving customers with their drinks and preparing the popular bacon butties to order. This has given them invaluable work experience and brought new faces into the team. Customers have enjoyed their company and the students have appreciated the opportunity, though doing the washing up has not proved to be so popular!

Any proceeds go to support the wider work of CARESCO, but the main aim is to offer a public session as a place for people to go, to meet others and to find out more about the charity. All are welcome to come and sit a while

Our regular team of volunteers have faithfully served through the year by rota, guiding and training the students and generally keeping an eye on proceedings. As always, our thanks to them, listed above, as well as our regular cake makers: Chris Adams, Liz Chattell, Debbie Coates, Marina Joyce and Maggi Stewart.

Liz Coates

Sawtry Car Scheme

Co-ordinator: Peter Fox

When: Daytime weekdays, depending on availability

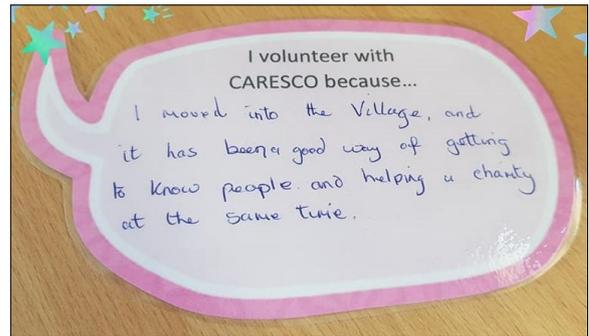
Drivers: Tony Black, Pauline Fox, Peter Fox, Tony Goold, Hilary Kemp, Liza Nicholson, Harry Poole, Alan Reader, Richard Spencer

Contact: T - 07810 476979

Aims: *To provide an affordable alternative for anyone who has difficulty using public transport.*

This is my first report as the incumbent Car Scheme Co-ordinator. Regrettably the demands on the Sawtry Car Scheme are getting more and more. Sadly this increase in demand is a reflection on society getting older and County Council cuts to their transport budget making it harder for those who need to use public transport to go to the hospital in Peterborough, Huntingdon or Addenbrookes.

My predecessor mentioned in his last report that there was an occasional belief that we operate a sort of "on call" taxi service: I want to emphasize quite strongly that we are NOT taxis – we are not licensed to operate as such. We aim to provide only transport for people who are disadvantaged in such a way that public transport is not an option, for whom private hire is beyond their reach, and who are unable to reach a destination with the help of friends or neighbours. I would not want to describe us a last resort, but we will not ever be able to provide the service that a taxi can.

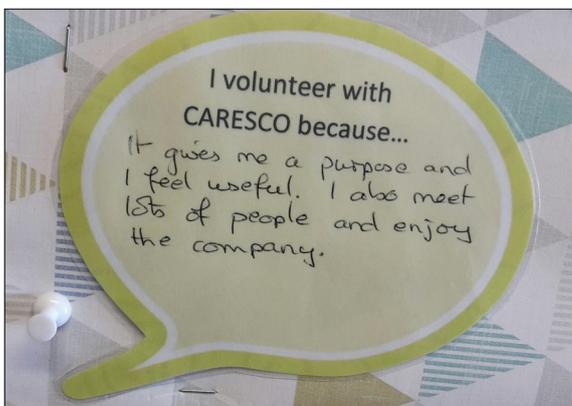


There has been a couple of occasions when we have had to say sorry to a request for transport as those requesting transport had a record of abusing the scheme.

I think it is appropriate in this report to emphasize the three criteria for calling the Car Scheme:

- The first is **Medical**. We will take you to the Doctors, Hospital, Dental and Chiroprapist appointments. You do not have to be elderly. If for any reason you cannot make your own way we will be happy to help. This past year we took a young lady who had her own transport to Addenbrookes daily for six weeks for radio therapy. The Car Scheme relieved her of any travel anxiety and stress while she was receiving treatment.
- The second is **Shopping**. Our clients at the moment are housebound unable to walk a great distance unaided and live by themselves.
- The third criteria is **Social**. These are trips are to visit a relative or close friend who is in hospital, or to take you for a haircut or to a Lunch Club. The last may seem trivial to some, but if you live by yourself and see no one, these trips are a lifeline.

As stated earlier we are **not a taxi service**. We are volunteer drivers who give up their time and last year on average we carried out 81 journeys covering 1,025 miles per month. All I ask is you give us at least 24hrs notice (the earlier the better) so I can try and arrange a driver who will undertake the trip. I appreciate that same day appointments are given by the surgery, and we will try and accommodate an emergency appointment but this is not always possible.



There also appears to be some confusion over car parking fees. If there are any car parking charges associated with the journey this is down to the person requesting the trip. Usually hospital car parking is free to Car Schemes, but in-town car parking has to be paid for where applicable.

If you would like to know more about the car scheme, want to become a passenger, or join us as a volunteer driver, please contact the co-ordinator direct on **07810 476979**.

Peter Fox

Sounds Good

Co-ordinator: Linda Dupée
Venue: CARESCO Centre
When: Second & Fourth Fridays
1.30 - 3pm

Aims: *To provide a friendship group for those who enjoy all things musical & the spoken word*



The group is run as a drop-in session, by volunteer activity on a format of an hour's interactive entertainment followed by half an hour of tea and chat all for a suggested donation of £2.

Subjects explored throughout the year have included a guide to the opera, poetry, perennial favourites - show tunes and the Keyboard Unwrapped.

We continue to enjoy preparing for concerts and have also embarked on a joint project with the Friendship and Vintage Clubs by leading a regular sing-a-long. Several Sound Gooders stay on afterwards for a meal.

We currently have 24 active attendees though, due to health issues, session attendance now varies with an average attendance of 20. Although health is a recurring problem for many of our members, there is some strong evidence to suggest that involvement in the group is very much a motivational tool in coping and recovery.

In the last twelve months, I have noticed a real growth in the depth of friendships founded by the project. Members arrange their own trips to music based shows locally and in Peterborough and enjoy the shared experience. Similarly, the growth in individual confidence has seen an uptake of other community based groups eg Sawtry Chorale and line dancing.

This year I have taken steps to try and future proof the project. As co-ordinator I now have a deputy and we have a designated catering team who help with setting up, refreshments and clearing up. A procedure has been written and provided to appropriate members and the CARESCO office which explain the planning and running of sessions. This will enable other people to step in and run sessions at short notice should this ever become necessary.

One of the group's major expenditures to date has been the printing costs of our song sheets. In addition we are aware of CARESCO's environmental policy and so we took the decision to run the lyrics as a slide show using the screen and projector in the Club room. A small group of us received training on how to use the technology available and off we went. This has been a great success, particularly for those with eyesight problems. However the siting of the screen is not suitable for larger groups and we would appreciate it if the screen could be re-sited. In addition, we are drastically short of members with the resources to produce the lyric slideshow and I have asked for extra support in this matter.

I think that the success of this group lies within its aims. This is not a care project, but rather one in which those seeking company enjoy shared interests. I think that there is room within our community for more such groups.

Here's to the next year!

Linda Dupée



Sawtry Foodbank

Steering Group: Tony Stefanelli, Lavena Ward, Heather Bohonis, Pat Furzeland & Andre Bradley

Co-ordinator: Lavena Ward

Venue: CARESCO Centre

When: Fridays, 3.30 - 5.30pm

Contact: E - foodbank@caresco.org.uk;
T - 07743 593863

(During session times only, otherwise via the CARESCO office)



Aims: *To provide emergency food for local people in crisis by working in partnership with the congregations of the Sawtry & Glatton Churches*

The Sawtry Foodbank team have been very busy since last April as we have continued to provide food to people in need and signpost them onto various places. Since 1st April 2018 to 31st March 2019 we have issued 80 vouchers, from single people to large families, in addition we made up 12 summer school hampers.

We started a new Facebook page in July 2018 and by this April reached nearly 200 likes. We had a stall at the Sawtry Carnival in June raising awareness with the wider community, we also had a stall at the opening of the Sawtry Community Centre in July, again raising awareness for the Foodbank. We received a very positive response from everyone that attended, playing "Guess the weight" of a single person's hamper.

People have been very generous throughout the year with food donations at the CARESCO points, the Churches, schools and the Co-operative Foodstore as well as other private donations from the local people and community groups, and money donations. During the Christmas period we had 1707 kg of food donated and 1562 kg food given out by making up 42 Christmas hampers which was all done in a three day period!

We also attended the Christmas Community Carol Service held at Sawtry Village Academy and I gave a talk about the Foodbank, why we have one and why it is important for us to receive donations, again spreading the word for Sawtry Foodbank.

We had a meat voucher scheme organised by one of the local Parish Councillors who contacted local businesses and raised £700. We bought vouchers from the local butcher to go along with every Christmas hamper to which The Butcher Blade increased each voucher by £5. This was a fantastic example of Christmas spirit and how well our community works together.

Through the year we have had lots of large donations from Sawtry Village Academy, who have been a wonderful support to the Foodbank, some of their pupils have attended sessions while others have also helped by volunteering in the warehouse.

At Harvest time we received donations from Sawtry Village Academy, Sawtry Junior Academy, St Margaret's Upton, St Nicholas' Glatton, Holme Primary & Alconbury Primary Schools. We also had a large response to the Reverse Advent Calendar appeal in December with lots of groups and families donating. In particular we want to thank John Green, The Butcher Blades, Sawtry Parish Council, Spirotech, Darke, P&M Pumps, Scott Heating, United Welding, ABK, Smart Solutions, Addison Arms and PLW Mechanical Services for all their donations.



We also thank those who fundraised for us during the year, Tilly Warren and her sponsored haircut, Andrea Bell who ran the London Marathon, both ladies sharing their sponsorship with us. Sawtry Brownies learnt about the Foodbank and decided along with their leaders and families to collect a very large donation to us.

Peter, the manager at Sawtry Co-op has been a wonderful support and help to the Foodbank, he updates the notice board with what we need of every week and at Easter we received 30 Easter eggs to give to the children along in the food parcels.

Lavena Ward

Christmas Day Party

Co-ordinators: Val Abram, Tina Campbell, Mark Campbell

Venue: CARESCO Centre

When: Annually on 25th December

Aims: *To provide an opportunity for people who would otherwise be on their own to get together on Christmas Day to enjoy a traditional lunch and celebration.*



The Christmas Day Party has been going since 2012 and gets more popular each year. It still provides a delicious mid-day meal with all the trimmings. The only difference now is that numbers have increased from 30 guests to between 45 and 50 guests more recently.



The party is open to anyone who would otherwise be alone, including couples, and who live within the CARESCO area. Transport is available for those who need it.

Each guest can enjoy traditional activities such as singing carols, playing games, listening to the Queen's speech and a Santa visit. Last year we had a new Santa with a new Elf doing the rounds with their gifts. I do not think anyone noticed that Santa had his outfit on the wrong way round!

We have had some lovely feedback and it has to be said, that everyone who attends has a lovely, fun time. Each

guest goes home with a present from Santa, a piece of Christmas cake and if wanted, a microwave meal for Boxing day.

Last year the Co-op were very generous with their donations, which covered all the food costs. Each Christmas meal costs about £15 on average so every donation, no matter how big or small is very appreciated.

The invitations to attend the Christmas Day Party are sent out in the autumn. Book yourself in early as places are, sadly, limited.

Thank you to all the Christmas Day helpers and all the guests for making each year an occasion to remember.

Tina Campbell

The CARESCO Centre

After 18 years of constant use, our HQ is beginning to feel its age. However, with an ongoing maintenance programme, we hope there are a few more years yet in our modular building. As always we are grateful to our volunteers who help with this work and keep the bills down for us.



Volunteers Keith and Alan have continued their faithful work in the garden and have this year introduced some large containers at the front which have been filled with bedding plants and bulbs giving everyone a colourful and seasonal display and brightening the appearance of the building. These containers have been created using some of the old cages which originally protected our windows, a lovely positive use for them. In the garden to the rear, there is a continuous display of flowers through the year and our local bird population are enjoying the regular food that is put out for them.

Most of the remaining original venetian blinds have been replaced including those in the office and our small

What's On at CARESCO—August

Monday 13 th	Friendship Club 10.30 -1.30pm, Man Cave 10am–12pm, Chatterbox BBQ for Family Carers & cared for 2-4pm
Tuesday 14 th	Friendship Club 10.30 - 1.30pm
Wednesday 15 th	Vintage Club 10am – 2.30pm, Cream Tea at the Manor 2.30- 4.30pm £3 adults, £1.50 children
Thursday 16 th	Vintage Club 10am-2.30pm, Man Cave 10am-12pm, Alconbury Thursday Club 10am – 2.30pm
Friday 17 th	Community Café 9am-11.30am, Sawtry Foodbank 3.30-5.30pm
Saturday 18 th	Charity Shop 9am-4pm (now open longer)
Sunday 19 th	Treasure Hunt, Everyone welcome. £5 entrance per family/couple, dogs on leads welcome. Meet at St Judith's Field @ 11am

Our Charity Shop opens 9am – 4.30pm weekdays & 9am – 4pm Saturday. Find us at 7 Greenways, Sawtry 01487 208026.

Sawtry Car Scheme runs weekdays, call 07810 476979 to book a journey.

CARESCO Office 01487 832105 open weekdays 9am–12pm for community info, printing services, photocopying, Find us in the CARESCO Centre, Green End Road.

meeting room, which have enhanced the internal appearance and made for a more pleasant working environment completing the new look from our makeover and new carpets from last year.

Following the decision to close the Printshop, two rooms were freed up from their original purpose allowing the office team to expand into the adjoining Print Room. The Accounts team have now moved in and are enjoying the new found space and ability to shut the door on the main office when needed. Having made the move using only the old furniture, plans are now afoot to purchase replacements to better fit the new layout and make the working space more efficient. By

moving the Accounts team out of the main office, this has allowed a complete reorganisation of the space, creating a much more efficient working layout and what was used by five people through the week previously, is now only shared by three.

Our particular thanks to Brian and Matt for their very practical help during the transformation of the office space.

Plans of how best to use the Collating room are ongoing, once the heavy print machines have gone and the collating tables removed, there is a very sizeable space which can be used flexibly by our various groups and activities with the folding tables already available.

Heating the building adequately has always been a challenge with the limited insolation in a portacabin and we can struggle to keep our visitors warm when it is particularly cold outside. This has been improved somewhat during this year by the installation of an additional heater in the previously unheated main corridor. The increased temperature has been welcomed by everyone, especially when visiting the toilets.

Meanwhile we are conscious that the last four original heaters are nearing the end of their working lives and will need to be replaced in the near future. The updated models available now are even more efficient and powerful

Our lovely cleaner, Sandra, continues to work hard keeping us clean and presentable despite the increased activity in the building and we are thankful that she is willing to be flexible around the various demands on our space. Thanks also to our relief cleaner, Debbie, who covers for us in Sandra's absence.

Our trustees are increasingly aware of the limited life span of the building and are working hard behind the scenes to explore possibilities for a replacement when the time comes.

Liz Coates



Fundraising

It has been a busy year for fundraising! The following are among the highlights from our fundraising year. Our amazing team of volunteers are always willing to turn out to make cakes and gallons of tea for our various events. Our thanks to everyone who has volunteered at any of our events over the last 12 months.

Since October 2018 we have been building a fundraising team who can co-ordinate our events calendar, and have successfully planned and executed some community fundraising activities. This team of volunteers is led by the Fundraising Manger, a new role established in October. We now have a bank of established annual events that we can rely upon for substantial funds.

April 18	£1036	Tea Dance – Organised by Maggi Stewart
April 18	£216	Sewing and Craft Workshops – Organised and run by Jackie Svensson
June 18	£565	Sawtry Carnival activities including Foodbank, Crockery Smash, CARESCO stall and Man Cave including refreshments in partnership with Sawtry WI.
July 18	£27	Drinks Quiz organised by Elizabeth Coates
July 18	£463	Race Night – Organised by Miranda Knell
July 18	£34	Community Centre Opening
Aug 18	£522	Afternoon Cream Tea
Aug 18	£268	Treasure Hunt – Organised by Tina Campbell
Oct 18	£243	Bingo – Organised by Tina Campbell
Oct 18	£160	Coffee Morning – Run by the Friendship and Vintage Clubs
Oct 18	£670	1940's Party – Organised by Jacqui Hedington and Carolyn Watts (The two beneficiaries of this event were CARESO and the Royal British Legion)
Oct 18	£35	Sewing Workshop – Organised and run by Jackie Svensson
Nov 18	£1608	RAF Big Band Concert – Organised by Miranda Knell
Nov 18	£100	A donation from Glatton WI for the Sawtry Man Cave
Dec 18	£995	Sawtry Frost Fayre including Hamper sales, refreshments, share of raffle proceeds and donations
Dec 18	£421	Christmas Wreath Making Workshop – Organised by Emma Flanz
Dec 18	£100	A donation from a fundraiser that Sawtry Small Business Partnership organised
Dec 18	£497	A donation from Sawtry Village Academy from a non-uniform day.
Jan 19	£996	Organised by Rebecca Boden and Emma Flanz. (The two beneficiaries of this event were SYP and CARESCO)
Jan 19	£155	Oh So Glam (Kim Green) donation from a fundraising event she organised
Jan 19	£34	Towns and Cities Quiz – Organised by Elizabeth Coates
Feb 19	£70	Sewing and Craft Workshop – Organised and run by Jackie Svensson
Feb 19	£94	A donation from Salon 42 from their Christmas Collection from their customers.
Feb 19	£1100	A donation from All Saints Church for their fundraising activities throughout the year
March 19	£146	Mother's Day Flower Arranging Workshops – Organised by Emma Flanz
March 19	£54	Jewellery Making Workshop – Organised by Emma Flanz
March 19	£593	Quiz Supper – Run by the Vintage and Friendship Club teams for their social funds
March 19	£195	A donation from Mellors Court, Money raised through their Games Afternoons throughout the year

We are grateful to everyone who made donations to us, be they trusts, businesses, individuals or other community organisations. Also to all who make our events so successful through their hard work or attendance. As a charity we are heavily dependent on these additional funds and without them CARESCO could not continue. Thank you to all.

CARESCO Activities

Mondays	Charity Shop	9.00am - 4.30pm
Mondays	Man Cave	9.00am - 12 noon
Mondays	CARESCO Office	9.00am - 12 noon
Mondays	Friendship Club	10.00am – 1.30pm
2 nd & 4 th Mondays	Chatterbox	2.00pm – 4.00pm
Tuesdays	Charity Shop	9.00am - 4.30pm
Tuesdays	Man Cave	9.00am - 12 noon
Tuesdays	CARESCO Office	9.00am - 12 noon
Tuesdays	Friendship Club	10.00am – 1.30pm
Wednesdays	Charity Shop	9.00am - 4.30pm
Wednesdays	CARESCO Office	9.00am - 12 noon
Wednesdays	Vintage Club	10.00am – 2.30pm
Thursdays	Man Cave	9.00am - 12 noon
Thursdays	Charity Shop	9.00am - 4.30pm
Thursdays	CARESCO Office	9.00am - 12 noon
Thursdays	Thursday Club	9.30am – 2.30pm
Thursdays	Vintage Club	10.00am – 2.30pm
Fridays	Coffee Shop	9.00am – 11.30am
Fridays	Charity Shop	9.00am - 4.30pm
Fridays	CARESCO Office	9.00am - 12 noon
2 nd & 4 th Fridays	Sounds Good	1.30pm – 3.00pm
Fridays	Sawtry Foodbank	3.30pm – 5.30pm
Saturdays	Charity Shop	9.00am - 4.00pm



The Beginning

Our Sawtry-based charity was set up in 1982 (registered number 288202) with the full title of Sawtry & District Care and Resource Organisation, but colloquially known as CARESCO. The initial aim of the founders was to rescue two pre-existing activities, a lunch club and a day centre, both threatened with closure.

Based in the ancient modular building known as the Homecraft Centre sited behind the Old School Hall, CARESCO continued to grow in size and strength through the enthusiasm and hard work of all involved and soon took over the Manpower Services Printshop which shared the building.

Over the years a variety of additional activities have joined the originals under the CARESCO umbrella, most run by paid part-time staff and supported by teams of volunteers, working together with local authorities and other voluntary organisations towards a stronger, more caring community. Always with the aim of meeting identified needs within the local community. Funding came through grants from local councils, attendance fees, and personal and organisational donations and fundraising.

In 2001 CARESCO moved into a new purpose-built modular building, called the CARESCO Centre, funded by a grant from the National Lottery and bringing the Sawtry-based activities together into one building. By 2011 a new legal structure was needed to strengthen the organisation and enable CARESCO to deal with the new requirements of funders and other organisations, therefore CARESCO became an incorporated charity, CARESCO Ltd (registered charity number 1140728; company number 7513432).

In response to the need to secure a reliable income, CARESCO opened a charity shop in Sawtry in April 2013. This initiative proved very worthwhile, not just for the additional income it has introduced into the organisation. The shop has become a popular community hub, provides a very welcome recycling service, a source of cheap items and has brought a large team of new volunteers into CARESCO. The extra income has helped not only to underpin the existing activities, but to also fund the ongoing development of new services to further meet needs within the local community.

For more information, please visit www.caresco.org.uk

Management Trustees

2018 – 2019



President: John Garner

Officers:

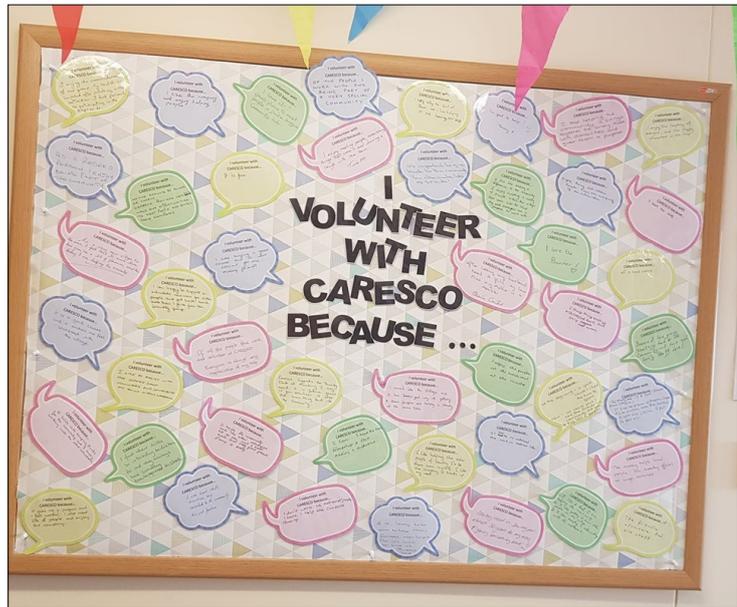
Chairman	Tina Campbell
Vice-Chairman	Heather Thompson
Treasurer	Bob Seeds

Trustees: Val Abram (Resigned 16/10/18); Heather Bohonis (Co-opted 06/12/18); Tina Campbell; Carol Black (Resigned 10/04/18); Elizabeth Coates; Peter Fox (Co-opted 19/04/18); Kendi M'Marete (Co-opted 19/04/18, Resigned 22/03/19) Bob Seeds; Tony Stefanelli; Heather Thompson; David Whitney

Note: All trustees give their time voluntarily and receive no remuneration or other benefits. Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing aims and objectives and in planning future activities.

Non-voting CARESCO Project Managers are welcome to attend board meetings and contribute to the discussion, however Staff are asked to leave during sensitive agenda items.

Messages from our Volunteers



... "it is fun."

... "it helps the community and the other volunteers are so nice and I have made some very good friends."

... "I find [the Members'] lives so interesting to listen to and they always have something knowledgeable to share."

... "I can learn skills, socialise and contribute to the community.... And eat pasties"

... "it helps with [raising] funds for the community and I enjoy working with the other volunteers"

... "it gives me a purpose and I feel useful. I also meet lots of people and enjoy the company."

... "I am happy to support a valuable resource for older people and get back much more than I give from the friendly group."

... "I like helping a good cause and it's also social for me... making friends."

... "After losing my husband, [I] need to fill my time. Plus my mother is a Member."

... "Enjoy being with older people. Plus the company of the volunteers."

... "I learn new skills."

... "I love the banter!"

... "of a kind word."

... "I like the company and like helping people."

... "The Man Cave is a good idea from CARESCO. It gives me a sense of purpose, company of like-minded men, also something to use our skills, to put [them] to good use."

... "The money helps local people. No swanky offices or huge salaries."

... "The friendly atmosphere. And nice staff."

... "1) I like to feel I am helping the community.

2) I like getting to know other people in the village.

3) I like meeting & interacting with the customers."