

# CARESCO



meeting needs in our local community



# ANNUAL REPORT

## 2021 - 2022

Registered Company Number 7513432

Registered Charity Number 1140728

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

*Welcome to our*

# **ANNUAL REPORT**

*1<sup>st</sup> April 2021 to 31<sup>st</sup> March 2022*



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# INTRODUCTION

**Objects:** CARESCO's objectives are: *"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. CARESCO also aims to encourage social cohesion through supporting local people in a time of crisis and facilitating communication, while offering others an opportunity to concentrate their energy and effort into the community in a positive manner by volunteering.

**Activities:** Following the lockdown over Christmas 2020, as Covid-19 infection rates dropped, government restrictions were eased in the spring / summer of 2021 and gratefully our activities slowly reopened. Allowances were made for those who still felt uncomfortable with socialising, with hand hygiene and face coverings encouraged, however it was clear that the risks of infection by meeting in-person were lower than the risks to the mental health and wellbeing for many. A lot of our service users and volunteers alike had found the lockdowns particularly challenging.

The Covid Response service, set up in 2020 to support local people isolating from the pandemic has morphed into a more permanent team. Now known as the *CARESCO Community Support*, and co-ordinated by a volunteer, the team continue to offer prescription deliveries and small local shopping trips.

Demand for support from the food bank service eased off, though the Summer and Christmas schemes remained busy. The team continued to deliver parcels and moved their referral process online for external agencies.

The social groups and Christmas Day team were grateful to be back in-person, though some guests still had their Christmas lunch delivered due to ill health. Being together is a vital part of the experience and food more enjoyable with good company.

The car scheme has struggled to balance volunteer numbers against demand, made worse by the significant rise in the cost of fuel compared to the legal limit to the mileage rate that can be claimed from passengers to cover expenses.

Our workshop-based activity finally saw the completion of the refurbishment in their space which allowed them to re-open fully and enjoy their new facilities, including toilets and kitchenette.

With the easing of restrictions also came the welcomed reopening of our income-generating activities including the charity shop, weekly café and fundraising events, coinciding helpfully with the reduction in pandemic-related grants.

After 37 years our Alconbury Thursday Club finally closed its doors in June 2021 to make way for a new more locally run independent club in the same venue. The manager was able to move across to the day care provision held in Sawtry as a long standing team member retired.

All our activities are co-ordinated by a small team of paid part-time staff, supported by a large number of volunteers. We aim to ensure that the sole qualification for volunteer recruitment shall be the suitability to perform the required task. We welcome service users from within our geographical area regardless of background, gender, or faith. The only restriction being our ability to meet their care needs. Most of our activities charge a modest fee for attendance to help with running costs while aiming to ensure no one is excluded by price.

**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 local residents together through a wide range of activities and interests. By encouraging people to engage and socialise, friendships are formed, people find a productive use of their time and our community grows stronger. Many individuals, by being involved as service users or volunteers, maintain their independence for longer than would otherwise be the case and thereby prevent or delay a need for more intensive levels of care.

In addition, CARESCO also runs trading activities: a weekly café and a charity shop, which while also providing a service are social enterprises with any profit reinvested back into the organisation.

The impact of being involved on people's well being and mental health is immeasurable, especially during the uncertainty brought on by the pandemic. CARESCO has worked to include everyone in the community who has expressed an interest in being part of the charity, or using one or more of the activities.. For example, this can be a volunteer having a chat on the doorstep while dropping off a prescription to baking a cake for family carers to enjoy while attending their support group.

To improve accountability and governance, the trustees have embarked on a full review of all policies on file to ensure the necessary guidance are in place and up to date.



## CHAIRMAN' S REPORT

A much-improved year compared to last year! Although we are still taking precautions against Covid, life at CARESCO has pretty much returned to normal. Thank goodness.

CARESCO still has the community within Sawtry and the surrounding villages firmly in our hearts. We strive to do our very best for all concerned. This includes our volunteers, our service users and of course, our staff.

One minor step for us can make a big positive difference to somebody's life. Whether it's a chat at the Charity Shop, cake at the Coffee Shop, fun at the Green End Day Club, banter at the Cave, support at Chatterbox or much needed help from the Foodbank; we are there for YOU.

CARESCO continues to develop with you all in mind. A huge amount of hard work goes on behind the scenes. If you think you could help us by being a volunteer, please come and see us! There are volunteering opportunities for all. Hard work at times; yes, but very rewarding.

I would like to take this opportunity to say a massive thank you to our superb team of volunteers; those who give up their time happily to help others. Of course, these sincere thanks also extend to our great team of staff. We are all be proud to be part of CARESCO.

As Sawtry continues to grow, we must spread the word about what we can do for people, and what they can do for us. We can post on social media, advertise in the Sawtry Eye and get the local papers involved but, in my experience, the best advert for CARESCO comes from us; word of mouth. The more we spread the word, the greater our coverage will be. So, if something is making you happy at CARESCO, then please share it with your friends and family – and anyone else who will listen!

In a world where there are so many dark places, CARESCO is always there to hold the torch. We need to continue to shine and do our best to make a difference.

Thank you again. Be happy and keep safe.



Tina Campbell

## TREASURER' S REPORT

Following on from what was possibly the most challenging year since CARESCO began, this financial year has been a time of recovery and restructuring, as well as planning for the future.

Our income from Club attendance fees, Charity Shop and Man Cave sales and fundraising events has gradually increased over the last 12 months, but generally figures are still lower than average compared to pre-pandemic times. With the cost of living predicted to continue rising, we are always looking into alternative sources of funding to help bolster our income as purse strings are inevitably tightened.

Having been very fortunate in securing significant amounts of grant funding during the pandemic, we have learned that this is a very valuable resource to help with our ongoing costs, and it is becoming more of a focus in our fundraising efforts. We are also continuing to explore the arena of corporate fundraising and building relationships with local businesses.

My thanks to the members of the Finance Committee, as well as the many CARESCO staff and volunteers who have helped to keep things running smoothly throughout the year. I would also like to say how incredibly grateful we are to the generous members of our community who have continued to support us. Whether by attending our fundraising events, making donations of items or money, volunteering your valuable time, or the many other ways that help to keep CARESCO ticking along, we simply couldn't do it without you.



Heather Bohonis



## FINANCIAL STATEMENT

The examined financial statement for the year April 2021 to March 2022 is published as a separate document and is available on request.

Our thanks to our Independent Examiner, Lisa Watson and also 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.



## FINANCIAL RESERVES

Reserves are that part of a charity's unrestricted funds that are freely available to spend on any of the charity's purposes. This excludes restricted income funds and tangible fixed assets held for the charity's use and amounts designated for essential spending.

Having considered all the facts and information available in 2022 according to the current economic climate and the predictions of a worldwide recession, the Trustees concluded that the charity should hold a level of reserves sufficient to fund the organisation in a period of unforeseen difficulties for six months. They believed that this was a suitable length of time for them to consider the options and to find a solution to the difficulties.

In addition to the above, the current building from which CARESCO conducts its main activities has been assessed as having a limited lifespan. There is an expectation of a future need for either repairs to the existing building or the purchase or construction of a new building. Therefore, a Building Fund Reserve is being accumulated toward this goal in preparation for this eventuality.

## GENERAL MANAGER' S REPORT

Since Spring/Summer 2021 we have seen a lot of change for CARESCO. We had to navigate our way out of more government guidelines and restrictions, coming back from closures and have now reopened each one of our services and activities. That has put us back to 12 different activities.

We have seen some changes in our staffing team. Hugh Spencer has left his role as Man Cave Supervisor and Terry Clifton-Attfield joined the team. Unfortunately, Terry decided to move onto a new challenge in the Autumn of 2021 so in November we welcomed Shaun Pollock to the staff team as our Man Cave Supervisor. Shaun has slotted in to the workshop environment extremely well and is full of ideas and enthusiasm for all things workshop related.



We have also increased the staffing levels of the GEDC team on a Monday to bring the day in line with the rest of the week. Finally, since August we have temporarily increased the cleaning provision at the CARESCO Centre to accommodate all the extra cleaning that is still necessary as a result of the pandemic. Our cleaner Sandra Morgan agreed to take on these additional hours.

Our close connections with our local Community Voluntary Service, Hunts Forum and how we were represented as one of their Recognised Organisations throughout the pandemic have provided extra strength and stability to CARESCO. Something I was keen to develop further. In September we began the application process for their 'Good To Go' Mark. This is their new accreditation scheme which will supersede the current one and following the submission of our forms, policies and procedures and an interview with an appointed panel, this Good Practice accreditation was awarded to us in March 2022. This mark ensures that organisations are well run with a good level of internal governance, financial control, management and data protection.

The CARESCO Newsletter's first issue was sent out in October. Not only do we share this with all our volunteers and service users now, but we decided to cascade this on a wider platform to people in our local community who may benefit from a regular CARESCO update. These include Parish Councillors, Hunts Forum, representatives from the local Churches, the head teachers at the local schools and Wellside Surgery as well as many of our contacts at Huntingdonshire District Council (HDC). The feedback from these representatives has been extremely positive. Networking has remained a prominent focus over the last 12 months. I firmly believe in the importance of not only getting our message across to influencers but also listening and learning as to what is happening around us.

An example of the importance of building relationships came in August when the trustees, myself and representatives from Sawtry Parish Council (SPC) had a meeting at the CARESCO Centre to inform the Councillors of the impact the pandemic has had on our charity, the work we are doing at the moment and also our goals for the future.

In March, I met with Claudia Deeth and Oliver Morley from HDC. We have been extended an invitation to their fortnightly meetings with some of the other charitable organisations in the area. These Community Co-ordinator meetings will be a great platform to not only hear what is happening in the District as a whole but will allow us the opportunity to feed directly into HDC our thoughts, concerns and ideas. Both Claudia and Oliver recognise that CARESCO is a key hub for our catchment proving that our work has been recognised at a higher level. Both guests were singing our praises of the work we do and are keen to keep our voices heard in much bigger circles.

In December, we were fortunate to receive a visit from Mr Iain Forsythe Deputy Lieutenant of Cambridgeshire, following an application that was submitted for CARESCO to be nominated for the Queen's Award for Voluntary Service. The visit allowed time for Mr Forsythe to get a real sense of what CARESCO is all about, and after a lengthy interview with myself and four of our Trustees, we were able to do a tour of all the CARESCO facilities. He was particularly impressed with the



excitement and enthusiasm that everyone involved has and following his visit, was tasked with writing 400 words to sum CARESCO up and capture a snapshot of our achievements to complement our application. Following an email in early January, he confirmed our application has officially been submitted. Thank you to everyone that was involved in this visit, on a personal note, I was extremely proud of how it went and we definitely showed the very best of what we do. Many of our volunteers and service users, in conversation, told their story of why they are part of CARESCO which added a real personal and real-life element to the day. We will not hear the outcome until early Summer 2022.

As we approach the end of the financial year, March is always a month of reflection for the staff and I. Looking back on what was achieved in the last 12 months, as well as forward planning for the next. Recognising the collective effort of our entire CARESCO community which have helped us to not only develop and grow the services we provide, but also to firm up the foundations too. 2021/2022 has been a hugely successful year.

Emma Flanz



## CARESCO VOLUNTEERS



We celebrated Volunteer Week at the beginning of June. This year we marked this national celebration slightly differently, however I hope it had just as much impact as in previous years. The staff and I put a lot of groundwork in to details and were able to pull together a centrefold in the June/July 2021 issue of the Sawtry Eye dedicated to our volunteers. This included messages of thanks from various team members, an interview from one of our longest serving volunteers and lots of facts and figures scattered throughout the four pages. We used a multi-marketing platform to mirror our messages of thanks on our website and social media too. Each volunteer also personally received a handwritten card of thanks.

Later in June, I took part in the Hunts Forum Connection Communities webinars. The three-day conference explored the big questions of volunteer management in a post-lockdown world. The first was entitled Redesigning Recruitment, then Reviewing Retention and the final webinar was titled Re-examining Volunteering. I have no doubt that the information provided in these webinars will be something we can draw upon to help us grow the way we work with our volunteers for many years to come.

Each year it is important to highlight gaps in our volunteering provision and develop strategies to bring in new roles. An example of this is a new team of volunteer bakers who are keen to provide regular cakes and bakes for our groups like Chatterbox, Sounds Good and also our weekly Coffee Shop. This was established in September. Focussing on the co-ordinator roles, particularly for Sounds Good and the Covid Response provision was also a priority this year. Both of these key projects have benefitted and been strengthened by their new volunteer co-ordinators.

<b>Year</b>	<b>Number of new volunteers</b>
2018	10
2019	16
2020	27
2021	17

At the end of December 2021, our total number of active volunteers across the whole organisation was 141. The table shows the growth in new volunteers joining CARESCO over the last four calendar years.

A 'New Year, New Challenge' challenge was launched in early January,

highlighting the gaps in our volunteering teams and the message that we need some more help in certain areas has worked. For example, Emilie, a new volunteer to the organisation has taken on a new role with our finance team, looking at grants and funding opportunities.

Many of the original vacancies that were advertised have now been filled. The Charity Shop, Foodbank, Chatterbox and GEDC have seen new volunteers start. We are however still actively looking for new Trustees to join the team and this will be a focus for the next 12 months.

Emma Flanz



## COMMUNITY SUPPORT

**Co-ordinator:** Emma Flanz (until October 2021)  
**Volunteer Co-ordinator:** Jenny Mortimer (from October 2021)

**Aims:** *To provide support to those needing help with everyday errands*



In April 2021 we launched a questionnaire about our Covid Response service. The intention of this survey was to help shape the long-term planning of the Covid Response service which had been started to support people self-isolating during the pandemic. It was completed by 79 local residents of whom 46% had used the service in the last 12 months. The data collected proved a good way to capture how successful the Covid Response service had been and evidenced how much people had come to rely on it. It also gave a snapshot as to what people's expectations were for its future.

Month	Prescription Deliveries	Shopping Trips	Post Office Trips
April 2021	118	10	3
May 2021	141	17	1
June 2021	105	11	1
July 2021	72	11	2
August 2021	86	11	0
September 2021	56	10	0
October 2021	66	5	1
November 2021	82	14	0
December 2021	28	5	0
January 2022	63	8	0
February 2022	81	2	0
March 2022	69	5	0
<b>Total</b>	<b>967</b>	<b>109</b>	<b>8</b>

The statistics (see table) continue to prove that there is a need in our community for volunteers to complete errands such as shopping trips and prescription deliveries. The volunteer numbers have remained consistent.

From the start of September, we rebranded this service as the 'CARESCO Community Support' to give the provision some longevity and scope for development beyond Covid. Along with that came changes to our branding to reflect the name change. Thank you to Liz, who meticulously worked through all our marketing documents and website to make the necessary changes.

We welcomed Jenny to our team of volunteers in the Autumn, who took on the co-ordination of this service. Jenny has settled into this role brilliantly and has quickly established connections with the volunteers and the residents that regularly use this service. Small changes have been implemented as the months have gone on, for example, we now leave a note if a service user does not answer their door which states that we have tried to deliver their prescription.

We had planned a break over the festive season in December, but due to the rise in Covid cases leading up to that time, I had my doubts whether the short closure would be feasible. The team worked hard to organise the regular service users in the days before Christmas so they did not go

without their shopping or prescriptions, which worked well and the requests coming in remained minimal allowing the volunteers a much-needed break.

Emma Flanz



## ALCONBURY THURSDAY CLUB

CARESCO's Thursday Club based in Alconbury was opened on 1st March 1984 in the then new Sports Pavilion on the edge of Alconbury (Alconbury Sports and Social Club).



Originally established in response to interest from a number of local residents already attending the Wednesday Day Centre (later known as Green End Day Club) in Sawtry, Club members came to enjoy friendship, conversation, a freshly cooked hot meal, games, entertainment, gentle exercises and the occasional outing.

A recently retired lady Joyce Freeman, who had previous experience running a day centre for elderly and disabled people in Coventry, had conveniently just moved to the area and was recruited to manage the new Club. Joyce quickly built up a strong team of volunteers including drivers and a cook who together provided a day out for local elderly residents from the Alconburys and surrounding villages.

Although the Thursday Club did not meet in the CARESCO Centre, they were still very much part of CARESCO and received their support through the main organisation as did the other activities.

For 37 years the Thursday Club served residents from the Alconburys and surrounding villages, and was staffed by people from those villages. Following discussions with the existing team of volunteers, in June 2021 CARESCO's Alconbury Thursday Club was formally closed making way for a new independent club called the *Alconbury cum Weston Thursday Club* which is run by an Alconbury-based team. The remaining ATC ring-fenced funds were transferred to the new committee and any outstanding grant from CCC was repaid to the County Council.

Liz Coates



## GREEN END DAY CLUB

- Managers:** Pat Ayres, Vicki Currington  
**Deputy:** Suzanne Millman  
**Cook:** Helen Trebes  
**Venue:** CARESCO Centre  
**When:** Monday to Thursday, 10.00am – 2.00pm  
**Aims:** *To bring together members of our community for a regular day of friendship, food & fun*



We finally reopened our club doors in April 2021 after the lockdown and as national restrictions were eased, we were also able to lift our restrictions within the Club. Our members were very slow and steady on returning to begin with, but soon many of them decided to add extra days and now most attend more than one day a week.



We have had 20 new members join our Club since we reopened and we have lost six due to different circumstances. Our membership is 36 and we average 15 members a day as of March 2022.

We are once again able to take our members out for meals which is something we have all greatly missed. We had a lovely meal out at Christmas and have already been out once in 2022 too. We have also had Twink back with us to make crafts with our members. They all made some beautiful decorations for our Christmas tree for the All Saints' Tree Festival. Jane from Love To Move is now back with us once a fortnight and the members are

enjoying doing the exercises again and having a sing-a-long.

We took the decision to cease the meal deliveries we had started during lockdown as most of our members had returned to the Club so the need was no longer there. We do, however, still offer the service to any of our members should they be unable to come to the Club for any reason and this has been gratefully received.

Due to ongoing issues with the CARESCO minibus, the trustees agreed to replace it with a new one. A JustGiving appeal page was set up and the initial target of £10,000 was reached so quickly that we can only thank everyone who has donated and fundraised for us. We will continue fundraising and now we are able to host our popular quiz suppers again we are able to fundraise for both the new minibus and the Club's social fund. The trustees are now in the process of leasing a new accessible minibus for CARESCO and we are very much looking forward to being able to use it to pick up our members. We are extremely grateful to local taxi firm Sawtry Cars for helping out in the interim and to our own volunteer drivers.

We have three new volunteers that have joined our team. They have fitted in well and we are very grateful for all of our volunteers and their continued support and help. Our club would not be what it is without them.

Pat Ayres, Vicki Currington, Suzanne Millman & Helen Trebes



## SAWTRY EYE

**Editors:** Liz Coates & Marina Joyce

**Designer:** Donna Green

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

**Distribution:** Conington, the Giddings, Glatton, Holme, Sawtry, Upton and Winwick

**Aims:** *To edit, produce and distribute a community magazine funded by advertising*



The Sawtry Eye has been published throughout the year and we have welcomed the return of many of our regular contributors as their groups and activities have slowly restarted. Sadly some groups have not survived the pandemic and we were sorry in particular to see the demise of one of Sawtry's longest existing clubs, the Sawtry Winemakers.

With the ongoing housing developments off Gidding Road in Sawtry, our circulation numbers continue to grow. The third new estate, Judith Gardens, will eventually total around 295 properties though it has only reached around 30 by end of March 2022. The costs of covering these extra copies will need to be met in future and the team are continuously looking for additional commercial advertisers in a competitive market. Local businesses are invited to support this service

valued particularly for those who do not have access to the internet for whatever reason.

My thanks as always to my fellow editor, Marina and volunteer graphic designer Donna for their unfailing support and partnership throughout the year. We are grateful to our distribution team who get the copies delivered whatever the weather. Our thanks also to the team at Clanpress who convert our artwork to printed matter.

Liz Coates



## CHARITY SHOP

- Manager:** Sharon Dougherty  
**Supervisor:** Tina Drage  
**Venue:** 7 Greenways, Sawtry, PE28 5UR,  
**When:** Monday - Friday: 9am - 4.30pm  
Saturday: 9am - 4pm  
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 opened its doors once again in early April after what felt like a very long 3 months of another lockdown. It was good to see volunteers and customers in the shop once again. We have kept some of the Covid-related precautions in place namely the automatic hand sanitiser dispenser and the Perspex screen around the till. Although face coverings were no longer mandatory during April 2021 and March 2022 we were still encouraging customers to wear them and our volunteers continued to wear theirs.



In November and December, we said goodbye to two of our volunteers who were also Cover Supervisors, due to them moving away from Sawtry. Janet Spencer and Angela Buckley are a great loss to our Shop team but we wish them all the best for the future.

Our social media page continues to be a good addition where we sell certain items and promote what is happening in the Shop and also elsewhere in CARESCO.

We are no longer offering plastic carrier bags but are selling long life bags for 50p. Some of our volunteers are also being very generous with their skills by making tote bags which we are selling for £1. These are made out of donated bed linen that has failed to sell on the shop floor and are very popular. The shop also now has a volunteer who is qualified to carry out PAT testing which means we are able to take in small electrical donations.

Throughout the year we have taken on average 440 bags and boxes of donations each month. We have refined the system so that donations are raising funds for CARESCO within three days of being donated. The booking system also means we are continuing to register new people willing to gift aid the proceeds from selling their donations, which has almost trebled our claim. From April 2021 through to March 2022 we have registered 139 new gift aid donors and managed to update the details of another 77 pre-existing donors.

We have offered several Lucky Number opportunities which has helped to raise additional funds for the charity. We are also using a company who buy our broken jewellery and badly tarnished silver plate amongst other things. This means some of our donated items are now appearing on stage across the country as props in theatres! We are continuing to 'Ziffit' all books, DVDs and CDs before they reach the shop floor.

Boy George was our guest 'Pop Star' scarecrow for a week at the end of August. He seemed to enjoy his time here and was a popular attraction for both volunteers and customers.

We had a very successful volunteers meeting in September which welcomed 22 volunteers. It was a very productive gathering with lots of points raised. Following on from the meeting it was unanimously decided a social gathering for the team was much needed. We had a fun afternoon in October where there was food provided by everyone, music, a quiz, mystery objects to ponder over as well as laughter and lot of chat.

Our shop window continues to celebrate special moments throughout the year. It really is a great way to spread the word about CARESCO and also to give passers-by something to smile about during their day. Over Christmas the shop was very festive both in appearance and atmosphere. The theme for the window was a Christmas View and featured a cosy living room effect with a flickering fire. We also entered a tree in the All Saints Church Christmas Tree Festival. We are now the proud owners of a family of very smart, modern mannequins. These were very kindly donated by Tina Campbell and Dave Dougherty.

After Christmas we decided that closing at lunchtimes for extra cleaning was no longer necessary, so returned to our normal opening hours.

Sales are still not quite where they were pre-Covid, but we are still here offering the best value money can buy and service with a smile. Our volunteers continue to give their time so generously and for that we are always grateful. Thank you for your much needed and continued support.

Sharon Dougherty



## SAWTRY MAN CAVE

- Supervisor:** Hugh Spencer (until July 2022)  
Terry Clifton-Atfield (July - Sept 2022)  
Shaun Pollock (from December 2022)
- Co-ordinator:** Heather Thompson
- Venue:** Sawtry Community Centre
- When:** Monday, Tuesday & Thursday, 9 - 12 noon
- Aims:** *To provide a safe space to build friendships while sharing expertise and passing on knowledge*



This has been a year of change in and around the Cave but we continue to be busy and an integral part of both the Sawtry and CARESCO communities. In the summer of 2021, Hugh Spencer announced his intention to resign from his position as Supervisor as he was moving out of the area. Hugh was a much-respected member of the Cave, CARESCO and his efforts in his supervisory role were very much appreciated.

Following on from the refurbishments last year; the lights and smoke alarm systems have been replaced. In addition, the floors have been painted with non-slip paint to comply with Health and Safety requirements and more work stations have been added. With a full redecoration too, the space looks fresh and welcoming.

Having such a wide skill set amongst the Cavers, the projects being undertaken are varied. As part

of the A14 Project, we were approached and asked to make a number of hedgehog boxes that would be placed strategically along the development in a bid to help protect this lovely creature. We also made some for local families too. As Autumn approached, we had an increase in customers asking for bug houses, bird boxes and bird tables and for the Sawtry Frost Fayre the Cavers made a large sleigh that was to be used as a photographic opportunity. Interspersed amongst all of this were regular requests for PAT testing, watch repairs, bench restorations and repair / alterations of clothing / curtains.



As we moved into the Spring of 2022, requests from customers changed to the servicing of bikes, lawn mowers and strimmers. Chairs were re-upholstered, rocking horses were given new leases of life, sewing machines were serviced, and furniture was restored. We also entered a scarecrow into the Sawtry Scarecrow Trail.

In addition to completing project requests for members of the community, Cavers can (and do) bring in their own projects that they want to spend time on in the Cave. This has included sharpening tools, repairing electrical equipment, repainting garden accessories, making cushions and re-upholstering chairs amongst other things. There is no obligation to undertake any physical work whilst in the Cave; coming along for a cuppa and a chat is perfectly acceptable too. First and foremost, the Cave aims to continue to offer the opportunity for users to socialise in a safe, relaxed environment although new members may also have skills to offer or simply have skills / knowledge that they would like to learn. As this year continues, we look forward to welcoming more new members. Regardless of your age or gender, whether you are able-bodied, have disabilities or mental health issues - you will be extremely welcome.

Shaun Pollock



## CHATTERBOX

<b>Volunteer Co-ordinator:</b>	Alison Scott
<b>Venue:</b>	CARESCO Centre
<b>When:</b>	Second & Fourth Monday from 2 - 4pm
<b>Aims:</b>	To provide peer support, advice and friendship for family carers and those for whom they care.



April 2021 began with the Chatterbox team continuing to meet on Zoom. It was not until early June that we were able to host the first face-to-face meeting returning to the Club Room. Although the Zoom meetings served a purpose and kept us all connected, the overall opinion was that the face-to-face get togethers were preferred. We have had two new members who have joined since we reopened making our regular total of members back up to between 13 and 16 for each session.

During the Summer, Ali has joined the team as a volunteer co-ordinator and has taken over the planning and activity aspect of the sessions. A second volunteer, Helen also helps at each meet and is hands on with the housekeeping tasks. Both have slotted in well with the group, are full of ideas and reliably hosting the sessions in the Centre without much need for the staff to be there as regularly. The last 12 months' activities have included quizzes, card games as well as the much-loved chatting element. November's sessions even incorporated some crafting, and the elements made were added to the Chatterbox Christmas tree for the Tree Festival at All Saints Church. During



one of the first sessions of 2022 we were fortunate to welcome Millie, a Pets as Therapy (PAT) dog.

Since the Autumn, a team of home bakers began providing donated cakes and biscuits on a rota system. This has helped reduce the cost of the regular expenses. The income is roughly £1 per person attending, so the benefit of not needing to purchase as many refreshments means these donations can go towards the other expenses of the service.

Sensibly, the group decided to postpone the Christmas pantomime which they had tickets for and have agreed to all enjoy a show later in 2022. We ended the last Chatterbox session of 2021 with a Christmas party which all the service users enjoyed and rounded off the calendar year on a high note with 20 people attending including some faces we had not seen in a while.

Following a conversation that Ali and I had with some of the members in February, who were keen to become more hands on with some of the jobs during the sessions like making the tea and doing the washing up, this was a welcomed decision and something we are keen to reintroduce. Another step forward to getting back to a pre-pandemic way of operating.

Emma Flanz



## COFFEE SHOP

**Volunteer Co-ordinator:**

Carolyn Watts

**Venue:**

CARESCO Centre

**When:**

Friday, 9 — 11.30am

**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.*



As with the rest of the country, the Coffee Shop team were still unable to reopen in April 2021 due to the latest wave of Covid infections. Thankfully, as restrictions lifted, we were finally once again able to welcome back our customers at the end of May to enjoy their weekly cuppa, bacon buttie and homemade cake.



Customers were understanding about the ongoing distancing and hygiene guidelines and numbers had to be limited to begin with. As each wave of Covid hit, some customers chose to stay away which had an impact on the income from this activity.

Carolyn, our Volunteer Co-ordinator, continues to run the sessions and also organises the majority of the preparations including the cake bakers (including herself) and her small team of volunteers. She even got her Food Safety certificate during lockdown.

We are grateful to Carolyn for all her hard work and also to her two main team members, Liz and Diana, with Debbie acting as backup to cover absences. And of course final thanks to all our bakers for the steady supply of cake to keep us going on a Friday.

Liz Coates



## CARESCO CAR SCHEME

**Volunteer Co-ordinator:** Peter Fox  
**When:** Daytime weekdays,  
depending on availability  
**Contact:** T - 07810 476979



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



This year the Car Scheme's volunteer drivers undertook 578 medical trips driving a total of 10,579 miles. What is more staggering over the last nine years, the Car Scheme has made 5,207 trips driving a total of 95,213 miles.

With the pandemic arriving in 2020 combined with a lack of volunteer drivers, last year it was decided to limit the Car Scheme to medical trips only and this has unfortunately continued to be the case. However, to say that fulfilling the requests for medical transport has been challenging would be an understatement. The Car Scheme has seen hospitals catching up with outpatient appointments by putting on extra clinics, some taking place over the weekend.

We have tried to accommodate all the request for transport, but on rare occasions this has not been possible. As Volunteer Co-ordinator, I try when necessary to prioritise the journey requests. Anyone who is undergoing chemotherapy takes priority, hospital appointments come next then trips to GP surgeries and dental practices.

In February the trustees agreed to changing the activity's name from *Sawtry Car Scheme* to *CARESCO Car Scheme* both to avoid any confusion with a local taxi service, and to reaffirm instead that the team was a valued part of the wider charity.

I would like to thank our small team of dedicated drivers for all the hours they have put in to the Scheme to help others in our community. For various reasons the number of available volunteer drivers has been reduced from nine down to four over the year. The Scheme, like other areas of CARESCO needs more volunteers. If you have a spare morning or afternoon a week and could help, please contact the CARESCO Office for further information.

Peter Fox



## SOUNDS GOOD

**Volunteer Co-ordinator:** Linda Dupée (until May 2021)  
Pam Tuplin (from June 2021)  
**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*

In the past twelve months, we have sadly said goodbye to several members, but, although the group has not grown in numbers (average attendance 14), it has grown hugely in the range and depth of the various topics covered. We have enjoyed part-singing, playing the kazoo, line dancing,

learning about national anthems, professional pianists, bagpipes, classical and modern poetry, etc. We have honed our skills at choral speaking, tried our hand at mime and acting and also had a go at writing limericks. Some of these were more successful than others, the resulting 'sounds' not always 'good', but all challenging and enjoyable. Yes, we sometimes have a singalong, but these sessions all have a point, and we glean information on the way.

The expertise of members within the group is much valued, several regularly leading a session, and, from time to time, we have a visiting speaker. Some members are very competent musicians, others have no experience whatsoever.

Each session, 60 minutes long, is followed by tea and cake. There is no joining fee or subscription but a voluntary donation of £2 per session helps towards CARESCO's costs. We share the responsibilities for setting up the room, serving and clearing away refreshments, washing up etc.



Two or three times a year, we have been invited by village groups to put together a programme of poetry, prose, readings, jokes, songs, quizzes etc. on a particular theme, gearing the material to suit the audience, so it may be just light entertainment, or a thought provoking interpretation of a theme. These presentations give us the opportunity to use our talents to the full, practising until an acceptable standard is reached and we feel confident to perform in public.

Although most who attend regularly are retired, we are still very active, alert and willing to try anything. Members do not always attend every session, one or two prefer to listen rather than take an active part, but we all come along to enjoy ourselves, take up a challenge and share a common interest. Think Sawtry U3A.

Pam Tuplin



## CHRISTMAS DAY PARTY

**Volunteer Co-ordinator:** Tina 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.*



It was so lovely to have everyone together again at the Centre on Christmas Day for our party.

A lot of preparation goes into this day. From doing the fundraising to purchasing and storing the food, choosing the presents, getting our lovely volunteers in and prepped. Christmas Eve was spent peeling veg, laying tables putting up decorations and sorting the 'party bags'.

We were lucky enough to borrow the minibus from Peterborough Lions. Santa donned his suit and those that could get on the bus were all picked up from their homes and brought into the Centre. The few guests who could not get on to the bus were picked up in cars by our other volunteers. Christmas 2022 will be different as we should have access to our own minibus by then.

Volunteer chef, Sally had the oven gloves at the ready. Sally has the knowledge to ensure there is minimal waste yet plenty for us all to eat and is very organised. A choice of starters, main and desserts were offered to everyone. The cheese course was sent home with the guests in the party bags so that over full bellies could be squeezed with a bit more food at home.

Games were played and we even managed to tune in and catch the Queen's speech at 3pm. Some of the Sounds Good group members sang Christmas Carols and everyone joined in. Last but not least, Santa and his assistant gave out the presents to all those who had been good (even if only for that day!).

This day is hard work but so much fun for everyone involved. I think this was my seventh year of Christmas Day volunteering and I am still as enthusiastic about it now as I was when I first volunteered. It was my first taster of volunteering and that showed me how great CARESCO can be and is. If anyone wants to join us in future years please let us know.

A massive thank you to all involved, I sincerely hope to see you all again for Christmas Day 2022.

Tina Campbell



## SAWTRY FOODBANK

**Supervisor** Pat Fuzeland  
**Venue:** Sawtry Community Centre  
**When:** Fridays, 3.00 - 5.00pm  
**Contact:** E - [foodbank@caresco.org.uk](mailto:foodbank@caresco.org.uk)  
T - 07743 593863  
(During session times only, otherwise via the office)



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



This year has seen changes in Covid restrictions, from full lockdown to the removal of most restrictions in March. Our Foodbank team has delivered food parcels every week of the year, with everyone being flexible to cope with less volunteers, due to Covid, at times. In total, we delivered 730 weekly food parcels which helped 2483 local people in food crisis.

In June, we secured a grant from Sawtry Parish Council to provide fresh fruit and vegetables for the Summer scheme and the Christmas hamper scheme.

The Summer scheme ran throughout the summer holidays and we worked with the local schools who

nominated children who had been receiving free school meals. We had an average of 50 children a week receiving food support and gave out 133 food parcels to 348 local children in total. This was in addition to the weekly parcels. We had extra volunteers in place to cover this high demand.

Signposting clients to further help has been a big focus this year. We developed our link with the Social Prescriber based at Sawtry's Wellside Surgery, to direct clients to extra help and support. I received training on community signposting and fuel poverty awareness. I referred 36 clients on to fuel vouchers, supermarket vouchers and financial advice during the year. I have also worked with staff at Sawtry Junior Academy and Sawtry Village Academy to signpost their long-term clients to further help.

In November we stopped using Food For Nought, who had been supplying us with surplus fruit and vegetables from supermarkets, they wanted to charge a weekly delivery fee.

I worked with our Facebook volunteer Karen to improve our weekly posts and add further facts and information. We have also advertised other CARESCO events on our page.

In early December we made a Foodbank-themed Christmas tree for the display at All Saints Church. It was made entirely of tins with, of course, some tinsel too.

The Christmas food hampers were given out during the week before Christmas, with teams of volunteers packing and delivering 148 bags in the week before the big day. The fresh items, 52 fresh fruit and veg boxes, 52 meat parcels and 52 loaves of bread were delivered on 23rd December. All the fresh items were supplied from local businesses. In total, 62 parcels were given out to 220 local people. 19 volunteers made up the team over Christmas. The teamwork involved to ensure that it ran smoothly was fantastic. This was also in addition to the weekly parcels.

After Christmas, I worked with Tony and Emma to produce a new handbook for the Foodbank volunteers which contained the relevant CARESCO policies too.

Our stock levels throughout the year have been boosted by large donations of tinned items from Princes Food. We continue to receive donations from our local community and we increased our number of donation points in the community at the end of March. Jacqui works hard to find stock for us and we now have a company, Consuma paper products, who supply us with free toilet rolls, kitchen rolls and tissues. Thank you, Jacqui for your continued help and ideas.

I have had to shop for essential food items to bridge any gaps. Since the New Year, Pauline has led a team of volunteers, sorting and date checking the current stock. We want to minimise any waste. This was a huge task, so thank you to everyone involved. There has been a reduction in the level of donations we have received from the public since February 2022, which has happened as prices rose sharply. We believe that this will continue through 2022 as the cost of living is predicted to keep on rising. We applied for four grants at the end of March to help fund the Foodbank for the coming year. This may be the way forward to help with rising costs and I will keep exploring this option.



During February 2022 we developed and trialed a new online referral system with the help and expertise of Matt and Debbie Coates. The aim was to make the referral process easier, quicker and accessible online. Matt and Debbie worked hard to improve the system and in March we gave out logins to all our regular referral agencies. These referrals feed into the Foodbank spreadsheet and Debbie prepares the weekly sheets for us to use in the delivery sessions. This will need monitoring over the coming months, but it is a big step forward. Many thanks to Matt and Debbie for all their help and support.

We continue to include information leaflets in our food parcels, including regular ones from Sawtry Library and the Child and Family Centre.

We were able to have face-to-face steering group meetings and volunteer meetings again and they generated lots of ideas. It was so good to be all together again.

We have had a successful year and I want to thank Tony, Emma, and all the staff and trustees who have supported the Foodbank throughout the year. The rising cost of living will be a new challenge for the year to come, as it will increase demand and lower donations received. Sawtry Foodbank will rise to the challenge as we have an amazing team of volunteers. Our volunteers are the reason why it works so well, they make the Foodbank what it is. I am proud to be a member of the team.

Pat Furzeland

## THE CARESCO CENTRE

After a quiet few months during another lockdown, it was lovely to be able to welcome back our various activities into our Centre. We were thankful for grant funding which covered the extra costs of additional cleaning to help minimise the risks of infection and keep everyone as safe as we could. Working patterns for some staff changed in response to the pandemic which has now evolved into new routines meaning that the office-based team are now much more fluid in where they do their work including office and home.



Work to maintain the increasingly aging structure continues and during the year the remaining obsolete fluorescent light fittings were replaced with new more energy efficient units. Meanwhile ongoing plumbing issues continue to be a challenge. The full electrical inspection of the building was completed during the year.

The endless battle for storage continues as each activity becomes busier, meaning that keeping the old collating room clear for occasional meetings is all but impossible, especially with the addition of temporary stock for the big one-off events, such as the Sawtry Carnival or Sport 4 All.

With that in mind, the developing wish list for a replacement building includes the need for large amounts of dedicated storage as well as spare meeting space over and above current daily requirements. Through the year there has been an increased focus on sourcing a more permanent replacement CARESCO Centre including involvement with the Sawtry Neighbourhood Plan committee exploring possible sites for the Centre when the time comes.

Any new building will need to have spare capacity beyond current requirements and multi-functional where possible to give CARESCO the option to change and adapt over the coming years. Other proposals include more garden space outside and a garage for the minibus, a permanent community café setup and fully accessible, single uni-sex toilets. Maximising the insulation and other aspects, such as solar panels, to protect CARESCO as far as possible from future energy bills and the impact of climate change must also be considered.

Our thanks to everyone who has helped with maintenance tasks during the year. In particular to Brian, Dave and Matt for all their support, both practical and technical. Thank you also to Keith, Ann and Alan who have kept us looking tidy outside and have cared for our garden and planters, and of course to our lovely cleaner, Sandra for her hard work throughout the year.

Liz Coates



### FUNDRAISING

Funding our Future



**CAN YOU HELP TO SECURE CARESCO'S FUTURE?**

Would you like to help support CARESCO in our new fundraising initiative? We are looking for friends and supporters to kindly donate £4 per month by standing order to help fund our future.

**SINCE 1982 WE HAVE PROVIDED HELP AND SUPPORT TO OUR LOCAL COMMUNITY. TO ENSURE THAT WE CAN MAINTAIN OUR CURRENT STANDARDS, NOW MORE THAN EVER WE NEED YOUR HELP WITH FUNDRAISING.**



**The setup is simple with four easy steps:**

- 1 Contact your bank
- 2 Give them our bank details
- 3 Give the reference 'FundingOurFuture'
- 4 Set your monthly donation amount

If you are a UK tax payer, ask us for a gift aid form

**That's it, you're all set up!  
Thank you**

# FUNDRAISING



Another year has gone past in the CARESCO calendar and once again our village and wider community have been amazing. Our supporters have pulled together to make it a good year and help to raise funds and awareness of our unique charity. From all the little fundraisers that add up to people supporting us in many different ways. All help to make us what we are. Between us all we can achieve greatness and secure the future of CARESCO.

We have at last been able to organise some larger events during 2021 - 22 as the pandemic has eased and have had some events organised for us with CARESCO receiving lovely donations. Hopefully we will be able to hold more events in the coming year.

We have a fabulous team of volunteers who can turn their hand to anything at short notice from baking cakes, serving refreshments, manning stalls, support and clearing up!! We are very thankful to them all and without them this job would be a lot harder.

We still continue to promote our "Funding our Future" campaign which we launched in 2020 and we go from strength to strength and are thankful for the people who have donated so far.

These are the highlights of our past year's fundraising efforts:

<b>Date</b>	<b>Event</b>	<b>Total</b>
April 21 - March 22	Funding our Future	£2773.00
April 21 - March 22	Green Bottles Challenge	£ 838.00
May 21	1940/50s Quiz Sheet	£ 46.00
August 21	Scarecrow Trail	£ 28.00
August 21	Sponsored Beard Shave	£1400.00
August 21	Sawtry Walk To Run - Breakfast	£ 184.00
August 21	Cream Tea in a Box	£ 235.00
September 21	Sawtry Walk to Run & Talk	£ 137.00
October 21	Pumpkin Trail ( <i>prizes donated by Sawtry Cars</i> )	£ 27.00
November 21	Quiz Night (for Minibus Appeal)	£ 827.00
November 21	Shopping Night	£ 240.00
November 21	Christmas Wreath workshops	£ 260.00
December 21	Sawtry Frost Fayre	£ 838.00
December 21	Sawtry Walk To Run - Santa Run	£ 391.00
December 21	Wooden Tree Hearts	£ 31.00
January 22	Christmas Quiz Sheet	£ 81.00
January 22	Minibus Appeal - donation from BGL	£ 500.00
Feb / March 22	Cake Sales	£ 80.00
March 22	Line Dance Evening	£1230.00
March 22	(Belated) New Year Dance	£ 668.00
July 21 - March 22	Various Raffles	£ 432.00

As always our continued thanks goes out to everyone who have made donations to us over the year, especially under the current circumstances. We would like to thank the many individuals, companies, organisations, businesses and groups that continually support us. Our gratitude to you for thinking of CARESCO. A huge thank you also to everyone who joins in, comes along, helps out and supports all our events.

Here's to another fantastic year for CARESCO and all we can achieve – Together we can do great things.

Jacqui Hedington



## THE STORY SO FAR ....

Our Sawtry-based charity was set up in 1982 (registered number 288202) with the grand name of 'Sawtry & District Care and Resource Organisation', but colloquially known as CARESCO from the start. 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* adjacent to the Agricultural (Ag) Centre 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 to create a stronger, more caring community. Always with the aim of meeting identified needs within the local community. Funding over the years has come through grants both from local councils and trusts, attendance fees personal and organisational donations and fundraising.

In 2001 CARESCO moved into a new purpose-built modular building, the *CARESCO Centre*, funded by the National Lottery and bringing the Sawtry-based activities together into one building. In 2011 CARESCO became an incorporated charity, *CARESCO Ltd* (registered charity number 1140728; company number 7513432).

CARESCO opened a charity shop in Sawtry in April 2013 where the extra income has both helped to underpin the existing activities and also to fund the ongoing development of new services to further meet needs within the local community.

For more information, please visit [www.caresco.org.uk](http://www.caresco.org.uk)



## MANAGEMENT TRUSTEES

### 2021 – 2022

**Life President:** John Garner

**Officers:**

Chairman	Tina Campbell
Vice-Chairman	Heather Thompson
Treasurer	Heather Bohonis

**Trustees:** Heather Bohonis ; Tina Campbell; Elizabeth Coates;  
Dave Dougherty (appointed 02/12/21); Roy Dunn (resigned 28/09/2021);  
Peter Fox; Tony Stefanelli; Heather Thompson



**Note:** Trustees are recruited from the local community and are elected at the annual general meeting by the CARESCO Members present. All trustees give their time voluntarily and receive no remuneration or other benefits. Trustees have referred to the guidelines contained in the Charity Commission's general guidance on public benefit when reviewing aims and objectives and in planning future activities.

**Non-voting:** CARESCO Activity Managers are welcome to attend full trustee meetings and contribute to the discussion, however staff are asked to leave during sensitive agenda items.

# The CARESCO Family.....

**CARESCO**  
meeting needs in our local community

**CHARITY SHOP**  
Fundraising by recycling

**CARESCO CAVE**  
All about social connections, sharing skills & building friendships

**CHATTERBOX**  
Support, a listening ear & advise for carers

**SAWTRY CAR SCHEME**  
Volunteer drivers providing transport for local people

**GREEN END DAY CLUB**  
Providing fun, friendship & good food to it's members

**COFFEE SHOP**  
Share a cuppa & cake with friends

**COMMUNITY SUPPORT**  
Co-ordinating everyday errands for local people

**VOLUNTEERING**  
Helping CARESCO to support our local community

**CHRISTMAS DAY PARTY**  
Food, fun & festive celebrations

**FUNDRAISING**  
Help us help others

**SOUNDS GOOD**  
A social group who enjoy music & the spoken word

**SAWTRY FOODBANK**  
Providing emergency food for local people in crisis

**SAWTRY EYE**  
Village magazine offering local news for local people