

MEET THE REST OF THE FAMILY



- CHARITY SHOP**
Fundraising by recycling
- THE CAVE**
All about social connections, sharing skills & building friendships
- CHATTERBOX**
Support, a listening ear & advise for carers
- 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



SOUNDS GOOD

For all things musical and the spoken word

**Meets on 2nd & 4th Fridays
1.30 to 3pm**

**At the CARESCO Centre,
Off Green End Road,
Sawtry Cambs PE28 5UX**

ABOUT CARESCO

CARESCO is here to serve the community in and around the village of Sawtry in Cambridgeshire. We run a range of services for the benefit of local people thanks to our wonderful team of volunteers from the surrounding area.

Most of our activities run from our purpose-built Centre in the middle of the village, unless otherwise specified.

As a charity, CARESCO is managed by a team of trustees who have oversight of the organisation, which they delegate on a day-to-day basis to the team of paid staff members.

Funding comes from a range of sources including our own fundraising, grants, donations and fees.

CONTACT

Find out more about CARESCO by

Visiting our website at:

www.caresco.org.uk

Emailing us at:

office@caresco.org.uk

Or calling the CARESCO office on:

01487 832105

Charity No. 1140728

Company No. 7513432

WHAT IS SOUNDS GOOD?

Our Sounds Good social group meets twice a month to enjoy activities relating to music and / or the spoken word. The group is open to anyone with relevant interests who would like to explore fun and easy activities with others.

HOW DOES IT WORK?

Sounds Good meet on the 2nd and 4th Fridays of each month (apart from Good Friday and Christmas) from 1.30pm to 3pm in the CARESCO Centre. We enjoy an hour of activity which could be a themed sing-a-long, trying out a musical instrument, sharing a favourite poem, a visiting guest or even a quiz. Once the activity has finished, we share refreshments together.

Past sessions have included singing songs from well-known musicals or bands, playing hand bells or home-made instruments, and accompanying guest performers.

The only requirement is a willingness to join in and have fun. There are no auditions, all levels of ability are welcome.

HOW MUCH DOES IT COST?

The first session is free, thereafter we ask for a contribution of £2.00 per session to help towards the costs.

HOW CAN I FIND OUT MORE?

Call the CARESCO office on: ***01487 832105***
or email them at ***office@caresco.org.uk***