



Annual Report 2004 – 2005

**Sawtry & District Care and
Resource Organisation**

Registered Charity Number 288202

CARESCO

(Sawtry & District Care and Resource Organisation)

The **CARESCO** Centre, Green End Road, Sawtry,
Huntingdon, Cambridgeshire, PE28 5UX

Telephone: 01487 832105 E-mail: caresco@sawtry.net

This report is for you if you live in.....

Alconbury	Folksworth	Morborne
Alconbury Weston	Glatton	Old Weston
Brington	Great Gidding	Sawtry
Buckworth	Hammerton	Steeple
Caldecote	Holme	Gidding
Catsworth	Keyston	Stilton
Conington	Leighton Bromswold	Upton
Coppingford	Little Gidding	Winwick
Denton	Molesworth	

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Management Committee 2004 – 2005

Life President Marjorie Dybeck

Officers:

Chairman	David Whitney
Vice Chairman	<i>Vacant</i>
Hon. Secretary	Carole Armitage
Hon. Treasurer	Derek Armitage

Elected Members: Carole Armitage; John Garner; Malcolm Jeffery; Win Jeffery; Ernest Reed; David Whitney

Co-opted Members: Derek Armitage; Angela Newell

Observers Representing:

Cambs County Council	<i>Vacant</i>
Sawtry Parish Council	Martin Owen*
Sawtry Community College	Alan Stevens

CARESCO Project Staff (ex officio) Non-voting

(* Denotes those who resigned mid-year)



The Beginning

CARESCO is a registered charity founded in 1982. In the mid-1970s a number of community groups were set up in the village, including a Day Centre for the elderly, held at Sawtry Village College and a Lunch Club where people could prepare and share a meal together, held in the Homecraft Centre. After a few years, the original organisers had to move on and, rather than losing these groups, a steering committee was formed and *CARESCO* was born.

Over the years a variety of projects have been brought under the *CARESCO* umbrella, each run by paid staff and supported by teams of volunteers; working together with local authorities and other voluntary organisations towards a stronger, more caring community.



Equal Opportunities Statement

Sawtry & District Care and Resource Organisation whole heartedly supports the principles of equal opportunities and opposes all forms of unlawful or unfair discrimination and recognises that everyone has a contribution to make to our community. We aim to ensure that the sole qualification for volunteer recruitment shall be the suitability to perform the required task.

If you would like to get involved in the work of *CARESCO*, please get in touch.

Welcome to our Annual Report

***CARESCO's* Aims**

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 and existing voluntary organisations and any other medium.



For information on anything
in this Annual Report,

please contact

The *CARESCO* Office

Monday - Friday

9am - 12 noon

On 01487 832105

or e-mail

caresco@sawtry.net

Chairman's Report

It's good to be back! It seems a long time since I wrote my last Chairman's report and a lot of water has passed under the bridge since then. Returning after a break helps to lend perspective to the view one takes. It is easy to forget when looking at day-to-day issues the progress which the organisation has made over the years. It is also good to see so many familiar faces still involved.

Before I report on the past year I should like to pay tribute to John Garner for all his work as Chairman, Treasurer and even odd job man over a number of years and for his support since he stepped down as Chairman. Many thanks John.

I should also like to welcome Derek Armitage and Angela Newell who were both co-opted after last year's AGM. I am particularly grateful to Derek for taking on the role of Treasurer in what are challenging circumstances. Derek has been taking a critical look at the way we report during the year and moving towards the use of a computer to manage the accounts.

I am pleased to be able to report on another very successful year for the projects which make up **CARESCO** and for the organisation as a whole. The projects work well because of the people involved. There are many who have been with **CARESCO** for many years but none longer than Nancy Kelly. Nancy has completed 30 years with the day- centre, including pre- **CARESCO** days, quite a commitment – congratulations Nancy.

Shortly before the last AGM we had the security fence installed. Thankfully the vandalism to which we had been previously subjected has ceased. The fence has also created a secure space for the creation of a garden. Thanks are due Keith Shelton and Bill Allport for preparing the site and to Peter and Sarah Newson for the design and planting. Our members can look forward to enjoying the facility for many years ahead.

The regulatory environment has changed and



CARESCO Centre

Since a fence was put up around the Centre back in August last year, there have not been any incidents of vandalism to the building. The visual impact of the fence has not been as bad as was anticipated as it does not go across the front on the building and in addition it was decided to pay extra for a green coating which makes it stand out less against the background of the College playing field.

One added benefit of having a fence is that at last it has been possible to have a garden to the rear of the Centre. Profound thanks to all who helped to make this dream a reality. The patch of land was just scrub, clay soil covered in weeds, but with a dedicated team of volunteers, it is now a pleasant boarder of shrubs. The area was cleared by Keith Shelton and his rotivator. Bill Allport helped shift the top soil around to the rear of the building. Both were supported by three Duke of Edinburgh volunteers. The garden itself was designed and planted by Peter & Sarah Newson. My thanks to all.

Inside, the **CARESCO** Centre continues to be well used Monday to Friday by the various projects based here. This has meant that there have been the usual minor maintenance needed which will continue to increase as the Centre is now over four years old. For example, all the electrics had to be inspected this year.

My thanks as always to Arthur Golder for his help with the on going maintenance, advice and willingness to drill holes in walls. Thanks also to everyone who has done any work on the Centre, especially Malcolm and David for sorting out the leak in the kitchen; also to Bill Allport and John Thompson for tidying up around the outside of the building.

Liz Coates

Friends of CARESCO

Aims: To form a group of supporters who wish to be more informed about the work of CARESCO while offering some additional commitment, both financial and in kind.

It is now over a year since the *Friends of CARESCO* were launched and I have been very encouraged by the number of our original *Friends* who have opted to renew their membership, many agreeing to make out a Standing Order. Thank you also to those who joined over the past year.

It is hoped that the membership will continue to creep up over the coming year to give **CARESCO** a good support base for the future. The *Friends* continue to be promoted in the Sawtry Eye and at any events where **CARESCO** has a stall.



Will you
be our
Friend?

During the year, members receive two newsletters giving them up to date information about **CARESCO** and a copy of this Annual Report, all for a £5.00 minimum membership fee. Some *Friends* who live outside Sawtry also opt to pay extra to receive the Sawtry Eye by post.

The more *Friends* the better. If you are interested in joining, please call the **CARESCO** Office for more information, or call in

and pick up a membership form.

Liz Coates

tightened over the years. There is an increasing requirement not only to operate properly but to prove it. As an example, from next year we are required to maintain records of the temperature of cooked food and a daily log of refrigerator temperature. While nobody will deny that hot food and cold fridges make sense it is undeniable that increased paperwork for pressed staff makes life harder all round. Trustees must also demonstrate proper supervision and move towards a more formal style of documentation. It helps that the culture has always been one where we put members' interests, health and safety first. I am particularly grateful to Ernest Reed for his attention to fire safety and the building in general.

Despite a successful year the Management Committee has become increasingly concerned at the long-term financial outlook. Our income is no longer sufficient to meet our expenditure. The running costs of the new building are unsurprisingly more than was previously the case and with a better home it is important to maintain the best standards we can afford. Inflation, although low, gradually increases costs and one off issues such as the fence are a drain. At the same time our County grant, in common with other organisations, has been frozen and the Parish Council has been unable to offer support at the previous level.

These issues are being tackled by increasing our focus on fundraising, applying to grant giving charities for one off expenditure, and continuing to make our case to the funding authorities. We may also need to increase charges to members in due course. Of course, we look for cost reductions where possible but the attention to costs in the past means that there is little scope for further reduction.

CARESCO has been prudent in the past and has reserves which will give us time to react. There is no crisis but we do need to adjust to meet our changed circumstances.

The Management Committee are positive about the future and we remain a strong organisation with our main strength our

dedicated and long serving staff and volunteers.

I should like to thank Liz Coates and all the staff and volunteers for their outstanding work over the last year and look forward to working with them into a successful future.

David Whitney



Manager's Report

First and most importantly, I would like to thank all the **CARESCO** staff for all they do to make our projects a success. They all work above and beyond their duties and to cover for each other for sickness and holidays. Their willingness to work hard as a team is very much appreciated. **CARESCO** would not be what it is without the hard work and dedication of the staff and their volunteers. The reports from the various projects included here can only give a glimpse of all that has gone on over the past year.

This year we have been fortunate to have the services of some youth volunteers. Daryl has been a regular with the Lunch Club while Tom has been working with the Sawtry Day Centre as part of his Duke of Edinburgh award. We have also been grateful for the help of Sophie, Alastair and Catriona with our garden preparation.

During the year we have continued to take advantage of any training which has been offered. Back in November Pat Ayres and Pat Thompson were able to attend a session on 'Lending a helping Hand', organised by CareNetwork. In January this year six members of staff and two volunteers did a day on 'Emergency Aid' led by St John's Ambulance. I spent a day in March looking at improving funding applications, organised by Hunts Forum, which has proved very useful. Once again the Huntingdonshire District Council Environmental Health Officers ran a Foundation course in Food Hygiene at the **CARESCO** Centre. This course was offered to other voluntary groups to make the numbers viable. Finally in

Sawtry Village Car Scheme

***Aims:** To provide a community transport scheme for anyone who has difficulty using public transport.*

There have been some major changes during the year to the way that the Scheme is run. This has meant that **CARESCO** now plays a smaller part than before.

On 1st April the management of the Scheme moved from Peterborough Dial-a-Ride to TACT (Thrapston Area Community Transport). This has meant that the accessible vehicle, or 'Yellow Peril' as it was affectionately known, was returned to Dial-a-Ride and we lost the support of Don Lowe who has done most of the leg work to get the Scheme up and running over the past couple of years. Our thanks to Don for all his help, advice and dedication to the cause.

The service offered has remained the same except that customers now have a new number to call (**01832 733336**) and a new rate to pay (40p per mile). Most of the drivers stayed with the Scheme and we are very grateful to them for being prepared to make themselves available. There have been a few teething problems during the handover but we are slowly sorting them out as they crop up.

A big thank you to Lance Ayres and Dave Baldry for all their help until they left the Scheme earlier this year. We miss their visits to the Office. The Scheme could always use extra drivers, the more people who are willing to make themselves available, the less work there is for any one person to do. Anyone who is interested in getting involved should contact TACT on **01832 733336** for more information.

Liz Coates



Coffee Shop

Venue: CARESCO Centre
When: Friday, 9am – 11.30am
(9.45am - 11.30am during holiday period)
Volunteers: Mavis Atter, Moira Close, Wendy Hunt, Linda Lavery

Aims: To provide somewhere for people to meet up with old friends and to get to know new friends while raising funds for CARESCO's running costs.



Started as a fund raiser in the old Homecraft Centre for the new building, the Coffee Shop quickly became a service to the community. Running from 9am (9.45am in school holidays), it is convenient for parents on their way home after the school run. Later on the customers who do not have to be up so early begin to arrive. Our profound thanks to them all for their support throughout the year.

The Coffee Shop runs alongside the Nearly New and the two work well together, each bringing in customers for the other. Between April 2004 and March 2005, the Coffee Shop raised a staggering £886.26 to go to CARESCO.

Thank you to our wonderful waitresses who never mind the late arrival and who keep smiling whatever the toddlers have done with their biscuits! Thanks also to those generous people who continue to produce the homemade cakes that are enjoyed so much by everyone.

Liz Coates

Making a donation to Charity?
Don't forget CARESCO -
Your local Charity

June Huntingdonshire Society for the Blind ran a session for our staff and volunteers on blind awareness which proved to be very informative.

Over this summer I attended a seven session course entitled 'Building a Management Team' run by Hunts Forum. This course has given guidance in several areas where we have room for improvement. The course covered such areas as diversity, trustee responsibilities, meetings and using conflict. It was useful to spend time with other people who work in the voluntary sector and to find out how their organisations work.



The focus of the past year has been a very different one from the year before. Whereas I seemed to be for ever reporting vandalism to the police and sweeping up broken glass from around the building last year, this year I have not had to contact the police once. The new fence has done its job. Subsequently I have been able to look more at the inside of the CARESCO Centre and its maintenance as well as some more strategic work for the long term.

Policies and procedures are now expected to be in place to cover all eventualities for an organisation such as CARESCO. Therefore the Management Committee have adopted a Health & Safety policy and a new Staff Employment Handbook which included the new disciplinary procedures. There are several other documents which need to be written over the coming months, such as a Diversity Policy & guidelines for volunteers.

As detailed elsewhere in this annual report, CARESCO has had to do more fundraising to make up the shortfall in the grants received. One of the more profitable efforts for the past couple of years has been the Grafham Water Safari Walk. Organised by the Grafham Lions, this is a very enjoyable 10 mile walk which takes place in May. Many thanks to all those who walk for us. We are also grateful to those local businesses who continue

to hold a charity box for **CARESCO**. These have proved to be a steady source of income over the year so thank you to everyone who put their spare change into one of our red boxes. Please continue to support our fundraising events, every little helps.

Liz Coates



Alconbury Thursday Club

Organiser: Jennie Holme
Deputy: Daphne Durston
Treasurer: Jean Kendall
Venue: Alconbury Sports & Social Club
When: 9.45 am - 2.30 pm

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

Membership: 26 Volunteers: 10

We continue to meet at Alconbury Sports and Social Club each Thursday and are very grateful for the superb facilities we enjoy there.

Our membership is one down on last year but there have been some changes in personnel. Sadly, Dolly Newman died in June and some people have been unable to come due to ill health. Our average attendance is approximately 22 each week. Of the 26 members, 8 are in their 90's, the eldest being born in 1908. Ten are in their 80s, seven in their 70s and one youngster in her 60s.

Our final outing of 2004 was our usual Christmas shopping trip to Asda in Corby. The Asda management kindly provided us with mince pies which we enjoyed the following week whilst singing carols. Our first outing of 2005 was to an old favourite, Baytree Garden Centre. At the end of June, we went on a mystery tour

introduced. The latest being a notice board for customers to advertise larger items. We have also tried to encourage new customers through leaflet drops at the primary schools, posters in the library, etc. Back in November we held a jumble sale at the **CARESCO** Centre to clear the backlog of unsold items.

I'd like to thank my volunteers, Sarah & Nicola for all their hard work through the past year, without them Nearly New wouldn't run. We look forward to the next year, hoping to improve customer numbers - any ideas would be appreciated.

Sarah Newson



Information Point

Organiser: Lois Jordan
Venue: **CARESCO** Centre
When: Monday–Friday,
9 am-12 noon

Aims: To provide information to help with all sorts of problems using a variety of books and leaflets on health matters and a basic CAB Information Pack.

Any questions you have about your shopping, your legal affairs, taxation, education, health, benefits etc – have a look at the three volumes of Citizens Advice Bureau information. There is a lot of information there and it is updated monthly.

The folders are available to anyone on a drop-in basis; however **CARESCO** can not offer any advice or take responsibility for any actions taken as a result of any information found in the folders.

Lois Jordan



good evening was had by all. They came away with new ideas after looking at the other entries.

The Sawtry Eye continues to be very popular with both the readers and the advertisers. People are always willing to send in contributions and there are now several 'columns' which appear regularly, such as the gardening one by Plantsman. Without these contributions, the Eye would not be such an interesting and informative read.

Our thanks to all who contribute in some way to making the magazine a success. To Sam Rees and Donna Joyce who make it look so good, to the contributors and advertisers and to the deliverers who, come rain or snow, push the magazine through every door. Finally, not forgetting the volunteers in the Printshop who collate and staple each issue with unfailing cheerfulness despite the quantity of paper involved.

Liz Coates & Marina Joyce



Nearly New

Manager: Sarah Newson

Venue: **CARESCO** Centre

When: Friday, 9-11.30am (Term Time only)

Helpers: Nicola Dodson & Sarah Henson

Aims: *To provide a point of sale for good second-hand clothes, toys & household goods either sold on behalf of the customer (40% of price goes to **CARESCO**) or donated to **CARESCO**.*

Since taking over Nearly New in September 2004 from Annette, we have been extremely busy and have raised even more funds for **CARESCO**. Through the year there have been a few changes and new ideas



with lunch at the Queen Adelaide near Royston.

In the afternoons, we have had a variety of activities. Apart from the monthly bring and buys, Rosemary and Friends and Simads have entertained us. Richard and Margaret Scott held both Easter and Harvest Services and we have enjoyed several sing-alongs accompanied either by John Newman on the piano or Ian Parrot on his keyboard. We were sorry that Annette has retired so no longer able to bring her collection of clothes. However, we welcomed Money Spinners in March with a selection of spring and summer clothing.

I would like to thank all the volunteers who do a magnificent job. I would, however, like to pay particular tribute to Margaret Rivett. Margaret has helped at the club since its inception twenty-one years ago and has been the cook for practically all that time. She had a major operation in January and has decided it is time to call it a day. We greatly miss her but hope her health continues to improve and she enjoys a long and happy retirement.



We are very lucky that Anne Darvill has been able to step in at short notice as chief cook. Anne has been a helper for a long time so knows the ropes.

Thank you to all helpers, all those who turn out each week and those who help us when we need them. The Club would not function without them.

*Why not pop in for a chat
& a cuppa?
The Day Centre members
would love to see you.*

Jennie Holme

Sawtry Day Centre

Organiser: Kath Allport
Deputy: Pat Ayres
Cook: Lyn Wallis
Venue: **CARESCO** Centre
When: Wednesday & Thursday, 10am–3pm
Volunteers: Liz Coates (the other one!); Betty Endicott;
Marjorie Foster; Nancy Kelly; Mavis Smith;
Pat Thompson; Ann Watson; Anthea Webster

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

Membership: Wednesday: 16 Thursday: 17

First I would like to tell you about our members and what a wonderful group they are. How they help each other, always come with a smile and a greeting, never a sad face. They look forward to their days out and love to help with fundraising towards the cost, like giving items for our bingo. They also donate prizes and have a raffle each week. It is a pleasure to be with them.



Once again I must give my heart felt thanks to Pat for all that she does and for always being there for me especially for covering for me while I was out of action earlier this year. Many thanks to Lyn, our cook, for all she does and more for our members. Our thanks once again to Kelvin, our driver, who brings a ray of sunshine each week. Thanks Kelvin.

Our thanks also go to all the volunteers, without whom we would not be able to run. Special thanks must go to Nancy Kelly, who was with the Day Centre when I took over the running of it from Social Services and is still with us 30 years later. Thanks Nancy. Our thanks also to all those who come and help with our outings.

The usual plea for volunteers: If anyone can spare a few hours

In June this year we revived an old tradition by organising a coach outing as a thank you to all **CARESCO** volunteers and staff during Volunteers' Week. We went to Bury St Edmunds and enjoyed beautiful sunshine despite a wet weather forecast. A good time was had by all.

If you know of anyone who would like to help at the Printshop, please call **CARESCO** on 832105.

Marina Joyce



Sawtry Eye

Editors: Liz Coates & Marina Joyce
Designers: Samantha Rees & Donna Joyce
Bi monthly: February, April, June, August,
October & December

Aims: To edit, produce and distribute a village magazine paid for by commercial advertising.

The major change for the Sawtry Eye this year is that it is now delivered to all the houses in Conington as well as those in Sawtry and Glatton. Following an appeal by Harry Milford before he left Sawtry, a volunteer came forward from Conington to deliver on a regular basis to the village. Thanks Louise. This has brought the current circulation up to 2475.



For the second year running, the Eye was entered into the Cambridgeshire Village Magazine Awards, sponsored by Cambridge Building Society. The presentations evening was attended by Marina Joyce and both the graphic designers, Sam Rees and Donna Joyce and even though the Eye did not win, a

We could not function without the help of our volunteer drivers who give a door-to-door service always with a smile. I would like to thank you all for the wonderful job you do. Namely Carole Armitage, Jackie Gillis, Malcolm Jeffrey and Ernest Reed

Thanks also to those who have stepped in to cover when our regular drivers have been unable to help.

Finally last year we had a Christmas lunch at the Grange Hotel Brampton. A good time was had by all.

Lyn Wallis



Printshop

Manager: Marina Joyce
Venue: CARESCO Centre
When: Monday-Friday,
9-12 noon

Aims: To provide a low-cost printing service for community groups, e.g. village magazines, programmes & newsletters.



We continue to be very busy especially at the end of each month printing Scan (Stilton Magazine) and Sawtry Eye every 2 months, with smaller jobs in between. The Printshop has been printing Scan since it started 20 years ago.

Once again at Christmas we had a buffet lunch for our volunteers who have helped throughout the year, which was enjoyed by everyone. I would like to thank everyone who helped.

As always I would like to thank all the volunteers who come to fold, collate and staple, without whom the Printshop could not provide a service.

or even just pop in for a cuppa and a chat, all would be very welcome, hope to hear from you.

There were only four outings this year:

01/04/04	Wyevale Garden Centre
20/05/04	Owl Raptor Centre
11/11/04	Morrison Shopping Trip
09/12/04	Old Mill, Upwell Christmas Dinner & Entertainment

Kathy Allport



Swimming Therapy

Venue: Sawtry Leisure Centre
When: Variable, Term time only

Aims: An opportunity for gentle exercise in the water for those who will benefit from it.

Unfortunately, due to lack of available time in the Sawtry Leisure Centre pool, there has not been any Swimming Therapy since July 2004. We are hopeful that at some time in the future there will be more time for community groups to use the pool, until then there will not be a Swimming Therapy session.

Liz Coates



Treasurer's Report

CARESCO accounts for the year to date show a marked decrease in current assets over the year despite a healthy increase in our fund raising income.

The main operating accounts show a loss of £3,434.25 on the

year mainly due to inflation and the improvement in the minimum wage. We have already been advised by Social Services (our primary source of income) that their grant will not be increased for the year ahead, and by Sawtry Parish Council that their support will be reduced by £1600 over the years 2004/5 and 2005/6. Our other sources of income are also unlikely to increase. Unfortunately our expenses certainly will with a further increase in the minimum wage and inflation increases on utilities, building maintenance etc.

Our fund raising and Depreciation account has shown a modest increase over the year mainly due to having no large replacement costs over the period. The fund is intended to cover running expenses for 6 months since the Social Services grant is not guaranteed (the transfer of responsibility from the County Council to the Primary Care Trust makes the future even more uncertain) and allowing for modest inflation this would be £18400. Depreciation of building equipment (a replacement oven and kitchen cupboards are already being considered for the coming year) £8000, and of course unforeseen equipment failures.



Not all is doom and gloom however and over the year we have had generous donations from Trusts and individuals totalling £4,139.95.

The Printshop accounts are shown separately with a working capital of £3,660.97 after a transfer of £2,500 to the Fund Raising and Depreciation account to cover Printshop equipment depreciation.

Last but not least I would like to thank Marina Joyce who looks after the day to day running of the accounts, prepares the monthly management accounts, and ensures the annual audit is carried out in time for the AGM.

Derek Armitage

Lunch Club

Organiser: Lyn Wallis
Deputy: Fliss Milford (until Easter 05)
Venue: **CARESCO** Centre
When: Monday & Tuesday,
10am–2pm

Aims: To provide the members with the opportunity to work together to prepare and enjoy a meal.

Membership: Monday: 14 Tuesday: 15

The Lunch Club provides a caring and supportive environment for ladies and gentlemen within the community. All members help to the best of their ability with the preparation of each meal, including the laying of the table and cleaning up. It does not matter if you are unsure what to do, because if you are then someone will help. While I cook the meal, some members like to chat, and others play a game or two of cards. How rewarding it must be to enjoy a two course meal and socialise with other people within our community especially if you often dine alone.



There are some vacancies and transport can be provided if required. So be brave, don't be lonely, take that step, pick up your phone and call me at **CARESCO**, or just pop in as you will always receive a warm welcome.

Those who read the Sawtry Eye will be aware of the recent loss of my deputy Fliss and member Harry Milford who left the village at Easter. They have been greatly missed by everyone.

My special thanks go to Eunice Wildey and Nancy Kelly for their time and contribution to the Club. Thank you also to Daryl, our youth volunteer, for all the hours he has put in with the Club members.