



**(Sawtry & District Care and
Resource Organisation)**

Annual Report 2005 – 2006

CARESCO

(Sawtry & District Care and Resource Organisation)

The ***CARESCO*** Centre, Green End Road, Sawtry,
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Registered Charity Number 288202

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 2005 – 2006

Life President Marjorie Dybeck

Officers:

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

Elected Members: Carole Armitage; Derek Armitage; David Baldry; John Garner; Derek Graham; Malcolm Jeffery; Win Jeffery; Angela Newell; Susie Rodger; Alison Scott; David Whitney; Jacqui Whitney

Observers Representing:

Cambs County Council	<i>Vacant</i>
Sawtry Parish Council	Barry Chamberlain
Sawtry Community College	Alan Stevens

CARESCO Project Staff (ex officio) Non-voting



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.

In 2001 *CARESCO* moved into an all new purpose built Centre funded by a grant from the National Lottery bring most of the projects under one roof



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 hard to believe that a year has passed since I last sat down to write my report to you and I am pleased to be able to report that the projects under the CARESCO banner continue to provide the high levels of care and support to the community that we have come to expect over the years.



There have been some significant changes in the Management Committee since I last reported. Ernest Reed, stood down as a Trustee but was able to continue as a volunteer. We are all grateful for Ernest's contribution over the years, especially with respect to the building and fire safety.

Carol Armitage while continuing as a Trustee has handed over the Secretary's role to Angela Newell. I know the whole committee and many past committees are grateful to Carol for her efficient and effective work and her dedication over a long period. Her respite is well earned. Thanks Carol. We, and I suspect Carol in particular, are grateful to Angela for taking on the role of Secretary.

It has been really good to see new members of the Management Committee over the last year. Dave Baldry, Derek Graham, Susie Roger, Alison Scott and Jacqui Whitney have added their considerable and varied experience to give us an even stronger team.

With new trustees we get new initiatives. One such is the idea of a computer/internet facility in the Club Room. This has a way to go but I should like to thank Derek Graham for the initiative, Solomon Robinson for offering a computer and our President – Marjorie Dybeck - for her moral and practical support. I look forward to more good ideas!

In my report last year I referred to our tight finances. This has given rise to increased attention being given to fund raising. I am

CARESCO Centre

The garden, planted last year, is becoming well established and the plants are flourishing. Thanks to the ongoing tidying & maintenance by Keith Shelton, Bill Allport & John Thomson and to Peter & Sarah Newson for their expert supervision. We were fortunate to receive a grant from Radio Cambridgeshire, which has enabled us to purchase some garden furniture so that Club members can sit outside and enjoy the view.

During the year, with thanks to Jacqui Whitney, we received various grants which have paid for a commercial dishwasher and a fridge-freezer for the kitchen. This has meant some changes in the kitchen.

An alarm was installed in the toilet for the disabled with a remote unit in the Club Room so that anyone who gets into difficulties can quickly alert staff. This helps to ensure the safety of people who use the CARESCO Centre.

As part of the work done on the new extension the Sawtry Leisure Centre, the car park outside the CARESCO Centre has been marked out. We now have two bays for disabled drivers by the kitchen door and a large area by the main entrance marked off with a yellow hashed area so that people no longer park at the bottom of the slope blocking the access.

At the beginning of July we were honoured with a visit from a team from Peterborough Community Church who gave the CARESCO Centre the most thorough clean it has ever had. Every surface was spotless and there wasn't weed to be seen in the garden. A big thank you to everyone who worked so hard and especially to Susie Rodger for organising the team.



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.



The number of *Friends* has been slowly creeping up and we currently have around 30 members. However, we were very sorry to hear of the death of one of our longest standing *Friends*, Mrs Marie Patchett. Marie was a great encourager, always with a cheerful word and a giggle. She will be sadly missed.

During the year, members have received 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.

It has been a great encouragement to know that we have a group of people who are willing to offer their support for **CARESCO** in this way. My thanks to them all. If you would like to join the *Friends*, please contact the office or pick up a leaflet next time you are in the **CARESCO** Centre or see our stall at village events.

Liz Coates

Will you
be our
Friend?

pleased to report that sponsored walking, car boot sales and golf to name but a few activities have been a great help although more will be needed. In time we would like to start a fund-raising committee and if you are interested in helping please let Liz Coates know.

We are also grateful for grants from John Lewis, Garfield Weston and Percy Bilton (used to buy a dishwasher and fridge/freezer), Radio Cambridge (garden furniture) and W G Edwards (Club Room furniture). Grants to replace or augment equipment mean that funds for running expenses are not diverted.

I should also like to thank Malcolm Jeffery and Derek Armitage for the work they put in last year at short notice to organise a golf event for **CARESCO**. This year they have worked with the Captain and Lady Captain at Stilton Oaks Golf Club who have adopted **CARESCO** as their charity for the year. We greatly appreciate the support of Stilton Oaks and the two captains. Many thanks.

CARESCO, as has always been the case, provides first class services on a shoestring. We remain strong, have a good committee and remain confident about the challenges ahead.

I should like to thank the members of the management committee for their support, active participation and at times lively discussion.

Most of all though thanks are due to the people who make the projects, not only possible but, resoundingly successful. The high level of commitment to our members and to providing services is, I believe, a very positive example to the wider community.

Thank you all.

David Whitney

Manager's Report



This report must begin with the traditional thank you to all the staff and volunteers who make CARESCO what it is today. Their dedication and hard work are an inspiration to everyone who witnesses it. My thanks particularly for all the times when people have willingly gone beyond what could possibly be reasonably expected of them.

The past year has seen a significant increase in the work done on fund raising in order to meet the short fall between our grant from Cambridgeshire County Council and our ever rising running costs. We held our first Car Boot Sale back in October which proved a great success and repeated it in May. During the Sales the CARESCO Centre was open for refreshments and toilets which proved very popular with the stall holders who are used to standing in a muddy field!

Back in September '05, the Sawtry Parish Council organised the first Sawtry Flower & Produce Show. This was a big event with stalls and games outside the Old School Hall while the Show went on inside. The CARESCO Centre was opened for refreshments which were run jointly by Sawtry WI and CARESCO. Sadly the weather was not brilliant so the decision was made to separate the two parts in 2006 with the Sawtry Carnival in July (again with the refreshments done from the Centre with the WI), and keeping the Flower & Produce Show in September. Not only did these events help to raise some much needed funds for us, they also got a lot of people into the Centre who had not known where we were before.

The Grafham Water Lions Safari Walk in May once again proved to be a very successful event for us. This year we raised an amazing amount thanks to all the people who walked for us despite the appalling weather on the day.

Lastly, the Golf Day, as detailed else where in this report, proved to

Sawtry Village Car Scheme

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

It has been over a year now since the management of the Car Scheme passed from Peterborough Dial-a-Ride to Thrapston Volunteer Centre (TVC) and CARESCO took a smaller part in the set up. The Scheme has a small but dedicated team of volunteer drivers who offer a fantastic service to our community. Throughout the year there have been regular meetings between the co-ordinator , Lorrie Brooks and the drivers.

More drivers are needed to help us provide transport for people who are unable to use conventional public transport or to make essential journeys by any other means. Drivers use their own car and receive a mileage allowance for expenses incurred. Additional insurance cover is provided. Anyone interested in getting involved please get in touch with the CARESCO Office.

The Scheme mainly caters for essential journeys, including but not limited to: appointments at the surgery/hospital, opticians, dentist, picking up prescriptions or shopping, and visiting friends & relatives in hospital. The scheme is particularly aimed at helping the elderly and disabled to get out and about.

One change brought in on 1st April this year has been to bring in an annual membership fee of £6 which entitles the member to use the other services provided by TVC. For more information, please call TVC on **01832 733336**.

My thanks to all our drivers and to Lorrie Brooks at TVC for her help and support.

Liz Coates



Coffee Shop

Venue: **CARESCO** Centre
When: Friday, 9am – 11.30am
(9.45am - 11.30am during holiday period)
Volunteers: Mavis Atter, Moira Close, Margaret Geary, Wendy Hunt, Linda Lavery, Enid Lawman; Angela Newell

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.

The Coffee Shop continues to provide a warm welcome to everyone who uses it. A big thank you to our loyal customers for their support over the past year. It is not always easy to get the balance right between our younger and older customers and we appreciate everyone's patience and understanding.

My grateful thanks to our ever cheerful waitresses and to everyone who has baked cakes over the year. During the year Linda moved away from Sawtry and Moira has not been able to be a waitress due to ill health but we have been joined by Margaret, Enid & Angela. Thank you all.

The Coffee Shop raised an enormous £1083.83 between April 05 and March 06 which has gone to help support the work of **CARESCO**.

Liz Coates



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

be great success, building on the hard work from the previous year. My thanks to all the local businesses who continue to hold a **CARESCO** charity box for us. This has proved to be a useful additional source of income. Thank you also to everyone else who has helped with our fundraising over the past year, with special mention to the members of All Saints Church who again committed to donating 10% of their fundraising total for the year.

As we have now been in the **CARESCO** Centre for over five years, we were contacted earlier this year by the Big Lottery Fund to arrange a visit. Their representative wanted to come and see for himself what it is we do here and how the building is used to ensure that their money has been put to good use. He seemed to be impressed with what he saw.

Staff & volunteers have benefited this year from two training sessions led by the Huntingdon Alzheimer's Society on dementias & challenging behaviour. Also our Bookkeeper, Marina Joyce, has attended a 15 week IT course this year which has covered MS Word, MS Excel plus the internet and email.

Hopefully Marina's new found knowledge will be put to good use as we gain a second computer in the office. Having recently got Broadband at the **CARESCO** Centre, we are also going to have a computer in the Club Room which will be available to any of our Club members who wish to use it.

Finally, we were greatly saddened to hear of the death of a former member of staff, Frances Thompson in October of last year. Frances was the Organiser at the Lunch Club from 1994 until 2001. Her family & friends made a generous donation to **CARESCO** which has been used to purchase a garden bench so that our Club members can sit outside and enjoy the garden in comfort.

Liz Coates

Alconbury Thursday Club

Organiser: Jennie Holme
Deputy: Daphne Durston (until end October '05)
Jean Kendall (from Nov '05)
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: 25 Volunteers: 13

We have had one very important change during the last year. Daphne Durston, who had acted as Deputy Organiser for approximately twenty years, resigned her post. The Club would not have functioned without Daphne and everyone was very sad to see her resign. For a short while she continued to help but after a bout of ill health she swapped sides and we now welcome her each week as a member. However, she does get picked on to help call the Bingo from time to time!



We are very fortunate that Jean Kendall who is our Treasurer agreed to take on the additional role of Deputy – she is a glutton for punishment!

We have had several changes in membership. Sadly several old friends died: Flora Warner, Maud Clarke, Mary Sly and Sylvia Allen. Ella Wells and Esther Shirley have moved into residential accommodation so are no longer able to attend. Emily Marshall moved away from Alconbury. We miss them all.

We were very pleased to welcome some new members: Joyce Boyles and Kath Cowling in 2005 and Beryl Mann, Mary Hill, Joan Crack and Joan Woodman in 2006.

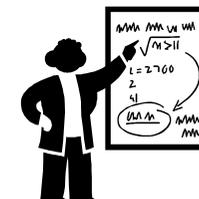
A big thank you to Jo Margetts & Sarah Henson for all their hard work over the last year and we all look forward to the next year. If you have any ideas for us, please let me know.

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 Citizens Advice Bureau Information Pack.

The basic CAB pack contains a wealth of information on a wide range of topics including financial, legal, health & educational related matters. This information is contained in three large folders situated in the Club Room and is available to anyone who wishes to use it during office hours.

Many thanks to Lois Jordan for keeping the CAB folders up to date with the regular mailings which she does with unfailing cheerfulness.

CARESCO can not offer any advice or take any responsibility for any actions taken as a result of any information found in the folders.

Liz Coates

Sawtry, Glatton & Conington. My thanks to our two brilliant graphic designers who have made the magazine look so good. To Samantha who took maternity leave during the year to have Madison, and to Donna who covered for her, producing two issues for us.

A major piece of work this year has been the writing of an Editorial Policy for the Sawtry Eye. The aim was to put into writing the policies which have been used over the years to assist decision making. This policy, covering both the community news and the commercial adverts, is now available from the office for anyone who is interested.

Our thanks as always to the advertisers, who make the Eye viable, and to the people who contribute articles & news. Thanks also to our loyal team of deliverers who walk the streets, come rain or shine, to put the Eye on the door mats of Sawtry, Glatton & Conington.

Liz Coates & Marina Joyce



Nearly New

Manager: Sarah Newson
Venue: **CARESCO** Centre
When: Friday, 9-11.30am (Term Time only)
Helpers: Jo Margetts & 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**.*

This year has been very busy and again we have improved takings on last year. We are constantly trying to come up with new ideas to bring in more customers and feel we now need to look at better advertising to do this. We have also looked at bringing the name a little more up to date: "New to you at Nearly New".

During the year, we have had our usual selection of outings. The visit to Wydale Garden Centre was particularly successful and members loaded the coach with plants and a selection of clothes from the Edinburgh Wool Shop. The visit to Sandringham coincided with the hottest day of the year – however, despite the heat, the trip was very much enjoyed. We also visited Wood Green Animal Shelter with the group in the middle of August.

Apart from the outings, we have been entertained at the Club on several Thursdays. John Newman has frequently accompanied our singing on the piano and Symads and Rosemary and Friends have entertained us with singing and recitations. Shopping Solutions visited in February and displayed a wide range of clothes for us to look through. Richard and Margaret Scott conducted an Easter Service on Maundy Thursday.

Daphne was so difficult to replace, we needed four people who each help once a month. I would like to thank them and all the other helpers who come in every Thursday. The Club wouldn't function without them.

Jennie Holme

*Why not pop in for a chat
& a cuppa?*

*The Day Centre members
would love to see you.*

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; Margaret Geary; Nancy Kelly;
Eileen Medlock; Mavis Smith; Pat Thomson;
Doeen Walker; 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



Another year has gone by in the life of the Day Centre. This year has seen the arrival of some new members. Sadly we lost May Smith, who died very suddenly in April. We all miss her so much as we do all our members when they are absent. After all there would be no Club without our members whose generosity enables us to have our trips.

We have had eight outings during the last year including our annual visit to Angela Newell's home in Conington for a delicious lunch. Our thanks go to her and Tim.

During Social Enterprise Week at Sawtry Community College, a group of Year 10 students participated in a sponsored car wash to raise monies for the benefit of CARESCO. The Day Centre was offered a Pampering Day which included hand massage and manicures accompanied by two lads on guitars. A lively day enjoyed by all. A huge thank you to the students involved.

Norwich for all our volunteers, it was a nice day and everybody seemed to have a good time. We are planning another one next year but would like some ideas where we can go, please let me know if you have any thoughts.

We have had some new volunteers start this year and we are very grateful for their help.

I would like to say thank you to all the volunteers who have helped throughout the year and without whom the Printshop could not continue.

If you know of anyone who would like to help at the Printshop, please get them to give me a call on 832105 between 9am-12noon, Monday-Friday.

Marina Joyce



Sawtry Eye

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

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

It has been another successful year for the Sawtry Eye which continues to be delivered to every house in



and young Jenny who came in to help.

Last but not least, our Christmas venue was the George Hotel in Huntingdon, where we had a lovely Christmas meal and an Excellent time was had by all.

Lyn Wallis

Since writing this report we have heard that Marie, one of our long-standing members has unfortunately died after a short illness. She will be sadly missed by all.



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.*

Another year gone by and the Printshop continues to be very busy. The Sawtry Eye is still our biggest job (printed alternate months) and has increased in size, with new adverts and news coming in every issue. We also print SCAN (the Stilton village magazine) every month and other smaller jobs in between.

We had a buffet lunch at Christmas for all the volunteers who have helped to collate, fold and staple during the year.

During Volunteers Week in June we organised an outing to

We have also benefited from weekly visits by year 9 students who have assisted in serving meals & washing up. Well done and a big thank you to them all.

Terry Watkins, our Music Man, has continued to entertain us most Thursdays throughout the year. Members enjoy these sessions and some manage to get up to dance. Thank you Terry for giving up your time to entertain us.

We are truly blessed with our team of volunteers, without whom we would not be able to operate so well. Our thanks to Nancy Kelly, Marjorie Foster, Pat Thomson, Mavis Smith, Ann Watson, Doreen Walker, Margaret Geary, Betty Endicott, Eileen Medlock, Anthea Webster & Elizabeth Coates. Also thanks to those who supported our trips on the day.

Our thanks goes to Mel our driver who stepped in when Kelvin hurt his shoulder and is still with us, the members enjoy his company.

Last but certainly not least, a big thank you to Lyn Wallis, our cook who goes the extra mile for us.

Kathy Allport & Pat Ayres



**Extra volunteers
are always needed
for outings.**

Treasurer's Report

Another successful year of fund raising has seen our overall cash reserves increase by £6,857.31. The cash flow has been boosted by funds from several lucrative events, plus donations from Charitable Trusts. Unfortunately there are no guarantees that these sources will provide the same funding next year

I am constantly told by well meaning individuals what these increases could be used for all sorts of desirable projects many of which I am in favour of, however this would very soon leave us financially vulnerable.

Our expenses have all significantly increased over the year the most significant being wages and utilities. Adding together 50% of the annual wage bill, Admin, Projects, Centre and miscellaneous we arrive at a figure of £18,200 a figure we are required to hold in reserve against a failure of the Social Services grant.

I would like to record my gratitude to all those trustees, volunteers, and institutions who have helped to keep us in balance over this financial year. My particular thanks to Marina Joyce for her hard work throughout the year in keeping the books and me in order.

Derek Armitage



Lunch Club

Organiser: Lyn Wallis
Deputy: Dean Cownden (Dec 05 - June 06)
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: 16 Tuesday: 17

Well yet another year has gone, where does the time go? Lunch Club is ticking along very nicely. The members look forward to coming on Mondays and Tuesdays, they enjoy taking part in the activities within the Club, as well as helping each other. It's really nice to hear them chatting away and enjoying each other's company. This is what the Lunch Club is all about; a self-help group that meets up to have a lovely time for a few hours and sitting down to eat a two course meal together. It makes a big difference for them to enjoy a meal with others instead of sitting and eating alone. We have a few new members come to join us this year, but sadly Frances Thompson passed away in October. She is sadly missed by all who knew her. Also, Olive who is still with us at **CARESCO** but now attends the Day Centre and I must say is doing very well. After running the Club alone for the last 7-8 months, Dean took up the position of my Deputy. But due to other commitments, he left at the end of June.

I would like to say a special thank you to my voluntary drivers: Carole Armitage, Jackie Gillis, Malcolm Jeffrey and Ernest Reed alongside Bill Allport and Derek Graham for stepping in when I needed drivers. I would also like to say thanks to Nancy Kelly and Eunice Wildey for always being willing to help. Not forgetting Pat Ayres for giving me some of her precious time,