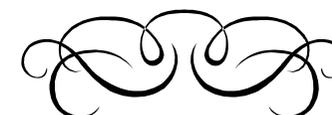




**(Sawtry & District Care and
Resource Organisation)**



Annual Report 2006 – 2007

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
2006 – 2007**



Life President Marjorie Dybeck

Officers:

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

Elected Members:

Carole Armitage; Derek Armitage; David Baldry; John Garner; Derek Graham; Angela Newell; Susie Rodger; 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 bringing most of the projects under one roof.



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.



Have you got a
CARESCO
Home collecting box?

Perfect for your small (or large) change



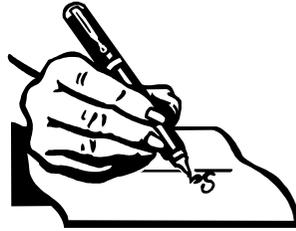
**Pick one up from the office
or call 01487 832105**

It all adds up!

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

I am very pleased, once again, to be able to report another successful year for CARESCO and for the projects which run under the CARESCO banner. You will no doubt read some of the detail in the individual reports in due course.



Given the length of time the projects have been running it is perhaps to be expected that they will be well run but it is only the dedication to the needs of the members, attention to regulatory and other detail and the commitment of staff and volunteers on a continuous basis that makes it happen on the ground.

Talking about the ground, have you seen the garden? It is developing well and with the furniture and shades it is a very pleasant environment. At the time of writing we have still to see much in the way of summer but we live in hope. Thanks to all those who have helped to make it what it is. It seems even the cloud of vandalism has the silver lining of leading to the enclosed space which is now our garden. The fence continues to do its job and we have not experienced any serious vandalism this year.

I am disappointed to have to report that there has been some controversy with respect to the Sawtry Eye which resulted in the Management Committee reviewing policy on replies to letters. I believe that this was resolved satisfactorily. Despite this and thanks to the hard work of the editors, production staff and distributors, the Eye continues to go from strength to strength in providing useful information and communication within its publication area.

At the last AGM Win and Malcolm Jeffery and Alison Scott did not seek re-election as trustees. Many thanks to all 3 but particularly to Win and Malcolm, as they had been associated with CARESCO over a longer period.

CARESCO has always been a tight ship and our finances have always been subject to stringent control. As the years go by this

CARESCO Centre

The dishwasher we got last year with a grant has proved its weight in gold and has certainly made life easier in the kitchen. In the medium term the kitchen will need replacing as it is not up to the heavy use, but we will have to look for external funding to make this happen.



There has been the usual ongoing weeding & tidying up in the garden, thanks to our dedicated team of Keith Shelton, Bill Allport and John Thomson, and also to Pete & Sarah Newson for their expert advice.

Now into its seventh year, the Centre is increasingly needing maintenance. Recently the CARESCO sign on the outside of the building had to be removed for restoration. Thanks to Bruce Jordan for making it look as good as new.

During the year an electrician carried out a full electrical inspection of all appliances in the Centre to ensure the safety of our staff, volunteers and Club members. This was not quite the major undertaking that it was two years ago as many pieces of electrical equipment have been replaced over the past few years.

Our Fire Safety Officer, Dave Baldry, has continued with our regular fire drills throughout the year, despite making himself unpopular - no one ever wants to do a fire drill! It is amazing just how quickly our projects can vacate the building when the alarm sounds.

As a modular building, the Centre has a limited lifespan so our thoughts are beginning to turn towards a replacement in the long term. It would be lovely to eventually have a purpose built brick building for all our activities - any ideas?

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.

Our loyal band of *Friends* has continued to grow slowly over the past year. This is a brilliant way for people to give support and to stay informed of what is going on at **CARESCO**. Thank you to all of them.



We would love to increase our number of *Friends* over the coming year as this could be a good way for people to make a commitment to give us a regular donation. Many people have a Standing Order made out to charities, why not to **CARESCO**? We are a local charity serving the local population.

A number of our *Friends* live outside Sawtry and pay an extra fee to receive the Sawtry Eye by post. This could make an unusual leaving present for someone who is leaving Sawtry. So next time you have a neighbour who is moving away, why not sign them up?

Liz Coates

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

situation becomes more difficult although the position in the last year remains satisfactory. It should be recognised though that a very significant, one-off, donation was made following the Stilton Oaks Captains' day I referred to in this report last year. It is not clear at this time how that income will be replaced. It has been noticeable over recent years how the management committee has focussed more on fund raising and in the absence of any other source of funds this will continue.

I noted a couple of years ago that the Parish Council's financial contribution had been reduced. We are grateful that it has been restored to something approaching the previous level.

One of the strengths of **CARESCO** is the continuity and experience provided by many of the long serving staff, volunteers and trustees. We wish to maintain this strength and add to it by attracting new people in all areas in time. In the short term we are looking to attract new trustees from a variety of backgrounds. The duties are not onerous and the work of **CARESCO** is valuable. Please let Liz Coates or any of the trustees know if you would be interested to join us or to see in more detail what we do.

In summary **CARESCO** continues as a strong organisation making a valuable contribution to the local communities but with the caveat that we will need to continue to respond to the twin issues of static grants and rising costs in order to secure our long term future.

Finally, I should like to offer my personal thanks to all those who have contributed to our success over the last year My colleagues on the Management Committee, Liz Coates and Marina Joyce in the office, those running the projects both as staff and volunteers and of course those we serve whose continuing goodwill and enthusiasm make the effort worthwhile.

David Whitney

Manager's Report

It has been a good year for **CARESCO**. We have continued to provide our valuable services to the local community while ensuring that we maintain the highest possible standards, and work in a professional manner. My thanks to our wonderful team of staff who have been willing to attend training courses, often in their own time, to ensure that we keep up to date with new legislation and working practices. This year staff and volunteers attended a course on Lifting & Handling provided by Cambridgeshire County Council (CCC) and two Day Centre staff attended a course entitled 'Protection of Vulnerable Adults – Raising Awareness' with others booked to attend later in the year. We have again hosted a Food Hygiene course run by the District Council; and two staff members attended a briefing for the Safer Food Better Business initiative.

May I also echo the thanks in each project report to our volunteers who are an incredible team of people ready and willing to give their time to help others. I never stop being amazed at how much people will put themselves out to lend a hand.

As each year goes by and our core grant from Cambridgeshire County Council for the day care projects continues at the same level, as it has done for the past seven years without an increase, we have had to spend more and more time concentrating on fundraising to bridge the gap between income and expenditure. There is a separate report on our fundraising initiatives on page 13.

Back in January '07 I had a meeting with an officer from CCC who had come on a fact finding mission and to discuss the possibility of moving **CARESCO** onto a contract with CCC. This would have the advantage of guaranteeing our funding but would mean that we would have to meet set targets in the way that we provide our day care services. CCC are reviewing all the organisations that they currently fund in the voluntary sector and we are awaiting the outcome of their findings.



Liz Coates

Sawtry Village Car Scheme

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

Sawtry Village Car Scheme provides door-to-door transport for people who do not have the use of a car and are unable to use conventional public transport. Journeys are arranged through a co-ordinator and provided by volunteers using their own cars.



CARESCO plays a supportive role in the Scheme by providing a local contact for the drivers and a place for their regular meetings. We also produce the local publicity and put occasional articles in the Sawtry Eye. **CARESCO** does not man the phones to take the bookings, this is done by the Thrapston Volunteer Centre. For more information, please call TVC on **01832 733336**.

The number of lifts provided remains at a low level, but is adequate for the number of drivers currently signed up for the scheme. Should you have a car and are willing to make yourself available, please get in touch on the number above.

My thanks to all our drivers who so willingly give up their time to be available. During the year Ernest Reed retired from the Scheme after being a volunteer for a number of years. Our thoughts and best wishes go to him and his wife Joy.

Thank you also to Lorrie Brooks and all at TVC for managing the Scheme. They do a fantastic service for Sawtry and the surrounding area.

Liz Coates

Coffee Shop

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

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.

Originally started as a fundraiser, the Coffee Shop is now an integral part of many people's week. A place to meet up and spend time together.



Many thanks to all those who have been customers at the Coffee Shop over the year. We have been very well supported by a regular crowd who enjoy the atmosphere and our wonderful waitress service. The high quality of the home-made cake on sale has also added to the attraction.

Many thanks to our wonderful team of waitresses who willingly give up their Friday mornings to serve the customers. Thanks also to everyone who has donated homemade cakes to be sold on by the slice.

The Coffee Shop raised a fantastic £1096.91 between April 06 and March 07 which has gone to help support the work of CARESCO.

Liz Coates

Alconbury Thursday Club

Organiser: Jennie Holme
Deputy: Jean Kendall
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: 13

This year Alconbury Thursday Club celebrated its 23rd birthday. The lunch to celebrate our birthday was a great success. After the roast beef and Yorkshire pudding, we were entertained by Simads with music and recitations.

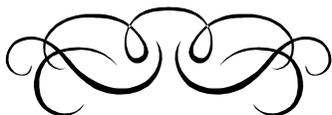


At the end of my report last year, I said we were looking forward to an outing to Wood Green. Unfortunately, it did not prove very successful. The food was expensive, service poor and the guide not very helpful. However, the outings this year have so far been enjoyable. We returned to Wyvale Garden Centre at Crowland and went on a first visit to Springfields near Spalding. We hope the remaining trips to Grafham Water for lunch and the shopping trip to Serpentine Green prove as successful. Thank you Marjorie Rowlinson for arranging all the outings.

Our membership has been stable over the last year. For a change, I do not have to report many deaths. Marjorie Rowlinson's mother, Ella Wells, died in 2006. Ella Wells had moved to a Residential Home so we had not seen her for some weeks before her death. Two gentlemen joined for a short time but unfortunately have not stayed the course.

We are lucky that a number of local people agree to help us. Richard and Margaret Scott conduct both Easter and harvest services and John Newman accompanies our singing several times a year. Lesley Richardson takes orders for fruit and vegetables and this year, for the first time, Lyn Alder provides individual frozen meals to order. I would like to thank them and all our helpers for all the hard work they put in throughout the year.

Jennie Holme



Joyce Freeman Died November 2006

Joyce set up and organised the Alconbury Thursday Club when CARESCO needed to expand its services beyond the Sawtry Day Centre. She was the ideal person as she had previously run a Day Centre in Coventry. Her experience was invaluable in both setting up the Alconbury Club but also in giving advice to CARESCO when other new projects were set up.

Alconbury Thursday Club opened its doors to members in March 1984 with about 8 members and Joyce continued to run it for over eighteen years. Joyce's strength was in the strong team of volunteers she built up around her.

Joyce retired as organiser in December 2002. However, she had done such a brilliant job in organising the day and training the helpers, it was made easy for her loyal team to carry on.

Credit should be given to Joyce Freeman for starting the club and setting the guidelines by which we work today, I'm sure she would be pleased to know the Club is still thriving.

Jennie Holme

Our thanks as always to our two fantastic graphic designers, Samantha and Donna who give the Eye its distinctive look. To our advertisers who make the Eye financially viable, and to our delivers who ensure it reaches the door mat.

Thanks also to Pete Davis and his team who make the Eye available on line at www.sawtry.net/sawtryeye.htm

Liz Coates & Marina Joyce



New to You at 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**.*

A little change to the name as we felt it needed updating. Sarah, Jo & I have been very busy this year, changing the layout and set up for a Friday morning. There has been plenty to do with new faces appearing, bringing in new clothes for us to sell.

We are planning to raise the profile of Nearly New in the autumn with a poster campaign to bring in more customers and to spread the word around Sawtry. If anyone has any ideas of how we can improve our shop please let us know.

Thanks as always to everyone who has supported us over the past year, and especially to Jo and Sarah for giving their time and energy on Friday mornings.

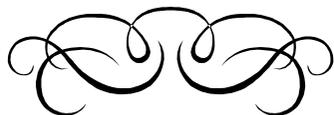
Sarah Newson

everyone. My thanks to those who gave a hand on the day.

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

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

Marina Joyce



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.*

We were approached during the year with an offer to deliver the Eye to the village of Upton which we were delighted to accept, so the Eye now goes to every house in Sawtry, Glatton, Conington & Upton. Realistically that is really our limit for distribution.

Earlier in the year, in response to a number of issues, we put together an Editorial Policy for the Eye. This has put into writing the principles that have been used over the years to edit the Eye. The Policy was a major piece of work, but should make editing the Eye easier in the future.

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; Mavis Smith; Pat Thomson; Doreen Walker; Ann Watson; Maureen Westbrook

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

Membership: Wednesday: 14 Thursday: 14

At this time of year, when the Annual Reports are written, it gives us a chance to reflect back on our Day Centre, with all its ups and downs.

The downside is the loss of three longstanding members, Florrie Broughton, Joan Branson and Molly Reynolds. Thank you cards were sent to the families of Florrie & Joan for their donations from both funerals.

Due to rising costs of coach hire for our trips out, we have undertaken more fundraising events such as a successful evening of whist, for which a big thank you goes to Betty Endicott, and a well supported cake stall on the green. We have also held stalls at various Car Boot Sales, Fetes, the Sawtry Carnival plus of course our monthly evening Bingo.

Our thanks goes to all our volunteers, who's help we could not run without: Nancy Kelly, Mavis Smith, Betty Endicott, Pat Thomson, Marjorie Foster, Margaret Geary, Maureen Westbrook, Ann Watson, Doreen Walker, Liz Coates and all those who give us a few hours.

We must thank our music men, Terry & Joe, who come every Thursday which is enjoyed by all. We also thank Angela Newell for a lovely lunch at her home last summer.

Thanks to Mel, our driver, for all the help he gives our members. Lyn for her lovely dinners which everyone enjoys and the help she gives over and above her time. Thanks Lyn.

My personal thanks to Pat Ayres, who I know I could not do without and for the extra things she does for everyone.

Kathy Allport



In February we joined the Weather Lottery as an additional fund raising activity. The Lottery is run by a commercial company, **CARESCO's** role is to promote it by recruiting players.

The idea is based on the temperature in six cities as published in the Daily Telegraph Monday to Thursday each week. People who sign up nominate **CARESCO** as their chosen charity & choose six numbers for £1 per week and can win £10, 000 if all six numbers match, with smaller prizes for three or more matches. There is no cost to **CARESCO** and we receive part of each pound for our funds.

Application forms to support **CARESCO** are available from the **CARESCO** Centre or you can join by visiting the website at www.theweatherlottery.com not forgetting to go to the **CARESCO** page by clicking on 'Charity' on the right-hand side and the **CARESCO** in the list of charities.

about benefits, employment, tax or licences. It is available to anyone who wishes to call in during office hours. We use a selection of the monthly updates, with permission, in the Sawtry Eye as 'General Information' where we think they will of interest to our local community. These are usually recent changes to legislation or to highlight a new service.

Thanks as always to Lois Jordan for keeping the CAB folders up to date with the regular mailings and ensuring that the information is as complete as possible.

Liz Coates



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 two months with the Eye continuing to increase in size. There are also smaller jobs in between.

We had to cancel our coach trip to Ely during Volunteers' Week in June, due to lack of interest. However we are thinking about going back to Bury St. Edmunds next year, or if anyone has got any other ideas please let us know.

Once again at Christmas we had a buffet lunch for our volunteers who have helped throughout the year, which was enjoyed by

we shared the proceeds from a very enjoyable Hog Roast at the home of Tim & Angela Newell with Sawtry Methodist Church.

Over the years we have benefited from Christmas card collections and this year we were delighted to received the collection from the staff room at the Wellside Surgery. This is a very easy & simple way to fundraise, please consider it for your workplace/community group this year.

Please continue to support our fundraising initiatives over the coming year as we seek to build on these various activities.

Liz Coates



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 big news this year is that we now have a computer with internet access in the Club Room available for our Club members and staff to use. Thanks to Solomon Robinson (otherwise known as Computerman) for donating the computer and setting it all up for us.

The Information Pack in the Club Room is a very useful resource should you need to find out for example something

Lunch Club

Organiser: Lyn Wallis
Deputy: Pat Ayres
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

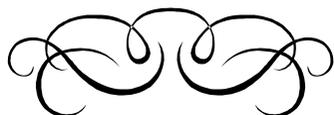
The Lunch Club is very special to all our members as it gives the opportunity to have a meal with people like themselves who often eat alone. We are a self help group and one criteria to become a member is that you are able to help with preparation of the meal, laying of the table, and clearing things away. We have a new dishwasher so members just rinse the plates and load. But the pots still need to be washed and cleared away.

Unfortunately, Ernest Reed our voluntary driver for many years, has retired. We would like to thank him for all his help and kindness, wish him well, and hope he will still pop in to have a cuppa sometime. On that note, it's nice to have Carol Armitage back after convalescing from her successful operation. I would like to welcome our new driver Maureen Westbrook who stood in for us whilst Carol was absent. My thanks as always goes to our regular drivers Jackie Gillis and Malcolm Jeffery, and also to Bill Allport & Margaret Geary who have stepped in to drive when needed.

Last year, we all returned to the George Hotel for our Christmas lunch, which everyone enjoyed enormously.

I would like to welcome Pat Ayres on board as the new Lunch Club deputy and also thank her for all that she has done throughout the year. Last but not least, thank you to members Nancy Kelly and Eunice Wildly, for all the extra help throughout the year.

Lyn Wallis



Treasurer's Report

In the past year *CARESCO* has continued to serve the community by providing support to all age groups.

Despite widely reported cuts in Social Services grants we have continued to receive their support which provides a significant contribution to our annual running costs. In addition, support from Parish Councils, Community Churches, the community in general and internally generated income from the Projects has also helped to bridge the gap between income and expenditure.

My thank to the many volunteers and supporters who have worked so hard over the year to raise funds for our charity.

It will however still be necessary in the coming years to raise additional funds to support annual running costs which increased by 9.3% in 2006/07.

Finally my thank to Marina Joyce for keeping the day to day accounts and to Ron Cobley for auditing them.

Derek Armitage

Fund Raising

There have been several new initiatives during the past year. Back in February we joined the Weather Lottery which is run by an external company, though *CARESCO* remains the promoter. The details of how to take part are on page 20. We have also involved in the Foneaid campaign where we receive money for collecting old mobile phones. Very recently we have signed up with the Buy.at website where we receive a donation dependant on our supporters using our web page to do their internet shopping.

For some years now we have had charity boxes in several of the local shops and we are very grateful to the shop owners/managers. These have now been complemented by our smaller collecting boxes which people can have at home (see page 10).

We have a number of items for sale at the *CARESCO* Centre on an ongoing basis such as pens, homemade cards, honey and occasionally books from the Book People and Index Books. In the autumn we will be selling Christmas cards. These all bring in a small but steady income.

Over the year there have been a number of significant donations from local organisations and individuals, particularly from All Saints Church, the New Old Western Thespian Society, the Bowling Club and Sawtry Community College. We also received the proceeds from a funeral collection. Our grateful thanks to all.

Events wise we have held another successful car boot sale, thanks to the co-operation of the Parish Council and the Leisure Centre who share the car park with us. Once again a group took part in the Grafham Lion's Safari Walk around Grafham Water in May. We teamed up with the ladies of Sawtry WI to provide Cream Teas during the village Carnival in July, the proceeds being split between both organisations. Also in July

