



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



Annual Report 2007 – 2008

Registered Charity Number 288202

The **CARESCO** Centre, Green End Road, Sawtry,
Huntingdon, Cambridgeshire, PE28 5UX
Telephone: 01487 832105 E-mail: caresco@sawtry.net
Website www.caresco.org.uk

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	

Contents	Page
<i>CARESCO's</i> Aims	3
Chairman's Report	4
Manager's Report	6
Alconbury Thursday Club	7
Joyce Freeman	8
Sawtry Day Centre	9
Lunch Club	11
Treasurer's Report	12
Financial Report Supplement	Centre Pages
Fundraising	13
Information Point	14
Printshop	15
Sawtry Eye	16
Nearly New	17
Coffee Shop	18
Sawtry Village Car Scheme	19
<i>Friends of CARESCO</i>	20
<i>CARESCO</i> Centre	21
The Beginning	22
Management Committee	23

Published by *CARESCO* August 2008

Printed by *CARESCO* Printshop.

Management Committee 2007 – 2008

Life President

Marjorie Dybeck



Officers:

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

Elected Members:

Carole Armitage; Derek Armitage; David Baldry;
John Garner; Sheila Lloyd; Angela Newell;
Susie Rodger; David Whitney; Jacqui Whitney

Co-opted Member:

Sarah James

Observers Representing:

Cambs County Council	<i>Vacant</i>
Sawtry Parish Council	Janet Spencer
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 modular building 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.



For information on anything
in this Annual Report,
please contact
The *CARESCO* Office
Monday - Friday
9am - 12 noon
On 01487 832105
E-mail caresco@sawtry.net

Or visit our new website at

** www.caresco.org.uk **

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!



Chairman's Report



I have written a number of these annual reports over the years and it is gratifying once again to be able to report to you that, thanks to the dedication and efforts of the staff and volunteers, **CARESCO** continues to run very successfully.

At the last AGM we lost one trustee and gained one.

Derek Graham did not seek re-election. We are grateful to him for his contribution while he was with us especially for promoting the idea of a computer in the club room.

Sheila Lloyd was elected as a new trustee and during the year Sarah James was co-opted to the committee. I should like publicly to welcome both to the fold. While I would never discuss a lady's age, I am sure they will contribute to reducing the committee's average.

This is not the flippant point it may seem. Over the years people have been very loyal to **CARESCO** as trustees, volunteers, staff and as customers. This has been a strength. The organisation is ageing though and renewal is one of the key issues we face. I look forward to seeing younger, or at least less old, people involved in all our activities. If anyone, of whatever age is interested in becoming or finding out about becoming a trustee please let Liz Coates know.

Following the last Annual General Meeting Derek Armitage stood down, or more correctly did not seek to be reappointed as Treasurer. I should like to record my and the Committee's thanks to Derek for the very significant contribution he made as Treasurer. In tough financial circumstances it was always good to be able to rely on Derek to be on top of the figures and to provide clear messages to the Committee about the important financial issues.

Towards the end of his time as Treasurer Derek was starting to look at the costs of individual projects and we plan to carry that work on in the future. Derek remains a trustee. As the other members of the Committee were not currently in a position to take

CARESCO Centre



The garden is looking lovely and the plants have matured well; there's always something in flower. Thanks to our dedicated team of gardeners & grounds men: Keith Shelton, Bill Allport and John Thomson, and also to Pete & Sarah Newson for their expert advice.

The **CARESCO** Centre has come through another year, I'm glad to say, without too many problems. The days of daily vandalism are a dim and distant memory. Now that the Leisure Centre customers use the car park outside the **CARESCO** Centre and the Parish Council have CCTV cameras, the damage even to the front of the building has more or less ceased. This in itself saves a lot of time and money which used to be spent making good.

My thanks to our 'odd job men' who have patched things up for us over the year especially Bill Allport who regularly reattaches things that have fallen off, and tightens screws when needed. We are thankful also to Bruce Jordan for renovating the **CARESCO** sign on the outside of the building.

I am grateful to our fire officer, Dave Baldry, for organising our regular fire drills, testing the smoke alarms and so on. It is a thankless task which he does with good will. Should we ever have to vacate the building quickly, we all know what to do and can do it at quite an impressive speed even with wheelchairs and walking frames.

We continue to look to the future and the possibilities of a more permanent home for **CARESCO**. There are lots of issues to overcome first, not least being the funding and land needed to enable us to build our own purpose built brick building. However, in the long run the current **CARESCO** Centre will not last forever and the planning needs to start now.

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.

During the year we put out a challenge in the Sawtry Eye for people to make the commitment to **CARESCO** of a small monthly standing order. If 100 people promised £5 per month it would go a long way to helping us to bridge our funding gap. The appeal led to a rise in the number of people subscribing to the *Friends of CARESCO*. I



would like to thank them and all our *Friends* for their ongoing commitment to us.

We send out a newsletter twice a year to all our *Friends* as well as a copy of this report. If you would like to become a *Friend*, then please get in touch or call in and pick up a leaflet. The membership leaflet can also be downloaded from our new website by going to the Document Downloads page.

Liz Coates

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

on the role of Treasurer it has been added to my role as Chairman as a temporary expedient.

Finance continues to be a major issue for **CARESCO**. Our County Council grant for 2008/9 has increased by 1% and while this is better than the static position we have been in for many years it is still a cut in real terms. It is our hope that at some point we may have a proper contract for a realistic price to provide our services.

Inevitably once again, much of our attention over the year has been on raising funds and in that respect I should like to thank Angela and Tim Newell for the very significant contribution made by their splendid hog roast in the summer of 2007 and also thanks to the Vocal Academy for their substantial donation following the Evelyn Glennie concert last year. We are also grateful for the continued support of the local churches, clubs, pubs and individual donations.

With our grants more or less static, simple arithmetic tells us that our need to raise funds will increase at a faster rate than inflation. This has led to the formation of a fledgling fundraising sub-group. We hope in time it may grow. Again, please let Liz know if you would like to be involved.

It was with much regret that we learned in January this year of the sad death of Ernest Reed. Ernest and his wife Joy had both served as trustees and Ernest was a volunteer driver with the lunch club over many years. He is much missed by those who knew him.

Finally, I should like to thank Liz and the staff and all the volunteers who contribute so much to making **CARESCO** the success it undoubtedly is. We have something to be proud of and I look forward to working with you over the coming year in order to maintain and build on that success.

Thank you all very much.

David Whitney

Manager's Report

It is an amazing privilege to work at the centre of this fantastic organisation. Although each of our projects operate relatively independently of each other, they all co-ordinate through the middle and mainly share the same facilities. In the office we have to deal daily with an incredible range of enquiries from both the general public and people within the organisation.



Through the year staff members and volunteers have continued to attend relevant training courses including a couple on the current issue of abuse awareness. Sadly in our society it is becoming recognised that many elderly people suffer abuse in one form or another. Staff members have learnt how to recognise the signs of abuse and what to do should abuse be suspected. All our day care staff have undergone checks with the Criminal Records Bureau and under new guidelines we will be looking to have all our volunteers checked likewise. No one today is able to work with children without being checked and it is now accepted that vulnerable adults should have the same level of protection. It is not that we have any concerns about our current staff or volunteers, but that we need to be able to show that we have taken steps to ensure the best care for our clients.

Over the years **CARESCO** has grown and adapted to meet current need in the local community. The resulting set up is rather complicated and not easy to explain. Our aim in the coming year is to review where we are now and to develop a simple understanding of the structure within **CARESCO**. In addition we also want to improve the way we communicate outside the charity so that people know what it is we do.

As always I must thank all our volunteers, staff and users of our services, particularly Marina whose quiet support in the office I could not manage without. **CARESCO** is an amazing and unique organisation and one of which we can be rightly proud.

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 manage the phones to take the bookings, this is done by the Thrapston Volunteer Centre (TVC). For more information, please call TVC on **01832 733336** or pick up a leaflet. The leaflet can also be downloaded from our new website by going to the Document Downloads page.

The number of lifts provided has increased from last year, and is manageable for the number of drivers currently signed up for the scheme. Should you have a car and be willing to make yourself available, please get in touch on the number above.

My thanks to all our drivers who so willingly and cheerfully give up their time to be available. I know they are appreciated by their passengers, many of whom would otherwise be unable to get out. Even to get to the village shops or doctors' surgery can be impossible for people who can't walk far or get on a bus.

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



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

Friday mornings are quite different at the CARESCO Centre. The Coffee Shop is open to the public as a place to come for a coffee and a chat. Customers can meet up with friends and enjoy homemade cake in a warm and friendly atmosphere.



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 our wonderful waitress service not to mention the lovely cakes. Our customers cover a wide age range from tiny babies to folk in their nineties.

Many thanks to our fantastic team of waitresses who give up their Friday mornings to serve the customers. Thanks also to everyone who have baked and donated homemade cakes throughout the past year. Some weeks we have needed three large cakes to satisfy the demand.

The Coffee Shop raised an amazing £1313.30 between April 07 and March 08 which has gone to 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: 24 Volunteers: 10

Alconbury Thursday Club celebrated its 24th birthday in March. The lunch to celebrate our birthday was a great success. After the roast pork and cheesecake, we were entertained by Rosemary and Friends with music and some very amusing poems.

Our first visit of 2008 was a return trip to Wyvale Garden Centre at Crowland and the second, a mystery tour and lunch at Grafham Water. Unfortunately, the coach broke down so the trip turned out to be a bit more eventful than planned. A second bus was brought but it didn't have the usual disabled lift. Members managed to clamber on and off by the steps but poor Edna Croft had to suffer the indignity of being hoisted in her wheelchair in and out of the Emergency Exit by 3 strong men. I'm glad to say the lunch at Grafham was very good. We hope the remaining trips to Springfields and Serpentine are less exciting! Marjorie Rowlinson, who has arranged our visits for a number of years, has decided to cut down her duties this year. However, we are lucky that Priscilla Dawson has agreed to take over the organisation of the trips.

We have had one or two themed days. At the end of January we had a Scottish theme. Dr Rea played the bagpipes, we had shortbread with our coffee, roast beef for lunch (we drew the line at haggis). At the end of May, we had a 'pink' theme in

conjunction with raising money for breast cancer.

Since my last report, our membership has remained relatively stable. Three members have had to stop coming and three have died. We have welcomed 5 new members. Our oldest member, Dolly Middleton, will celebrate her 100th birthday in August 08.

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 Lyn Alder provides individual frozen meals and cakes to order. I would like to thank them all. However, a very special 'thank you' to all the willing volunteers without whom the club would not be able to function.

Jennie Holme

****New website****

www.caresco.org.uk

To find out more about the work of CARESCO, please visit our new website where you can learn about the history of the charity, what we do and how it all works. You can download past annual reports and our current leaflets, read details of our activities and find out ways to support us both by volunteering and financially.

Our grateful thanks to Webshepherd for all his work in putting the site together.



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**.*

It has been a busy year again, we seem to have got through a lot of clothes and hangers!

This year has been interesting and a few customers have moved out of the area - which has made a difference to our sales, but in the last few months we do seem to be picking up some extra customers, I think mainly by word of mouth.

We continue to accept new or clean and nearly new items, no more than 6 at a time, and seasonal. So next time you have a clear out please think of us. Men's clothes seldom seem to go well, but there is always a demand for women's and children's clothing, including school uniforms for the local village schools.

Thanks go to Sarah Henson who sadly has had to leave us due to other commitments and a big thank you to Jo who has helped every week. Thanks Jo.

So we are now looking for someone else to help on a Friday morning - if you are interested or know someone who is, please let me know.



Sarah Newson

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.



Space, or lack of it has been the main issue for the Sawtry Eye this year. Each issue is packed with news articles, information and details of local events. We seldom have to look for items, the problem is usually making them fit in the limited space available. Thank you to all those who have written for the Eye over the past year.

Despite two new commercial magazines being distributed around our area, our advertisers have so far remained loyal, for which we are grateful. Any proceeds from the Eye, over and above running costs, are ploughed back into **CARESCO** which makes it all the more valuable

Our thanks as always to our talented graphic designers who give the magazine its distinctive look. Thanks also to the volunteers who cheerfully face the mountains of pages which need collating and stapling together for each issue, before they can be distributed. Not forgetting our intrepid team of deliverers who, come sun, rain or even snow, ensure that the Eye is delivered through every door in Sawtry, Glatton, Conington & Upton.

Liz Coates & Marina Joyce

Sawtry Day Centre

Organiser: Kath Allport
Deputy: Pat Ayres
Cook: Lyn Wallis
Venue: **CARESCO** Centre
When: Wednesday & Thursday,
10am–3pm



Volunteers: Elizabeth Coates; 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 - 16 Thursday - 17

Outings: 2007 – 2008:

Tim and Angela Newell's for lunch	1 August 2007
The Green Man	23 August 2007
Morrisons	15 November 2007
Queen Adelaide	13 December 2008
Methodist Church Frugal Lunch	13 February 2008
Moulton Flower Festival	1 May 2008

'Look forward to it', 'good food', 'friendship', 'they look after me so well', 'good company', 'I need it', 'kindness', 'good atmosphere', 'meeting different people', 'laughter', 'I'm so happy there', 'I could not ask for nicer people to look after me'. These are some of the comments about the Day Centre that members made, which is why it is so rewarding to be the deputy organiser.

Nevertheless, as in all good things there is a downside, that being the death of three members at the start of 2008. Olive Harland aged 98, our oldest member. Queenie Coles aged 95, our longest serving member and Myrtle Minney aged 90, who although not with us for very long had endeared herself to

everyone. Our special thanks go to the family of Queenie Coles for their generous donation to the Day Centre Social Fund.

Due to the high cost of coach hire our trips out have been reduced. The trips listed above have only been possible with the hire of the Social Services transport, with our driver Mel and Tilson's minibus driven by Bill Allport our thanks to them both. We also once again give our thanks to Angela and Tim Newell for a delicious lunch at their home; this gesture has been made for so many years.

We continue to fund raise at our monthly bingo, car boot and All Saints Church events. The generosity of our members in donating bingo prizes and goods to sell is limitless. Monies raised go into the member's social fund.

Thursday afternoons without our music man Terry Watkins and helper Joe would not be the same; we thank them for the hours that they entertain us. The successful running of the Day Centre would not be possible if it were not for the hard work of our volunteers, a special thank you goes to them. Our final thank you goes to Lyn Wallis who does so much more than her allotted hours which is so very much appreciated.

Pat Ayres

PS from Kath Allport - My thanks go to Pat Ayres who has been a rock to me in her support and friendship over the last year.

We are always looking for new volunteers

Do you have time on your hands?
Would you like to be part of our team?

We need drivers, collators, cake makers, wheelchair pushers, trustees, waitresses, staplers, tea makers, befrienders, deliverers, and many more.

What could you do?

Please get in touch and find out more.

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.

In the past year we have continued to be busy with our regular printing jobs including the Sawtry Eye and the Stilton SCAN. Rather confusingly we have also started printing a magazine called Eye Scan for the village of Eye, Nr Peterborough every 3 months.



During the year we have updated both of our risographs and our rather ancient photocopier which has enabled us to continue to provide our low-cost printing services to the local community. The new machines are much cheaper to run while being better and faster at printing. The problems we had earlier in the year with the staplers now seem to have been sorted.

We were saddened to hear of the death of one of our volunteers Peggy Constable, who had been a volunteer at the Printshop for 20 years. Her sense of humour is greatly missed, she always made everyone smile and ruled the staplers.

In December we had our traditional Christmas buffet for our volunteers who helped throughout the year, which was enjoyed by everyone. It is lovely to get everyone together on the same day when they usually come in in small teams. Thank you to all those who helped on the day.

As always I would like to say thank you to all the volunteers who come to fold, collate and staple, without whom the Printshop would not be able to provide a service. If you know of anyone who would like to help at the Printshop, please call me on 832105.

Marina Joyce

replacing the wobbly tables in the Centre. Thank you to Jacqui for putting together the applications to various trust funds for any capital expenditure.

Liz Coates



Information Point



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

Aims: To provide information to help with a range of issues by holding leaflets and making the internet available to the public.

During the past year the Information Point has undergone major change. For years we have subscribed to the Citizens Advice Bureau pack which they updated monthly. However, in January the CAB finally stopped maintaining the packs preferring to rely on their website which is easier to change and keep up to date.

The CAB website can be found at www.adviceguide.org.uk and is a very useful resource should you need to find out for example something about benefits, employment, tax or licences. It is available on our public access computer to anyone who wishes to call in during office hours.

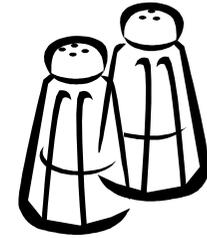
We use a selection of the monthly updates, with permission, in the Sawtry Eye as 'General Information' where we think they will be of interest to our local community.

My grateful thanks to Lois Jordan who kept the CAB folders up to date in recent years and to all those who went before her since **CARESCO** first subscribed to the CAB.

Liz Coates

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 a self-help group, even though the profile has naturally aged the members still help to the best of their ability within their club. Members choose a two course meal each week which they all enjoy together instead of eating alone. This is the purpose of the club - to provide members of our community with the enjoyment of working and dining together.

The criteria to be a member is that you are able to help prepare the meal and help tidy up so don't be alone get in touch with me at **CARESCO** or just pop in on Monday or Tuesday and have coffee and a chat and you will receive a warm welcome.

Ernest Reed sadly became ill after he retired as our voluntary driver. We all wished him well but sadly he died, he will be always be remembered for his kindness.

My thanks to the magnificent band of voluntary drivers; Carole Armitage, Jackie Gillis, Maureen Westbrook, Malcolm Jeffery, also to Bill Allport and Margaret Geary who step in when needed. The Lunch Club could not work without you all. I would like to say a special thank you to my deputy, Pat for all her help throughout, not to forget a thank you to members Eunice Wildey, Doreen Walker & Nancy Kelly for their extra help.

Lyn Wallis



Treasurer's Report

The Social Services grant we received for the year was unchanged from previous years and with increasing costs the gap which had to be funded otherwise naturally increased.

For much of the year we anticipated a shortfall but this was not in the event the case. Well done and thank you to all who took part in the various activities and thanks to the outside bodies which supported us with donations. Your hard work and selfless contribution ensured that **CARESCO** was able to continue with its valuable work.

Each year it becomes more difficult to cover the difference between grant income and expenditure and as I write it is not clear how a shortfall will be avoided in 2008/9. In the short/medium term this can be covered from reserves and services will continue to be provided. There is no immediate crisis but each year the financial challenge is more difficult to meet.

As mentioned elsewhere I have only been Treasurer for half of the year so thanks are due to Derek Armitage for his work during the first period. Also many thanks to Marina for keeping the books and to Ron Cobley for auditing our accounts.

David Whitney

You can support us on the internet



Shop online? We receive commission on all purchases made through www.buy.at/CARESCO



Take a risk on the weather? For £1 a week you could win up to £10,000. Find out more at www.theweatherlottery.com



Got a new mobile? Please let us have the old one. Or sell it through our web page and we still receive a donation.

www.caresco.envirocharities.com

Fund Raising



It has been a good year for our fundraising, building on past successes alongside some new initiatives. As always we are grateful to all those who gave donations this year, not only for the total given, but for the boost in moral we also receive from the thought. We had very generous contributions from Vocal Academy, Sawtry Community College, Sawtry Carnival, Greystones and from the collection taken during the Sawtry Village Carol Service.

There have been some thoughtful personal donations, one from the friends and family of Kath and Bill Allport as they celebrated their Golden Wedding, and one from the collection taken at former Day Centre member Derek Allan's funeral. In addition we have been fortunate to accept anonymous donations from supporters alongside the money brought in by our home and shop collecting boxes. My thanks to everyone involved.

We have continued over the year to be part of FoneAid, collecting old mobile phones, the Buy.at webshop and the Weather Lottery. For more details please see page 12. All these bring in a small steady income through the year, thank you again to everyone who has supported any of these initiatives.

In addition to our regular events of car boot sales and the Grafham Lions Safari Walk, Angela & Tim Newell hosted a Hog Roast in July 07, splitting the funds raised between the Methodist Church and **CARESCO**. In February 08 we held a Body Shop evening which was well supported by 40 ladies who had a great night out thanks to Emma Green and her team.

Another new initiative was to sell packs of Christmas cards and we will be repeating this during the coming autumn. In addition, we are thankful to Twink and Enid who have kept us supplied with handmade cards to sell, proceeds to **CARESCO**.

We have been fortunate to receive a second donation towards