



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



# **Annual Report 2008 – 2009**

***Registered Charity Number 288202***

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

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## Management Committee 2008 – 2009

**Life President** Marjorie Dybeck

### Officers:

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

### Elected Members\*:

David Baldry; John Garner; Adrienne Holt;  
Tim Holt; Sarah James; Sheila Lloyd;  
Angela Newell; Tim Newell; Liz Poole;  
Susie Rodger; David Whitney; Jacqui Whitney

### Observers Representing:

Sawtry Parish Council	Janet Spencer
	Amanda Burridge
Sawtry Community College	Alan Stevens

**CARESCO Project Staff** (ex officio) Non-voting



*\* Trustees are appointed or reappointed annually at the Annual General Meeting held in September.*

*\* All trustees give their time voluntarily and receive no remuneration or other benefits.*

## 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

*1st April 2008 to 31st March 2009*



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\*\*](mailto:caresco@sawtry.net)

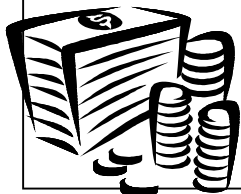
Or visit our website at

\*\* [\*\*www.caresco.org.uk\*\*](http://www.caresco.org.uk) \*\*

Have you got a  
*CARESCO*

**Home collecting box?**

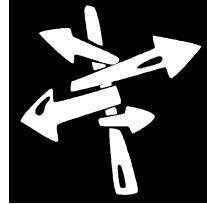
Perfect for your small (or large) change



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

## Introduction

**Objects:** The Charity's objects are to advance any charitable purposes for the benefit of the Community of Sawtry and satellite villages, in the County of Cambridgeshire and in particular the relief of persons in need within the area of benefit.



*(Taken from the Constitution adopted 29th January 2003)*

**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.

**Activities:** The main focus of our activities continues to be to provide day care for the elderly, housebound and socially isolated within Sawtry and the surrounding area. We have also maintained our on-going low-cost community print service, editing the village magazine, hosting a weekly café and second-hand clothes shop and also working in partnership with the village car scheme.

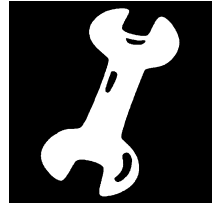
All our activities are co-ordinated by a small team of paid staff who are supported by a large number of volunteers, without whose time, energy and skills none of our work would be possible. We aim to ensure that the sole qualification for volunteer recruitment shall be the suitability to perform the required task

We welcome day care clients from within our geographical area regardless of background, gender, or faith. The only restriction being our ability to cope with their care needs. The day care activities charge clients the minimum possible fee for attendance to cover running costs while ensuring no one is excluded by cost.

The printing service is available to individuals and community groups, while the café and clothes shop are open to all.

## CARESCO Centre

The week of snow and ice back in February made for an interesting challenge. It's been a long time since I had to spend time daily clearing round the building. Like the rest of the country we eventually ran out of grit and had to resort to using dishwasher salt instead in an attempt to keep the Centre open and everyone safe.



Over the past year the car park at the front of the Centre has become increasingly busy, used as it is by people visiting all the buildings around here who share the space. The busyness in itself has not been too much of a problem however the state of the car park is increasingly giving cause for concern. Owned by the County Council, it is hardly a top priority for them in the current climate but will need some attention in the near future to ensure everyone's safety.

We were delighted and proud to receive four stars from Huntingdonshire District Council Environmental Department for the kitchen in their new 'Scores on the Doors' scheme after routine inspection by one of their officers. Staff keep the kitchen spotless and it is lovely to have their hard work acknowledged.

Considerable time and effort has been put in this year (thanks to Jacqui Whitney) to secure funding enabling us to soon replace the tables in the Club Room which have suffered from constant use over the years. We have found some light foldable ones which will be much easier to move around when necessary. We are now seeking funding to replace the kitchen with commercial standard stainless steel units. This will also allow us to redesign the layout to one better suited to meet our current use.

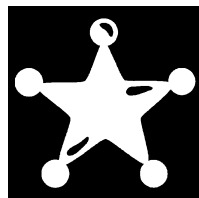
Thanks to our dedicated team of odd-job men, gardeners & grounds men: Keith Shelton, Bill Allport and John Thomson, and also to Pete & Sarah Newson for their expert advice and Roy, one of our day centre members who has taken on the job of litter picking which he does with great enthusiasm.

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.*

We are grateful to all our *Friends* for their ongoing support which is a great encouragement, although we would always welcome an increase in the number of people subscribing to the *Friends of CARESCO*.



We send out a newsletter twice a year to all our *Friends* as well as a copy of this report. Membership costs a minimum of just £5 per year and can be upgraded to include receiving the Sawtry Eye by post for those who live outside our delivery area for an additional £5 to cover P&P.

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 website by going to the Document Downloads page.

Liz Coates

### **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.**

## Chairman's Report

Our constitution restricts officers to 4 consecutive years in post so this will be my last report in my second stint as Chairman. How time flies when you are having fun! That being the case it seems appropriate to reflect on the wider picture as well as reporting on the past year.



**CARESCO** is a stable organisation but still has many challenges to face:

**Funding** is the major issue for us as we strive to cover the ever increasing gap between grant income (County and Parish) and expenditure. This has been recognised for some time and each year, sometimes to our surprise, we have been able to make ends meet. This is thanks to the efforts of staff and the trustees in raising funds but more importantly raising awareness in the wider community. We receive support from a wide and increasing number of sources, from churches, events at the Working Men's Club, co-operative catering with the WI, collection boxes in local shops, local hostelries, car boot sales, sponsored walks, Body Shop evenings, home collection boxes for loose change, afternoon tea, hog roast, winemakers, vocal academy, the local Co-op and other businesses with donations of cash and raffle prizes. Special thanks is due to All Saints Church for their sustained and substantial support and to Jacqui Hedington and family for running the Charity Night event at the Working Men's Club, our biggest single event of the year. I must also mention the ladies in the **CARESCO** Coffee Shop who year after year donate the cake that is sold and leave us with a very significant contribution to our running costs. What would we do without them? Apologies to anyone not covered and grateful thanks to all. It is good to have wide community involvement and a varied source of funds. We also seek external grants for capital items to stretch our funds as far as possible. Nevertheless, this remains a major concern.

**Grant funding** has been static (falling in real terms) for many years but we seem to be entering a new relationship with the County Council. After a long period without significant contact we have been discussing a more formal arrangement (contract) which we hope will at least introduce the prospect of significantly increased funding.

There seems to be an understanding of the issues we face and we have recently received a one-off payment in recognition of those issues. Regrettably the present state of public finances suggests that we may need to be patient.

**Our building** is over 8 years old and we must ensure that the fabric is maintained in good order. There are also issues with furniture and fittings. In particular we need the kitchen to be upgraded with more durable fittings and appliances and we are seeking funding. As the building ages we are bound to see increased demands on our resources.

**Renewal** is another issue. To state the obvious, staff, volunteers and members are all getting older. The Lunch Club is less self-help and closer to a day centre now than was ever envisaged and with increasing longevity the average ages of our members is increasing. This brings issues for staff and volunteers who are themselves getting older. We have made some progress in attracting younger trustees but there is still some way to go. Renewal is not a one-off issue and we need to think in terms of how we deal with it into the future.

**Formalisation** continues to encroach on our activities. Once upon a time it was sufficient to have people who care about their fellow man/woman and were committed to their local community. Now we need policies for everything, criminal records checks for most of us and a plethora of bureaucratic nonsense which does little other than distract from serving our members. This means more work for staff in identifying requirements and giving and receiving training but adds nothing to the day-to-day experience of our members. I state this as the description of a challenge we face rather than a political comment.

The good news is that we are meeting the challenges and **CARESCO** continues to move forward.

I am pleased to report once again that the last year has again been very successful for **CARESCO**. The committee has made some changes to the way it operates including a more informal approach to the finance and general purposes committee and a more formal approach to project reporting. This is part of a determination to spend more time thinking about the projects.

While Carole Armitage continues as a driver and Printshop helper

## Sawtry Village Car Scheme

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



The volunteer drivers have worked particularly hard this year giving lifts to people in the Sawtry are who do not have the use of a car and are unable to use conventional public transport.

The Journeys are booked through 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 website by going to the Document Downloads page. There is an annual membership fee, currently £10 to join TVC in addition to the mileage charge per trip.

**CARESCO** plays a supportive role in the Scheme by providing a local contact for the drivers and a place for their regular meetings as well as advertising the scheme in the Sawtry Eye.

Our drivers are all very cheerful and willing to help when they can and I know they are appreciated by their passengers, many of whom would otherwise be unable to get out. A huge thank you to them all on behalf of everyone who has used the service.

Thank you also to Lorrie Brooks and all at TVC for managing the Scheme. They provide an amazing service for Sawtry and the surrounding area.

The number of lifts provided has increased again from last year, but is always dependant on 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. Drivers are expected to be willing to under go a CRB check and to have a clean driving licence.



Venue: CARESCO Centre  
When: Friday, 9am – 11.30am  
(9.45am - 11.30am during holiday periods)  
Volunteers: Mavis Atter, Margaret Geary, Adrienne Holt;  
Wendy Hunt, 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.*



It has been a very busy year for the Coffee Shop with customers young and old flocking in to enjoy the relaxed atmosphere and gorgeous home-made cake. Our wonderful team of hard working waitresses make everyone feel welcome including the many toddlers who join us each week.

During the year we have welcomed our local community police officers who have occasionally popped in to hold a surgery, chatting with our customers and keeping in touch with what is happening around the village. This has given them some useful leads over the months & helps them to find out where there are minor problems and concerns.

Working alongside Nearly New during term time, the Coffee Shop gives Friday mornings a real buzz with a constant stream of customers coming and going throughout the morning. Thank you to all for your support over the past year, here's to the next!

The Coffee Shop raised over £1500 between April '08 and March '09, an amazing total which has gone to support the work of CARESCO.

she and her husband Derek retired as Trustees at the last AGM. Carole spent many years as a Hon. Secretary, worked on the new building project and generally stood in wherever needed. Derek as treasurer brought a stark clarity to the financial issues we face. Both held and expressed strong views and their contribution is missed by all.

Also at the AGM Tim Holt, Adrienne Holt, Liz Poole & Tim Newell were elected as trustees.

As usual Liz and our staff and volunteers have done a sterling job, making sure that CARESCO is well run and our members are well served. The Committee and I would like to thank them all for their outstanding contribution over the year.

Finally I should like to thank members of the Committee for the support they have given me and the tolerance they have shown during my thoroughly pleasurable and interesting period as CARESCO Chairman.

David Whitney



## Manager's Report



In April 2008 the trustees and staff held the second ever CARESCO away day, the first one having been held at Little Gidding back in 1989. This time we met at Hinchingsbrooke Park in the Countryside Centre on a beautiful sunny day. Although the day did not go according to plan (our facilitator was taken ill during the morning session) we did come away with a renewed commitment to the organisation and some ideas of how to move things forward.

Since then we have set up two sub-groups of trustees, one to review the structure of CARESCO and the way we work as an organisation, the other to concentrate on both the fundraising side and on raising our profile within the local community and

beyond. Both groups have begun to make changes to the way things are done and we have begun to feel the benefits already from a simple change in the organisation's letterhead to detailed regular project reports to the management committee.

Staff members continue to attend external training sessions when available. This year there have been courses on Volunteer Management, Bereavement, the new Mental Capacity Act and Vulnerable Adult Abuse Awareness. Many of these sessions have been provided by Cambridgeshire County Council free of charge which we appreciate.

On behalf of everyone at **CARESCO** I would like to thank David for all his hard work as chairman over the past few years. His management skills have been put to good use helping to give our organisation a more professional way of working. My personal thank also for all his guidance and advice. Fortunately David has agreed to continue as a trustee while we have the difficult job of finding a replacement chairman.

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: 13

The membership remains at 24. We feel this is the maximum we can cater for as the average age of our members gradually rises. In fact, of the 24, only 3 are under 80 and our eldest

## New to You at Nearly New

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

*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**.*

The last year has been very positive, we have had a lot of new customers and good feedback. Earlier in the year we advertised heavily through posters in shops, notice boards and public places such as the library and so on which helped to bring people in.

We have been very busy sorting and hanging clothes on the rails while the sale table has also gone well this year.

Just before Easter my volunteer Jo left and Nicole took her place with baby Charlotte who has kept the customers laughing at her antics. I'm sure she is the reason we have been so busy!

In July I received the good news (for me) of a new job which unfortunately means that I've had to resign from **CARESCO**, but Nicole will be taking over in September. In the mean time I've gone through all the books with her so that she is up and running for September. We have also found some new volunteers to help so she will not be on her own.

I wish them all happy selling.



Sarah Newson

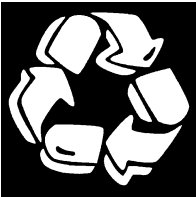


# Sawtry Eye

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.*

Our major development this year has been to make the Sawtry Eye available to download from our own website. Many thanks to [www.sawtry.net](http://www.sawtry.net) who have played host in the past and to Webshepherd for all his technical skills in making it work. The online archive has issues from Oct - Nov 08 onwards.



In April 2008 the Sawtry Eye took on a green tinge when we attempted to start printing the Eye on recycled paper following several comments from customers & readers. However we managed to hit a world-wide shortage of recycled paper and did not manage to get a reliable supply until January '09. We have also started

an environmental column 'Going Green' which gives simple practical hints & tips for living a greener life.

As always we are grateful to our wonderful graphic designers who produce the layout for each issue from the wide variety of contributions and adverts which are submitted. Samantha & Donna (recently helped by sister Sara & daughter Aila) do a fantastic job in a relatively short time.

Once the masters are ready, Marina sets to in the Printshop to produce over 2600 copies of each page which are then collated & stapled by volunteers, counted, boxed and delivered to our hard working team of distributors come rain or shine.

The Sawtry Eye is a real team effort and something we are truly proud of here.

Liz Coates & Marina Joyce

member is 98. Sadly, some friends have died during the past year: Joan Uglow, Joyce Farrington and Dolly Middleton. Dolly was 100 in August 2008 and once she had reached that goal, she decided she had had enough.

The Thursday Club celebrated its 25th birthday in March. The lunch to celebrate the occasion was a great success. After the roast pork and Viennetta we sang along with Ian and Sheila who had kindly volunteered to entertain us.

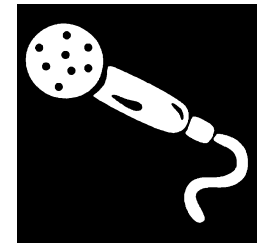
Members had two opportunities to buy clothes with Pauline May visiting in the Spring and Edinburgh Wool in the Autumn. John Newman gave up his time to come and play the piano and we celebrated Easter and Harvest Festival with short services. By popular demand, Dr Rea paid a return visit to play his bagpipes. Lesley Richardson continues to take orders for fruit and

vegetables and Lyn Alder provides some members with tasty frozen meals. We raise money for the club with monthly 'bring and buys' and fortnightly raffles. We run a book stall at the village fete which this year raised approximately £90.

Our outings are now much more local than in years gone by. Most of the members do not enjoy long coach trips. However, this year we have had two very successful trips. One to Springfields and the other to Wyvale Garden Centre in Crowland where we enjoyed a particularly good lunch. I hope the other two trips are as successful.

Unfortunately, the day centre was closed on 3 occasions in 2009. Twice because of a problem with the electricity at the Sports and Social Club and one due to snow.

We are so lucky to have such a willing band of volunteers. Most come every week and the others once or twice a month. I would like to take this opportunity of thanking them for all their hard work.



Jennie Holme

## Sawtry Day Centre

Organiser: Kath Allport  
Deputy: Pat Ayres  
Cook: Lyn Wallis  
Venue: CARESCO Centre  
When: Wednesday & Thursday, 10am–3pm  
Volunteers: Elizabeth Coates; Derek Dolling; 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 - 17 Thursday - 18

We had a lovely afternoon at All Saints Church in December when the Salvation Army gave us a lovely carol service. In November we took our members shopping to Morrisons which gave them a chance to buy things for Christmas and presents for the family. We then had our Christmas dinner in December at the Fox & Hounds at Exton which was very nice. We went to the Long Sutton Flower Festival in May which everyone enjoyed and we also had a lovely meal in the church hall there.

This year we have had a couple of members go into full-time care. We also have a few new members, which is lovely, and they are enjoying being part of the group with each one contributing to make the club what it is, full of fun.



On Wednesdays we have a raffle and play bingo for bars of chocolate. On Thursdays we also have a raffle and the Music Man comes in for the afternoon to play old-time music which they all enjoy.

All the money raised by the raffles goes into the social fund which then pays towards any outings we go on as the transport is very expensive. We also

## 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.*



During the past year we have continued to be busy with all the regular printing jobs which currently are : Sawtry Eye, Stilton Scan, Eye Scan, Hunts RSPB, Brockley Central Old Scholars, Sawtry Parish Council, Fenstanton Sports, Sawtry Colts, Gt. Stukeley Flower Show.

We also have smaller odd printing jobs in between these larger print runs, often on a one off basis, which fill the gaps between. If your community group need some printing, why not call for a quote.

In December we had our annual buffet lunch for our volunteers who have helped throughout the year, which was enjoyed by all who attended. I would like to thank everyone who helped on the day to make it such a lovely occasion.

I was taken ill end of February and off work about 6 weeks, I would like to say thank you to Liz for standing in while I was off.

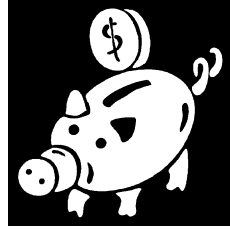
Thank you to all the volunteers who have come to fold, collate and staple, without whom the Printshop could not provide a service. We have had a few new volunteers who have joined us in the last year for which we are very grateful.

If you know of anyone who would like to help at the Printshop, please phone CARESCO on 832105 or call into the office between 9 - 12 weekdays to find out more.

Marina Joyce

## Fund Raising

Back in April we started to put our fundraising onto a more formal basis by setting up a sub-group who were charged with planning an ongoing year round programme of events as well as trying to give **CARESCO** a higher profile within the local community and beyond. My thanks to Jacqui Whitney, Sheila Lloyd & Sarah James for working with me during the year.



Our fundraising mainly comes in four streams. There is our rolling programme of events such as the Car Boot sales, Afternoon Tea, Body Shop evenings, Safari sponsored walk and so on. All of which involve a team of people working hard and good support from the public who attend.

Secondly we have a number of ongoing ways that people can support us such as using one of our collecting boxes, donating old mobile phones, shopping through our webstore and joining the *Friends of CARESCO* or the Weather Lottery.

Thirdly we have items for sale including our very popular pens, hand-made cards (thanks to Twink & Enid), Christmas cards and more recently the new **CARESCO** t-shirts.

We have been fortunate to continue to receive some generous donations from various community groups including the Sawtry Tea Dance, Wine Makers and the Wellside Surgery in addition to those mentioned in the Chairman's report. We've also received grants from a number of organisations including Help the Aged who subsidised Christmas lunches for our day care projects, the TGW Union (thanks to Terry) and Grafham Water Lions Club.

My particular thanks to Jacqui Whitney for her ongoing grant applications for additional monies to purchase new equipment which are beyond our current means.

So thank you to everyone who has supported our fundraising in any way. If you have any good ideas for events in the future or would just like to organise an event for us, please get in touch.

Liz Coates

hold a fundraising stall at the **CARESCO** car boot sales, the Sawtry Carnival, the All Saints Garden Fete & Christmas Bazaar as well as continuing our monthly Friday night bingo.

Our thanks must go to all our volunteer helpers for their input in running the Day Centre as without their help we could not exist. Our thanks also to Mel our driver and to Lyn, our cook, for the lovely meals she gives us.

Kath Allport & Pat Ayres

PS from Kath - .A big thank you to Pat for all the support and for looking after everything while I have been ill.

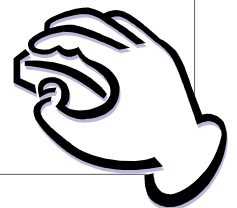
**[www.caresco.org.uk](http://www.caresco.org.uk)**

**To find out more about the work of CARESCO, please visit our 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.**

**The Sawtry Eye (including back issues) is also available to download.**

**Our grateful thanks to  
Webshepherd  
for all his work in maintaining  
the site.**



## Treasurer's Report

The regular Social Services grant continues to reduce in real terms. However, some additional money has been found to supplement our grant in the next financial year on a one-off basis.



Part of our income has historically been derived from bank interest on our reserves. With deposit rates significantly reduced this source of funding is severely restricted. This is a cause for concern if it continues long-term. Next year the one-off grant money will cover the shortfall.

Once again, for much of the year we anticipated a shortfall of income against expenditure 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.

Our finances are sound and we can look forward positively provided we continue to recognise and face the financial challenges as they present themselves.

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](http://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](http://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](http://www.caresco.envirocharities.com)

## Lunch Club

Organiser: Lyn Wallis  
Deputy: Pat Ayres  
Venue: **CARESCO** Centre  
When: Monday & Tuesday,  
10am–1.30pm

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

Membership: Monday - 11 Tuesday - 10

The Lunch Club is a self-help group where members help to the best of their ability e.g. laying the table, washing up and cleaning up after the meal. Each week they choose a two course meal which they all enjoy together instead of eating at home alone.

While myself and my deputy prepare and cook the meal, the purpose is to bring people together for a few hours to enjoy each other's company as well as helping each other. Sadly this year we have had quite a few members move on, so we have some vacancies. You may know or have someone in your family or you yourself are on your own and feel that you will benefit from joining the club. So take that step, pick up the phone or just pop in, you will always receive a warm welcome.



Our annual Christmas lunch last December was at the Bell Inn at Stilton a superb meal and a great time was had by all.

I would like to thank our volunteer drivers who give door to door service and more with a smile, namely Carole Armitage, Malcolm Jeffery, Jackie Gillis and Maureen Westbrook. Also to Bill Allport and Alison Scott, our relief drivers. Thank you to members Eunice Wildey and Doreen Walker for their extra help.

My final thank you is to Pat, my deputy for her support throughout the year.

Lyn Wallis