



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



Annual Report 2009 – 2010

Registered Charity Number 288202

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

www.caresco.org.uk

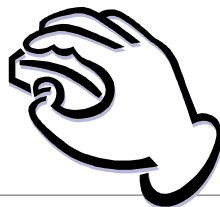
To find out more about the work of CARESCO,
please visit our website where you can learn
about the history of the charity, what we do and
how it all works.

**You can read past annual reports and our
current leaflets, see details of our activities
and find out ways to support us both by
volunteering and financially.**

The Sawtry Eye (including back issues to Oct '08)
is also available to download.

**Please note that our email address has now
changed to office@caresco.org.uk**

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



Will
you be
our
friend?

Management Committee

2009 – 2010

Life President Marjorie Dybeck

Officers:

Chairman	<i>Vacant</i>
Vice Chairman	David Whitney
Hon. Secretary	Angela Newell
Hon. Treasurer	David Webb (until July 10)

Elected Members* **:

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

Co-opted Members* **:

Loretta Ball; Barry Dupée; Linda Rathbone;
Barbara Watson

Observers Representing:

Sawtry Parish Council	Amanda Burridge
Sawtry Parish Council	Janet Spencer

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.*

Welcome to our Annual Report

1st April 2009 to 31st March 2010



For information on anything
in this Annual Report,
please contact
The **CARESCO** Office

Monday - Friday
9am - 12 noon

On **01487 832105**

E-mail **office@caresco.org.uk**

Or visit our website at
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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Printed by **CARESCO** Printshop.

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.

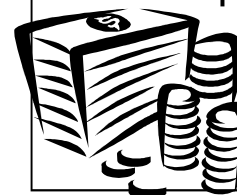


LOTTERY FUNDED

Have you got a
CARESCO
Home collecting box?

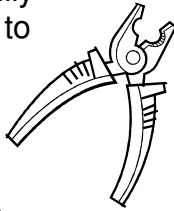
Perfect for your small (or large) change

Pick one up from the office
or call 01487 832105



CARESCO Centre

During the year, trustee Jacqui Whitney successfully applied for a grant from the Steel Charitable Trust to purchase new cookers as the original ones were worn out. The grant was also sufficient to cover the cost of a new extractor fan which has made a huge difference in the kitchen.



We have also continued to apply for external funding to enable us to replace the original kitchen fittings, which are long past their use by date. Thanks to Jacqui Whitney's persistence, we have met with some recent success and look forward with in trepidation to having the work done. The plan is for all the fittings to be commercial stainless steel units which will be much easier to keep clean and hopefully longer lasting.

Despite the current state of the kitchen, following on from last year's award of four stars for the 'Scores on the Doors' scheme, we were very proud to achieve a five star rating this year after our annual inspection by the local Environmental Health officer. The assessment is based on a number of aspects including cleanliness, protocols & staff knowledge and five stars is a fantastic achievement. Well done to Pat, Lyn and everyone who uses the kitchen.

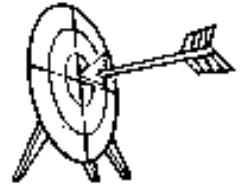
The CARESCO Centre is now 9 years old and showing signs of wear and tear. Although our premises will last for many years yet, we do need to keep a constant look out for any opportunity to at last fulfil our dream of a permanent building in the future. While we still appreciate the huge improvement from the old Homecraft Centre, the vision of a brick-built Centre, large enough to house all the current Sawtry-based activities, must be kept in mind.

My thanks to everyone who has helped to maintain the building and garden over the past year, including Bill Allport, Tim Newell, Peter Newson, Keith Shelton and John Thompson. Also to our chief litter picker, Roy, one of our day centre members who keeps us neat and tidy.

Liz Coates

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.

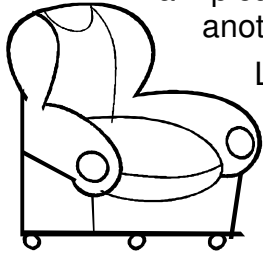
Activities: The main focus of our activities continues to be to provide day care for the elderly, housebound and socially isolated within Sawtry and the surrounding area. We have also maintained our on-going low-cost community print service, editing the village magazine, hosting a weekly café and second-hand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

Chairman's Report



I am pleased to report that **CARESCO** has had another very successful year of operation.

Last year I had expected the report to be my last as Chairman. Our constitution prevents any officer carrying out their duties for more than 4 consecutive years and so I expected to be pensioned off. Regrettably, none of the trustees felt able at

the time to take on the role and so I report this year as Vice Chairman. I am hopeful that we will have a new Chairman very soon.

Since our last report Susie Rodger and Tim Holt have left the Board. I should like to thank them both for their contribution over the period during which they were Trustees. There is of course no bar to leaving and then returning and perhaps as circumstances allow one or both may choose to work with us again. We also gained some new blood, so to speak, in the form of David Webb, Barbara Watson, Loretta Ball, Linda Rathbone, and Barry Dupée, and the new members have been making a real contribution to the development of **CARESCO**. David Webb took on the role of Treasurer but has since resigned due to relocation.

Last year was successful financially because, as well as continued fund raising and donations from local groups and individuals; we received a one-off additional payment of £5,000 from Cambridge County Council. This will not be repeated and in the present financial circumstances we do not expect any extra in grant funding. This will put additional strain on our resources as the year progresses and we may expect to see a situation where our costs exceed our income with a consequent impact on reserves.

In particular I should like to thank the Addison Arms (Glatton), Age Concern, Sawtry Co-op, All Saints (Sawtry), Sawtry Golf Club, Sawtry Tea Dance, St Margaret (Upton), the Steel Charitable Trust, Matthew Wrightson Charity, the Sawtry Village Carol Service, & the families of Kath Allport, Lena Mitchell &

Friends of CARESCO

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



It's hard to believe but the Friends of **CARESCO** has been running for 6 years. Over that time members have received two newsletters a year along with a copy of our annual report.

Although recruitment has not been as successful as hoped, our current Friends are a faithful and dedicated group who support CARESCO both financially and in other ways as and when they can. We are grateful to all our members for their commitment to our organisation.

We would love to increase the number of Friends we have over the coming year so please think about joining. Membership is only £5 minimum per year and can be done by Direct Debit if preferred.

Membership forms can be picked up from **CARESCO** or downloaded from the website and printed off.

Liz Coates

We are always looking for new volunteers

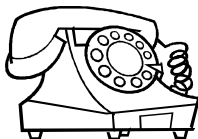
***Do you have time on your hands?
Would you like to be part of our team?***

Please get in touch and find out more.

Sawtry Village Car Scheme

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

CARESCO plays only a small part in the car scheme, acting as the contact point in the village for enquiries and placing adverts and articles in the Sawtry Eye. All the co-ordination, bookings and administration are done in Thrapston.



There have been some changes in Thrapston over the past year. Previously called the Thrapston Volunteer Centre, the organisation is now known as Nene & Ouse Community Transport, though they are still based in Thrapston and the contact details have remained the same. There has also been a change in personnel as the former co-ordinator, Lorrie Brooks, has moved on and the Scheme is now managed by Chris Bridge.

There is an annual membership fee (currently £15) which entitles members to use any of the services provided by Community Transport including day trips out with a door-to-door pick up and drop off. In addition, to use the car scheme, passengers are then charged a fee based on the mileage travelled.

Anyone who would like to use the service should call Nene & Ouse Community Transport on **01832 733336** and ask about joining (alternatively, for more details visit www.neneouse.co.uk). There are leaflets available from the CARESCO Centre, which can also be found as a download on our website.

The success of the car scheme is as always dependant on a dedicated team of volunteers drivers who provide a fantastic service to local people. If you have a car and the time to spare, why not give Chris a ring and find out more about becoming a volunteer driver with the Car Scheme?

Liz Coates

Derek Graham for their generous support over the year. I should also like to thank our Fund Raising Group and staff and Trustees who have contributed so much to our funding over many years.

We have always tried to maintain our building to a good standard and during the year past we initiated a project to renew and extend our kitchen facilities. We are attempting to finance this by applying to a variety of grant making bodies and have received our first contribution. This will allow a start to be made but is not enough for completion.

During the year we continued to negotiate with Cambridge County Council with regard to a contract for funding the service. We concluded that we would need to change our legal structure in order to be able to sign such a contract and one of our new Trustees Linda Rathbone, is leading the project to look at the best way forward. It is possible that an extraordinary general meeting will be required at some point to approve the proposed changes.

The latter part of the year was overshadowed by the sad loss of Kath Allport. Family and friends packed All Saints Church in January to say goodbye to our much loved Kath. Kath had run the Sawtry Day Centre since before CARESCO existed and in many ways was the day centre. With typical determination and with the support of her family and staff she had no intention of letting her failing health stand in the way of carrying on right to the end. Her dedication, care, compassion and strength are a lesson to us all. It's like the end of an era at CARESCO. Our thoughts remain with Bill and the family.

Through many years Kath was supported by Pat Ayres and we are all very pleased that Pat agreed to take over.

Finally, I should like to thank the Trustees, Liz Coates our Manager and all the staff and volunteers for working so hard to make CARESCO the vital part of the local community that, over the years, it has become.

David Whitney
Vice-Chairman

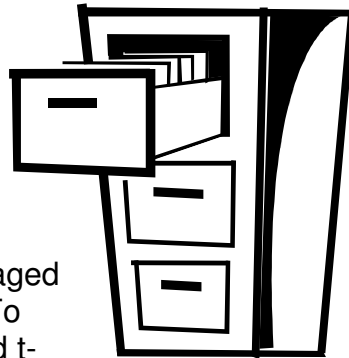
Manager's Report

With the creation of our PR/fundraising sub- group we have made a conscious effort this year to improve the public awareness of **CARESCO** and our activities both within Sawtry and beyond. This aim has met with some success. For example in June 2008, when invited to take part in the annual Sawtry Feast Parade, **CARESCO** managed a very modest turn out of supporters. To improve the impact in 2009 we acquired t-shirts printed with the **CARESCO** logo and encouraged both trustees and staff to join in the parade, walking as a group wearing the t-shirts. This time we managed around 14 people and with the shirts, the **CARESCO** contingent really stood out.

It was a privilege during the same week to be personally invited as a guest of honour at the annual Feast Supper to represent **CARESCO**. Many of our members and volunteers attend this amazing event when the senior citizens of Sawtry are treated to a lovely meal and entertainment with waitress service provided by students at Sawtry Community College.

The Sawtry Carnival later in June also gave us another opportunity to speak to people when we had a stall to give out leaflets as well as a small fundraising activity for people to join in with. In September I was invited to speak to the new Sawtry & Stilton Business Partnership, where I received a very warm welcome and was able to spread the word amongst the local business community. This meeting also gave me the opportunity to recruit a new trustee.

We have backed up our increased public awareness with articles in the Sawtry Eye magazine and the campaign does seem to be beginning to bring results in increased numbers of people coming forward as volunteers and in donations to the

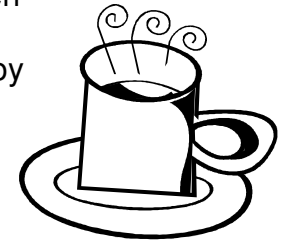


Coffee Shop

Venue: **CARESCO** Centre
When: Friday, 9am – 11.30am
(9.45am - 11.30am during holiday periods)
Waitresses: Mavis Atter, Mary Creaney; 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.*

The Coffee Shop continues to be popular with customers both young and old. During term time we have a steady flow of younger customers from the moment we open as parents and pre-school children come straight over from the primary schools to enjoy a chat and a cuppa. Later in the morning they are joined by older customers who no longer have to be at the school gates before 9am.



There is always a warm welcome for everyone from our wonderful volunteer waitresses and who more often than not have also donated the delicious home-made cakes which are on sale alongside the drinks.

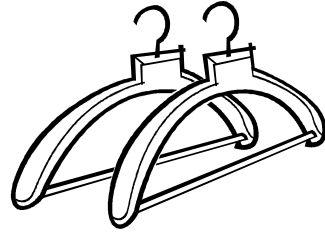
Some weeks the older customers have enjoyed looking at and discussing photos brought in by Allan Bottell from the Sawtry History Society. This has been a great opportunity to reminisce about the past & to contribute to the wealth of knowledge on the Sawtry Community Archive website (www.ccan.co.uk).

Once again the Coffee shop has raised over £1500 between April '09 and March '10, which has gone to support the ongoing work of **CARESCO**, another brilliant year thanks to everyone's hard work.

Liz Coates

New to You at Nearly New

Manager: Sarah Newson (until July 09);
Nicole Thynne (from Sept 09)
Venue: **CARESCO** Centre
When: Friday, 9-11.30am
(Term Time only)
Helpers: Clair Adamson; Gill Hussey;
Margaret Kerfoot



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**.*

We have been very busy over the last year. Lots of new customers have been in to try Nearly New and we have also received a vast amount of donations which has greatly helped the **CARESCO** funds.

Leaflets were distributed to both the Infant and Junior Schools and items of lost property are regularly brought in to sell on behalf of the Junior School/**CARESCO**.

We have been extremely busy pricing and sorting the clothing rails and household items table. The 'last chance' sale table has been very popular before items are returned to customers or past onto another charity. We have also started collecting customer details so that we are able to contact them directly rather than waiting for them to return.

I would like to thank my volunteers Clair, Gill and Margaret (until she got a job!) for all their help over the last year especially for the late nights sorting and tidying. Without them I would really struggle to keep up with the influx of items.

It's been a really great year so fingers crossed next year will be just as profitable.

Nicole Thynne

organisation both from individuals and other groups.

Along with the rest of the country we had to face the challenge of swine flu during the year and the fear of what it could do if it spread to our club members, volunteers or staff. Having attended a briefing session organised by the County Council, I was able to write some guidelines for **CARESCO** and implement basic preventative measures to minimise the risks. Fortunately the epidemic did not hit us, but it is always good to be prepared.

It has been a tough year for us as mentioned elsewhere, with the death of Kath Allport who is much missed having been such a big part of the organisation for so long. Kath made a massive contribution to **CARESCO** over the years. We also note the sad death in August 2009 following a long illness of Joan Newell, who managed the Lunch Club from 2001—03.

The discussions around altering the status of the organisation from a charity to a charitable company will involve considerable work over the coming months, however from the outside there should be very little noticeable change for our users and supporters. If you would like to know more about the proposals please get in touch with the office.

All in all it has been a good year for **CARESCO** and one to build on as we continue to ensure that local people know not only that we exist but about the services we provide. That way when people have spare time they are more likely to come to us to volunteer, and also when people want to make a donation or organise a fundraiser, they will think of us.

My thanks to the trustees for all their hard work and support over the year, to the staff for their loyalty and dedication, and to the volunteers without whom we could not work.

Liz Coates

Alconbury Thursday Club

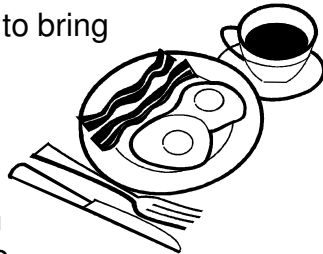
Organiser: Jennie Holme
Deputy: Jean Kendall
Treasurer: Jean Kendall
Venue: Alconbury Sports & Social Club
When: 9.45 am - 2.30 pm

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

Membership: 21 Volunteers: 12

The membership is currently 21. However, we have a husband and wife joining us in mid August to bring our numbers up to 23.

Three long-standing members have died over the last year. Win Selby, Edna Ritson and, very recently, Mary Fendley. Edna was 99 and she had had an ambition to reach 100 but sadly the fight became too much. We miss them all.



We had our usual variety of activities in the afternoon, including sing-along's with John Newman, card games, quizzes etc. Edinburgh Wool visited before Christmas and 'Senior Clothing' in May. As usual we held a service on Maundy Thursday and a Harvest Festival in October.

We were entertained by St Neots Music Hall Society at Christmas and Rex Freeman and Rosemary Wheeler and Friends helped us celebrate our 26th birthday in March.

Four outings are planned in the year. So far this year we have only visited the Wyvale Garden Centre at Croyland. We are looking forward to our visit to Springfields in August. A Mystery Trip is planned for September and a Christmas shopping trip later in the year.

The club wouldn't run without our volunteers. Anne Darvill is the cook and is helped by Ethel Andrews, Wendy Turner and John

Sawtry Eye

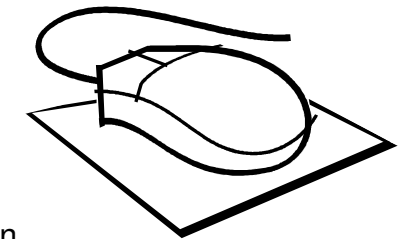
Editors: Liz Coates & Marina Joyce
Designers: Samantha Rees & Donna Green
Bi monthly: February, April, June, August, October & December

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

Last year we reported that the Eye had become available as a download from our own website. This has proved to be a very popular feature attracting by far the majority of visitors to the website & helping to keep people informed about events and doings in Sawtry. There is also the added advantage that readers may learn more about **CARESCO** at the same time.

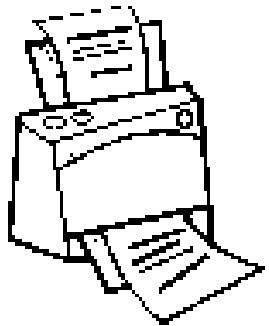
We are as always grateful to all our advertisers for their ongoing support. Despite concerns about the current recession, the number of commercial adverts has remained at a viable level enabling the Eye to continue in its present form.

The Sawtry Eye is really a team effort and so we would like to thank as always our talented design team, Samantha and Donna and their families for all they do to make the Eye look so professional. We are also thankful for our hardworking team of distributors who get the Eye delivered to every property six times a year, a lovely job in the summer but not so much fun in the winter!



Liz Coates & Marina Joyce

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 last year we have been very busy with all the regular printing jobs which 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 have also gained a new quarterly community newsletter for the Huntingdon Oxmoor area called Moor News.

Sadly two of our volunteers have died during the past year, Lena Mitchell and Maud Hubbard who was a long standing volunteer. They are much missed.

We had our buffet lunch in December for all the volunteers who help throughout the year, unfortunately I was ill again for 2nd year running, so I would like to say a thank you to Liz for standing in for me and everyone who helped and hope to be there this year, I understand everyone enjoyed themselves.

I would like to say thank you to all the volunteers who have come in to fold, collate and staple, without whom the Printshop could not provide a service. We have had a few new volunteers this year for which we are grateful, the more there are on the team makes less work for everyone.

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

Bourne. They all help elsewhere when the need arises and John is brilliant at lugging around tables and chairs and heavy urns etc. I would like to thank the above and Marjorie Rowlinson, Ros Partis, Priscilla Dawson, Judith Lacey and Paula Stock who come in at least once a month. We said a sad goodbye to Paula who is no longer able to help. Lesley Richardson is another willing helper who also provides a fruit and veg. service. Last but not least, a big 'thank you' to Jean Kendall who keeps me and our finances in order.

In summary, the club continues to thrive and a happy bunch of people meet every Thursday at the Sports & Social Club.

Jennie Holme

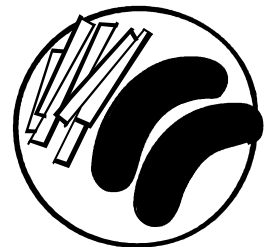
Sawtry Day Centre

Organiser: Kath Allport (until Dec '09);
Pat Ayres (from Jan '10)
Deputy: Pat Ayres (until Dec '09);
Gill Robinson (from March '10)
Cook: Lyn Wallis
Venue: **CARESCO** Centre
When: Wednesday & Thursday,
10am-3pm
Volunteers: Derek Dolling; Betty Endicott;
Marjorie Foster; Margaret Geary; 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 - 18

As the organiser of the Day Centre I have to write this year's report starting on a sad note. The death of Kath Allport at the



end of December was a great shock to us all. Kath had been with the Day Centre since its beginning and her loss has been greatly felt by everyone. This year has also seen the loss of two members, Frank Lunn and Mary Queen they both will be greatly missed. On a more positive note is the addition of three new members to the club.

In November members enjoyed their yearly trip to Morrison's in Stamford doing their Christmas shopping and having lunch. The Christmas meal was held at the Queensgate Hotel which was a new venue and the day out was enjoyed by all the members. During February members went to the Frugal Lunch which was held in the Methodist Church. In April we tried another new venue the Ramblewood Inn at Orton Longville. The weather on the day was beautiful and after lunch some of us were able to sit out in the gardens enjoying the sunshine.

We now have a new deputy organiser Gill who has settled into her role very well, she is doing a super job and is very popular with the members.

We continue with our monthly bingo nights which raises funds for the member's social fund plus there have been several small donations towards the fund. We still have our chocolate bingo on a Wednesday afternoon and the Music Man plays on Thursdays. Our thanks once again to Terry Watkins for playing the music and for the time he gives us.

Gill and I are very thankful for all the help our volunteers have given us over this year, without their help and support our task would be much more difficult. Also many thanks to Lyn for the delicious meals she prepares and the extra time she gives to the club.

As always we welcome new members and volunteers. If you feel you can help in supporting our club you can pop in for a chat and a cup of tea or coffee you would be made most welcome.

Pat Ayres

Christmas related activities they organised.

Once again All Saints Church, Sawtry made a generous donation from their pledge to give 10% of their fundraising total to CARESCO which is much appreciated.

We received donations from a number of funeral collections taken during the year Particularly in memory of: Lena Mitchell (former Printshop volunteer), Derek Graham (former trustee) and of course Kath Allport. While always being a sad moment to remember someone's contribution to **CARESCO**, by donating the collection the families are acknowledging the deceased's commitment to us.

Our own in-house fundraising activities have mainly been the regular activities of car boot sales, afternoon teas, a sponsored walk and an evening with Emma Green & Friends from the Body Shop. Each of these contribute to the impressive over all total and represent a lot of work by both staff & trustees. In addition we had a particularly profitable Carnival in 2009 thanks to Tim & Angela Newell and Tim & Adrienne Holt who donated all the profits from their hog roast stall on the day. This along with half the takings from the cream teas organised by the ladies of Sawtry WI made over £600.

More recently, and into the next financial year we have begun to try some new imaginative ideas for fundraising events. For example a curry night at the Angel Spice restaurant in Stilton which proved to be a very enjoyable evening thanks to the efforts of Sheila Lloyd.

We have also be grateful to the members of Sawtry & Stilton Business Partnership for their charity night at the Sawtry Club and their generous donation of the profits, amounting to over £850. Again, this event was after the end of the financial year to which this report refers.

As always, our fundraising makes a vital contribution to our income and without it, we would not be able to continue to provide our services at the current level. My thanks to everyone who helped make 2009-10 such a successful year.

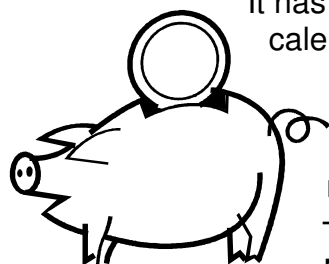
Liz Coates

Last of all a big thank you to our loyal volunteer drivers who give service with a smile and much more, namely: Carole Armitage, Malcolm Jeffery, Jackie Gillis, Maureen Westbrook and also to Bill Allport and Alison Scott, who act as our relief drivers.

Finally thank you to my deputy Pat for all her support throughout the year.

Lyn Wallis

Fund Raising



It has been a very busy year on the fundraising calendar with our usual events alongside some new ones. We have even begun to benefit from activities arranged by other organisations and have also received a number of donations from funerals.

The biggest contribution came from a Race Night organised by the Sawtry Golf

Society, namely Jacqui & John Heddington, which raised over £1000 for **CARESCO**. This proved to be a great night at the Sawtry Club and was well supported, our thanks to all involved.

Another great evening was the concert starring Evelyn Glennie in Upton Church in August '09. the proceeds were split between a number of organisations and CARESCO was privileged to receive over £500. Again, our thanks to the organisers.

The local Co-operative Foodstore ran a promotion called 'Pick up a Penny' from May until August when they promised to donate 1p for every till receipt left by customers. This was well supported by both staff and customers raising over £450.

At Christmas we received the collection taken during the Village Carol Service held at Sawtry College along with donations from both the Addison Arms in Glatton and Salon 42 hairdressers from

Kath Allport

Died December 2009

In the 70s Ken Wilson from the Social Services had set up the Wednesday Day Centre, and Kath was one of his volunteers. In the early days we were all feeling our way and often felt it was a case of fools rush in where angels fear to tread, but Kath was always ready to fulfil her guide promise to help other people at all times. From 1983 she was the much loved Day Centre Organiser.

It wasn't just turning up at the Day Centre on Wednesday and Thursday. In the early days of **CARESCO** there were conferences on Transport Issues, Day Centre training days, Exhibitions on Disability Aids, Carers' conferences (in the days when the term "carer" was not recognized). Kath was one of the people preparing the booklet "Caring for the Carers" which was officially launched at Hinchingsbrooke School by Mrs Elsie Robinson, (a grand old lady well into her nineties at the time).

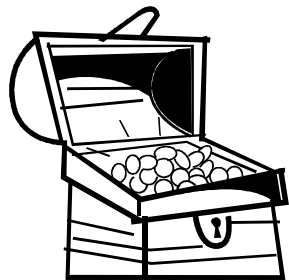
Kath was on a number of committees flying the flag for Sawtry: - Joint Development Teams; Community Health Council Social Services Panel; Hunts Forum. She supported the cause of the underdog and cared about all people, regardless of age.

Trained as a Children's Nurse, Kath volunteered as a support worker with SPAN, an organisation which befriended and supported young families under stress. In 1984 she led the group which set up a Special Playscheme in the Summer holidays for "statemented" children who lost contact with their contemporaries in Sawtry because they were sent out of the village to school in Huntingdon.

We remember Kath for her love of people and the practical support she gave them. She is much missed.

Based on an article in the Feb-March '10 issue of the Sawtry Eye by Marjorie Dybeck (CARESCO President) & Kathy Jones (Former CARESCO Organiser)

Treasurer's Report



As noted earlier our Treasurer for the year, David Webb, has moved from the area and is no longer available to report in person.

Our finances remain strong but we must remain vigilant. As noted last year the loss of bank interest as rates reduced was a significant issue and it is anticipated that rates will stay low

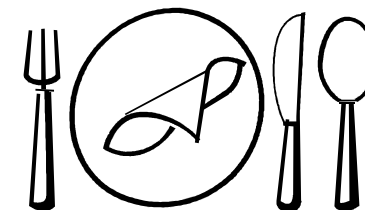
for some years. We will need to increase our income over a period if we are to remain in the healthy position we are today.

Many thanks to Marina for looking after the books and to Ron Copley for auditing the accounts.

David Whitney
Vice-Chairman

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 - 10 Tuesday - 10

The Lunch Club is a self-help group not a Day Centre where the members help each other to the best of their ability by setting up the table, cleaning away after the meal, washing up and loading up the dishwasher. At the end of each meal the members decide what they would like to eat the following week. The purpose of the Club is to provide members with a freshly cooked, two course meal whilst enjoying the company of others.

Firstly I would like to say - do people realise we are very fortunate to have a Lunch Club within Sawtry? As time has gone by the age profile of the members has changed, however members or potential members still have a lot they can contribute within the Club. We are a smaller happy group than in the past, though hopefully we will expand in the near future, it would be regrettable if we have to change the Club. Then as always it would be a loss to the community and people will say how they wished we were still here.

You are always welcome to pop in for a cuppa and a chat, or book in for one of our freshly cooked and well received meals. Why not call **CARESCO** for more information and find out about our opening times and great value prices?

In December we went to the Bell at Stilton for our Christmas lunch and a good was had by all.

I would like to say thank you to all our members for everything they do within the Club and give a special thank you to members Doreen Walker and Eunice Wildly for their extra help.

You can support us on the internet



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



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