

# Annual Report

## 2012—2013



*Serving the local community  
for 30 years*

Registered Company Number 7513432

Registered Charity Number 1140728

# **Have you visited our website yet?**

There you can find:

- *Our history and background*
- *How we got to where we are now*
- *Details of the services we offer*
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*Our grateful thanks to Webshepherd for all his help in maintaining our website*

**Welcome to our**

# **Annual Report**

**1st April 2012 to 31st March 2013**

For information on anything in this Annual Report,  
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**Published by CARESCO**  
**Printed by CARESCO Printshop**  
**October 2013**

# Introduction

**Objects:** The charity's objects are specifically restricted to the following: 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.

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. *(Taken from CARESCO's Articles of Association)*

**Social Aims:** To improve the lives of local people, in particular working on early intervention by supporting those who need additional help, especially older people and their carers, while also offering others an opportunity to focus their energy and effort into the community in a positive manner by volunteering. In addition CARESCO aims to improve the opportunities for community groups to communicate their message in printed form and to offer an opportunity for local people to sell on unwanted items.

**Activities:** This year we have continued to be providing day care for the elderly, housebound and socially isolated through our day centres in Sawtry and Alconbury along with the lunch club held in Sawtry. We have also maintained our on-going low-cost community print service, editing the Sawtry village magazine, running a weekly café and second-hand clothes shop. In addition we have hosted our first Christmas Day Lunch.

All our activities are co-ordinated by a small team of paid part-time staff who are supported by a large number of volunteers, without whose time, energy and skills our work would be impossible. 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 a modest fee for attendance to help towards our running costs while ensuring no one is excluded by price.

Our new Christmas Day Lunch is offered to anyone who would otherwise be on their own on the day. The printing service is available to individuals and community groups, while the café and clothes shop are open to all who wish to access them.

**Social Impact:** CARESCO's overall social aim continues to be to improve the lives of people living in and around the village of Sawtry. The main focus for this over the years has been to provide an opportunity for the elderly to get out for a day and to give carers time off.

In addition to the day care, CARESCO also runs other activities which are social enterprises in that any profit made from providing those services is used to support the core day care activity. These trading activities take the form of:

**Printshop** - A community print shop providing low-cost printing for local community groups, in particular newsletters and event programmes - open weekday mornings.

**Nearly New** – A second-hand clothes, textiles, small toys and little bric-a-brac items outlet providing customers with an opportunity to sell their own items, but also selling donated items - open one morning a week during term time.

**Coffee Shop** – A community cafe offering a place to meet and enjoy a cuppa with friends, open one morning a week all year round and alongside Nearly New during term time.

All three activities are organised by paid part-time staff who manage a team of volunteers and are Sawtry-based.

For thirty years CARESCO has been a social focal point in Sawtry, pulling people together in a common cause. Since the start in 1982 CARESCO has been reliant on volunteers willing to give up their time to support and help our staff in providing a service to the local community. For those who have become involved with CARESCO, the organisation has had a huge impact on their lives, providing care and support for those who need it and a positive occupation for those willing to volunteer.

Our work has meant early intervention for many, bringing some in as volunteers and keeping them active and socialising, some of whom may later move across to become direct beneficiaries from our services. For our service users their attendance helps in many cases to keep them in their own homes for longer than would otherwise be the case and thereby preventing or delaying a need for residential care.

# Chairman's Report

Another successful year and one in which we began to celebrate 30 years as a community charity.

We had a wonderful birthday party which doubled as a fundraiser when we held a 'Last Night of the Proms' at which the community and its representatives came to celebrate.

I suppose that the icing on the birthday cake was when John Garner graciously accepted our proposal that he become CARESCO President.

We have refreshed our offering to the community by introducing a Christmas Day Luncheon Party and preparing to open the CARESCO Charity Shop in the heart of the village. These initiatives have involved a vast number of unpaid hours and commitment by Board members, staff and volunteers. A whole team effort and one which I hope will benefit every member of our community.

CARESCO has continued to strengthen its existing relationships with others in the sector and has been involved with 'Huntingdonshire Matters' which was the Huntingdonshire District Council (HDC) Local Strategic Plan. There we served as members of the 'Older People' committee to advise HDC of how they can create a system which will ensure the wellbeing of older people in the district.

We have also worked steadily throughout the year at reviewing the policies and procedures which govern our organisation; with Liz Coates, our General Manager, putting together CARESCO Ltd's first ever Business Plan. The creation of the charity shop has also afforded the opportunity to revise our volunteer management systems. The Board acknowledges its' responsibility to assess the risks to the organisation and manage accordingly. The major financial risks have all been identified, assessed and contingency plans are in place. However there are plans to extend this review to encompass operational, compliance and other areas of identifiable risk.

The CARESCO Centre has also continued to benefit from re-investment with the installation of a loop system, a new shower room, and new chairs for the Club Room. The clubroom itself was decorated by volunteers.

The commitment of the whole community to CARESCO and its' various projects is a constant source of wonderment to me. From our friends at the SSBP, to the support of the College, individuals and groups who find smaller but extremely significant ways of contributing, to volunteers who keep coming back for more and the staff who cement the whole thing together. I feel honoured to be part of it all.

Here's to next year!

Linda Dupée

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# Treasurer's Report

This has been a successful and adventurous year. One in which we outperformed our budgets and took a considered risk by deciding to open the CARESCO Charity Shop.

Income for the year came in at around £10,000 above budget. This was because our projects performed well, while our targeted grant applications were very successful due to the efforts of trustee Jacqui Whitney. Our new initiative of Corporate Friends has been very successful with lots of our Friends providing services instead of cash; something which is not quantified in the financial figures. Finally our fundraising efforts exceeded budget by almost £3,000 and reflects the hard work of so many people and demonstrates the commitment of the whole community to CARESCO. Of particular note was the 'Last Night of the Proms' 30th birthday party for CARESCO, organised by Maggi Stewart, which raised a magnificent £2,975 in one evening's superb entertainment.

Our expenditure for the year came in slightly under budget which demonstrates sound financial planning and strong management. This management has been reflected in a review of financial policies and protocols covering income and expenditure, reserves and investments.

At the end of the financial year we were advised by Cambridgeshire County Council (CCC) that 2013/2014 would be the final year that CARESCO would receive our traditional grant. Instead we are to enter into contract negotiations which will need to be concluded during that year. The revised policies and protocols are an important step in the negotiations ahead.

Aware that the traditional income streams cannot be relied upon to meet the organisation's future needs, the Board

took the decision to investigate the possibility and viability of opening a charity shop in the heart of Sawtry. After much research and hard work the decision was taken to proceed with the project with 2013/2014 seeing the start of trading. However, of great importance in the decision was the pursuit of CARESCO's aim to identify and meet the charitable needs of the community and the project also has the benefit of providing new volunteering opportunities to local residents.

This year I would particularly like to thank all our Corporate Friends who have provided so much aid; not just in the launching of the shop project, but in their ongoing fundraising and grant awarding support throughout the year.

Linda Dupée

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## Manager's Report

This year the trustees decided to meet more frequently to allow for the increased workload they were facing. The result has been to hold a full committee meeting every two months rather than once a quarter as before, with additional specific brief meetings in between when quick decisions were needed to move things on. This has enabled progress to be made more quickly, although it has had the knock on effect of significantly adding to the time needed for preparation in the office. Some significant decisions have needed to be made during the year and I am grateful for the hard work and willingness of our trustees to use their skills and put in the hours to support the staff on the ground. We have also increasingly used working parties on specific projects which has helped to take ideas forward a lot more quickly.

Thanks to a brilliant course run by our local Council for Voluntary Services (CVS), Hunts Forum, during the year I was able to put together a business plan for the new CARESCO Ltd. This covers a wide range of aspects including our background, our organisational structure, current services and future plans. It took a lot of time and effort but was a very valuable exercise in itself to do and helped to clarify many queries and areas we had not yet begun to think about. Please contact the office if you would like to know more.

Over the year we have also been able to take advantage of a number of other training courses provided by Hunts Forum and CCC including: social media, health and safety, adult safeguarding, moving and handling, food safety, volunteer management, writing funding applications, commissioning and procurement, measuring outcomes and Mary Watkin, our manager at the Thursday Club in Alconbury did an NVQ level 3 in Awareness in Dementia.

The Christmas Day event is reported on elsewhere but I would like to add how much it was enjoyed by everyone who took part. From a vision and perceived need, the whole event was created through sheer persistence and persuasion by Linda who not only convinced everyone it was a good idea, but also found the start up funding to make it all possible.

Having started as our volunteer graphic designer for the advertising section of the Sawtry Eye, Donna Green has proved herself to be invaluable in the CARESCO office over the past year. She has slowly taken on more responsibilities, helping with the bookkeeping and the Printshop and generally taking the pressure off our Accounts & Printshop Manager, Marina.. We are very grateful for all her time and hard work and especially for the continuous supply of hot tea. Donna's calm manner and eye for detail have proved invaluable.

In September I was invited to give a presentation to a conference on Localism organised by Hunts Forum and the Cambridge CVS. The aim was to give those attending an outline of our organisation, how we came into being and the development from those early years up to today. This is always an interesting exercise and a good way to step back and appreciate the achievements over the 30 years since CARESCO was created.

Over the Autumn we trialled a new service offered by the Alzheimer's Society when once a month one of their outreach workers attended our Coffee Shop on a Friday. Advertised around the local area and through the Sawtry Eye, Sandy was available for anyone to pop in and ask questions. She could give out information and signpost people to other services as needed. Unfortunately there was very little interest from the general public and in December the decision was taken by the Society to end the trial. We continue to look for opportunities to work with other organisations to provide a better or additional services in the future.

Much of the latter part of the year was taken up with the planning and development for our own charity shop, all from a suggestion which came out of the village plan process. Thanks to the expertise of the current trustees along with the skills offered by outside professionals to help us get the project underway, the end of March sees us all but ready to open in one of the shop units at Greenways. We have been blown away by the overwhelming support

(Continued from page 7)

offered both by the local community as a whole, local businesses and by individuals willing to get involved. It will take a large team of volunteers to keep the shop running as well as a constant supply of donations and customers to buy them but if we can develop our own reliable income stream it will go a long way to make us financially secure in the long term. The scheme also has the added benefit of literally giving us a shop front where people can find us, rather than depending on us being tucked away behind the Old School Hall undiscovered. Hopefully this will help to draw volunteers and service users into the organisation and allow them to discover what else we have on offer.

Our website has been updated during the year, thanks again to Webshepherd, and now includes a photo gallery of images from our various events and activities for everyone to see. The website offers the opportunity for people to find out more about CARESCO, our history, services on offer and how to get involved.

My personal thanks to both Barry and Linda for their undying enthusiasm and energy for the cause, for their leadership throughout the change from Sawtry & District Care & Resource Organisation to CARESCO Ltd and their guidance in this year of working our way through the repercussions. Thank you also to our other trustees for their help and support, especially our Treasurer Ann who has spent so many hours on the accounts with Marina. Also to the other members of staff for their endless willingness to give above and beyond, and of course to our huge team of volunteers who offer their time freely to make CARESCO what it has become today.

As we celebrate CARESCO's thirtieth anniversary we also look back and thank everyone who has been involved with the charity over the years. From very small beginnings a wonderful caring community organisation has developed meeting needs from within the local population and adapting and evolving over time to become what it is today and ready to face the future with confidence.

Liz Coates

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## Alconbury Thursday Club

**Manager:** Mary Watkin

**Deputy:** Gaynor Foley

**Treasurer:** Nicola Scully

**Cook:** Anne Darvill

**Venue:** Alconbury Sports & Social Club

**When:** 9.30 am - 2.30 pm

**Volunteers:** Ethel Andrews, Ann Baker, John Bourne, Anna Bratby, Priscilla Dawson, Sylvia Eaton, Terry Foley, Jennie Holme, Jean Kendall, Judith Lacey, Ros Partis, Monica Pegg, Dawn Pupins, Marjorie Rowlinson, Ted Samuel, Nicola Scully, Derek Smith, Wendy Turner

**Membership:** 26

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

Alconbury Thursday Club continues to thrive. With an average age of late eighties inevitably we find our members more frail and with more medical issues requiring care on the day. We are lucky to have such a large team of volunteers generously giving of their time and friendship, which much appreciated by the members. We were very pleased to welcome Nicola Scully as our new Treasurer and she has proved a great hit with the members.

We arrange a varied programme of activities and trips out. Increasingly the members themselves are contributing ideas for entertainment some highlights have included one member's daughter coming and giving a most interesting talk about looking into family history, another daughter came in to give an art lesson and a volunteer's daughter came in to demonstrate the art of cupcake decoration with a cake each to take home. Members themselves have lead quizzes and contributed word searches. External entertainment has included Rocky the Blind Magician accompanied by Gaston the Guide Dog, the fabulous Contrast and new to us, but extremely popular, Lincolnshire singer Jeremy Hillyard.

Trips out have included lunch at Rutland Water and a sail on the Rutland Belle, a shopping trip to Boundary Mills as well as a thoroughly enjoyable outing to the Burtey Fen Collection, where we enjoyed thinking back to stars of the 50s and 60s while listening to an organ recital of popular music from that era.

We were extremely lucky to be the recipients of a donation of £1500 from local charity Hullabaloo – now known as the Huntingdon 10k Charitable Trust. This sum will be spent on installing a hearing loop in the room in which we spend the afternoon. We have also been chosen as one of Waitrose Huntingdon's three charities of the month in November and intend to spend the money raised on reminiscence materials to be used as a resource throughout the year, in particular with members with memory loss.

Reminiscence work featured strongly as part of our programme throughout 2013 with a visit from the Norris Museum as well as the Thursday Club taking part in a project alongside a number of other agencies culminating in the provision of memory boxes for some of our members. We were also the only Day Centre locally to be represented at a conference run by the Clinical Commissioning Group, concentrating on services for older people. The CCG had also visited one week to consult with our members about the problems they faced and the solutions that our members wanted to see in any new strategy for the elderly locally.

It has been a very successful year – my thanks to everyone who makes it possible and especially to Gaynor without whom I fear it would be quite impossible.

Mary Watkin

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## Sawtry Day Centre

**Manager:** Pat Ayres

**Deputy:** Gill Robinson

**Cook:** Lyn Wallis

**Venue:** CARESCO Centre

**When:** Wednesday and Thursday  
10.30am – 3.00pm

**Volunteers:** Derek Dolling, Betty Endicott, Margaret Geary, Vicki Goddard, Wendy Hunt, Margaret Morgan, Angela Newell, Mavis Smith, Pat Thomson, Doreen Walker, Maureen Westbrook and Frances Williams

**Membership:** Wednesday - 16      Thursday - 16

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

This past year has seen many changes within the Day Centre with the loss of some regular volunteers and the addition of some new ones, a big thank you to all past and present volunteers. We have lost several regular members this year but have taken on 8 new ones. The loss of Fran Newton a long standing member was very sad. Thank you to Fran's family who generously gave a donation in memory of her.

With funds from the main Day Centre account we have purchased a shower which has been installed in the toilet for the disabled and has proved invaluable. All our members have appreciated the changes to the main room with the addition of new chairs and a loop system.

The Day Centre has enjoyed several trips out, especially to a new venue Waresley Garden Centre. Alan Bottell from the Sawtry History Society has been twice, showing films of the Queen's Coronation and Kate and William's wedding. The ladies duo Kate and Brenda came and sang twice and recently Pam Tuplin gave up an afternoon to entertain us. Our thanks go to Angela and Tim Newell for inviting us to their home for a delicious lunch.

We continue to hold our monthly bingo and twice weekly raffle both of which raise money for Day Centre social fund along with any donations we receive.

Our thanks as always go to Bill Allport for maintaining our wheelchairs and to John Thomson for leading us in chair exercises, also a big thank you to our drivers Kelvin and Jim. Finally members would like to say many thanks to Lyn our cook for the very enjoyable meals she prepares for them.

Gill Robinson my deputy at the club has been a great support to me this last year which has been really appreciated. Thank you Gill.

We always welcome visitors to the Day Centre even if it's just for a cup of tea and a chat with our members.

Pat Ayres

## Lunch Club

**Manager:** Lyn Wallis  
**Deputy:** Pat Ayres  
**Venue:** CARESCO Centre  
**When:** Monday and Tuesday 10.30 am - 1.30 pm  
**Membership:** Monday—11 Tuesday—13

**Aims:** *To provide the members with an opportunity to work together preparing and enjoying a meal.*

The Lunch Club is about helping each other and enjoying a two-course meal which the members choose each week. The meal is prepared and cooked by the manager and her deputy.

We all had our Christmas lunch outing at the Queen's Head in Nassington, travelling there by coach.

I would like to thank Malcolm Jeffery who has been a loyal volunteer driver for many years, but now has stepped down. As a token of appreciation he received a small gift from the members. We do hope Malcolm will pop in to see us from time to time.

We cannot forget our other volunteer drivers who are just as loyal: Carole Armitage, Jackie Gillis, Maureen Westbrook and Bill Allport, who helps out when needed. Thank you all for your help throughout the year.

Finally, thank you to my deputy Pat for all your support through the year.

Lyn Wallis

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## Printshop

**Manager:** Marina Joyce  
**Venue:** CARESCO Centre  
**When:** Monday—Friday 9am—12 noon

**Aims:** *To provide a low-cost printing service for community groups, eg village magazines, programmes & newsletters.*

We have had a busy year with all our regular printing jobs which include:

Sawtry Eye, Stilton Scan, Eye Scan village magazine, Brockley Central Old Scholars newsletter, Hunts RSPB newsletter, Sawtry Parish Council annual report, Sawtry Methodist Church Annual Report, Sawtry Carnival programme, Sawtry Show Certificates, Sawtry Village Christmas Cards, Fenstanton Sports programme and Great Stukeley Flower Show Schedule.

We have also provided a photocopying service to a number of local groups wanting only a few copies of for example agendas and minutes for their members.

We are in the process of purchasing two new Risograph printers, which will be a huge help with production, due to the old printers needing numerous repairs and maintenance over the past year.

During the year our helper Donna Green has volunteered to be my assistant in the Printshop which has relieved pressure of work in all areas, which I appreciate very much.

We had our annual buffet lunch in December as a thank you for all Printshop volunteers who help throughout the year which was a great success and we had a good turnout.

We have roughly 40 volunteers old and new, who are always eager to help either with the folding, collating or stapling for two hours in the mornings when needed, which is very much appreciated. The Printshop could not run without all their help, the more there are on the team means less work for everyone.

If you know of anyone who would like to help at the Printshop please phone CARESCO on 01487 832105 or call into the office between 9 – 12 weekdays to find out more.

Marina Joyce

# Sawtry Eye

- Editors:** Liz Coates & Marina Joyce
- Designer:** News — Samantha Rees (until April-May 12); Donna Green (June-July 12 onwards)  
Advertisements — Donna Green
- Bi-monthly:** February, April, June, August, October & December
- Distribution:** Sawtry, Glatton, Conington, Upton, Winwick & Hamerton
- Aims:** *To edit, produce and distribute a village magazine paid for by commercial advertising.*

It has been an exciting year for the Sawtry Eye team during which we have taken on the additional villages of Winwick and Hamerton following requests from residents and offers of help delivering each issue. Although small at only 75 houses between them, it is lovely to be able to include the two villages in our distribution area.

We faced a major change when our long-term volunteer graphic designer, Samantha Rees decided to retire after many years of doing the layout for the news section. Sam has worked unfailingly hard for each issue, apart from a brief respite for maternity leave and we were sorry to see her leave. However we were fortunate that our other graphic designer, Donna Green, who already did the layout for the adverts, soon agreed to take on the news as well and following a training session from Sam, produced the June-July 12 issue on her own. She then completed an e-learning training course in MS Publisher to improve her software skills. Donna has proved to have a good eye for detail and is as supportive and flexible as Sam was before her. Our gratitude to them both.

The Sawtry Eye magazine is the perfect way for local clubs and societies to advertise their meetings and events to the wider population as well as to spread useful information and share interesting articles. Our thanks to all those who regularly submit items to us in response to our email reminders, you help to make the Eye what it is today.

Finally we cannot forget our wonderful team of distributors who, come sun, rain or snow, make sure that the magazines are delivered each time. Thank you, we truly appreciate your commitment.

Liz Coates & Marina Joyce

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## Nearly New

- Manager:** Nicole Thynne
- Venue:** CARESCO Centre
- When:** Friday 9am—11.30am (Term time only)
- Volunteers:** Clair Adamson, Gill Hussey, Mick Litchfield and Doreen Rickard
- Aims:** *To provide a point of sale for good second-hand clothes, toys and household items either sold on behalf of the customer or donated.*

Although not quite as profitable as the previous year, Nearly New has had another good year. Final takings were around £1800 (up to July 2013).

We did seem to lose a few of our regular customers who are choosing to sell their own items through the Buy/Sell and Advertise for Sawtry page on Facebook but we regularly used this facility to sell items and have had quite a success. This is also a great way to save money by advertising our existence rather than printing leaflets. The Junior School were happy to add our details to their school newsletters when we asked, however we didn't benefit from the lost property from the Junior School this year as they chose to sell the items at their own fundraising days.

Nearly New now has over 30 Gift Aiding customers which meant that we are able to claim the gift aid on those items they didn't want returned, and that we were able to sell on our Sale Table after their selling period had elapsed. Going forward, these items will be passed to the shop instead of another Charity. Donations were not as abundant as previous years but this gave us clear access to all the clothes on the rails which the customers appreciated and for the most part, we looked less like a jumble sale.

I would really like to thank my wonderful volunteers Clair, Gill and Doreen for all their help over the last year. I couldn't have done it all without them and their help on the late nights sorting and tidying was most appreciated.

Nicole Thynne

# Coffee Shop

**Managers:** Marina Joyce & Liz Coates

**Venue:** CARESCO Centre

**When:** Friday

9 — 11.30am (9.45 — 11.30am during holiday periods)

**Volunteers:** Mary Creaney, Daphne Bacon, Ann Daniels, Margaret Geary, Adrienne Holt, Wendy Hunt, Margaret Morgan, Angela Newell, Maureen Westbrook

**Aims:** *To provide a venue for people to meet up with old friends and to get to know new ones over a cuppa.*

Fridays are different at the CARESCO Centre by comparison with the rest of the week when we have our day care activities. On Fridays we are open to the general public as a community cafe and over the many years since it began, the Coffee Shop has seen a steady stream of customers coming in to enjoy the homemade cake with a drink. What began as a fundraiser, is now an established event on the Sawtry social calendar.

The first rush of customers is usually parents fresh from the school run, enjoying the chance to catch up with friends before dashing off again to continue their chores. They are followed later by an older group, not tied to the school day and able to take their time in the mornings to spend it together.

Although the faces change, our customers remain faithful, coming in almost regardless of the weather and generously supporting our cause. We are grateful for their loyalty and good humour in bearing with the needs of the other groups.

The funds raised through the Coffee Shop are an invaluable addition to our fundraising activities and we are really thankful for the donations of cakes from many of our volunteer helpers as well as others outside of the organisation. Many customers look forward to their cake reward at the end of the week. Our thanks to our hard working team of waitresses who serve the customers, wash up, clear away and even wash the table clothes and tea towels. Your endless cheerfulness is greatly appreciated.

Our thanks to everyone for another successful and profitable year.

Liz Coates & Marina Joyce

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# Sawtry Village Car Scheme

**Aims:** *To provide an affordable alternative for anyone who has difficulty using public transport.*

Over the past year the Car Scheme has been co-ordinated by Nene & Ouse Community Transport based in Thrapston. There the team liaise between the volunteer drivers and those requesting transport.

N&OCT charge an annual membership fee to join the scheme then passengers pay a fare per journey, based on a mileage rate, in cash direct to the driver on the day of travel. The only requirement is that passengers are unable to use public transport for vital trips and have no other means of getting to their destination. Journeys can be within the village or further afield to local towns or hospitals. While the majority of trips are for medical or shopping purposes, other requests are considered at the discretion of the co-ordinators.

CARESCO's role in the scheme has been to signpost people to it by providing advertising in the local area and through referring potential passengers and drivers to N&OCT with articles in the Sawtry Eye and posters/leaflets made available in public venues.

However things are about to change as N&OCT pull out of managing the scheme and we do not yet know what the implications are for the future.

For more information about the scheme and what the changes have meant to both passengers and drivers, please contact the CARESCO office in the first instance.

Liz Coates

# Christmas Day Lunch

**Co-ordinators:** Linda Dupée & Liz Coates

**Venue:** CARESCO Centre

**When:** 25th December

**Aims:** *To provide an opportunity for people who would otherwise be on their own to get together on Christmas Day to enjoy a traditional lunch and celebration.*

Following a suggestion made in the Spring of 2012, several months were spent in researching the idea of hosting Christmas Day at the CARESCO Centre for people who faced spending it alone. We are grateful to the organisers of other similar local events for giving their time and expertise to steer us in the right direction and helping us to formulate realistic plans for the day based on their valuable experience.

Thanks to successful applications for funding, we were awarded generous grants of £2500 by the Telegraph Media Group and £250 by the Fitzwilliam Trust to cover the set up and ongoing costs of running the day. This enabled us to purchase additional crockery, replace cutlery and acquire other necessary equipment for the big day in addition to the ingredients for the meal and other essentials such as crackers.

A recruitment drive through the Sawtry Eye brought together a team of people willing to help with the preparations. By pooling individual skills and energies, the tasks could be shared out so that no one person had too much to do. We were particularly delighted to welcome Isabelle and Daphne on board to oversee the catering including putting together the menu and doing the shopping for food. Others got involved with the food preparation, wrapping gifts, decorating the Centre, laying tables and other practicalities such as the transport.

On the big day people were welcomed with a drink and nibbles while everyone arrived. These were then followed by a beautiful three-course traditional Christmas lunch including a choice of dishes with all the trimmings. Everyone listened to the Queen's Speech before joining in with some well known seasonal songs accompanied by members of the team. Santa appeared with his helper to give everyone a wrapped gift at the end and when leaving there was a piece of a gorgeously decorated and donated Christmas cake to take home along with a framed photograph of each individual enjoying themselves during the proceedings.

We were joined for the day by a photographer from the Telegraph who seemed to enjoy himself and let us have copies of his lovely photos, while Sarah, one of the helpers, took portrait photos of everyone for people to take home with them. A selection of the photos are available on our website in the photo gallery.

The tidying up was mainly done on the day with a small clear up team coming back in to finish off later in the week. The team of helpers worked very well together and although it was a long day, the effort was shared amongst our willing helpers. Our thanks to everyone for their contribution both beforehand and on the day itself. We have been delighted that some have offered their time for other activities during the year and become regulars at CARESCO. An extra unexpected benefit.

A wonderful time was had by all, with everyone contributing to the success of the day. Following a debrief meeting in the New Year, there are a few suggestions for improvements and changes for Christmas 2013, but all in all it went very well for a first attempt. The funding means that there is enough leftover to cover the costs for the next couple of years, and so a new tradition is born.

Liz Coates

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## Financial Statement

### April 2012 — March 2013

The audited financial statement for the year April 2012 to March 2013 is available as a separate document, please contact the CARESCO office if you would like a copy or visit our website at [www.caresco.org.uk](http://www.caresco.org.uk)

Our thanks to trustees Linda Dupée and Ann Daniels and to our Accounts Manager Marina Joyce for all their hard work through the year to ensure that the financial records are kept up to date.

# Friends of CARESCO

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

The main development for the Friends of CARESCO over the past year has been the work around the Corporate Friends. This has been created to offer local businesses an opportunity to support CARESCO through donations in kind, offers of labour or skills and advice.

One brilliant example would be when the managers from Sawtry Co-operative Funerals came and painted our Club Room for us and we are grateful to them for taking up the opportunity to give their support, especially June who organised them and helped to prepare the room in advance. We have also benefitted from the expertise of Warren Duff who has singlehandedly painted the unit ready for our new charity shop and to Dulux for donating the paint. There are many others who have supported us in kind and our thanks goes out to them all.

The local Slimming World group chose us to receive the contents of their New Year Syn Bin which will keep us supplied in prizes for several months, a win-win idea.

Thank you also to our loyal Friends who make a regular donation to help support our work and often give in other ways too. For more information on how to become a Friend, please contact the CARESCO office.

Liz Coates

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## The CARESCO Centre

Thanks to some successful fundraising through grants from a number of trusts, we have been fortunate enough to be able to carry out some improvements in the Centre over the past year. These have made our venue more pleasant for users and staff alike.

At the same time as the Club Room was being painted, we also had a shower cubical installed within the toilet area of the building, thus limiting the length of time we had to close our services due to the work. The shower was much needed and has been appreciated by our day care staff as they look after our service users. By some ingenuity, although the shower is accessed in the toilet cubical for the disabled, it is actually sited in the spare space that was in the ladies toilets without us having to lose any cubicles.

To compliment the recently acquired lightweight folding tables in the Club Room, we were delighted to take delivery during the year of new wipeable and stackable chairs. which have replaced the old ones that had long since seen better days. After much debate and a vote, it was finally decided to have two complimenting fabric designs with a plain one for the six chairs with arms and a checked pattern for the rest to bring the total to 40. The new chairs are much lighter than the old ones making rearranging the room easier for staff.

General maintenance continues to be done on an ongoing basis by various volunteers, for which we are grateful. Trustees Tim and Barry are very good when called in to sort out issues and liaise with workmen as necessary. Other volunteers are brilliant at doing the general care of our garden and surround, especially Keith, Bill and John. In return for mugs of tea, Keith regularly sweeps around the Centre and keeps the shrubbery under control. Bill mainly takes care of small jobs indoors while John takes charge of the rubbish collection.

Following the shower installation, Barry was kind enough to repaint the ladies and disabled toilet cubicles, the first time they have been done since the building was handed over to us in 2001.

In January snow forced us to close our services for a few days, as is inevitable in the winter months. Neither service users nor our volunteers are willing to come out in cold and slippery conditions and the county council provided transport also closes when there is snow on the ground.

We are grateful to our fire officer Dave Baldry who once again has enjoyed a year of smoke alarm testing and organising regular fire drills which he does with good grace despite the fact that no one ever wants to do them.

It is reasonable to assume that the modular building we call the CARESCO Centre is now approximately half way through its expected lifespan and serious thought needs to be given to finding a suitable replacement over the next few years. A purpose built permanent building somewhere near the middle of the village would be the ideal, however all possibilities need to be explored and all suggestions seriously considered.

Liz Coates

# Fundraising

Over a year approximately a third of our income comes from local authority grants, a third from fees paid by service users and the rest has to be found through fundraising activities. This can put an enormous strain on those who take responsibility to keep the fundraising going over the years. Therefore we are very appreciative when an organisation or individual from outside of the organisation offers to run an event for us or to make a donation.

The following is a summary of the major fundraising initiatives over the year, our thanks to everyone involved in organising or supporting them and our apologies to anyone not mentioned. We truly appreciate every donation that comes in, from a few coins in a collecting box to the major events which get all the attention.

The Sawtry Small Business Partnership have once again been particularly supportive, running both a charity night and a race night during the year. The proceeds from each event are split equally between ourselves and the Sawtry First Responders, making a total of over £1700 for each. The films from the super heroes race night are well worth a second viewing and The Apprentice styled challenge was particularly inspired.

Two staff members, Lyn & Pat, were kind enough to run a couple of Afternoon Teas, raising almost £500 between them. A very pleasant way to spend time with friends while raising funds, though bad for the waistline.

We were delighted to be the chosen charity for the Grafham Water Lions Safari Walk in 2012. This meant that not only could we keep all the money raised by our own walkers, but we also received 10% of all the money raised by other groups, making a grand total of over £1600. This led to CARESCO being presented with the annual shield as the group who raised the most on the day which has had pride of place on the wall for the year.

At the Sawtry Carnival in June we had our usual stall but also received the proceeds from a hog roast stall run by two of our trustees Angela & Tim. As usual the wonderful ladies of Sawtry WI organised the cream teas from our kitchen and generously split the takings with ourselves. The total raised on the day was over £650 plus an additional £100 raised by the Business Partnership on the day. The same week we were also fortunate to be the beneficiaries of the collection taken during the annual Feast Parade in June.

In November Upton village once again played host to a concert by local resident Dame Evelyn Glennie, a very popular bi-annual event, and generously donated the proceeds of over £500. We also held our regular Body Shop evening with Emma Green and friends providing the fun and also organising pamper sessions raising £240.

The final event of the year proved to be our biggest and most successful. Organised by the wonderful Maggi Stewart, in February the RAF Wyton Voluntary Band played to a full house at Sawtry Community College for an evening themed the *Last Night of the Proms*. We also used the event as a 30th birthday celebration for CARESCO as an organisation and included a tiered cake made of muffins and a rendition of *Happy Birthday*. With the hall bedecked with red, white and blue balloons and bunting, the effect was very patriotic and the finale of traditional songs such as Land of Hope and Glory was joined in by all with much flag waving and cheering. The final total was in excess of £2900 and a brilliant time was had by all. In fact it has proved so popular that Maggi has promised to organise another one next year.

Over the year we have also received grants from the Co-op Community Fund (£1000) for the electric bill, and Serco (£300) and Almary Green (£480) in anticipation of replacing the flooring in the Club Room. Local business man, Richard Malachowski thoughtfully made a donation from his business of £500. Our thanks to them all.

We have been given some very kind donations from local organisations including: the Wellside Surgery (£100), All Saints Church (over £950) and sadly from Upton Gardening Club (£100) as they finally decided to close. In addition, over the year we have been given a number of funeral collections by the families involved, a generous gesture at a time of personal grief.

Thank you to everyone who has helped with any of our fundraising over the year, and to those who have supported us. Please keep a look out for details of future events and join in the fun.

Liz Coates

CARESCO is registered for Gift Aid so if you are a UK tax payer you can sign a Gift Aid declaration when making a personal donation and CARESCO will be able to claim back from the government an additional 25p for every £1 given. This includes monies donated through our home collecting boxes as well as any regular giving or one off donations.



For more information, please contact the office.

# The Beginning

A Sawtry-based charity was founded in 1982 (registered number 288202) with the full title of Sawtry & District Care and Resource Organisation but colloquially known as CARESCO.

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.

Based in the rather ancient modular building known as the Homecraft Centre, CARESCO continued to grow in size and strength through the enthusiasm and hard work of all who were involved.

Over the years a variety of activities have been brought under the CARESCO umbrella, each run by paid part-time staff and supported by teams of volunteers, working together with local authorities and other voluntary organisations towards a stronger, more caring community. Funding has mainly come through grants from local councils, attendance fees, personal and organisational donations and fundraising.

In 2001 CARESCO moved into an all new purpose built modular building, called the CARESCO Centre, funded by a grant from the National Lottery and bringing the Sawtry-based activities together into one building.

By 2011 a new legal structure was needed to strengthen the organisation and enable CARESCO to deal with the new requirements of funders and other organisations, therefore CARESCO became an incorporated charity, CARESCO Ltd (registered number 1140728; company number 7513432).

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## Management Board

### 2012 –2013

**President:** John Garner

**Officers:** Chairman Linda Dupée  
Honorary Secretary David Whitney  
Honorary Treasurer Ann Daniels

**Board Members:** Ann Daniels; Barry Dupée, Linda Dupée; Wendy Grey; Adrienne Holt<sup>++</sup>;  
Sarah James; Viv McGuire; Angela Newell; Tim Newell; Liz Poole;  
David Whitney; Jacqui Whitney

<sup>++</sup> Retired mid-year

**Non-voting** Observers Representing Sawtry Parish Council — Amanda Burridge; Janet Spencer  
CARESCO Project Staff (ex officio) are welcome to attend board meetings and contribute to the discussion, however Staff are asked to leave during sensitive agenda items.

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