



# Annual Report

2017—2018



*Serving the local community*



Registered Company Number 7513432

Registered Charity Number 1140728

# Have you visited our website yet?

There you can find:

- *Details of the services we offer*
- *Current news*
- *Information on future plans*
- *Upcoming fundraising activities*
- *The Sawtry Eye magazine*
- *Ways you can get involved*
- *Photo Gallery*
- *Previous annual reports*
- *Our history and background*
- *How we got to where we are now*
- *Contact details*

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

*Our thanks to Webshepherd  
for all his help in maintaining our website*

**Welcome to our**

# **Annual Report**

**1st April 2017 to 31st March 2018**

For information on anything in this Annual Report,  
please contact

The CARESCO Office  
Green End Road, Sawtry  
Huntingdon, Cambridgeshire PE28 5UX

Monday - Friday  
9am - 12 noon

On **01487 832105**

Email: ***office@caresco.org.uk***

Or visit our website at  
***www.caresco.org.uk***

<b>Contents</b>	<b>Page</b>
Introduction	5
Chairman's Report	6
Treasurer's Report	6
Manager's Report	7
Alconbury Thursday Club	8
Vintage Club	9
Friendship Club	10
Printshop	11
Sawtry Eye	12
Charity Shop	13
Social Media & Online Selling	14
Chatterbox	14
Befrienders	15
Autism Parents Support Group	16
Coffee Shop	16
Sawtry Car Scheme	17
Sounds Good	18
Food Bank Centre	19
Christmas Day Party	20
The CARESCO Centre	21
Fundraising	22
The Beginning	23
Management Committee	23

**Published by CARESCO**  
**Printed by CARESCO Printshop**  
**September 2018**

# 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, 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, to offer an opportunity to pass on unwanted items for resale and a means to access transport for those without other options.

**Activities:** This year we have continued to provide care services through our clubs in Sawtry and Alconbury. We have also maintained our low-cost community print service, edited the Sawtry village magazine, overseen the local car scheme in partnership with the County Council, continued our social music-based group and run a weekly café. The support group for local carers is now well established. Our charity shop has successfully completed a fifth year of trading and the Christmas Day Party its sixth event. We have continued to work in partnership with the local churches to provide a food bank service within Sawtry, though the structure for this has changed. **During the year we have focused particularly on developing a club for older men to meet up and be active, re-developing a befriending service and began support work for families living with autism.**

All our activities are co-ordinated by a small team of paid part-time staff, 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 people from within our geographical area regardless of background, gender, or faith. The only restriction being our ability to cope with their care needs. Most of our activities charge a modest fee for attendance to help towards our running costs while ensuring no one is excluded by price.

Our Car Scheme is available to anyone who has difficulty accessing public transport and our Christmas Day Party is offered to those who would otherwise be on their own on the day. The printing service is available to individuals and community groups, while the café, music group and charity shop are open to all who wish to access them. The Foodbank is there for anyone who is in receipt of a valid voucher.

**Social Impact:** CARESCO works to bring people together through a wide range of activities and interests. By encouraging people to engage and socialised, friendships are formed, people find a productive use of their time and our community grows stronger.

In addition, CARESCO also runs trading activities which are social enterprises where any profit made from providing those services are reinvested back into the organisation. These trading activities include:

- Printshop - A community print shop providing low-cost printing for local community groups
- Sawtry Eye - A village magazine published six times a year and funded through advertising
- Charity Shop – Offers an opportunity to recycle unwanted items and buy second-hand goods at low cost
- Coffee Shop – Gives a place to meet weekly and enjoy a cuppa with friends

For more than thirty years CARESCO has been a social focal point in Sawtry, pulling people together in a common cause from a wide range of backgrounds. This task has always been reliant on volunteers willing to give up their time to support and help staff in providing services to the local community. For many who have become involved with CARESCO, the experience has had a significant 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 often meant early intervention, bringing people in as volunteers and keeping them active and socialising for longer than might be otherwise anticipated. Some volunteers later move across to become direct beneficiaries from our services. For our service users, attendance can help to support 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

Improvements are still very much in the making at CARESCO - improvements that cannot be left for one person to deal with alone. These improvements need a team, a very willing team, who want the best for the Charity – a team who are willing to go that extra mile to ensure that CARESCO thrives and outlives all of us. That team are the Staff, Volunteers and Trustees of CARESCO.

We have challenges as does any organisation. Ever increasing costs and funding needs are still very much ever present. Even with these challenges our aim remains the same. We need to provide a constant positive presence that the people of Sawtry and the surrounding villages feel welcome to be part of – and experience at different levels as their circumstances and life needs change.

More than ever, CARESCO needs to appeal to all generations. We are lucky to have over 170 volunteers but as is often the case in life, I mainly see the same faces who turn up and help over and over again.

For our future, CARESCO must try to connect more with the younger people of the village. This is something that is being explored and hopefully we will succeed in the near future in welcoming them into the fold.

I want people to approach CARESCO and feel good about volunteering. I want them to share with their friends what a rewarding experience they have had. There is no greater advert for CARESCO than its Staff and Volunteers.

We still have ongoing projects and we still need more help. We pride ourselves in the fact that there is a place for everyone in our organisation – and by working together we will ensure that there will always be - for generations to come.

Tina Campbell

---

# Treasurer's Report

This year has provided us with unexpected challenges. Despite that, this year our income increased, so did our expenditure. Total reserves have decreased which reflects the impact of the operational changes we needed to make.

We restructured staff within the CARESCO Centre, which included redistributing the responsibilities of management and secretarial roles. The full impact of leasing the new printers compared with owning our own has now become apparent and the costs in Printshop, including producing Sawtry Eye, have increased substantially. It has been recognised that we need to review these costs.

Despite the negative points mentioned, the financial position is still healthy and we have in fact continued to develop and support new projects to try to meet needs in the community. In particular, extra support was given to Sawtry Foodbank, Autism Parent Support Group and Sawtry Man Cave.

Finally, our thanks go to **the Finance Sub Committee** for the **considerable amount of work that they have done through the year**, also to Emma Queen our previous Treasurer, to Bob Seeds, who took on the role of Treasurer in February, and Joanna Williams our Auditor, who has been instrumental in assisting our Accounts Team during the year.

Thank you to everyone who has supported us financially in anyway during the year.

Tony Stefanelli  
Acting Treasurer

---

# Financial Statement

The audited financial statement for the year April 2017 to March 2018 is available as a separate document and can be found on the downloads page of our website. Please ask for a copy.

Our thanks to our Accounts team, Manager Marina Joyce and her Deputy Donna Green, for all their hard work day-to-day to ensure that the financial records are kept up to date.

# General & Volunteer Manager's Report

The past year has been another one of change and growth. We have started two new projects and worked on developing another. A warm welcome to Befrienders, Autism & ADHD Parent Support Drop-in and Sawtry Man Cave. Sawtry Food Bank Centre became independent from The Trussell Trust and changing their name to Sawtry Foodbank with CARESCO taking on the responsibility for governance.

We restructured the management and Secretary roles, which means that CARESCO is now run by 24 part-time roles. We have also been updating our management systems and working procedures in the CARESCO Centre office although there is still much more work to do. My thanks to all the staff, who have provided excellent support while these changes have been taking place. The work will continue into the coming year.

Amongst many other things, making these changes has put us in a better position to tackle the preparation work necessary for the General Data Protection Regulations. The new regulations come into force in May 2018, so we feel that we are making good progress and will be able to cope with any changes needed.

Heather Thompson, one of our trustees became aware of a pressing need in our community. Some of the retired men in our village really needed somewhere to socialise and to help keep themselves physically and mentally active. With a wealth of underused skills between them, the idea of a fixing shop or man shed was formed. Trustees agreed to holding a pilot day in July where we ran a Repair Café, which meant we served refreshments while people had everyday items fixed. We also held training workshops led by GAP training. The day went well and the research into opening a Man Shed continued.

Discussions with Cambridgeshire County Council eventually led to a hiring agreement for some space in the former Agricultural College Building to site the Man Shed for at least a year. Unfortunately, works to the building by CCC to update the electrics and install an extraction vent have not started. The response from the wider community to help kit out the Shed was very positive.

First aid training for staff took place in September with the majority of staff able to attend. A primary focus of the training was life saving techniques and using a defibrillator. Gift Aid training was undertaken by Liz Coates and Donna Green to help strengthen their knowledge in this area.

We were able to send a new volunteer on a course to become a qualified PAT tester as it was time for Barry Dupée to step down from this role after six years. Our thanks go to Barry who was always willing to help out and to Martin Bhamra for taking up the mantle.

Following on from registering to become a Dementia Friendly organisation in 2016, we continued to collaborate with Dementia Friends Champion Ali Scott to run more public dementia awareness sessions. Whilst there were a few organisations who ran sessions for their groups, the vision of involving a significant number of community groups and local businesses is still to be realised. Thank you to Liz Coates for the time she willingly gave to further our aim.

We once again were involved in Sawtry Carnival, the Frost Fayre and the Christmas Tree Festival where we had trees from Friendship and Vintage Clubs, Foodbank and the Charity Shop.

At our AGM, three of our longest standing trustees retired. A massive thank you to Linda Dupée, Barry Dupée and Jacqui Whitney for the many hours of work they did to further the aims of the organisation. They held various roles over the years and each one changed CARESCO for the better. We will miss them as trustees but are pleased that they will all remain involved with Sounds Good and all still committed supporters.

In order to do all that we do within our community, we rely on local volunteers. They are the lifeblood that keep our clubs, activities and projects running. We value our volunteers for the diverse skills they bring to our organisation and for the warmth and compassion they give to other members of our community. We hold the view that wherever possible we will find a volunteering role for anyone who wants to get involved. So, whether you are looking for something to do as a one-off or to make a weekly commitment, we would love to hear from you. To each and every one of our current volunteers, I thank you unreservedly for all that you have done over the past year.

Miranda Knell

# Alconbury Thursday Club

Manager: Mary Watkin  
Deputy: Gaynor Foley  
Treasurer: Nicola Scully  
Cook: Various  
Venue: Alconbury Sports & Social Club  
When: 9.30am - 2.30pm  
Volunteers: Liz Adams, Ann Baker, Elaine Cull, Sandra Evans, Terry Foley, Alasdair Gardner, Mick Gunney, Tish Kijviriyar-Evans, Eleanor Lee, John Mann, Laura Mosca, Priscilla Nicholson, Margaret Oliver, Ros Partis, Monica Pegg, Dawn Pupins, Marjorie Rowlinson, Jenny Robertson, Nicola Scully, Pauline Sewell, Derek Smith  
Membership: 23  
Aims: *A day out for the housebound and socially isolated and a break for those who care for them.*

Alconbury Thursday Club continues to be a popular day out for our members. Our team of volunteers is essential in guaranteeing this happens in a way that ensures our members are comfortable at all times. At the moment about half of our members struggle with dementia or communication problems.

Last year we introduced a guest chef system in the kitchen. We now have four chefs, who each select the menu once a month, cook the meal and supervise any preparation. They are assisted by two volunteers. In particular thanks are due to Ann Baker who co-ordinates the menus and runs the kitchen each week. This new system has proved very popular with the members and has worked well. This is due to a generous and flexible approach by all our chefs and the kitchen team and the excellent food

We arrange a varied programme of activities and trips out. This year we will go on two shopping trips as well as trips to Nene Valley Railway and Wicksteed Park for their Christmas Show. Unfortunately the cost of trips now exceeds the way we had traditionally charged for them and a review is currently taking place as to how we will tackle this issue.

Entertainment continues to be varied. Expenditure on entertainment is a large part of our budget but brings a great deal of pleasure to the members. We need to review how this will be paid for over the coming months. Sadly we had to discontinue using a music therapist due to lack of funds.

We are immensely lucky to have such a large team of volunteers, which enables us to provide one to one support where required as well as ensuring flexibility throughout the year for outings when more helpers are needed and to cover absences. The volunteers really enjoy the time they spend with the members and it shows in the happy atmosphere when you come into the Club.

It has again been a very successful year – my thanks to everyone who makes it possible.

Mary Watkin

## Gift Aid

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. We can also claim Gift Aid on the monies raised from donations of goods made to the shop when sold. Please ask for a declaration form.

Thank you to everyone who has already signed up to Gift Aid, it makes your donations go further and helps us to do even more for our local community.

*giftaid it*

# Vintage Club

Manager:	Vicki Currington
Deputy:	Gill Robinson
Cook:	Helen Trebes
Venue:	CARESCO Centre
When:	Wednesday and Thursday, 9.30am – 2.30pm
Volunteers:	Annette Faff, Wendy Hunt, Rose Johnson, Linda McCloud, Tina McCulloch, Denise Pike, Gill Ratcliffe, Richard Willmer
Membership:	Wednesday - 16      Thursday - 16

*Aims: To bring together members of our community for a regular day of friendship, food & fun*

Here at the Vintage Club our membership goes up and down Tis the nature of the beast so to speak. We have lost 12 members this year six sadly passed away and six went on to do other things.

Our entertainment programme is very relaxed with our members choosing what they want to do. We have in the **past had speakers, some of which our members enjoyed some they didn't. For the most part our members make** their own entertainment; they enjoy doing puzzles, crosswords, dominoes, scrabble, bingo or watching a film. We always have a jigsaw on the go that is completed jointly with the Friendship Club. Our thanks to Sheila and Twink who have both come in during the year to do flower arranging and craft with our members.

Our social fund is very healthy which enables us to take our members out on trips during the year to a variety of restaurants. In the summer we went to the Boathouse, a delightful restaurant near the river with ample seating **outside. Carveries are proving most popular, with members' preference being the Mulberry Tree at Hampton and** Hartford Marina. We have stopped going to garden centres as they tend to be further away and most of our members find the journey very tiring.

Thank you to the family of John Kendal, the family of Ann Youd and the friends of Jean Brinkhurst for their generous donations to our social fund.

We would like to thank all our dedicated volunteers for their hard work. Our volunteers remain the same apart from Jane Newton who moved to Nottinghamshire last year, she is very much missed. Thanks also to our cook, Helen who dishes up such lovely meals for our members. Helen is always willing to cook different meals for the members who have food allergies.

In order for the Vintage Club to move forward, we have found we need to modernise and make changes. We have some ideas in the pipeline, which will be revealed as and when they come to fruition.

Please drop in on us for a coffee and remember, we offer a free lunch on your first visit. Please book ahead to take advantage of this great offer and we hope to see you soon.

Vicki Currington & Gill Robinson

## Trustees Wanted

### ***Do you have time, skills and knowledge to offer CARESCO?***

We need new people willing to get involved , who share our vision for supporting members of our local community and help to lead our organisation into the future. As a charity, we are run by a board of trustees who have oversight of CARESCO and ensure that we operate in a legal and safe manner, following current guidelines while making strategic decisions as to the way forward.

We need people with experience, skills and knowledge in areas such as: management, business, personnel, fundraising, accountancy, admin, compliance and much more, including above all a general willingness to get involved by joining the team and making a difference.

If you are interested in helping us to be the best we can be in providing our range of services to the local community, please get in touch with Miranda on 07751 798287, email [volunteer@caresco.org.uk](mailto:volunteer@caresco.org.uk) or speak to one of our existing trustees.

# Friendship Club

Manager: Pat Ayres  
Deputy: Helen Trebes (Tuesdays)  
Venue: CARESCO Centre  
When: Monday and Tuesday 10.30am - 1.30pm  
Membership: Monday - 10 Tuesday - 20

*Aims: To provide an opportunity to make new friends and share a meal together*

This last year the club has seen an increase in members. We are always looking to increase our membership especially on a Monday. We do offer a free lunch on a first visit for anyone wanting to give the club a try. There is no pressure to attend on one or both days and we can be flexible if attending every week is an issue. We always welcome couples wishing to join us. If attending for a lunch feels daunting just pop in, have a free tea, coffee and biscuits, and enjoy some company for an hour or so.

Some members enjoy playing games such as cribbage, scrabble and putting together jigsaw puzzles and we also have visiting entertainment.

We continue to have several trips out a year, which have included a garden centre for some retail therapy and a lunch. Our Christmas meal out was taken in early December at the Apple Cart restaurant in Stanground, Peterborough. This left us free to have more of a party day at CARESCO on our last day before breaking up for Christmas. Other trips out included the recently opened Mulberry Tree Farm at Hampton. This was a very successful trip with a delicious carvery meal. We also enjoyed a lunch out at the Hartford Mill - Pub & Carvery.

We continue to hold our weekly raffle and the occasional Bring-and-Buy. Helen, Vicki, Gill and myself, have again organised and run the twice-yearly Quiz Night, which included a supper. Monies raised from these functions go into our Social Fund; over £1100 has been raised during the last year.

Our thanks as always go to Jackie Gillis our volunteer driver who continues to provide transport to the club on alternate Tuesdays. Also our thanks goes to the Sawtry Car Scheme especially Tony Black. Although Tony is no longer the co-ordinator for the Car Scheme, he does most of the driving for the club and is very popular with the club members always showing his patience and kindness

My own personal thanks must go to Helen my deputy on Tuesdays; she certainly makes my job a lot easier.

Pat Ayres



## ***Did you know?***

**The name CARESCO was formed from the original full title “Sawtry & district Care and Resource Organisation” and aims to reflect the caring side of the charity.**

**The logo again conveys an image of caring with the simple outline of a protective hand encircling a small group of people.**

**All CARESCO publicity comes under the same brand identity to give a uniform look and feel to the organisation.**

# Printshop

Manager: Marina Joyce  
Deputy: Donna Green  
Venue: CARESCO Centre  
When: Monday - Friday 9am - 12 noon

Aims: *To provide a low-cost printing service for community groups*

We print a range of publications throughout the year for a number of local organisations, some are occasional one-offs but our regular printing jobs include:

Every month	Stilton Scan magazine
Alternate months	Sawtry Eye magazine
Annually	Fenstanton Sports programme, Great Stukeley Flower Show schedule, Hunts RSPB newsletter, Sawtry Carnival programme, Sawtry Show classes & certificates

We have now had our Riso Comcolour Printer for a year and a half, which has been a great improvement on quality of printing and the time it takes to print our jobs. The colour option we offer has been popular with a few customers but we were hoping for more interest, hopefully this will improve with time. Overall we are receiving positive feedback from customers and readers and continue to offer our service to local community groups.

We have around 35 volunteers old and new, who are always eager to help either with the folding, collating or stapling for 2 hours in the mornings when needed, which includes a coffee/tea break with biscuits. The Printshop could not run without all their help and everyone is very much appreciated, the more volunteers on the team makes less work for everyone. My thanks to Miranda who has helped to recruit new volunteers to the Printshop.

Sadly in December 2017 one of our longest serving volunteers Molly Chivers passed away, she had been volunteering with us since 1991 and is greatly missed.

We held our annual buffet lunch in December for our volunteers, the one opportunity each year when they all get together. This was once again a huge success, and I would like to say thank you to everyone who helped on the day.

Finally, I would like to say thank you to Donna my deputy for her support over the year.

If you are interested in volunteering with the Printshop or you know of anyone who is please phone CARESCO on 832105 or call into the office between 9 – 12 weekdays to find out more.

Marina Joyce

## Volunteering – The Happiness Effect

Spending time volunteering is a valuable way to spend your time

- ☺ You can help to protect your mental and physical health
- ☺ You can make new friends and relationships
- ☺ You can feel a real sense of achievement and fulfilment
- ☺ You can gain new skills or try out a different career path
- ☺ You can improve the community and lives of those around you

Volunteers are the glue that holds our community together. They certainly are the lifeblood of CARESCO and we would not exist and provide the services we do without them. We thank you unreservedly for all you do.

For more information, please call 07751 798287 or email [volunteer@caresco.org.uk](mailto:volunteer@caresco.org.uk)

# Sawtry Eye

Editors: Liz Coates & Marina Joyce

Designer: Donna Green

Bi-monthly: February, April, June, August, October & December

Distribution: Conington, the Giddings, Glatton, Hamerton, Sawtry, Upton, & Winwick

Aims: *To edit, produce and distribute a village magazine funded by commercial advertising.*

The Sawtry Eye team have continued to work hard through the year producing the bimonthly magazine to circulate local community news to every house in Sawtry and surrounding smaller villages. Our thanks to all our contributors who have continued to faithfully send in their updates each time. While social media can go a long way to get people's message out, we believe there is still room for a local magazine delivered to the door, particularly for those who are not online.

Our thanks to all our advertisers over the year for their continued support which enables the Sawtry Eye to continue. We know that many continue to receive work through their inclusion and that many of our readers rely on the magazine to find local tradesmen.

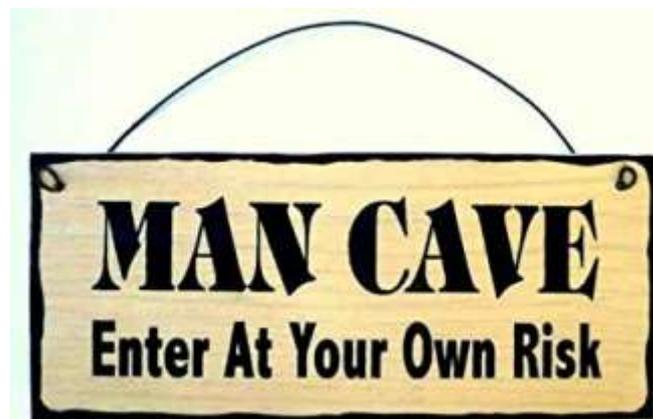
The magazine reflects a real team effort, from the original contributors, via the editors, to our wonderful volunteer Graphic Designer Donna, and on to the Printshop team who then produce the 3000 hard copies for circulation. Once boxed up, the routes go out to the delivery team who then pound the pavements to ensure that a copy goes through each letterbox. While a reasonably slick operation, each issue can somewhat dominate the office and Printshop for a couple of weeks.

We have continued to produce the front cover in colour, which catches the eye and reflects the passing seasons. While the take up of the chance for colour advertising has not been as hoped, the inclusion of some has also lifted the advertisement section making the whole more attractive. The cost of upgrading to colour advertising has sadly proved too much for many.

Therefore the past year has been a challenging one for the Sawtry Eye. While costs and circulation numbers have continued to increase, as with all print media, advertising has been slowing dropping. Inevitably this cannot continue indefinitely and the team are working together to explore options and to seek additional external funding. The solution will probably be a combination of a number of changes and this work will be ongoing for a while.

Liz Coates

## Coming soon



## Watch this space!

# Charity Shop

Duty Managers: Emma Flanz, Hannah Lea

Supervisor Rosemary Jubb

Venue: 7 Greenways, Sawtry, PE28 5UR, 01487 208026

When: Monday - Friday: 9am - 4.30pm; Saturday: 9am - 12.30pm; Sunday: Closed

Contact: E - shop@caresco.org.uk; T - 01487 208026

Aims: *To provide a local low-cost recycling service for the community while raising funds to enable the wider activities of the charity.*

Five years have been and gone in the blink of an eye and much like previous years we have continued to evolve with the constant support and commitment from our volunteers, customers and donors. The driving force behind **everyone's attitudes and effort is that we are** helping to support existing and additional services for our local community.

The shops takings have been another positive figure reaching over £34k net movement, which proves that the shop continues to be busy with both footfall and donations. Remarkably, a third of the sales were generated from **women's clothing alone.**

The level of donations has been overwhelming at times but interestingly the sale of rags figures, were no different **to last years', which highlights two key factors, the quality of the donations has improved and the creativity in which we distribute the stock is improving too.**

**The shop's procedures, policies and structure have largely remained the same this year, we still have two weekly rag collections, a collection from World of Books and we are regularly sending off orders to Ziffit.** Sometimes multiple times a week. All of these have benefits to the day-to-day running of the shop and help to circulate stock.

**The volunteers' tea party at the beginning of 2018 continued to be a highlight in our annual calendar.** Providing the staff with a platform to thank all the volunteers for their hard work and ongoing support. The last 12 months have seen many new faces to the shop. The volunteer numbers are at a high and the new personalities have fitted in well within our existing teams. We are extremely lucky to have such a unique and diverse group of helpers.

Our main challenge remains to be storage. The lack of storage for our reserve stock, for example Christmas and out of season items is a constant battle, one which we are not sure can be resolved short of having another shop.

**Rosemary's weekly quest of collating and recording the Gift Aid figures was met with reward as another claim was submitted to HMRC and paid generating a lucrative total reflecting hours of hard work.** Once again we would like to extend our thanks to Rosemary for her constant commitment to this cause.

We continue to keep the charity shop a prominent part of the local community, making sure that we are represented in various events throughout the year including the All Saints Biennial Christmas Tree Festival, the Frost Fayre and the Sawtry Carnival. These experiences are not only seen as fundraising opportunities but a chance for us to promote ourselves and engage with the local community on a different platform. The community has always been the focal point and focus of the charity shop and we look forward to serving the local community and surrounding areas for years to come.

Emma Flanz & Hannah Lea



**Looking for that article you read  
in a past issue of the Sawtry Eye?**

**Don't forget you can download  
back issues  
(October 2018 onwards)**

**From our website by visiting  
the Sawtry Eye/previous issues page**



# Social Media and Online Selling

Manager: Emma Flanz

Venue: 7 Greenways, Sawtry, PE28 5UR, 01487 208026  
EBay: follow the link on our homepage, [www.caresco.org.uk](http://www.caresco.org.uk)  
Facebook: search for 'CARESCO'

Aims: *To maximise funds raised from more valuable or unusual donations for the benefit of the wider activities of the charity and to increase awareness of CARESCO through social media, eg Facebook.*

The online sales have progressed steadily throughout the year. The majority of sales were through eBay sales. Most of the payments are made via our online PayPal account and between the eBay fees and charges that PayPal dictate it will inevitably eat into our profit margins. A total which is unavoidable for this type of retailing. The latter half of the financial year proved more lucrative than the first.

The two key factors contributing to the sales increase are the quality of the items selected for selling online and the expansion of the eBay team. I am delighted to say we have four volunteers as well as myself who have consistently been helping me in my pursuit. Hazel and Susie have taken on the challenge of researching the **items. The benefit of research means we can draw off the 'good' from the 'really good' and can price ourselves realistically.**

Jane and Alison help me draft, photograph and list the items on our account, between the three of us we are successfully averaging about 30 items per week. As always, the more volunteers that we can accumulate the better forecast of profit we can make and I am continuously striving to build the team.

Emma Flanz

---

## Chatterbox

Manager: Miranda Knell

Venue: CARESCO Centre

When: Second & Fourth Monday  
2 - 4pm

Volunteers: Selina Clark, John Hartill, Sheila Tibbs

Aims: To provide peer support, advice and friendship for family carers and those for whom they care.

Chatterbox is a monthly drop-in where carers come on their own or with the person they care for. The wider family are also welcome, as caring often extends to more than one family member.

Carers often look after children or grandchildren during the school holidays. All are welcome.

We have a small number of volunteer helpers who are also befrienders during the sessions. We also carry information and leaflets from other organisations and use these for signposting.

Between 15 and 22 people attend regularly.

We work in partnership with Carers Trust Cambridgeshire who attend regularly to provide one to one support in the way of Carers Assessments and Carers Prescriptions, bypassing the need to have a GP referral. We have had different people in to talk about issues facing carers but also therapists who have given mini pamper treatments, which went down well.

Refreshments are provided at each session, however members suggested a piggy bank for donations would be a good idea. Donations now cover the cost of refreshments.

We held a one-year birthday BBQ in August. It was a lovely sunny day and we were able to enjoy being outside in the CARESCO garden.

At our Christmas Party on 11<sup>th</sup> December, BBC Look East filmed the group and interviewed some members as

they were highlighting the need to address loneliness. The report was edited and shown on that evening's 6.30pm news! All enjoyed taking part in the show.

We had a visit from Rosie Sandall, editor of the carers section of the national magazine, 'Yours'. With help from her cameraman and also husband John, she told us about 'Carers In Touch' a support group that connects carers through emails and letters. Four of our carers were interviewed and have subsequently appeared in 'Yours' articles that highlight issues carers face.

Being able to chat and share experiences with other carers is what our carers tell us they value most.

Miranda Knell

---

## Befrienders

Manager: Miranda Knell

Venue: Sawtry & surrounding villages

When: Daytime weekdays

Aims: *To provide companionship and support through a weekly visit to older or socially isolated members of our community.*

The befriending scheme is aimed at helping those who may be feeling alone or isolated, or just in need of a good chat. A previous scheme, Good Neighbours, ran until Spring 2016 when due to various factors the scheme came to an end.

When the carers support group Chatterbox started in August 2016, the need for a befriending scheme was reinforced. I contacted Age UK to ask for their advice as they have much expertise in this area. They were happy to share, so the trustees agreed that we should try again with the new insight we had gained.

It took time to get the revised scheme in place. We run it using guidelines from Age UK but it is structured to suit our organisation. Recruitment started for befrienders by using posters, the Sawtry Eye and social media. Volunteers were sought from local people, who, through the application process and subsequent DBS clearance, were matched with suitable people who wanted a weekly visitor.

We have had referrals for people wanting a befriender from Care Network, Embrace and Wellside Surgery in Sawtry. Sadly, the people referred were often not suitable for our scheme as their needs were in excess of what our befriending scheme could fulfil. So, we still have work to do getting the right message out to our referrers. Other people have self-referred to us, mainly after reading about Befrienders in the Sawtry Eye. It has been a challenge to find good matches, as we do not yet have many befrienders.

The scheme has continued throughout the year but in only in a small way due to changes in my role within CARESCO and a lack of secured funding to expand the scheme. A small but committed team of befrienders have formed the start of what we intend is a scheme we can build on in the future.

Miranda Knell

**You can find us on Facebook**

**Search for 'CARESCO'**

**To see adverts for our latest event**

**Or news of current stock at the Charity Shop**



# Autism Parent Support Group

Manager: Miranda Knell

Venue: Various

When: Monthly

Volunteers: John Hartill

Aims: *To provide support, advice and friendship for parents and the wider family of anyone with Autism or ADHD.*

The need for local drop-in sessions for both parents and the wider family, including grandparents, was established during our initial research. The drop-ins started in April 2017 offering a morning session and also an evening session every month.

**The morning sessions were held first in the Youth & Community Centre, Sawtry and then in the Children's Centre** in Sawtry, as space was not available in the CARESCO Centre. The evening drop-in was in the club room at the Centre. From November, we stopped the morning drop-ins as numbers attending had tailed off.

People who came to the sessions were parents or grandparents of school age children. The ages of the children varied from pre-schoolers to late teenagers.

We had collated information and advice from many sources including where to get help for things like Education & Health Care Plans, how to get a diagnosis, benefit entitlements and carers rights. This made it possible to signpost people to the right organisations and places to obtain further help and information.

However, one common theme amongst those who came was that they wanted to know they were not alone in the often-daunting challenges they were facing. Being able to talk openly was the one thing that we were told was really appreciated.

Miranda Knell

---

## Coffee Shop

Managers: Marina Joyce & Liz Coates

Venue: CARESCO Centre

When: Friday 9 — 11.30am (9.45 — 11.30am outside term time)

Volunteers: Liz Chattell, Debbie Coates, Sarah Coates, Tina Drage, Gary Johnson, Diana Richardson, John & Lydia Shine, Lewis - Student from Huntingdon Regional College

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

The introduction during the year of monthly bacon butties quickly became fortnightly, then a weekly regular due to popular demand. The welcome smell of cooking bacon has now become the normal start to Fridays and is a very welcome addition for staff and customers alike.

The Coffee Shop has continued throughout the year, only closing for Good Friday and a couple of weeks at Christmas, providing a place to meet up with friends and to meet new ones. We have regulars who come in from the playgrounds across the road, customers fresh from the neighbouring district council leisure centre and a large and enthusiastic group of retired friends who gather together weekly for laughter, fun and a good session of putting the world to rights while enjoying a cuppa and home-made cake or an aforementioned butty.

For a few weeks in the Spring, we were delighted to welcome Lewis to our team a student from Huntingdon Regional College looking for some work experience. Lewis enjoyed his time with us and learnt valuable skills working with customers and waiting on tables, not to mention the inevitable washing up. Customers made welcome a new, younger face and his accompanying tutor and new friendships formed.

Our thanks as always to our team of helpers, listed above, as well as our regular cake makers: Chris Adams, Liz Chattell, Debbie Coates, Marina Joyce and Maggi Stewart.

Liz Coates

# Sawtry Car Scheme

Co-ordinator: Tony Black (until 31 January 2018)  
Peter Fox (from 1 February 2018)

When: Daytime weekdays, depending on availability

Drivers: Tony Black, Pauline Fox, Peter Fox, Tony Goold, Hilary Kemp, Liza Nicholson,  
Harry Poole, Alan Reader, Richard Spencer

Contact: T - 07810 476979

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

This year once again has been busy and (we'd like to think) successful. The number and frequency of trips has remained fairly static, so it would seem that we are still providing a valued service to residents of the surrounding villages and Sawtry itself.

There have, however, been a few changes. We have acquired some new drivers, and the big advantage from users' point of view is that it is increasingly unlikely we would not be able to fulfil travel requests. In addition, Tony Black, who had been the Co-ordinator for around 4/5 years, has stepped down – although he continues as a driver for the Scheme. Peter Fox bravely stepped up to take the reins, and is now fully in control – even managing to wrangle a new mobile phone from “The System”!

We would like to thank all our users, and we would also like to assure them of continued service and a desire to help. The Car Scheme number is readily available in the Sawtry Eye – call us, we're quite friendly!

Tony Black

*If you would like to know more about the car scheme, want to become a passenger, or join us as a volunteer driver, please contact the co-ordinator direct on 07810 476979.*

Sawtry Car Scheme Journeys Made	April 2016 - March 2017	April 2017 - March 2018	Difference	Increase (%)	Decrease (%)
Total Mileage covered	12,456	14,201	1,745	14%	--
Total No of Journeys	667	744	77	16%	--
Medical Journeys	200	287	87	43%	--
Social Journeys	183	443	260	142%	--
Shopping Journeys	283	180	83	--	36%
Total number of drivers: 9					

**On our homepage at [www.caresco.org.uk](http://www.caresco.org.uk)  
we have a link to our account with MyDonate**

**By visiting [mydonate.bt.com/  
charities/caresco](http://mydonate.bt.com/charities/caresco)**



**You can make a donation  
or link to your own fundraising event or sponsorship**

**All funds come to CARESCO  
and there's also an option to Gift Aid**

# Sounds Good

Co-ordinator: Linda Dupée

Venue: CARESCO Centre

When: Second & Fourth Fridays 1.30 - 3pm

Aims: *To provide a friendship group for those who enjoy all things musical & the spoken word*

The group is run as a drop in session, run by volunteer activity on a format of an hours' interactive entertainment followed by half an hour of tea and chat (and yes, we always overrun). All for the cost of £2.

I can't believe that we are now into our fourth year. Time flies when you're enjoying yourself! It has been a fun year and one in which we have seen the group grow in both number and ambition.

We now have 25 active members with session attendance at a steady 22. Such is the commitment of members that, despite being a 'drop in' format, I regularly receive apologies in advance for non-attendance.

The group actively enjoy each other's company and as a result confidence has grown so that the more reticent amongst us are now happy to lead sessions. There are always lots of willing hands to clear up as they chat in the kitchen afterwards. Sessions are planned in advance and programmes produced for distribution throughout the year. However we would appreciate regular session reminders managed on social media. Any volunteers?

Subjects explored throughout the year have included Gilbert and Sullivan, an introduction to playing the ukulele, **old time music hall, poetry, show tunes, quizzes, members' on choice of Desert Island Discs, and the songs of Abba.** We've also enjoyed preparing content for both a winter and summer concert programme and this year have performed for three other CARESCO projects as well as a church group (WITH requests for return visits I'll have you know).

There has been cross over with other CARESCO projects in that three of our members have volunteered to provide entertainment sessions for both the Friendship and Vintage Clubs. We have also planned our first Sounds Good trip with an evening visit to Peterborough's Key Theatre to enjoy the songs and music of Rogers and Hammerstein's musicals.

I think that the success of this project lies within its aims. This is not a care project, but rather one in which those seeking company enjoy shared interests. I think that there is room within our community for more such groups.

Here's to the next year!

Linda Dupée

---

## Thank You to our Wonderful Volunteers!

CARESCO takes this opportunity annually to thank each and every one of our volunteers, however there is always room for more to join us. Here are just some of the roles you could also be involved with:

- ⇒ Improving the lives of local people by spending time at the Vintage Club or Thursday Club
- ⇒ Helping to collate or staple together the Sawtry Eye, which serves around 3000 homes
- ⇒ Sort through pre-loved donations or serving customers at CARESCO Charity Shop
- ⇒ Make cakes or serve refreshments at the weekly community Coffee Shop
- ⇒ Help to run a foodbank session and support people in a time of crisis
- ⇒ Join our fundraising team and get involved in raising much needed financial support to enable us to fund our various services
- ⇒ Become a volunteer car driver for those less able
- ⇒ Steer CARESCO on its journey by being a trustee

# Sawtry Foodbank

Steering Group: Val Abram, Andre Bradley, Chrissy **Coates**, **Sheila Lloyd**, **Tony** Stefanelli,  
Heather Thompson

Venue: CARESCO Centre

When: Tuesdays & Fridays, 3.30 - 5.30pm

Contact: E - [foodbank@caresco.org.uk](mailto:foodbank@caresco.org.uk);  
T - 07743 593863 (During session times only, otherwise via the CARESCO office)

Aims: *To provide emergency food for local people in crisis by working in partnership with the congregations of the Sawtry & Glatton Churches*

During the past year Sawtry Foodbank has continued to provide food to people in need, and signposting them to other supportive organisations, an example would be with agencies that assist with debt issues. Between April 2017 and March 2018 we have issued 101 food parcels, either for single people or families.

The general public has again been very generous throughout the year with food donations at the CARESCO collection points, and the Churches, and not only with food but money also for which we are very grateful.

There have been some significant structural changes that have been forced upon us because of Trussell Trust, who could not agree to a proposed Framework Agreement presented to them by Godmanchester, Sawtry, and Yaxley Food Banks. The intension had been to work together as a three-way partnership. Therefore, alternative suggestions had to be found and finally it was agreed unanimously to move from being Sawtry Food Bank Centre under Godmanchester Foodbank, to become independent as Sawtry Foodbank from 12<sup>th</sup> September 2017.

Within the new Foodbank structure, the partnership between CARESCO and the Sawtry Churches continues, with CARESCO being responsible for the governance of the partnership. We also have an informal agreement with Yaxley and Godmanchester Food Banks where we would assist one another should the occasion arise.

Chrissy returned as Project Manager for a short term because with her experience she could help us set up as an independent food bank, and she did a marvellous job, because there was a lot of paperwork and procedures to put in place.

We held one promotion event at Sawtry Co-op Food store and collected 349 kg of food along with £80.00 in cash donations, and we also had a stall at the Sawtry Carnival in June.

A lot of food was donated to the Foodbank after Harvest Festival celebrations held by various churches and a number of local schools both in Sawtry and outside. This was very welcome and much needed to replace the extra food that we had to find during the Summer Holiday scheme where we were giving parcels for children who in term time receive free school meals.

During the Christmas period we made up our own Christmas Hampers which, along with the normal food, included Christmas goodies such as mince pies, Christmas puddings, chocolate, fresh vegetables. Our local convenience store, Best One kindly donated three sacks of potatoes, carrots and Brussel sprouts, and in addition various, schools and organisations made up 40 hampers through the Reverse Calendar scheme that equated to 360 kilos of food.

A big thanks to Heather who put in a lot of hours and her group of volunteers for preparing the 19 hampers, and distributing them to selected families who had used the Foodbank during the year.

We received an amazing donation of £580 from Sawtry Academy, which they had collected on their Christmas Jumper day, and Sawtry Parish Council kindly donated the balance of £72 from the Firework display and £30 from their Christmas Carols evening.

Even though some volunteers have had to leave us, we have thankfully also had new volunteers joining us, but we are always looking for more. In addition, both Val and Heather stepped down from the Steering Group, however Sheila Lloyd joined us.

We are here to help those in need and without our dedicated team of volunteers and generous donors, Sawtry would not have a food bank. Our thanks to you all.

Tony Stefanelli

# Christmas Day Party

Co-ordinators: Isabelle Brown, Tina Campbell, Mark Campbell, Liz Coates

Venue: CARESCO Centre

When: Annually on 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.*

Unbelievably, this was our sixth Christmas Day Party and more notably the first without Linda and Barry whose initiative it all was in the first place. Fortunately they have left behind them a strong team and a well-tested template enabling those still involved to carry on without them.

During the initial planning meeting with the catering team back in the Autumn, it was agreed to increase the maximum number of people to 48, up from 40. In the end we had 51 bookings for the day. This included 13 attending for the first time. One lady was unable to join us on the day, making 50 in total and space was found for everyone by setting up a small side table for a couple of the team.

We have always tried to minimise the distinction between those who help to make the day work practically and those who just attend, aiming for a family party atmosphere. The underlying ethos behind the day since the beginning has been that everyone who attends would otherwise be on their own on Christmas Day (allowing for couples) and this has applied to the helpers as much as the guests. We also ask that everyone sits down and eats together; no one is just there to work, so that it is a shared experience for all involved.

The wider team met in November for a briefing, to agree roles, the running order and to review feedback from previous years. The team then gathered on Christmas Eve to prepare the venue and as much of the menu as possible in advance. Presents were wrapped, furniture rearranged, tables laid and food chopped. There was also a second team briefing to ensure everyone was up to speed.

On the big day, the established catering team of Mark, Tina and Isabelle worked hard in the kitchen overseeing the preparations and Mark doing the honours of arriving early enough on Christmas Day to put the ovens on. With Wendy, long time Vintage Club volunteer also on board, the meal came together with the usual efficiency.

Guests began to arrive from midday, those who needed transport being brought in by volunteer drivers and we all sat down to eat at 1pm. It was a tight squeeze, but we all fitted and everyone enjoyed the results of all the hard work. **The day also included the Queen's Speech, a Loyal Toast, community singing and the inevitable visit from our lovely Scottish Santa** before guests headed home and the big clean up began.

One team member commented:

*"I honestly enjoyed taking part in the Christmas meal etc. and felt so welcome. God bless everyone at CARESCO for making such a difference to so many people's lives together with mine."*

While a guest wrote afterwards:

*"A big thank you for the brilliant day you gave us on Christmas Day. The friendly party atmosphere, the lovely food and wonderful company. This made our Christmas."*

We were fortunate and grateful to receive a generous anonymous donation of £500 which covered the majority of the costs of the day. In addition personal donations from grateful attendees and other monies meant that not only was the full cost covered, but some funds can be carried over to the 2018 event.

Sadly Isabelle and Eric, have decided it is time for them to hang up their aprons, bottle openers and boots. Isabelle has been a significant part of the catering team since the beginning, especially with her meticulous records of quantities bought and eaten, equipment needed and tasks to be done which have guided us through each year to date. Eric has been our peeler of sprouts on Christmas Eve and chief bottle opener on Christmas Day, also leading our Loyal Toast and then sneaking out to dress in red only to reappear and distribute gifts to everyone in his own unique way. We are grateful for all they have contributed over the years.

In addition, my family have also stepped down having volunteered from the beginning. With the well-established team and programme we already have in place, I wish everyone every success for 2018, thank you for letting my family and I be a part.

Liz Coates

# The CARESCO Centre

As our range and number of services has increased over the years, so has the use of the building resulting in almost constant occupation during the week and frequent activities at weekends too which is lovely to see. The downside is of course, more wear and tear on the building, its fixtures and fittings. Our thanks to our wonderful cleaners, Julie who left us in August and Lynn who stepped into her shoes. They have both worked hard to maintain the building in a clean state for our users.

With the increasing age and use of the Centre, maintenance jobs are becoming more time consuming and require additional funds to carry out the work. During the year a significant proportion of the building has undergone a refurbishment and consequently is now looking much brighter and more attractive.

In April the office and Print Room had new electrical work to position sockets in more convenient places, new carpet laid and the first new coat of paint since the building was constructed in 2001. Huge thanks to our team of volunteer decorators, Keith, Alan and James for providing the labour to get the rooms painted to a tight timescale and to our Administrator, Susie Rodger for overseeing and enduring that all was done on schedule. Phase two of the work was completed in June, when our Collating & Meeting Rooms also received the same treatment with extra sockets, a fresh coat of paint and new carpets.

Finally, over Easter 2018 the Club Room received a make-over with a good clear out of accumulated junk, reorganisation and new paint including a bit of colour on a feature wall. Our thanks again to Keith & Alan plus new painting recruit Val for giving up their weekend to get the room painted while everyone else enjoyed the extended break. The results have proved very popular and make our main room that much more inviting for visitors and regulars alike.

We are conscious that the air conditioning/heating units are well used and have already replaced some of them, but still have four of the original one which were installed when the building was new back in 2001. These will need more care in the future and eventually replacing when the time comes.

Our garden has been well tended by Keith and Alan as they have both kept the original planting under control and also added their own touches with extra bulbs and lavender bushes to the side of the building. Their weekly visits have ensured that paths have been swept clear, the garden furniture re-stained and a new compost bin installed. They have also ensured that our local wild bird population have been well-fed during the Winter, encouraging regular feathered visitors and giving our Centre users plenty to watch out of the windows. Our thanks to the both.

Our volunteer Brian has been a regular visitor throughout the year, dropping in to fix broken items and to help with the rearrangement of new furniture as Susie has brought in her new filing and storage systems with the general refurbishment. Brian has provided much useful advice and guidance including reviewing and rewriting our risk assessments and we are grateful for his knowledgeable and wide-ranging expertise.

Matt has provided our IT advice and guidance, helping to improve the Wi-Fi in the building and to sort out un-co-operative technology when it refuses to work. Our thanks also for all his help in setting up new laptops and for overseeing the website as needed.

Without these wonderful and willing expert volunteers, our maintenance bills would be much higher than they are and we are grateful for their personal and ongoing support. My thanks to Susie who liaises with the maintenance team and oversees most of the work done to the building during the year.

As always, while grateful for the provision, we continue to be conscious that our Centre is only a temporary building, erected in 2001 with an expected 25 year lifespan. However well we look after it, there will come a time in the not too distant future when we will need to find an alternative, bigger and more permanent home for all our activities. This of itself will require considerable work and additional fundraising as well as a suitable location.

The trustees continue to bear this need for new accommodation in mind and are looking towards any opportunities that arise within the Sawtry boundary.

Liz Coates

# Fundraising

There are far too many to be all mentioned here, but the following are among the highlights from our fundraising year, our thanks to all involved (amounts rounded) and apologies to anyone we have not had room to mention:

April 17	£24,808	Cambs County Council made a grant towards the running costs of our day care clubs. This contribution is agreed on an annual basis and makes a significant contribution to help towards covering our running costs of providing the service.
April 17	£300	Sawtry Carnival community grant to Vintage Club social fund
April 17	£450	Quiz Supper run by Friendship & Vintage Clubs for social funds
April 17	£1000	Tea Dance St Ives, organised by Maggi Stewart and Miranda Knell
May 17	£250	Party on the Pitch refreshments
May 17	£350	Donations to Vintage Club social fund in memory of Ann Youd
June 17	£350	Sawtry Carnival activities including Foodbank, Crockery Smash, CARESCO stall and refreshments in partnership with Sawtry WI
August 17	£290	Donations in memory of Jim Wright
October 17	£450	Quiz Supper run by Friendship & Vintage Clubs for social funds
November 17	£170	Sawtry Small Business Partnership donation from Magic Night
November 17	£240	Body Shop Evening with Emma Green
November 17	£500	Personal anonymous donation towards the Christmas Day Party
December 17	£270	Donations from staff at NGA Human Resources
December 17	£120	Sweetie Quiz Sheet organised by Elizabeth Coates
December 17	£770	Frost Fayre including Hamper sales, refreshments, share of raffle proceeds and donations
December 17	£1380	RAF Wyton Voluntary Band concert organised by Maggi Stewart
December 17	£210	Donation from customers and staff at Salon 42
February 18	£250	Donations in memory of John Kendall
March 18	£610	Vintage Tea at Old School Hall organised by Emma Flanz and Miranda Knell
March 18	ongoing	Mellors Court Games Afternoon have chosen us as their charity for the year 2018

Our particular thanks to Maggi Stewart for heading up two of our biggest events of the year, her enthusiasm and energy never fail. We have an amazing team of people who are willing to turn out to make cakes, sandwiches and gallons of tea for our various events. Our thanks to them all and to Miranda and Emma who have co-ordinated the volunteers on a regular basis throughout the year.

We are grateful to everyone who made donations to us, be they trusts, businesses, individuals or other community organisations. Also to all who make the events be so successful through their hard work or attendance. As a charity we are heavily dependent on these additional funds and without them CARESCO could not continue. Thank you to all.

Liz Coates

# The Beginning

Our Sawtry-based charity was set up in 1982 (registered number 288202) with the full title of Sawtry & District Care and Resource Organisation, but colloquially known as CARESCO. The initial aim of the founders was to rescue two pre-existing activities, a lunch club and a day centre, both threatened with closure.

Based in the ancient modular building known as the Homecraft Centre behind the Old School Hall, CARESCO continued to grow in size and strength through the enthusiasm and hard work of all involved and soon took over the Manpower Services Printshop which shared the building.

Over the years a variety of additional activities have joined the originals under the CARESCO umbrella, most 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. Always with the aim of meeting identified needs within the local community. Funding has come through grants from local councils, attendance fees, and personal and organisational donations and fundraising.

In 2001 CARESCO moved into a 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).

In response to the need to secure a reliable income, CARESCO opened a charity shop in Sawtry in April 2013. This initiative proved very worthwhile, not just for the additional income it has introduced into the organisation. The shop has become a popular community hub, provides a very welcome recycling service, a source of cheap items and has brought a large team of new volunteers into CARESCO. The extra income has helped to not only to underpin the existing activities, but to also fund the ongoing development of new services to further meet needs within the local community.

For more information, please visit [www.caresco.org.uk](http://www.caresco.org.uk)

---

## Management Board

### 2017 – 2018

President: John Garner

Officers: Chairman Tina Campbell  
Vice-Chairman Heather Thompson  
Treasurer Emma Queen (*Resigned 02/01/18*)  
Bob Seeds (*Appointed 08/02/18*)

Board Members: Val Abram (*Co-opted 06/04/17*); Tina Campbell; Carol Black; Elizabeth Coates;  
Barry Dupée (*Resigned 05/10/17*), Linda Dupée (*Resigned 05/10/17*);  
Chris Lloyd (*Co-opted 22/06/17 - Resigned 23/10/17*);  
Sheila Lloyd (*Co-opted 06/04/17 - Resigned 10/11/17*);  
Louise Moore (*Co-opted 07/12/17 - Resigned 29/03/18*);  
Emma Queen (*Resigned 02/01/18*); Bob Seeds (*Appointed 08/02/18*);  
Tony Stefanelli; Heather Thompson; David Whitney; Jacqui Whitney (*Resigned 05/10/17*)

*Note: All trustees give their time voluntarily and receive no remuneration or other benefits. Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing aims and objectives and in planning future activities.*

Non-voting CARESCO Project Managers are welcome to attend board meetings and contribute to the discussion, however Staff are asked to leave during sensitive agenda items.