



CELEBRATING VOLUNTEERING

www.caresco.org.uk

June 21

CARESCO

meeting needs in our local community



"It's fun! I've met so many lovely people. We're like one big happy family!"



"I believe CARESCO is a vital service to the village, especially in these 'Covid' times. I love the interaction with fellow workers and I feel I am doing 'my bit' for Sawtry"



"I like to help people and we live in a great village."



"I enjoy it, I like helping, it's nice to be part of a useful community and I can give something back."



"I enjoy talking to people and helping them."



"I like to bring a smile to people's faces and like to feel like I am giving back my time to help a good cause."



"During this pandemic there are residents who need help with routine tasks like shopping, prescription deliveries, etc, because they need to stay safe and be at home."

I VOLUNTEER WITH CARESCO BECAUSE...

"I am fit and able to at the moment. It is comforting to know I live in a village where plenty of other people feel the same way and may be able to offer similar"



"In all honesty, because the Christmas Party is such a magnificent thing to do for the vulnerable in the community. It's a pleasure to be involved."



"It gives me a feeling of well being and satisfaction to know that I have made a difference to someone else, even if only in a small way."



"It represents the kindness of our community. It's a privilege to be able to give a helping hand and an ear to those that need it, especially in recent times."



"It's good to feel useful after a busy working life. The people who receive our services seem to really appreciate the help which is a nice reward."



"I have been volunteering with CARESCO for 20 years and enjoy every minute. I have seen the changes that CARESCO has gone through and it gets better every year."



From the Chairman

It's a good feeling when you help others. When you know you've made a difference, no matter how big or small.

And when our volunteers get together, the Earth can be moved!

Each of you, in your own way, make a positive difference to the community.

Often we are supported within our own 'Volunteer family'. A friendly chat, smile and shoulder to lean on.

Please keep doing what you do best and get others to join us too.

Together we make a difference. Together, we are CARESCO.

My heartfelt thanks go out to you all. You are one special group of people and it has to be said, I am proud to be part of that group.

Tina Campbell



VOLUNTEERS' WEEK
A time to say thanks

VOLUNTEERS' WEEK 1 - 7 JUNE

Caring
Able
Reliable
Effective
Superb
Capable
Outstanding
Valuable
Optimistic
Loving
Understanding
Nurturing
Tremendous
Encouraging
Exceptional
Reassuring
Sensational

From the CARESCO Manager

Our volunteers are the cogs that keep CARESCO turning. Each one providing a special role that allows us to develop and grow. Without their support, advice and commitment we simply couldn't achieve all that we do.

The last 12 months have been challenging for everyone, and yet like many in our community our volunteers offered their help, rolled up their sleeves and allowed us to support the local residents when we needed too.

They continue to provide a reliable, professional service and are advocates for our charity and the work that we do. It's often difficult to explain how much we rely and appreciate the work that our volunteers do, but we are proud and honoured to have each one as part of our team and we are extremely lucky to have their support.

Interested in getting involved? Contact me by emailing emma.flanz@caresco.org.uk, visit our website www.caresco.org.uk or call our office on 01487 832105.

Emma Flanz



From the GEDC Team

Our volunteers are devoted, no matter what the weather
 Without a doubt they are the glue
 that holds our club together

From making tea and coffee to chatting for a while
 You'll never see them in a grump, they always have a smile

To us they are invaluable, deserving of great praise
 They lend a hand and help us out in many different ways

We couldn't be more grateful
 for their help throughout the years
 So we thank you all, you are the best,
 our wonderful volunteers

Vicki Currington and Suzanne Millman

From the Charity Shop Manager

The CARESCO Charity Shop opened its doors for the first time 8 years ago, in that time it has seen many changes. The one thing that hasn't changed is the never ending support from the volunteers that help to make it the success it continues to be.

The last year has, possibly, seen the shop's biggest challenge, but our volunteers are still here ensuring we continue to be a big part of the community whether they are at the shop or supporting us behind the scenes.

Every day is different and with it brings the many stories and experiences our volunteers are keen to share. Quite simply, we would not be here without them. The generosity of their time is overwhelming and for that I am so very grateful. Thank you all for making my job, possibly, the best there is.

Sharon Dougherty





CARESCO HAS A TOTAL OF 142 VOLUNTEERS SIGNED UP TO ITS 12 SERVICES

88 of these volunteers support 1 of our projects. We have 33 volunteers that work across 2 of our services or activities. 18 of our volunteers work across 3 or more of our services or activities.

**BETWEEN MARCH 2020 AND MARCH 2021 THE SAWTRY FOODBANK VOLUNTEERS
HAVE MADE UP AND DISTRIBUTED 1087 FOOD PARCELS
AND THEY COLLECTIVELY DONATE 34 HOURS OF VOLUNTEERING EACH WEEK.**



**WE HAVE 1 VOLUNTEER WHO HELPS DESIGN THE LAYOUT FOR EACH SAWTRY EYE.
THIS VOLUNTEER HAS BEEN DOING THIS ROLE FOR 20 YEARS.**



From the Office Team



Having worked within other voluntary organisations I can honestly say that CARESCO volunteers are a wonderful example of volunteering at its best. Cheerful, hardworking, willing to give of their time and their many talents to help us serve our local community. During my working day it is a pleasure to interact with them, and I deeply appreciate them as individuals and as volunteers. Thank you for making CARESCO such a special organisation.

Susie Rodger

The people who volunteer with CARESCO are such a willing and cheerful group of people. They turn their hand to anything and often go the extra mile beyond that which has been asked of them. The generosity of so many with their time, energy and skills never fails to amaze me!

Liz Coates

From the Foodbank Supervisor

We have undergone a huge change in the way we work at Foodbank since March 2020. Did this faze our volunteers? Of course not!

We have an amazing team of friendly volunteers who have adapted to the ever-changing restrictions and have pulled together during busy times. I am proud to say that every volunteer has helped to keep the Foodbank open every week for the past year, providing emergency food to local people.

They show commitment and care for their local community every week, consistently working hard to improve the lives of local people.

The whole CARESCO team have risen to the challenge of last year in ways we couldn't have thought possible, overcoming logistical nightmares to help support our local community in so many ways throughout the pandemic. We want to say a huge thank you to every volunteer for your fantastic team spirit.

Pat Fuzeland



From the Green End Day Club Team

What a great opportunity to publicly thank our wonderful, kind and committed group of volunteers. We currently have 10 regular volunteers, some of whom have been with us for years, others have joined us more recently. We have our regular CARESCO bus drivers who transport club members from their homes to the club and back, 4 days a week, while other volunteers are busy in the kitchen, assisting the staff in preparing and serving lunches and then clearing and washing up afterwards.

Latterly, during all the changing requirements encountered by GEDC to continue supporting its members during lockdown, our volunteers have certainly risen to the challenge, remaining cheerful and adaptable throughout.

Our very grateful thanks to you all.

Vicki, Pat, Suzanne & Helen



**WE HAVE 30 VOLUNTEERS WHO WORK IN THE CHARITY SHOP EACH WEEK.
COLLECTIVELY THEY COMMIT 318 HOURS A WEEK TO WORK IN THE SHOP.
HOWEVER, 3 OF THESE VOLUNTEERS WORK 3 SHIFTS EACH,
THAT'S A WHOPPING 10 HOURS EACH WEEK.**

WE HAVE 6 VOLUNTEERS THAT ARE DRIVERS FOR SAWTRY CAR SCHEME.

IN JANUARY THESE DRIVERS COLLECTIVELY TRAVELLED 298 MILES.



Wendy has been volunteering with CARESCO for 17 years. One of our longest serving helpers and a vital and a valuable part of our team for almost two decades. She initially linked into CARESCO when her late husband John started attending our Day Club service once a week.

Coinciding with the beginning of her retirement, and continuing to be John's full-time carer, Wendy's initial attraction to volunteering was the idea of filling up her extra time. Being an active and sociable person, the idea of getting out of the house and meeting other people was a key factor in her decision. It was from there Wendy decided to get involved with CARESCO in her first volunteering role, which was with the Sawtry Eye and the rest of our Printshop team.

Two months into her collating role she added volunteering at our weekly Coffee Shop to her diary too. Little did she realise that serving teas and coffee and baking cakes would become a permanent fixture in her life for the next decade. As well as taking time to volunteer in our Charity Shop too.

Sadly, her beloved husband John passed away in 2014 and it was Gill, who was the Deputy of our day centre (known as the Vintage Club) at the time, that encouraged Wendy to come in and cover twice a week in the club room at the CARESCO Centre. Who could tell that this role would be so impactful in Wendy's life?

Fast forward 7 years and Wendy is still volunteering every week for what's now known as the Green End Day Club. Her quick wit, friendly smile and kind heart is what makes Wendy so special. She is extremely popular amongst our members and other volunteers and our staff have learnt to rely heavily on her. In return she has gained companionship, lifelong friendships and has admitted that volunteering with CARESCO has given her a purpose.

Wendy's greatest memory with CARESCO so far, was when she was nominated for Carer of the Year in 2012, an award that she was extremely humbled to receive and is a great achievement and testament to her caring nature.



Like many, the pandemic has provided many obstacles for Wendy, suffering disappointment when we had to pause the Green End Day Club service, meaning her volunteering role was on hold. However like many of our volunteers, she was the first in line whenever there was an opportunity to help.

Wendy continues volunteering in other areas of CARESCO too, she loves to help out at fundraisers and is fantastic help at our Quiz Suppers, often offering to make the desert or offering to bake a cake for one of our cake stalls. For several years Wendy has spent Christmas Day with us, volunteering at our Christmas Day Party and choosing to celebrate the day with CARESCO.

It's volunteers like Wendy who help keep CARESCO moving forward. We are so very grateful she took the time to reach out 17 years ago, to lend a hand, and are thankful for each and every role she has taken on over the years. Wendy is just one of many volunteers who collectively do so much and dedicate their time and skills to helping us support our services.

Thank you Wendy!

Emma Flanz



GEDC CURRENTLY HAS 10 VOLUNTEERS. THEIR WEEKLY TASKS VARY FROM CALLING OUT THE NUMBERS AT BINGO, TO BEING QUIZ MASTERS, CHOPPING THE VEGETABLES FOR DINNER AND DRIVING OUR MINIBUS. BEING GOOD AT MAKING A GOOD CUPPA IS ALSO HIGH ON THE PRIORITY LIST.

THE CARESCO COVID RESPONSE TEAM ARE MADE UP OF 28 VOLUNTEERS. 16 OF WHICH WERE NEW VOLUNTEERS TO CARESCO SINCE APRIL 2020. THIS TEAM HAVE DELIVERED 1036 PRESCRIPTIONS AND HAVE COMPLETED 347 SHOPPING TRIPS.

