

## ***Do you have problems with transport?***

### ***Could the Sawtry Car Scheme help?***

Sawtry Car Scheme provides door-to-door transport for people who do not have the use of a car and are unable to use conventional public transport.

Journeys are arranged through the co-ordinator and are provided by volunteers using their own cars. As the scheme relies on a team of volunteers, there cannot be a guarantee that every request for a lift can be fulfilled.

The service is available to people living in Sawtry and the immediate surrounding area who are unable to make vital journeys by any other means.

Passengers pay a contribution of 45p per mile (minimum charge of £2.00) each time they use the service which goes towards the cost of their journey. This must be paid in cash on the day. In addition any necessary car parking fees must also be paid by the passenger.

To contact the Car Scheme Co-ordinator for more information, please call

**07810 476979**

LC March16



*For all things musical and the spoken word*

**01487 832105**

***Based at The CARESCO Centre,  
Off Green End Road,  
Sawtry Cambs PE28 5UX***

***office@caresco.org.uk***

***www.caresco.org.uk***

## What is Sounds Good?

Our Sounds Good social group meets twice a month to enjoy music and the spoken word related activities. The group is open to anyone with relevant interests who would like to explore with others fun and easy activities.

## How does it work?

Sounds Good meet on the 2nd and 4th Fridays of each month (apart from Good Friday and Christmas) at 1.30pm in the CARESCO Centre. We enjoy an hour of activity which could be a themed sing-a-long, trying out a musical instrument, sharing a favourite poem, a visiting guest or even a quiz. Once the activity has finished, we share refreshments together and finish at 3pm.

Past sessions have included singing songs from well-known musicals or bands, playing hand bells or home-made instruments, and accompanying guest performers.

There are no auditions, all levels of ability are welcome. The only requirement is a willingness to join in and have fun.

## About CARESCO

CARESCO is a Sawtry based charity, here to serve the local community. There are a range of activities which currently come under the CARESCO umbrella including our Alconbury Thursday Club, the Vintage Club, the Friendship Club and the Sawtry Car Scheme. For more details and to learn about our other activities, please ask or visit our website.

Our purpose built Centre was opened in 2001, it is fully accessible, including specialised toilets with alarm pulls. The Centre is sited off road with plenty of parking available.

## How much does it cost?

The first session is free, thereafter we ask for a contribution of £2.00 to help towards the costs. Transport may be available through our car scheme at additional cost – for more details please see the back page of this leaflet.

## How can I find out more?

Call the CARESCO office on:

# 01487 832105

to:

- Learn more about Sounds Good and how you can get involved
- Ask for details of future planned sessions
- Offer your musical skills to lead a session

*If possible, please telephone during office hours weekdays between 9.00am and 12 noon and ask to speak to a member of staff, or leave a message along with your contact details so that we can get back to you.*

Alternatively you can email:

**office@caresco.org.uk**

Or visit:

**www.caresco.org.uk**