

## MEET THE REST OF THE FAMILY .....



**CHARITY SHOP**  
Fundraising by recycling

**THE CAVE**  
All about social connections, sharing skills & building friendships

**CHATTERBOX**  
Support, a listening ear & advise for carers

**CAR SCHEME**  
Volunteer drivers providing transport for local people

**GREEN END DAY CLUB**  
Providing fun, friendship & good food to it's members

**COFFEE SHOP**  
Share a cuppa & cake with friends

**COMMUNITY SUPPORT**  
Co-ordinating everyday errands for local people

**CARESCO**  
meeting needs in our local community

**VOLUNTEERING**  
Helping CARESCO to support our local community

**CHRISTMAS DAY PARTY**  
Food, fun & festive celebrations

**FUNDRAISING**  
Help us help others

**SOUNDS GOOD**  
A social group who enjoy music & the spoken word

**SAWTRY FOODBANK**  
Providing emergency food for local people in crisis

**SAWTRY EYE**  
Village magazine offering local news for local people



# SAWTRY FOODBANK

*Providing emergency food to local people in crisis*

**07743 593863**

**Open Fridays 3.00 – 4.00pm**  
**(Delivery session from 3pm - 5pm)**

**C/o the CARESCO Centre,**  
**Off Green End Road,**  
**Sawtry Cambs PE28 5UX**

## **ABOUT CARESCO**

CARESCO is here to serve the community in and around the village of Sawtry in Cambridgeshire. We run a range of services for the benefit of local people thanks to our wonderful team of volunteers from the surrounding area.

Most of our activities run from our purpose-built Centre in the middle of the village, unless otherwise specified.

As a charity, CARESCO is managed by a team of trustees who have oversight of the organisation, which they delegate on a day-to-day basis to the team of paid staff members.

Funding comes from a range of sources including our own fundraising, grants, donations and fees.

## **CONTACT**

### ***Find out more about CARESCO by***

Visiting our website at:

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

Emailing us at:

***[office@caresco.org.uk](mailto:office@caresco.org.uk)***

Or calling the CARESCO office on:

***01487 832105***

***Charity No. 1140728***

***Company No. 7513432***

## **WHAT IS THE SAWTRY FOODBANK?**

The Foodbank is a partnership between the Sawtry Churches and CARESCO. Together we provide emergency food for local people going through financial crisis.

In addition to providing emergency food, our volunteers can also help with directing people towards other agencies who could assist in finding longer term solutions.

## **HOW DOES IT WORK?**

The weekly Foodbank session runs from 3.00pm to 4.00pm on Fridays, with deliveries between 3pm and 5pm.

The Foodbank will provide enough food 'basics' for around three days for those in time of crisis. Food parcels are designed for emergencies and contain a small range of 'must haves' for those who could not get by without it.

Community agencies, including schools and support organisations, are responsible for referring people they are working with for support from the Foodbank using a voucher system. The agencies send the vouchers direct to the Foodbank team to request a parcel for the Friday session.

## **HOW MUCH DOES IT COST?**

There is no charge to use the Foodbank.

## **HOW CAN I FIND OUT MORE?**

Call the Sawtry Foodbank Team to leave a message on:

***07743 593863***