

CARESCO



meeting needs in our local community



ANNUAL REPORT

2019 - 2020

Registered Company Number 7513432

Registered Charity Number 1140728

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

Welcome to our

ANNUAL REPORT

1st April 2019 to 31st March 2020

For information on anything in this Annual Report,
please contact:

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**Or visit our website at
*WWW.CARESCO.ORG.UK***

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INTRODUCTION

Objects: CARESCO's objects are: *"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 focusing on early intervention by providing a range of social activities and encouraging participation. CARESCO also aims to encourage social cohesion through supporting local people in a time of crisis and facilitating communication, while also offering others an opportunity to concentrate their energy and effort into the community in a positive manner by volunteering.

Activities: This year we have continued to provide services through our various clubs in Sawtry and Alconbury. We have also edited the Sawtry village magazine, overseen the local car scheme in partnership with the County Council, and run a weekly café. Our charity shop has successfully completed a seventh year of trading and the Christmas Day Party its eighth event. We have continued to work in partnership with the local churches to provide a food bank service. Our activity aimed at supporting men through practical activities has continued to grow and strengthen.

All our activities are co-ordinated by a small team of paid part-time staff, supported by a large number of volunteers. We aim to ensure that the sole qualification for volunteer recruitment shall be the suitability to perform the required task. During the year we were sorry to say farewell to our General Manager, Miranda Knell as she moved on to pastures new and welcomed her replacement, Emma Flanz who moved over from her previous role at the Charity Shop.

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 with 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 café, music group and charity shop are open to all who wish to access them. The food bank is there for anyone in receipt of a valid voucher.

Public Benefit: Throughout the year the CARESCO trustees have continued to have regard to the guidance issued by the Charity Commission on public benefit when reviewing aims and objectives and in planning future activities.

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. By being involved, many individuals will maintain their independence for longer than would otherwise be the case and thereby preventing or delaying a need for more intensive levels of care.

In addition, CARESCO also runs trading activities: a weekly café, a charity shop and the village magazine, which are social enterprises with any profit reinvested back into the organisation.

For more than thirty-five years, CARESCO has been a social focal point in Sawtry, pulling people together in a common cause from a wide range of backgrounds. For many who have become involved with CARESCO, the experience has had a significant positive impact on their lives, providing support for those who need it and a occupation for those willing to volunteer.

CHAIRMAN'S REPORT

I began my report last year by saying that there's 'never a dull moment at CARESCO'. Little did any of us expect that just as we were beginning to enjoy the start of springtime that we would suddenly find ourselves in lockdown due to the Coronavirus.

None of us are experts of course on this unprecedented situation, but I am confident that whatever challenges lie ahead, we will do our very best to find safe and practical ways to support those who rely on the many services we provide.

We benefit tremendously from the experience and knowledge that our staff and volunteers kindly bring, but it is also encouraging to see some new, younger faces joining us in the past 12 months, which is excellent news for the future wellbeing of our much-needed charity. Having no fewer than twelve ongoing projects shows just how much CARESCO continues to develop, with no shortage of good ideas on how we can make things better.

May I take this opportunity to say a huge thank you to all of our hard-working, conscientious and professional staff – as well as our excellent team of volunteers, who so generously make time to help others. We should all be proud to be part of CARESCO. We do make a very positive difference to Sawtry and the nearby villages. Let's keep working together as a team.

One way or another, it looks like being a memorable 2020. Please keep safe.

Tina Campbell



TREASURER'S REPORT



It has been a year of change within the world of CARESCO finances. Bob Seeds stepped down as Treasurer in April 2019, and I took over the role. Much appreciation goes to Bob for the work he put in during his time as Treasurer.

CARESCO's Accounts Team, Donna Green and Marina Joyce have worked hard getting to grips with a new accounting software and the many changes in procedures that have come with it. Many thanks to them both for their continuing efforts.

On behalf of the Finance Team and Trustees I would also like to give thanks to Joanna Williams, who has acted as Independent Examiner of our accounts for the past four years, and has now taken the decision to step down. Her assistance has been invaluable and is greatly appreciated. We have secured the services of a local accountant, Lisa Watson, to carry out the examination this year.

After many years of being an integral project of CARESCO, and following careful consideration, the decision was made to close the Printshop at the end of last financial year. The main purpose of the Printshop was the printing of the Sawtry Eye, and this is now being outsourced to a local printing company. A review of costs is ongoing, but the numbers so far are encouraging.

Nearly half of CARESCO's income has come in the form of sales from the Charity Shop, and figures have remained fairly stable. The Man Cave has also become a steady source of income, with donations being received for repairs and PAT testing of equipment, and the sales of donated furniture and other items increasing as the year has gone on. General donations have decreased slightly this past year, but the success of CARESCO's many fundraising events has helped to balance things out a bit. Despite this, overall income has reduced by approximately 12% from the previous year and going forward we will be looking at alternative sources of funding, particularly in the form

of grants to help cover core running costs.

Total expenses are up by nearly 15% from the previous year. This is in many ways due to general changes in the UK's economy. An increase in the national minimum wage has meant staff wage costs have risen by 6%. CARESCO have also seen an increase in overhead costs, such as electricity, water and rent, as well as the cost of food for the day care club lunches. There have also been additional capital expenses this year such as the replacement of some office furniture that had reached the end of its life, replacement of the heating and air conditioning units in the CARESCO Centre, and also the exciting purchase of a second hand minibus! Despite the initial outlay for this, we are hoping it will save on transport costs in the long run and will be monitoring things closely. The Finance Committee continues to meet on a monthly basis and carefully reviews all expenditure, in order to ensure that costs are kept under control.

A final thanks to all of our donors and supporters in the community, who help to keep CARESCO running throughout the year. Without your ongoing support we would not be able to provide such valuable services within our community.

Heather Bohonis



FINANCIAL STATEMENT

The examined financial statement for the year April 2019 to March 2020 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 MANAGER'S REPORT



Firstly, I would like to thank all our supporters over the past 12 months. That includes all our fantastic staff, the super team of trustees, volunteers, fundraisers and the local community who continue to stand by us with support, commitment and encouragement. Our achievements this year are a direct result of this and without such backing we would not be able to support Sawtry and its surrounding villages in the many ways we do.

The General Managers role has seen a lot of change this year, but with change comes growth and new opportunities which are all benefits that I was keen to adapt and utilise right from the start.

I took over the role of General Manager from Miranda Knell in September 2019. Miranda was a hugely influential and talented GM, someone who I was lucky enough to work closely with and learnt a lot from. She is greatly missed within the CARESCO community.

Although new to the General Manager role, I already had a great understanding of CARESCO and our goals for the future. Coming from the fundraising role and previously working in the Charity Shop made the transitioning period somewhat easier and so I spent the first few weeks and months learning the ropes, understanding all the individual components that keep the CARESCO wheels turning, getting stuck in with the activities and forming relationships with the existing teams and members.

Sadly, we have seen three members of staff move onto pastures new. Hannah Lea, who was the last of our original Charity Shop managers, followed by Mary Watkin and Ann Baker both from our Alconbury Thursday Club. We were lucky enough to welcome Sharon Dougherty to the team as shop manager then Jacqui Hedington joined CARESCO in January 2020 as Fundraising Manager along with Suzanne Millman and Margaret Oliver who joined the Thursday Club team over at Alconbury. The existing and new staff have provided unwavering commitment and hard work which has allowed us to continue to provide seamless services.

I want to thank the trustees who collectively supported the staff through this period of change, allowing us to settle into our new normal. The clubs and activities we provide have continued to run smoothly. We have been continuing with the reviews of the work we currently do and how we execute these, to ensure we are providing services that are needed, and that we have adequate resources and finances. The financial impact of increased running costs and time management complications has been challenging this year and we are continuing to make strides to achieve success in both areas long term, but this will take time to attain.

It has been an important challenge for me to extend our partnerships with local organisations and businesses this year. Working alongside other reputable community groups, Councils and charitable organisations regularly has seen benefits all round.

CARESCO was one of the lead organisers in July's Sport 4 All event working alongside Sawtry Walk to Run, Sawtry Youth Project and also Sawtry Village Academy. An extremely well attended community sports day which saw many of the local sports clubs come together to support our efforts. We estimate we had somewhere in the region of 1000 attendees. An event of this scale could not have been executed without the help of our marvellous volunteers who made the day run smoothly. The profile of CARESCO is high which demonstrates the importance of CARESCO 'giving back' to the community.

Last year we reported a review of our day care services in Sawtry and a decision to merge the Vintage Club and Friendship Club at the beginning of 2020 has seen growth for the clubs forming the new Green End Day Club. A positive move which has strengthened the service. We have also purchased a minibus, something that we have been looking into for a while. The minibus has allowed us greater flexibility and freedom for the day care clubs and will no doubt be utilised by all our services going forward over the coming months and years.

As stated in last year's report, the Autism project and the Good Neighbour befriending scheme have both been put aside for this year, but they are never far from my mind or conversation and I have every faith that by dedicating a bit of time and energy to both of these it will reignite the great work that Miranda started to set these up.

During this year at least 150 people volunteered with us. We were thrilled in February when some of our volunteers were recognised by Hunts Forum in their Volunteer Awards ceremony. A special mention must go to Peter Fox who was awarded the Silver Award for his work with CARESCO.

CARESCO relies on our volunteers to carry out all the work it does. In January we hosted a large Volunteer thank you event which saw over 80 of our volunteers from all 11 projects come together in one room so that we could celebrate their achievements, a great afternoon of food, fun and laughter which was a fitting way to highlight all the fantastic work they have done. My final word must go to thank them all once more for everything they do for others in the community.

As I finish this report, there is an atmosphere of uncertainty due to the COVID-19 crisis that is gaining momentum within the community. Although we can't predict its impact over the coming weeks and months, we can guarantee that CARESCO will continue to support Sawtry and its surrounding villages throughout.

Emma Flanz

ALCONBURY THURSDAY CLUB



Manager: Mary Watkin (until December 2019)
Suzanne Millman (from January 2020)

Deputy: Gaynor Foley (until June 2019)
Margaret Oliver (from July 2020)

Treasurer: Nicola Scully (until November 2019)

Cook: Ann Baker (until December 2019), Various ongoing

Venue: Alconbury Sports & Social Club

When: 9.30am - 2.30pm

Membership: 18

Aims: *To provide a day out for those who would like company, a hot meal and entertainment*



Alconbury Thursday Club continues to be a fun valued day out for all our members. Our team has changed slightly over the past few months, so I would firstly like to say thank you to Mary Watkin who decided to leave us at the end of last year after many years of fabulous service as the manager, we also lost Gaynor Foley as the deputy who equally has many years at Alconbury under her belt. We are pleased that Gaynor still attends in a voluntary role some weeks.

So we now welcome a few new volunteers who joined our already excellent team and without them we simply would not be able to provide the wonderful service that we do!

Each week we have drivers that bring in our members along with the CCC Community Transport minibus, from the local area.

As a group they all enjoy catching up with their friends each week and playing various games and bingo. We then open the bar for anyone who fancies a drink to go with the lunchtime meal. Sadly, our long serving cook, Ann Baker stepped down at the end of the year, but we are lucky to have three talented chefs that share the kitchen duties and their role includes choosing a different meal for each week and going to the shops to buy what is needed for that meal, they always make a lovely meal for the members to enjoy.

In the afternoon we like to offer a variety of entertainment. In 2020 alone for example, so far we have had Jacqui and John coming to sing with us, we have had Love to Move come in and put us through a chair workout and we have had a quiz to test our knowledge.

In March 2020 we had a trip planned for a meal out, but we had to postpone this to later in the year when the COVID-19 outbreak started and we went into lockdown. Our members were very much looking forward to the trip, so we will get it back on as soon as possible.

We encourage the members to voice their opinions and if they have ideas of things they would like us to do in terms of entertainment, then we will always endeavour to accommodate this where possible, as without the members we would not have a club!

I am pleased that we have welcomed a couple of new members who seems to be enjoying what we offer and are settling in well.

In what we know is going to be an extremely difficult few months during the lockdown, I wish all my members and volunteers all the best and stay safe so we can look forward to more fun days ahead at Alconbury Thursday Club.

Suzanne Millman

VINTAGE CLUB

Manager: Vicki Currington
Deputy: Gill Robinson
Cook: Helen Trebes
Venue: CARESCO Centre
When: Wednesday and Thursday, 9.30am – 2.30pm
Membership: Wednesday - 16 Thursday - 17



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

Over the past year, we at the Vintage Club have continued to grow. We have run with our programme of keeping our members entertained by using the skills of our volunteers and guests from our community. This has ranged from doing craft, puzzles, quizzes and games, to inviting the police to give a talk on safety in our homes, to a member of our community doing a talk on her experience of running the London Marathon.

We have taken our members out to lunch five times this year, partially funded by two quiz suppers we held in October and February along with a regular raffle held on the days we operate to strengthen our social fund.

Our membership goes up and down, with many new members saying they wished they had come years ago. It is inevitable that we lose members, through relocation, incapacity or sadly when they die and we have lost two this year. This always causes profound sadness and we miss their company.

We have had two new volunteers join our team, they have fitted in well with our current long-standing volunteers who always do an excellent job. They are all faithful, being very reliable and we could not operate without them.

We have this year accepted three students on work placement, two from Sawtry Village Academy and one student from Hunts Regional College. They each bring a different perspective to our task and we hope they go away having learned a little of what we do here.

After much planning and consultation, the trustees agreed to buy a second-hand minibus to transport our members to the Centre. This came into operation in November 2019 and replaced the CCC Community Transport which had been used previously since the 1980s. This investment is proving a godsend and is driven by a new team of volunteer drivers.

Throughout this year we have been in consultation with our trustees to join the Friendship and Vintage Clubs together to create a single four day a week group. After much planning, when we came back after Christmas we officially together became the *Green End Day Club*. This name was chosen by our members.



As we reached the end of the financial year, the COVID-19 pandemic arrived and consequently we had to suspend the Club for the duration. However, the team have continued to support our members in other ways by doing what we can to help them from a phone call once or twice a week to occasional food shopping.

Vicki Currington & Gill Robinson

FRIENDSHIP CLUB



Manager: Pat Ayres
Deputy: Helen Trebes (Tuesdays)
Vicki Currington (Monday/Tuesday - since August 2019)
Venue: CARESCO Centre
When: Monday and Tuesday 10.30am - 1.30pm
Membership: Monday - 12 Tuesday - 21
Aims: *To provide an opportunity to make new friends and share a meal together*



This last year the Friendship Club has seen an increase in members and 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 and enjoy a free tea, coffee and biscuits and enjoy some company for an hour or two. We can provide transport for certain areas.

We have enjoyed five trips out this last year, all of them shared with the Vintage Club: In April we visited The Farmers in Yaxley, in July - Johnsons, in October we had afternoon tea at Dobbies Garden Centre, December - we enjoyed a Christmas meal at Hartford Marina and in March we had lunch at Nene Valley Railway.

On Mondays we are trying new things to bring more people into CARESCO. We have started a Coffee and Cake morning and will be trying an occasional Bingo/Soup and Pudding lunch over the coming months; other ideas are in the pipeline. On Tuesdays on a fortnightly basis, we have Jane from "Love to Move". Jane does chair exercises with the members. On other Tuesdays we have a variety of activities - craft making, Scrabble, quizzes, Macmillan Coffee Morning, visits from Kimble's Nursery and entertainment from the musical club Sounds Good.

We have continued to hold our weekly raffle. Combining with the Vintage Club team, Helen, Vicki, Gill and myself organise and run two evening quizzes, which include a supper. Monies raised from these functions are split between the two Clubs' Social Funds and helps to subsidise our trips out.

On Mondays this last year we have had a student Sophie doing work experience with us. Also new to Friendship Club we now have two volunteers, Karen and Rose to help us.

Jackie Gillis, our long-time volunteer driver, has now retired and I thank her for all the years she has driven for us. The Sawtry Car Scheme provided our transport on the other days and took on the extra day when Jackie stepped down. A big thank you to them, especially Tony Black who has done most of the runs.

In March last year, we entered discussions about the possible merging of the Friendship and Vintage Clubs. This was finalised in December, so we started 2020 with the two Clubs joining together under our new name *Green End Day Club*. The merger has worked well, it allows anyone whatever their needs to be able to access the Club on any of the four days. To help with access, CARESCO has purchased a wheelchair-accessible minibus, which is now being used to bring members in on all four days. We have five volunteer drivers and two escorts.

My thanks to Helen for her support as deputy and Vicki who joined us in August and thank you also to volunteers Karen and Rose.

Pat Ayres

SAWTRY EYE

Editors: Liz Coates & Marina Joyce
Designer: Donna Green
Bi-monthly: February, April, June, August, October & December
Distribution: Conington, the Giddings, Glatton, Sawtry, Upton, & Winwick



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



Following on from the decision last year to close our own Printshop and outsource the printing of the magazine with a commercial printer, the Sawtry Eye production has now settled down into its new routine successfully. We have completed a full year of publication in the new format and received many positive comments about the improved quality.

While it was sad to say goodbye to the in-house production, we now have a magazine that is once again financially viable and can look towards a positive future continuing to circulate local news, views and details of upcoming events to our local community including the whole of Sawtry and the surrounding villages.

As editors, we have continued to make small changes in layout and have maintained a limit to the number of pages per issue to keep cost down. With the new look and logos being introduced throughout CARESCO, there will continue to be changes in the look of the magazine over the coming months to bring the magazine into line with the rest of the organisation.

My thanks to my fellow editor, Marina and volunteer graphic designer Donna for their unfailing support and partnership throughout the year. To our distribution team who do the hard job of walking the pavements and arguing with letterboxes and garden gates to get each issue to the door mats. Our thanks also to the team at Clanpress who have guided us through this transition.

Liz Coates



CHARITY SHOP

Duty Managers: Emma Flanz (until July 19),
Hannah Lea (until November 19)
Sharon Dougherty (from August 19)

Supervisor Rosemary Jubb
Susie Rodger (from October 19)

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.*

Another year has passed, a year where our shop has experienced many changes. One thing that has not changed is the commitment from our volunteers and customers, indeed this has increased which is a wonderful thing and we thank you all for your continued support.

There has been quite a change with regards to Staff at our shop. Former Manager, Emma Flanz has now taken on the challenging role of General Manager for CARESCO while Hannah Lea no longer works for the charity. We wish Hannah every success in whatever the future holds for her and thank her for her commitment over the last 6 years. I started to work at the shop in August as one of the Supervisors alongside Rosemary and Susie, I then 'job shared' as Manager with Hannah from October and took the role on solely when Hannah left the Charity in November.



Our average daily sales have increased slightly on the previous year. Sales through our rag company, have remained consistent. We are still actively using Ziffit and World of Books where we need to and, although we have reduced the price of our books, CDs and DVDs by half, the sales are still increasing and prove to be a popular 'department' within the shop.

The 2019 Carnival was supported by the shop with the Crockery Smash stall and this was popular even though it was a very wet day. The Frost Fayre was also supported well by our shop volunteers. We held additional 'sorting sessions' at the Centre one morning a week where our Christmas stock was re-sorted and priced, this was a valuable exercise and enabled us to replenish stock efficiently, as it was needed, leading up to Christmas. Thank you to the small group of volunteers who helped us out with this. We had a small celebration on our last day of trading before Christmas where a raffle was held for a luxury hamper, there was mulled wine and mince pies donated by the Co-op. Father Christmas even managed to find some time out of his busy schedule to pay us a visit too! A great end to the year.

We now have second garage which is still 'a work in progress', we have had donated to us some ply and some breathable membrane that are going to be fitted to the ceilings of both garages making them more acceptable for storage and will, hopefully, keep the condensation at bay. This garage is proving to be invaluable as far as out of season donations are concerned.

For the future: We are holding regular volunteer meetings so that all voices can be heard and a volunteers' newsletter is now being issued across the whole organisation every other month which has been received with very positive feedback. We have introduced a new stock rotation system, which is already having a positive effect on the working environment and will continue to improve during the coming year. Space has and will always be an issue in the back of the premises, not only because of how generous people are with their donations, but also because our community is growing. With the new system in place it will now, hopefully, be a more manageable issue.

Rosemary is working hard with the Gift Aid figures and we have all been encouraging more and more people to sign up where appropriate. We have also been concentrating on reducing the list of 'Gift Aiders' where we are missing vital information which means we are unable to make a claim on the proceeds from their donations, these numbers are slowly reducing. Rosemary's figures are always submitted promptly and are looking healthier every quarter. Thank you for the time and energy you spend on this Rosemary.

As a fairly new member of our community, I am overwhelmed at the generosity of people that come into our lovely Charity Shop, not only with their time, donations and purchases but also with their kind words. It really is one of the main hubs of the community, long may it continue.

Sharon Dougherty

CHATTERBOX

Manager: Miranda Knell (until July 19),
Emma Flanz (from August 19)

Venue: CARESCO Centre

When: Second & Fourth Monday from 2 - 4pm

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



Chatterbox is a twice monthly drop-in where family carers come on their own or with the person they care for. It is a place where carers can come for advice, social interaction and to spend time with other like-minded individuals sharing their experiences. The wider family are also welcome, as caring often extends to more than one family member. All are welcome. We also carry information and leaflets from other organisations and use these for signposting people to

other services. The drop-ins regularly attract between 15 and 22 people.

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 as well as more generic talks about the local community and everyday related topics.

Refreshments are provided at each session, donations from the members cover the cost.

Two particular sessions that stick out in my mind from the past year include a BBQ in August organised to celebrate the success and achievements of this group. Then in December, the 'Chatterboxers' enjoyed a Christmas party with all the members bringing in their preferred party food for everyone to share, a lovely afternoon was had enjoying the feast of festive goodies and celebrating the Christmas season.

The group have also enjoyed teaching each other games like Bridge and Hoi! as well as forming a team and taking part in local quizzes after some 'just for fun' quizzes during the regular drop-ins. Trips down memory lane by watching various local videos proved an enjoyable resource for the members to discuss how the area has changed over the years.

We have also enjoyed some crafting sessions which resulted in a communal effort to decorate a Chatterbox themed Christmas tree for the All Saints Church Christmas Tree festival. The group are also partial to a visit to the local garden centres to enjoy walking round and an obligatory trip to the café for a slice of cake and cup of tea.

Being able to chat and share experiences with other carers is what our carers tell us they value most. Over the coming months I would like to add a volunteer co-ordinator to this project, someone that can commit to a regular schedule of activities and dedicated to overseeing this special activity. Growth is essential to the future of our carers group and so putting in the infrastructure for long term development is the next step in this process.

Emma Flanz



SAWTRY MAN CAVE

Supervisor: Hugh Spencer
Co-ordinator: Heather Thompson
Venue: Sawtry Community Centre
When: Monday, Tuesday & Thursday, 9 - 12 noon



Aims: *To provide a safe space for men to build friendships while sharing expertise and passing on knowledge*



The Man Cave exists to support folk from our local community who want to get together, share and learn new skills. There is no age limit, high or low. Potential members can be referred by a partner agency, such as their GP, or by family, friends or even themselves.

We have an ongoing range of activities and projects with members repairing, upgrading or making items. These can be individual commissions for customers, or items which may later be for available to the general public.

During sessions, members of the public are welcome to bring items for repair, for PAT testing or for replacement watch batteries. Our 'Cavers' have also been able to support local schools and nurseries with repairs to equipment and toys.

We link closely with the CARESCO Charity Shop including providing electrical testing for suitable items donated via the shop which are then available for sale in the shop.

We are working with Cambridgeshire County Council to agree a way forward to improve our workshop space which along with the Sawtry Foodbank is sited at the rear of their building known as the Sawtry Community Centre (AKA 'The Ag Centre' by older residents). We are also looking for external funding via a grant to pay for these improvements.

Heather Thompson



COFFEE SHOP

Co-ordinators: Marina Joyce & Liz Coates
Venue: CARESCO Centre
When: Friday, 9 — 11.30am
Volunteers: Liz Chattell, Debbie Coates, Sarah Coates, Tina Drage, Gary Johnson, Diana Richardson, John & Lydia Shine, Students from the Willows, Sawtry Village Academy



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 Coffee Shop team have continued to faithfully serve refreshments from our simple menu, including the ever popular bacon butties, to those members of the public who call in on a Friday morning. While

customer numbers have fluctuated, we now see a fairly steady range of folk, including people fresh from sessions at the local gym.

People welcome the opportunity for time and space to be together and share with friends and neighbours, stepping aside from the rush of normal life for a while.

Any proceeds after costs are used to support the wider organisation as a welcome addition.

As always, we are grateful to our wonderful team of volunteers who are ready to start bright and early with a smile on their face, all co-ordinated by the staff in the main CARESCO office. Our thanks to them, 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: Peter Fox

When: Daytime weekdays, depending on availability

Contact: T - 07810 476979

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



2019/20 has been another busy year for the Car Scheme.

There are nine drivers registered with the scheme, who have committed their time voluntarily, depending on other commitments and grandparenting duties.

On any one day I usually can call upon 3 or 4 drivers. The problem arises when one of the hospitals have an out-patients clinic which several residents need to attend.

Our journeys have taken us to hospitals in Peterborough, Wisbech, Cambridge, Huntingdon, Stamford, Wellingborough, Bedford & Newmarket.

Over the last 6 months we have made 519 journeys averaging 1123 miles per month. Breaking these down by category, we made 136 medical trips, 77 shopping trips and 305 social trips.

Since November 2019 however, the social trips have been reduced by two-thirds when CARESCO purchased their own minibus to convey clients to the Friendship Club, then Green End Day Club. Although this has reduced the clients for the Car Scheme, we have lost a driver for two

mornings whilst they drive the minibus.

Peter Fox

(photo: Peter Fox receiving his volunteering award from Hunts Forum along with Emma Flanz, General Manager)



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, by volunteer activity on a basis of an hour's interactive entertainment followed by half an hour of tea and chat – all for a suggested donation of £2.

The call for Sounds Good concerts has grown this year with us performing as far afield as Godmanchester. It is wonderful to see how friendship and mutual support has led to a growth of confidence in members who now actively enjoy performing and taking part in

demonstrating their emerging musical talents at our Christmas party.

We have also become more diverse in our tastes. Members now provide original verse for our scheduled poetry sessions along with lectures on musical styles and we have also introduced word games such as *Call My Bluff*. Another new introduction has been our *Desert Island Discs* sessions for those members celebrating birthdays ending with a zero. However, we always return to our first love of singing. Although we plan our sessions well in advance, this year, due to health issues, we have found that we have had to reschedule several sessions at short notice. As a failsafe, one of our members has now recorded accompaniment CDs which means that we always have a sing-along on standby should the need arise.

Attendance this year has been variable with members suffering from various health issues. We have 24 members on roll, but find that the average hovers around 19 members per session. During the year we have seen a couple of attendees who cannot meet our eligibility criteria. However, they have come with carers and have been made welcome. However, after a couple of sessions, they have fallen by the wayside.

In January 2019, I was asked to provide a business plan for Sounds Good which was to feed into the organisational plan. Since then the membership numbers of the group have stabilised at a manageable level. However, overcoming the dependence on myself for the overall management of the group remains an ongoing issue. For a while I did have a deputy but they have now stood down from the role. I have also been unsuccessful in my attempts to recruit a steering committee for the group. Members are at the stage of life where they no longer seek additional responsibilities. Also I no longer have a designated CARESCO trustee to help provide procedural guidance if necessary. I originally suggested that CARESCO provide paid cover for the co-ordinator and I would seek reassurance that contingency plans are now in place.

I am writing this during the Coronavirus lockdown which has meant that we had to cancel both our final group session and concert of the year.

Linda Dupée



SAWTRY FOODBANK

Co-ordinator Lavena Ward (until January 2020)
Venue: CARESCO Centre
When: Fridays, 3.30 - 5.30pm
Contact: E - 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*



We have had another very busy year again, but could not continue to do it without the support of our local community, so thank you to everyone who has helped us in some way to provide our emergency service to local people.

In April we had Easter eggs donated by our local Co-op Foodstore (see photo, left), who continue to always fully support us throughout the year as well as for special events.

The Sawtry Carnival in June was a very wet one and we had to take shelter in the

Community Centre along with other CARESCO groups, but this also gave us an opportunity to show off our food store. Thank you to all who popped in to support us by taking part in our 'Guess the Weight of the Food Hamper' competition.

The Summer Hamper Scheme went smoothly this year with the help of local schools and we were able to support a number of local families throughout the school holidays with weekly parcels to replace their usual free school meals.

Our Twelve Days of Christmas campaign went extremely well with lots of very generous seasonal donations coming in to enable us to give out Christmas themed hampers to many of our local families who otherwise would not be able to have a proper celebration.

We took part in the All Saints Christmas Tree Festival in December, our tree being decorated by our youngest volunteer, Kelly, who did an amazing job for us.

We have received ongoing donations of both foods and money from our local schools including Sawtry Village Academy, Alconbury Primary, Sawtry Infants and Sawtry Junior Academy, local playgroups including Buttons & Bows, Kimble's and Caterpillars, as well as from the local churches including St Margaret's in Upton, St Nicholas' in Glatton, All Saints in Sawtry, St Benedict's in Sawtry and the Sawtry Methodists. Sawtry Parish Council have also been very supportive of our work.

Throughout the year, we have had continued support also from lots of local businesses and other community groups, too many to name here, for which we are very grateful.

We have also received loads and loads of donations from local individuals wanting to help by giving to those in need, these donations all help us to help those in crisis. For this we are always thankful, but I have a very special thank you for the late Olive Richards who twice a week shopped in the local Co-op Foodstore and placed over half of her shopping into the Foodbank's basket every time. One unsung hero of Sawtry!

Lavena Ward

CHRISTMAS DAY PARTY

Co-ordinators: Tina Campbell, Mark Campbell

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.*



A lot of preparation goes into this day. From purchasing and storing the food, to choosing the presents, getting our lovely volunteers in and prepped and of course, ensuring that Santa was available for half an hour on his rest day...Christmas Eve is spent peeling veg, laying tables and putting up decorations - but do you know what? We did it!

We had a new volunteer chef, Sally. Sally was a Home Economics Teacher, so we thought that she would knock up a good spread – and she did. Choice

of starters, main and desserts were offered to our guests, there were 36 of us in the end.

I would like to mention my colleagues who work at Zellis in Peterborough for providing the alcoholic beverages for the day. Very appreciated thank you.

We had carols, games and lots of laughter. We even managed to tune in and catch The Queen's Speech at 3pm. Our new revised Santa looked very smart in his very red suit and was assisted by his lovely first Elf Su in giving gifts to all the guests.

There was a 'goody bag' when the guests went home in the CARESCO minibus with their bellies full. The bag consisted of a takeaway meal for Boxing Day and a piece of Christmas cake.

This day is so much fun for everyone involved. This was my 5th year of Christmas Day volunteering and I am as enthusiastic about it now as I was when I first volunteered. It was my first taster of volunteering and that showed me how great CARESCO can be and is.

A massive thank you to all involved and fingers crossed we will celebrating together Christmas 2020.

Tina Campbell



THE CARESCO CENTRE

The reorganisation and refurbishment of the office space has been completed during the year. The new furniture is much more suitable for our needs and the layout works for all the members of the admin team, presenting a smart and professional appearance to visitors. By separating the accounts team of Marina & Donna into the old print room, everyone has more space and privacy in which to work.

Our thanks to Susie, our Administrator, for taking on the task of co-ordinating all the sorting, planning and purchasing involved to create our new work space. She has also been working away at a complete reorganisation of all our filing, and making the most of the new additional cabinets.

On completion of the office space, Susie's attention turned to the old collating room, now no longer required for its original purpose, and this is now includes a useful storage and tea-making

space which is partitioned off from space for small meetings, or group work.

The last four original heaters in the building have finally been upgraded to their current equivalents. These are unsurprisingly proving much more efficient and better able to adequately heat the Club Room for our service users than their 19 year old predecessors.

Our thanks to everyone who has offered their skills and time to help with maintenance tasks during the year. In particular to Brian and Matt for all their support, both practical and technical. Thank you also to Keith and Alan who have kept us looking tidy outside and have looked after our garden and planters.

Finally, our thanks to our Cleaner Sandra, who faithfully keeps our Centre clean behind the scenes. Her willingness and flexibility continue to be appreciated as our building usage increased through the year.

As always, thoughts turn towards the lifespan of our 19 year old modular building and as our level of activity continues to build, the future needs of the charity will be taken into account by the trustees as they continue to pursue every available avenue to source a suitable replacement building including the necessary extra capacity and future-proofing. The how and where continue to be discussed meanwhile we are writing quite a wish list for our new home.

Liz Coates



REBRANDING

For the last few months of 2019, work was done behind the scenes to update some of our existing branding. The first project was our well-known and much loved but rather dated logo, which was over 30 years old.



A selection of possible new logos were proposed, along with two further graphics that demonstrate the activities on offer through CARESCO before a clear winner was chosen. Our new logo is simple and comes with the option to have either coloured or monotone dots underneath. Each dot represents a club or activity that we run. The logo is followed by a new strap line *'Meeting needs in our local community.'*

The graphic designed to complement our logo (*see back page*) is a lozenge-themed design, made specifically to incorporate an icon and colour theme for each of our clubs and activities while demonstrating the family of activities which are run under the CARESCO brand.

The new logo started appearing on various internal documents over the following months. The new minibus was first to get the new logo, which helped to spread awareness of our new image around the community.

Work then began to roll out the new branding on our website, marketing materials, signage on the buildings as well as incorporating it into the Sawtry Eye. This work has taken a while, but the lockdown at the end of the year facilitated an opportunity to revisit the website and to update internal paperwork.

Our thanks to the team at Fisherprint TLC in Peterborough for their help and advice.

Emma Flanz

FUNDRAISING



I would like to introduce myself as the new Fundraising Manager for CARESCO. This is a position that I took up in January 2020, but I have been involved with CARESCO for many years in the capacity of volunteer, helping at the tea dances and as a cake maker. I stepped into some big shoes when I took over this role and I hope that I can serve CARESCO well in my fundraising efforts.

We have a wonderful team of volunteers who are always on hand to bake, make tea, help out and offer their services at all our events. We would like to thank everyone who has volunteered with us over the last 12 months - we could not do this without you. We had a Volunteers thank you party in January with food, drink, music, a mini quiz, games and raffle to thank everyone who gives up their time for us.

We launched our "Funding our Future" campaign back at the start of 2020 (see poster on page 21) where we ask people to set up a monthly standing order for a suggested £4.00 to help us to continue to provide our vital services. We have been delighted with the response so far and will continue to build on this promising start with your help. We would like to thank you all for helping us to "Fund our Future". We are also hoping to grow our "£30 Challenge" too, when we ask a local group, business, organisation or individual to use our £30 and grow it over 30 days into a bigger donation. If you would like more details on how you can join in this challenge, please contact me.

These are the highlights of our past year's fundraising efforts:

Date	Event	Total
April 2019	Tea Dance	£1,370.00
April 2019	Easter Egg Hunt	£ 164.00
September 2019	£30 for 30 days Challenge	£ 309.00
September 2019	Heritage Weekend	£ 548.00
November 2019	Jumble Sale	£ 174.00
December 2019	Christmas Quiz Sheets	£ 166.00
December 2019	Frost Fayre	£ 739.00
December 2019	Christmas Tea Rooms	£ 159.00
December 2019	Christmas Workshops	£1,560.00
December 2019	Christmas Shopping Night	£ 290.00
January 2020	90s Night	£1,020.00
February - March 2020	Funding our Future	£ 84.00

As yet we can only anticipate the future impact of the COVID-19 pandemic on our fundraising, as we have had to cancel many events we had planned. We hope to re-schedule some of these events for our community but like many charities we will have to see what happens over the coming months. This is going to be a problem for all charities dependent on donations and fundraising in the future.

We are continually grateful to everyone who has made donations to us over the year especially in more recent times – we would like to thank all the organisations, companies, businesses and the many individuals who continually support us. A big thank you must also go to everyone who attends our events and makes them the success they are. Here's to another year in the life of CARESCO and with your help we can only become stronger. A heartfelt THANK YOU from us all.

Jacqui Hedington



FUNDRAISING

Funding our Future



CAN YOU HELP TO SECURE CARESCO'S FUTURE?

Would you like to help support CARESCO in our new fundraising initiative? We are looking for friends and supporters to kindly donate £4 per month by standing order to help fund our future.

SINCE 1982 WE HAVE PROVIDED HELP AND SUPPORT TO OUR LOCAL COMMUNITY. TO ENSURE THAT WE CAN MAINTAIN OUR CURRENT STANDARDS, NOW MORE THAN EVER WE NEED YOUR HELP WITH FUNDRAISING.

CARESCO

meeting needs in our local commu-

WWW.CARESCO.ORG.UK

The setup is simple, with 4 easy steps:

1. CONTACT YOUR BANK
2. INPUT OUR ACCOUNT DETAILS
3. TYPE REFERENCE: FUNDINGOURFUTURE
4. SET THE DONATION AMOUNT TO £4

Thats it, you're all set up!



To contact us for our account details and for information about how you can Gift Aid this regular donation please email: fundraising@caresco.org.uk or telephone 07599 987468.

THANK YOU

The CARESCO Centre, Green End Road, Sawtry, Huntingdon, Cambs, UK PE28 5UX office@caresco.org.uk 01487 832105 www.caresco.org.uk
Reg in England & Wales Charity No: 1140728 Company No: 7513432

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* sited 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 to create a stronger, more caring community. Always with the aim of meeting identified needs within the local community. Funding over the years 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. In 2011 CARESCO became an incorporated charity, *CARESCO Ltd* (registered charity number 1140728; company number 7513432).

CARESCO opened a charity shop in Sawtry in April 2013. Worthwhile not just for the additional income it has introduced into the organisation, the shop has also become a popular community hub. The extra income has helped 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



MANAGEMENT TRUSTEES

2019 – 2020

Life President: John Garner

Officers:

Chairman	Tina Campbell
Vice-Chairman	Heather Thompson
Treasurer	Heather Bohonis

Trustees: Heather Bohonis ; Tina Campbell; Elizabeth Coates;
Roy Dunn (co-opted 23/05/2019); Peter Fox;
Jackie Kelly (co-opted 29/08/2019); Bob Seeds; Tony Stefanelli;
Heather Thompson; David Whitney (resigned 03/10/19)



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

Trustees have referred to the guidelines contained in the Charity Commission's general guidance on public benefit when reviewing aims and objectives and in planning future activities.

Non-voting CARESCO Activity Managers are welcome to attend full trustee meetings and contribute to the discussion, however staff are asked to leave during sensitive agenda items.

MEET THE FAMILY

CARESCO

meeting needs in our local community



CHARITY SHOP

Fundraising by recycling



MAN CAVE

All about social connections, sharing skills & building friendships



CHATTERBOX

Support, a listening ear & advise for carers



SAWTRY 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



ALCONBURY THURSDAY CLUB

A social club sharing a meal in a friendly & supportive group



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