

# CARESCO



meeting needs in our local community



# ANNUAL REPORT

## 2022 - 2023

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*
- *How to volunteer*
- *Upcoming fundraising activities*
- *The Sawtry Eye magazine*
- *Ways you can support us*
- *Our history and background*
- *How to make a donation*
- *Past & present annual reports*
- *Contact details*



**WWW.CARESCO.ORG.UK**



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

Welcome to our

# ANNUAL REPORT

1<sup>st</sup> April 2022 to 31<sup>st</sup> March 2023



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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
Grants	7
Manager's Report	8
CARESCO Volunteers	10
Queen's Award For Voluntary Service	10
Community Support	11
Green End Day Club	12
Sawtry Eye	13
Charity Shop	13
The Cave	15
Chatterbox	16
Coffee Shop	17
Car Scheme	18
Sounds Good	19
Christmas Day Party	19
Sawtry Foodbank	20
Fundraising	22
The Story So Far ....	23
Management Committee	23

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# INTRODUCTION

**Objects:** CARESCO's objectives 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 offering others an opportunity to concentrate their energy and effort into the community in a positive manner by volunteering.

**Activities:** As the world moved beyond the pandemic with the past two years seeming something of a bad dream, it became clear that once the vaccination had become available, the risks of infection by meeting in-person were much lower than the risks to the mental health and wellbeing for many. Many lessons have been learned should we face another pandemic shortly.

The car scheme is still, along with many similar schemes nationally, campaigning for a change in the legal limit to the mileage rate that can be claimed from passengers to cover expenses following the significant rise in the cost of fuel.

Demand for the foodbank's support has fluctuated during the year, with additional government support for low income households and increasing energy costs seeming to be a key influence. For many, the winter months meant choosing between heating and eating.

Our day club has evolved and expanded to cover a wider age range and club members looking for company, support, entertainment and a good meal. While transport has been an ongoing issue, the team have worked hard to bring in new members and volunteers who enjoy time together.

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. We welcome service users from within our geographical area regardless of background, gender, or faith. The only restriction being our ability to meet their care needs. Most of our activities charge a modest fee for attendance to help with running costs while aiming to ensure no one is excluded by price.

**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 local residents together through a wide range of activities and interests. By encouraging people to engage and socialise, friendships are formed, people find a productive use of their time and our community grows stronger. Many individuals, by being involved as service users or volunteers, maintain their independence for longer than and thereby prevent or delay a need for more intensive levels of care.

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

The impact of being involved has on people's well being and mental health is immeasurable. CARESCO has worked to include everyone who has expressed an interest in being part of the charity, or using one or more of the activities. For example, this can be a volunteer having a chat on the doorstep while dropping off a prescription to baking a cake for one of our support groups.

## CHAIRMAN'S REPORT

As Sawtry and the neighbouring villages continues to grow, we must spread the word about what we can do for people, and what they can do for us. We can post on social media, advertise in the Sawtry Eye and get the local papers involved but, in my experience, the best advert for CARESCO comes from us; word of mouth. The more we spread the word, the greater our coverage will be. So, if something is making you happy at CARESCO, then please share it with your friends and family – and anyone else who will listen!



CARESCO continues to develop with you all in mind. A huge amount of hard work goes on behind the scenes. If you think you could help us by being a volunteer, please come and see us! There are volunteering opportunities for all. Hard work at times; yes, but very rewarding.

One minor step for us can make a big positive difference to somebody's life. Whether it's a chat at the Charity Shop, cake at the Coffee Shop, fun at the Green End Day Club, banter at the Cave, support at Chatterbox or much needed help from the Foodbank; we are there for YOU.

I would like to take this opportunity to say a massive thank you to our superb team of volunteers; those who give up their time happily to help others. Of course, these sincere thanks also extend to our great team of staff. We are all be proud to be part of CARESCO.

CARESCO still has the community within Sawtry and the surrounding villages firmly in our hearts. We strive to do our very best for all concerned. This includes our volunteers, our service users and of course, our staff.

After all the uncertainty of the past, we have listened and learnt. We have been patient. We are now stronger than ever. We are CARESCO. Come and join us on our journey into the future to improve the lives of those who need us.

Thank you again. Be happy and keep safe.

Tina Campbell



## TREASURER'S REPORT

Like the blink of an eye, another financial year has come and gone. With the cost of living rising and the ever-looming threat of recession on the horizon, it has been a challenging year for everyone, in particular the charitable sector.

Costs are increasing across the board, and we are continually monitoring and analyzing expenditure to try and keep things down where we can. There has been a significant fall in income from advertising in the Sawtry Eye, and attendance at Fundraising events has also decreased. This is not surprising; with the cost of living continuing to rise, cutbacks are needed by all.

All is not doom and gloom, however. Income from club attendance has increased, which helps to cover the increase in costs associated with running the Green End Day Club. Charity Shop & CARESCO Cave sales have also increased slightly on the previous year, and thanks to the efforts of the staff and volunteers in the Charity Shop, the additional income received from claiming Gift Aid on donations has increased significantly.

Having learned more during the "COVID Years" about the availability of grant funding, and the amount of time and effort needed to obtain such funding, the decision was made to add a member of staff to the Finance Team whose sole responsibility is to research and apply for grants. Dee Pike has joined the team and so far, things are looking very promising! Many of the grants applied for will not be decided until after the end of the financial year, but we are hopeful that this will bring a much-needed new income stream.



I would like to extend my thanks to the members of the Finance Committee, as well as the many CARESCO staff and volunteers who have helped to keep things running smoothly throughout the year. I would also like to thank all the members of our community who continue to support us, even during these tough economic times. As always, without your generosity, CARESCO would not exist.

Heather Bohonis



## FINANCIAL STATEMENT

The examined financial statement for the year April 2022 to March 2023 is published as a separate document and is available on request.

Our thanks to our Independent Examiner, Lisa Watson and also 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.



## FINANCIAL RESERVES

Reserves are that part of a charity's unrestricted funds that are freely available to spend on any of the charity's purposes. This excludes restricted income funds and tangible fixed assets held for the charity's use and amounts designated for essential spending.

Having considered all the facts and information available in 2023 according to the current economic climate and the predictions of a worldwide recession, the Trustees concluded that the charity should hold a level of reserves sufficient to fund the organisation in a period of unforeseen difficulties for six months. They believed that this was a suitable length of time for them to consider the options and to find a solution to the difficulties.

In addition to the above, the current building from which CARESCO conducts its main activities has been assessed as having a limited lifespan. There is an expectation of a future need for either repairs to the existing building or the purchase or construction of a new building. Therefore, a Building Fund Reserve is being accumulated toward this goal in preparation for this eventuality.



## GRANTS

In September 2022 I joined CARESCO as Grants Officer, a new role aimed at bringing more grants in to the Charity. The first few months were spent learning about the organisation, setting up and populating a grant wording template area, improving existing grant application records and researching how to find and apply for grants, mostly from Charitable Trusts.

The grant application process is now well underway and, at the time of writing, there are ten live applications being considered by various Charitable Trusts and funding organisations. We were very fortunate to be awarded £2,000 from The Albert Hunt Trust quite early on in this process. We have also had three declines so far, the data from which will be used to adapt how we manage this going forward.

The Grants arena is very competitive as charities like ours struggle with rising costs and demand, but we will continue to try and keep the funding coming in to this wonderful charity who do so much for the people of Sawtry and beyond.

I have realised since joining just how much it costs to keep CARESCO running and how much staff, volunteers, trustees and the local community do in order to keep it going. I would like to thank everyone here and in the community for all the support they have given me and hope to be able to

play a small part in keeping CARESCO viable and providing their fabulous services to local people. If anyone is aware of any grant providers or anyone within the CARESCO Groups need a grant for anything, please do let me know on [grants@caresco.org.uk](mailto:grants@caresco.org.uk). Thank you all.

Denise Pike



## GENERAL MANAGER'S REPORT

In April Hunts Forum informed us that we had been successful in our application for their accreditation scheme 'Good to Go' mark. An accolade that will continue to elevate CARESCO and help us to sustain the good reputation and high standards for which we are accountable. This mark supersedes the Recognised Organisation (RO) status and like the RO accreditation is also recognised by Huntingdonshire District Council (HDC).



We kicked off our Jubilee weekend in June with a fantastic BBQ for our service users, staff and volunteers. A lovely atmosphere despite the rain on the day. It really was a day to remember! Thank you to everyone who helped to plan this special occasion and the team who co-ordinated it.

Our region's Integrates Care Systems (ICS) draft strategy and new governance came into power in July. A document which demonstrates a new approach to working in the Health Care Service which will involve more of a partnered working relationship with the NHS, voluntary sector and other health care professionals. This means that local organisations could become more involved in decision making and shaping future provision which is great news for the voluntary sector.

In early July HDC invited a number of community organisations, including CARESCO, to come forward with a plan for how they could eliminate or reduce health and wellbeing inequality in the District. A successful funding application to the ICS was confirmed in July and the Health Inequalities Project (HIP) was announced. We signed the Memorandum of Understanding in August 2022, which allowed us to partner with HDC on this project. The initial direct funds released allowed us to start putting provision in place in line with our agendas to strengthen the services we are already providing.

After looking at local data sent to us by HDC, we conducted an in-house suggestion poll. We asked 162 people what they would like us to do with this funding. These people were made up of our service users, volunteers and staff. Alongside these conversations we had 38 written responses which identified four categories of gaps in provision: Staff and Volunteers' Training; Fitness Classes; Workshops and Support; Trips and Travel. A second round of funding was then distributed to us which has allowed us to tackle some of the gaps highlighted by the poll. A regular Strength and Balance Class has been incorporated to our timetable, run by Active Lifestyles weekly from the CARESCO Centre and paid for by this funding. We have also targeted some awareness campaigns around Health and Wellbeing through the pages of our Sawtry Eye magazine. We have planned some training and workshops for the community on Healthy Eating and Mental Health Awareness. Scams Awareness and First Aid training will be other ways local people can benefit from this funding. These will be scheduled periodically over the next 12 months. Finally, we will be having a recipe cookbook printed, to be distributed through Sawtry Foodbank, which gives our service users knowledge on how to best utilise the items in their food parcel to create easy, family friendly, healthy meals.

Our annual Sport 4 All event took place in July. Thank you to everyone who helped make this day the success that it was. We had hundreds of people turn out to try the free activities. The good weather was also in our favour. It was a successful day, rounding off weeks and months of planning and organising the logistics. Sadly, this was the last event of this kind that we will be organising

with friends at Sawtry Walk to Run as we both focus on other events in our futures.

There have been some changes to our staffing team over the year too. Pat Ayres has left her manager's role at GEDC. Pat has been a part of the CARESCO team for over 26 years, but thankfully she still remains part of the organisation through her various volunteering roles. We have welcomed a new staff member Dee as our the Grants Officer in the Autumn. Dee has hit the ground running with enthusiasm and great ideas of how to develop this new role at CARESCO.

Trustee Heather Thompson, has left CARESCO and her role at the Cave. Heather was instrumental in steering the Man Cave provision from its inception and I have no doubt the Cavers will miss her input. Dave Dougherty has stepped into the Trustee role with a special interest in the Cave. Anne Whiley, who has volunteered in the Foodbank and also now the Charity Shop for a number of years has decided to take on a new task within CARESCO as a Trustee.

By the beginning of April our online minibus fundraising appeal reached its first target of £10,000, which we reset to £15,000. Online donations via the JustGiving page totalled only 9% of the target. The other 91% was down to offline donations and it was decided that we would sign up to a leased vehicle contract. During the Summer months the problems we were incurring without a minibus was magnified by a reduced number of volunteer drivers. A decision was made to purchase a second-hand minibus which would have a quicker lead time than waiting for a leased vehicle.

The new minibus arrived in October and unfortunately the first few weeks were bumpy as the challenges of owning a vehicle and the upkeep involved were highlighted to us. Following an extra ordinary meeting in November, it was agreed to expand our staff team by employing a bus driver. We welcomed David Bolton to our staff team in early January. With the minibus's reliability becoming intermittent, the trustees then decided to investigate a leased vehicle option again but unfortunately the lead time and high demand on these types of vehicles has left us vulnerable to transport issues once again.

A decision was made in February to purchase a car which we can use as an interim vehicle whilst we wait for our leased minibus. After some research we had identified that a Citroen Berlingo has ample space in the back for three passengers, high ceilings and sliding doors which will help with easier access. The boot is also spacious enough to fit a collapsible chair or walker. We have been utilising the vehicle for a few weeks now and I am delighted to report back that it has helped ease the transport issues we were facing and so far, has proven to be a sensible and practical move.

Local communities have stepped up in many ways to support their neighbours through the cost of living crisis. We were approached by HDC to be part of a new Winter initiative called 'Warm Spaces'. HDC wanted to support the community and by working with our local partners, building on the great work we did during the pandemic, to create a network of Warm Spaces, a group of safe and accessible places where people can come together to stay warm. The intention was to create a directory of existing community facilities across the public, private, health and voluntary sectors that can be used for a range of purposes. Three of our existing activities were put forward as 'Warm Spaces'. These were the Cave, Green End Day Club and the Coffee Shop. All areas of activity are thriving and have seen an increase in service users over the winter months. I would anticipate that the increase in demand on our services will continue throughout the Spring too.

A considerable amount of work has gone into reorganising some of the office space that was underutilised at the Centre. Thanks to a donation of furniture and office desks we have transformed the old collating room into a space where staff and volunteers can 'hot desk'. A multifunctional space which is tidy and organised and I am pleased to say that it has already encouraged a few staff who were working more remotely to be in this office more.

In late November we enjoyed celebrating CARESCO's 40<sup>th</sup> birthday at our Afternoon Tea. We had 104 guests successfully RSVP out of 146 invites that were sent out. The food was provided by Sawtry Club Sandwiches. Thanks to a 'Potted history of CARESCO', I was able to create a new graphic replicating a timeline of events over the last 40 years for us all to enjoy.

Emma Flanz



# CARESCO VOLUNTEERS



In June I took part in the Connecting Communities three-day conference hosted by Hunts Forum. This year the conference focussed on Volunteering and the three development training sessions concentrated on topics including: Vision for Volunteering; Attracting Supporters and Followers; Volunteering and the Law.

Recruiting still remains a challenge which has led on to adapting our marketing around our volunteer vacancies. Fortunately, this has allowed us to recruit roles for the Charity Shop, Foodbank, and GEDC, replacing volunteers that have left the organisation. We are still actively looking for new Trustees to join the team.

Year	Number of new volunteers
2019	16
2020	27
2021	17
2022	17

Looking back at the year as a whole, 17 new volunteers have joined CARESCO. The beginning of a new calendar year also generates interest in volunteering, adding to and expanding our Car Scheme team and new volunteer gardeners at the CARESCO Centre.

Our busiest month for new volunteers was January, when we welcomed four new people, followed by March when we welcomed another three. These numbers are down on previous years unfortunately, and by March 2023 our total number of volunteers had reduced to 137 active people.

Congratulations to all our volunteers who were awarded a Hunts Forum's Volunteer Award in the Summer. We nominated five individuals from across our team. Babs Sullivan, Diana Richardson, Ellen Murray and Tina Campbell all received a certificate. Pauline Fox won the Bronze Volunteer of the Year award presented by Lord-Lieutenant Mrs Julie Spence OBE QPM at the awards ceremony at Hinchbrook Park in July 22.

As the year progressed we have been fortunate to be able to offer our volunteers some training opportunities. In the Autumn we offered Fire Safety training, we also hosted a Healthy Eating workshop in February followed by Bitesize Mental Health training delivered by ABC Support in March. We have also established a private social media group for our volunteers which allows us to communicate to them all on multiple platforms.

A huge thank you to all our volunteers who freely give up their time, energies and skills to support our work in our local community. You are all superstars!

Emma Flanz



## QUEEN'S AWARD FOR VOLUNTARY SERVICE

On Thursday 2<sup>nd</sup> June 2022 CARESCO was able to officially announce that we have been awarded the Queen's Award for Voluntary Service, the most prestigious accolade that a volunteer-led charity can be awarded. Congratulations to all our volunteers both past and present who have helped shape CARESCO into what it is today, this award is for you!



The application process took over a year and had many stages to it which we managed to navigate through with ease. Part of the process was a visit from Mr Ian Forsythe Deputy Lieutenant of Cambridgeshire in December 2022 which allowed us to showcase multiple activities in one go, and was an opportunity for our volunteers to shine in their roles across the whole organisation. The feedback we had from Ian was encouraging, his positivity and enthusiasm was really appreciated at the time.

With the news finally arriving in April that we were successful, there was lots of hard work behind

the scenes organising press releases and updating the website which all made for a smooth launch at 9am on 2<sup>nd</sup> June 2022, the Jubilee Bank Holiday. We even managed to sneak in two photographers from the local press for a photo opportunity at our Jubilee BBQ without anyone twigging as to why they were there. We featured in three local newspapers that week.

One of our current trustees toured the village and managed to visit our President and four former trustees delivering the news in person and offering a first look at the press-release. Whilst others were busy emailing our staff, volunteers and other organisations we partner with to share our good news.

To be able to announce this in conjunction with the Queen's Platinum Jubilee celebrations made the news even more special. I also was able to design an in-house certificate which was eventually distributed to all our volunteers.

On Wednesday 24<sup>th</sup> August 2022 we hosted the Lord Lieutenant of Cambridgeshire, Mrs Julie Spence OBE QPM, and her Deputy Mr Neil McKittrick who presented us with both our official certificate and the beautiful Queen's Award. We were delighted that over 50 of our current volunteers were able to attend, representing all areas of the organisation and witnessing this momentous occasion. We were in good company with lots of our local Councillors including the Chairman of Huntingdon District Council, Cllr Michael Burke, Councillor Simon Bywater and Councillor Ross Martin.

It was also lovely to be able to welcome Maurice Dybeck back into the CARESCO Centre who had made the trip from up North to be part of the event representing his wife and our founder, Marjorie, and of course our very proud President John Garner.

A lot of preparations went into hosting this event and special thanks should go to our trustee Elizabeth Coates for all her time and energy into preparing and giving the official CARESCO acceptance speech on the day. President John Garner also made a speech noting some historical elements of our past.

To quote from Elizabeth's speech:

*"This award honours all of us - every individual who is or has ever been part of CARESCO, since Marjorie Dybeck and her team of volunteers set us up 40 years ago.*

*What a wonderful reward and privilege to receive this recognition from the highest award given to voluntary groups across the country, in acknowledgment of all that CARESCO does for the community. But it has given us great fulfilment and pleasure reaching out to those who require our support, tackling tough challenges, and breaking new ground in response to fresh ones, such as the recent pandemic, forging new relationships with likeminded organisations and maintaining our existing links and of course we've had a lot of fun along the way too."*

Emma Flanz



## COMMUNITY SUPPORT

**Volunteer Co-ordinator:** Jenny Mortimer

**Aims:** To provide support to those needing help with everyday errands

Jenny joined our team over a year ago now when she took on the co-ordination of this service. In her role she is supported by a great team of volunteers and we are very grateful for all their hard work.

The statistics (see table) continue to prove that there is a need in our community for volunteers to complete errands such as shopping trips and prescription deliveries. The volunteer numbers have remained consistent.



Month	Prescription Deliveries	Shopping Trips
April 2022	22	4
May 2022	106	7
June 2022	71	6
July 2022	82	5
August 2022	66	6
September 2022	81	4

Month	Prescription Deliveries	Shopping Trips
October 2022	62	5
November 2022	61	6
December 2022	48	5
January 2023	69	6
February 2023	80	8
March 2023	101	11

The total number of Prescription Deliveries 849 and Shopping Trips 73.

Liz Coates



## GREEN END DAY CLUB

- Manager:** Pat Ayres (until May 2022); Vicki Currington  
**Deputy:** Suzanne Millman  
**Cook:** Helen Trebes  
**Venue:** CARESCO Centre  
**When:** Monday to Thursday, 10.00am – 1.30pm  
**Aims:** *To bring together members of our community for a regular day of friendship, food & fun*



We have had 15 new members join our Club this year. We are now averaging 18 members a day as of March 2023.

In May Pat Ayres retired from her role at GEDC. She had been a part of the club for many years and will always be missed. Suzanne Millman took over Pat's position and has brought much fun into the club room.

We have continued to fund raise throughout the year and enjoyed our quiz suppers, Jacqui's quiz nights and an 80s night, which proved very popular.

We continue daily raffles at the club which also helps to fund our trips out and entertainment.

We have enjoyed trips out to Dobbie's and Greystones for our annual Christmas meal as well as having Rumbles fish and chips delivered to the club. We also held an afternoon tea at the club from the sandwich shop. The Platinum Jubilee was celebrated with a wonderful barbeque which was enjoyed by all.

Twink continues to give up her time and come in to do crafts with the members. We are always so grateful for her generosity and help. She is very popular among our members!

Sounds Good came in at Christmas time to entertain us all with their hilarious sketch and some lovely carols.

Jane from Love To Move comes in once a fortnight and does her chair exercises with the members and we now have Jo Greenslade who comes in on the alternate week and does chair exercises with everyone too.

We continue to fund raise for our minibus appeal. We purchased a vehicle which has not been reliable unfortunately and so we are now in the process of looking to hire a lease vehicle. We have purchased a car in the meantime to see us through the interim. We welcomed David Bolton to our team who joined us in January as our new driver. He has been a great asset and has a very good

rapport with our members.

We have also had two new volunteers join us. They have fitted in very well and as always, we are so grateful to all of our volunteers for all their help and support throughout the year.

Vicki Currington, Suzanne Millman & Helen Trebes



## SAWTRY EYE

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



**Aims:** *To edit, produce and distribute a community magazine funded by 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 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.

My thanks as always to my fellow editor, Marina and volunteer graphic designer Donna for their unfailing support and partnership throughout the year. We are grateful to our distribution team who get the copies delivered whatever the weather. Our thanks also to the team at Clanpress who print 3500 hard copies ready for circulation.

Liz Coates



## CHARITY SHOP

**Manager:** Sharon Dougherty  
**Supervisor:** Tina Drage  
**Venue:** 7 Greenways, Sawtry, PE28 5UR,  
**When:** Monday - Friday: 9am - 4.30pm  
Saturday: 9am - 4pm  
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.*

It had been a fairly erratic start to the year, the increase in the cost of living meant that Customers were being more cautious, the Shop continued to offer value for money to support the community.

We have had several Lucky Number offers throughout the year which is always another good way of fundraising for the activities that CARESCO offer the community.

Our Late Queen featured in the Shop window twice, once to celebrate the Platinum Jubilee where she made a personal appearance, taking part in our Jubilee Scarecrow Trail. The other occasion was more sombre where we acknowledged the sad death of Her Royal Highness. The Queens Award for Voluntary Service, which we received in June, was made to feel even more special knowing it was amongst one of the last she will have awarded during her long reign, we are all very proud to have received it.

During the warmer months we took part in the Carnival offering 3 events, Tin Can Alley, Crossbow Target Shoot and a Bric a Brac stall, these were very popular and were enjoyed by everyone that stopped to pay us a visit. We also supported the Sawtry Sport 4 All offering good old-fashioned races that both Children and Adults seemed to enjoy!

The Charity Shop held its first Fashion Show in October at the Sawtry Social Club. This was a huge success and a lot of fun. Everyone who took part whether on the cat walk, front of house or behind the scenes wore outfits from the Charity Shop, these were then offered for sale at the end of the evening. Whilst it was a good opportunity to raise funds for our charity, it was predominantly a chance to promote the Shop. We think this worked extremely well and we will, hopefully, be repeating this again.

As Christmas approached we were invited to be part of a Charity Table Top Sale which was being held at the Sawtry Social Club. Here we sold our Christmas Hampers. Our Christmas window theme was 'Shine' this included a huge silver bowl of baubles, a rotating glitter ball and lots of things that were silver and sparkly! We featured an Advent Calendar on our Social Media page which involved some of our volunteers and staff supplying a photograph, poem, a special memory or a paragraph of what Christmas meant to them. It was lovely to see a different post each day through to Christmas Day, a real Team effort! We all gathered at the shop on Christmas Eve and reflected on what a year it had been and wondered what the New Year would bring, our 10<sup>th</sup> year of trading!

Throughout the year we have taken a total of 5,030 units of donations. We have refined the booking system even more so which means we are now raising funds for CARESCO within 1 day of items being donated rather than 3 in the previous year, this is a great achievement. We also take clothing that may be past it's best and unsellable, another way of raising funds and also a great way of recycling. Because of the booking system we have continued to register new people willing to gift aid the proceeds from selling their donations, this has continued to increase our gift aid claim. From April 2022 to March 2023 we have registered 128 new gift aid donors and managed to update the details of another 38 pre-existing donors.

Having our own dedicated PAT tester inhouse has proved to be a very successful move. 610 items were tested during April 22 and March 23 which brings the total items tested since we started in 2021 to 1,237 items, another great achievement by the Shop Team.

Our Books, CD's and DVD's continue to be Ziffited which helps to boost our sales. During the last financial year, we sold over 12,000 Books/DVDs/CDs to customers, just amazing!

Our Shop has had several themed rails and displays to help acknowledge different events/activities throughout the year - Valentine's Day, Mothering Sunday, Easter, Jubilee, Sawtry Sport 4 All, Halloween, our 80's Disco to name but a few. Our themed rails seem to be very popular and make it a little easier for Customers to find that perfect costume.

Towards the end of the Financial Year the shop front received some essential repairs. Thank You to our Trustee, Dave Dougherty, for donating his time and expertise to carry out these repairs.

We continue to support our Fundraising events by selling Tickets, Quiz Sheets, Wooden Hearts, anything that we can do to boost our Charity's much needed funds.

Our Social Media page continues to grow, we have over 600 followers to date. It is a great way to

promote things that we are offering at the shop and the great many achievements throughout the year.

For the Volunteers we have also had two Social Gatherings which helps to bring our team of 34 together and generally have a good catch up! We also had a Volunteers meeting in October which was well attended and gave us an opportunity to share new ideas and any concerns that we may have had.

We have welcomed 3 new Volunteers to the shop during the months of March to April, One as a permanent cover and two as relief. One of our Volunteers, very sadly, passed away in March. Dot Fowler was with us for 9 years and looked after the ironing at the shop. She will be greatly missed. The Shops sales have still not recovered to the level they were before Covid, we're not sure if they ever will but the one thing we and you can be sure of at all times is that the Staff and Volunteers are working away behind the scenes to ensure you always have the best bargains that money can buy and service that is second to none. Thank You, as always, for your much needed and continued support.

Sharon Dougherty



## THE CAVE

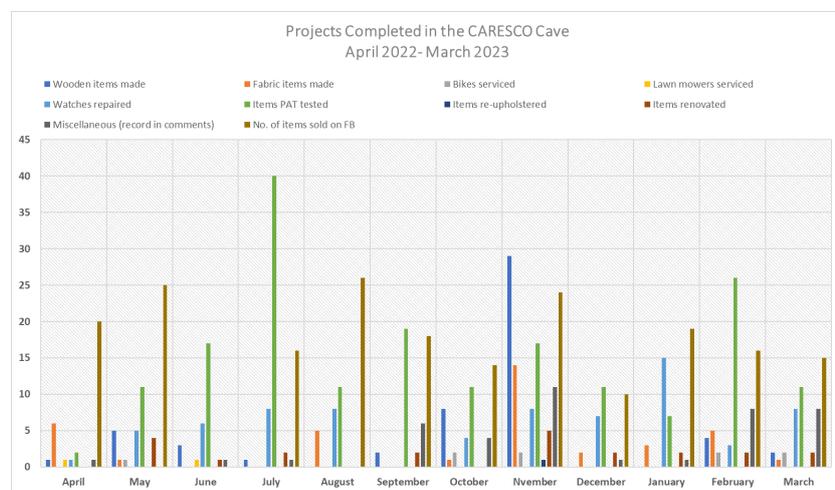
**Manager:** Shaun Pollock  
**Venue:** Sawtry Community Centre  
**When:** Monday, Tuesday & Thursday, 9 - 1pm

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



Following a year of change, this year has been much more stable and the positive atmosphere of the Cave has been restored. Over the year we have gained a number of new members, all of whom have brought a range of additional skills to the Cave. On a daily basis, we usually have 14 cavers busy on various projects and some days we have had 18 attendees. We continue to provide services to the community and have welcomed visitors to the Cave throughout the year. We have also been very fortunate to have pieces of equipment donated to us that broadens the Cavers knowledge and skills.

Having such a wide skill set amongst the Cavers, the projects being undertaken are varied. Towards



the end of 2022, our creative members were kept busy when a customer ordered Halloween artefacts for their garden display. This meant that on some days it looked as though a massacre had taken place as the hand-made axes and chopping block were bloodied. A stunning Grim Reaper scythe head was designed and gravestones were constructed and engraved. The customer provided some of the materials and made a donation to cover everything else we required.

This has led to further requests of bespoke items to be made. These have ranged from giant Rubik's cubes and a large ghetto blaster for the 1980's themed disco to name plates for houses and signs for community events. We have continued to offer garden bench renovations and 'made the day' of

one customer who was delighted with the overhaul of their bench. When they had dropped it off they had actually questioned whether it was even repairable. In the other areas of the workshop, chairs have been repaired, unique Christmas Tree dresses have been made and unwanted furniture has been repurposed. A reading chair was made from a small set of drawers and we're currently finishing converting an old dresser into a hot drinks station for the CARESCO Centre. In addition, the electrical room is kept steadily busy with a constant stream of PAT testing, electrical repairs and watch repairs. Many of the items that are PAT tested are donations to be sold to raise valuable funds for the charity. We are also fortunate to have one or two Cavers who are able to repair bicycles and sewing machines which we maintain and service for their owners.

This year we have welcomed a number of visitors to the Cave. In November, we were joined by a team from Polygon UK who gave us 4 hours of their day and got hands on helping to make and decorate various Christmas decorations which were then sold at number of Christmas fetes. In December, we welcomed back 21 children attending Kids Zone. They also had the chance to get hands on and all made their own, personalised Christmas decorations to take away. More recently, we welcomed members of the Parish Council and were fortunate that two members chose to stay with us after a tour.

Last year it was decided to better signpost the Cave so that people were able to find us more easily. A large sign has been erected above the door and a portable 'flag signpost' has been purchased. Unfortunately, the latter can only be put out on days when the weather is suitable. The Cave was open on the Sawtry Carnival Day again this day and received visitors of all ages. This year we offered a range of activities for anyone to participate in; they had the opportunity to make their own coasters, key rings and various origami products. Needless to say on such a hot day the origami fan proved very popular. Following on from the success of last year's CARESCO Cave Open Day, two more are planned for this year: one in July and another in August. As with last year, the Open Days will be specifically aimed at allowing members of the Community to visit for longer, make more enquires and get hands-on.

First and foremost the Cave aims to continue to offer the opportunity for users to socialise in a safe, relaxed environment although new members may also have skills to offer or simply have skills/knowledge that they would like to learn. As this year continues, we look forward to welcoming more new members. Regardless of your age or gender, whether you are able-bodied, have disabilities or mental health issues - you will be extremely welcome.

Shaun Pollock



## CHATTERBOX

<b>Volunteer Co-ordinator:</b>	Alison Scott
<b>Venue:</b>	CARESCO Centre
<b>When:</b>	Second & Fourth Monday from 2 - 4pm
<b>Aims:</b>	<i>To provide peer support, advice and friendship for family carers and those for whom they care.</i>



The sessions are continuing to be popular and are still maintaining high levels of member numbers compared with before Covid. The social element of the support system is a key aspect of Chatterbox.

Unfortunately, we lost Helen, one of 2 Chatterbox volunteers, to another volunteering role. Which left Ali, our other Chatterbox volunteer. Ali continues to co-ordinate and organise things and has been very proactive with forward planning activities for future sessions. Thank you, Ali, for all your support over the last 12 months. A big thank you must also go to our volunteer bakers who have

consistently provided baked sweet and savoury treats all year to this activity.

During the summer months we welcomed 2 new members putting our regular attendees total to around 16. Some of our Chatterboxers joined in for our Jubilee celebratory BBQ in June and were keen to learn all about what our Queens Award for Volunteer Service means to the organisation.

In August we celebrated another year of Chatterbox with the annual BBQ. Thanks to Ben who cooked the food, and to each member who offered to bring a dish which made up the generous provision of food for the day. Its always a highlight in our annual calendar.

The final session for 2022 our Chatterbox team enjoyed a festive themed event with Twink returning to create some Christmas floral table decorations and it rounded off the year well. All the members then met for the annual panto outing just before Christmas.

During the first sessions of 2023 we were joined by the Sounds Good members who entertained the group with singing, and a bit of acting. The Chatterbox team are always eager to hear about other areas of CARESCO and I always make sure there is plenty of information on hand. This particular group are always keen to join in at a CARESCO quiz or Quiz supper and frequently commit a team to our other fundraising activities too.

Emma Flanz

## COFFEE SHOP

**Volunteer Co-ordinator:** Carolyn Watts  
**Venue:** CARESCO Centre  
**When:** Friday, 9 - 11.30am  
**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.*



Carolyn, our Volunteer Co-ordinator, continues to run the sessions and also organises the majority of the preparations including the cake bakers (including herself) and her small team of volunteers.

We continue to see a steady flow of customers attending the Coffee Shop and these numbers have risen throughout the year, There is always a wonderful atmosphere and its lovely to hear all the

laughter and know that everyone is enjoying themselves.

We are grateful to Carolyn for all her hard work and also to her two main team members, Liz and Diana, with Debbie acting as backup to cover absences. And of course final thanks to all our bakers for the steady supply of cake to keep us going on a Friday.

Liz Coates



The setup is simple with four easy steps:

- 1 Contact your bank
  - 2 Give them our bank details
  - 3 Give the reference 'FundingOurFuture'
  - 4 Set your monthly donation amount
- If you are a UK tax payer, ask us for a gift aid form

***That's it, you're all set up! Thank you***

# CARESCO CAR SCHEME

**Volunteer Co-ordinator:** Peter Fox (until June 2023)  
Steve Robson (from June 2023)

**When:** Daytime weekdays, depending on availability

**Contact:** T - 07810 476979



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

The CARESCO Car Scheme has thrived over the last 12 months. We have still been concentrating our journeys on medical trips only, a decision that was made following the pandemic. Peter Fox, our volunteer co-ordinator gave notice in April of his intention to scale back his commitment to the administration element of the role. However, he was clear that his intention to remain as a volunteer driver was a priority.

In June I took over the Car Scheme co-ordination role. A move which I hoped would be temporary whilst we searched for a more sustainable solution. Upon taking over from Peter, we had 3 drivers who were able to regularly commit to weekly journeys. The rising fuel prices, cost of living and number of miles the volunteers have to potentially drive has not added a positive spin to the recruitment process for incentivising new volunteers. After further investigation it would seem it was the same scenario at many other local car schemes and volunteer numbers are dwindling everywhere. The scheme has continued to be very well supported by the local residents, similarly to the work done via our Community Support team, this is a vital lifeline for many.

The figures below show how busy this service is.

April 2022	26 trips	721 miles
May 2022	23 trips	601 miles
June 2022	20 trips	418 miles
July 2022	23 trips	574 miles
August 2022	18 trips	396 miles
September 2022	14 trips	456 miles

October 2022	9 trips	180 miles
November 2022	19 trips	376 miles
December 2022	12 trips	214 miles
January 2023	16 trips	293 miles
February 2023	15 trips	394 miles
March 2023	31 trips	796 miles

In August I attended a meeting with the other local car scheme co-ordinators hosted online by Cambs and Peterborough Combined Authority. It was an opportunity to meet Gavin and Mirella who run things from the Care Network provision.

In September we welcomed Steve to the car scheme team who was keen to take over the co-ordinating responsibilities. Allowing a lot more attention and detail to go into the provision. Steve has proactively taken on the challenge of updating some of our historic records and has incorporated new ways of working to promote a better practice of working. The winter months remained busy and we managed to recruit more drivers to put our numbers to 6 regular volunteers. Implementing quarterly catch ups with the team give an opportunity for the drivers to meet up and talk about all things Car Scheme related. Plans are also in place to review the mileage levels and the subsequent costing structure (still based on 45p per mile) using CARESCO site and destination postcodes to do so.

Emma Flanz



## SOUNDS GOOD

<b>Volunteer Co-ordinator:</b>	Pam Tuplin
<b>Venue:</b>	CARESCO Centre
<b>When:</b>	Second & Fourth Fridays, 1.30 - 3.00pm
<b>Aims:</b>	<i>To provide a friendship group for those who enjoy all things musical &amp; the spoken word</i>



In the past twelve months, we have sadly said goodbye to several members, but, although the group has not grown in numbers (average attendance 14), it has grown hugely in the range and depth of the various topics covered. We have enjoyed part-singing, playing the kazoo, line dancing, learning about national anthems, professional pianists, bagpipes, classical and modern poetry, etc. We have honed our skills at choral speaking, tried our hand at mime and acting and also had a go at writing limericks. Some of these were more successful than others, the resulting 'sounds' not always 'good', but all challenging and enjoyable. Yes, we sometimes have a singalong, but these sessions all have a point, and we glean information on the way.

The expertise of members within the group is much valued, several regularly leading a session, and, from time to time, we have a visiting speaker. Some members are very competent musicians, others have no experience whatsoever.

Each session, 60 minutes long, is followed by tea and cake. There is no joining fee or subscription but a voluntary donation of £2 per session helps towards CARESCO's costs. We share the responsibilities for setting up the room, serving and clearing away refreshments, washing up etc.

Two or three times a year, we have been invited by village groups to put together a programme of poetry, prose, readings, jokes, songs, quizzes etc. on a particular theme, gearing the material to suit the audience, so it may be just light entertainment, or a thought provoking interpretation of a theme. These presentations give us the opportunity to use our talents to the full, practising until an acceptable standard is reached and we feel confident to perform in public.

Although most who attend regularly are retired, we are still very active, alert and willing to try anything. Members do not always attend every session, one or two prefer to listen rather than take an active part, but we all come along to enjoy ourselves, take up a challenge and share a common interest. Think Sawtry U3A.

Pam Tuplin



## CHRISTMAS DAY PARTY

<b>Volunteer Co-ordinator:</b>	Tina Campbell
<b>Venue:</b>	CARESCO Centre
<b>When:</b>	Annually on 25 <sup>th</sup> December
<b>Aims:</b>	<i>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.</i>



Yet again 2022 sped past, it was December and time to get ready for the Christmas Day Party. First task was to ensure that there was enough money in the 'pot' so that all our guests could enjoy a Christmas Day that they deserve. We had done some fundraising earlier in the year and people

were very kind, as always, with their donations. We were given cakes by Cottage Cakes and cookies; chocolates from Hotel Chocolat; Lisa did some lovely floral centrepieces; wine and cheese from POD; Dee kindly got us a donation of turkeys from Iceland; staff at Zellis gave gifts; and Pat made us a lovely dessert. Apologies to anyone I've missed out, but I am so thankful and touched that you all helped make the day a success.

Once I found out we did have the funds we were off. Buying, ordering and storing the food, wrapping the presents (thanks Sally!), getting our lovely volunteers in and prepped and of course, ensuring that Santa was available for half an hour! Christmas Eve is spent peeling veg, laying tables, planning a bus route, rotas and generally getting ready so that everything goes smoothly. It never ceases to amaze me that it all just seems to come together.

Sally, our chef, an avid Harry Potter fan, did her magic and lunch was fabulous. I think in the end we had 44 eating in and 6 home deliveries to guests. We do try to encourage those who have deliveries to join us, but this year there was a couple of people who were poorly last minute and it was only right that we got their meals to them at home.

We had a guest on the organ, carols, bingo and Play Your Cards Right and lots of laughter. We even managed to tune in and catch The King's Speech at 3pm. Our new Santa looked very dashing in his red suit and was assisted by his lovely first Elf Pauline in giving gifts to all the guests.

There was a 'goody bag' for everyone when the party came to an end.

This day is so much fun for everyone involved. I think this was my sixth year of Christmas Day volunteering and I'm hoping that the team will see everyone again this Christmas.

A huge thank you to all involved and fingers crossed we'll celebrating together Christmas 2023.

Tina Campbell



## SAWTRY FOODBANK

**Manager** Pat Furzeland  
**Venue:** Sawtry Community Centre  
**When:** Fridays, 3.00 - 5.00pm  
**Contact:** E - [foodbank@caresco.org.uk](mailto:foodbank@caresco.org.uk)  
T - 07743 593863  
(During session times only, otherwise via the office)



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

The Foodbank has run smoothly this year and both the Summer and Christmas schemes went well. There was a 10% increase in demand for the Christmas scheme, with 68 families this year. I introduced weekly recipe cards during the Summer scheme for families to cook together, with ingredients from their food parcel. This was funded by a grant from HDC. There were 186 children on the scheme over the six-week holiday. Demand for weekly parcels has seen its normal fluctuations, and February 2022 was the busiest month in over a year. This higher demand has continued through March and was expected due to the cost-of-living pressures on families.



Steering Group meetings and Volunteer social evenings / meetings continued this year. Both have been successful in generating ideas and gaining feedback. The social evening was a good way to

bring the whole team together. We have had four new volunteers join us this year, and two volunteers leave. I am fortunate to have such a great volunteer team who all work well together and the valuable input from CARESCO staff members enabled us to have another successful year. We also welcomed a new volunteer to the Steering Group.

All our current referral agencies are now online and I have added 12 new agencies to the list this year. The online form has been updated and this form was used for the Summer and Christmas scheme referrals too. This worked really well and made the admin easier and more accessible. Debbie and Matt Coates worked hard to set this up and their help was invaluable.

Our stock levels have seen fluctuations during the year but the support from the local community has remained constant even through these difficult times. Four new donation points were set up during the year, one of those is in Alconbury. For Easter, we received a large donation of chocolate eggs from a local gym. To boost stock, we received deliveries from Bankuet, the first in May 2022. However, they increased their minimum spend to £500 so these deliveries were less frequent, with the next delivery in March 2023. We received two donations from Princes Food, organised by Jacqui, in May 2022 and March 2023. In August we received a huge donation of toiletries from Superdrug in Peterborough. We also began our Shopping Basket Challenge in August, organised by Jacqui, and this has helped to boost our stock and reached a different group of donors.

Throughout the year, Jacqui has continued to support the Foodbank with fundraising ideas and her hard work is much appreciated. In September and October, we received lots of donations from Harvest Festival celebrations in our local community. The appeal for stock for our Christmas scheme was well supported too. We continued to receive donations from John Green Premier store, Aldi, Great Gidding store, Consuma Paper Products, Woodward's farm in Winwick and Tesco. We received donations of pet food from Cromwell vets in Sawtry and we had a large donation of pet food from Sawtry Village Academy too.

I applied for Grants throughout the year and had success with the following ones:

- \* April 2022 HDC grant for the Summer Scheme stock, of £1000.
- \* November 2022 Sawtry Parish Council grant for fresh fruit and veg for Christmas, of £500
- \* December 2022 Coop Community Dividend Fund for stock, of £500
- \* Julia and Hans Rausing Foodbank Grant for six months' running costs and stock, of £8058

A total of £10,085

In August, the Foodbank received a visit from the delegation who came to present the Queen's Award. Bovis Homes provided all the milk for our Summer scheme and came to visit the Foodbank in September. A report about this appeared in the Hunts Post in January 2023. Some pupils from Sawtry Junior Academy came to visit the Foodbank in October along with Sarah Flack, the headteacher. They bought along the Harvest Festival donations from the school. In February 2023, Sawtry Walk To Run running club joined in a national event and came to Foodbank to donate items before their training run.

We gave out signposting information to our clients and included this information in our welcome letter for new clients. Any clients who came to us directly were given food support and a relevant contact number to an agency that could help them. I sent out feedback, after each of the Summer and Christmas schemes, to the agencies who referred clients to us.

I am in contact with our most active agencies to provide updates and feedback. The Queen's Award presentation and the 40<sup>th</sup> birthday party for CARESCO were both wonderful opportunities to meet volunteers and celebrate all that CARESCO has achieved.



**Pat Fuzeland**

# FUNDRAISING



With another year gone by for CARESCO, our unique village charity, we can honestly say that we are striving to continue to do our very best. Our community is very important to us and we try our hardest to always be your helping hand. We are very fortunate in our widespread support and loyalty of everyone who believes in CARESCO. There are many ways that our supporters continue to offer help, assistance, volunteering, donations and above all their time. From all the fundraising events however small, they all help to support our village charity.

We were fortunate to celebrate our fortieth birthday last November and had a tea party to commemorate this. It was wonderful to see so many volunteers in one place celebrating what CARESCO is all about.

“Many hands make light work” they say and that is evident with CARESCO as we have a very loyal team of volunteers. They are amazing and are always willing to help at short notice. This includes running a stall, baking, washing up, setting up, clearing away and just about anything!! We are always truly grateful for all their help and they are an integral part of our team. Thank you all.



Fundraising has taken a different turn since the pandemic and many charities are finding a different way around it, including us. We are having to look at alternative ways to fundraise and that includes corporate partnerships, sponsors, more local relationships and of course still organising events. Our most recent being the 80s Disco we held in March which was very successful and proved that people are willing to get together in larger groups.

We plan to continue to organise some larger events throughout the year alongside the smaller fundraisers that we are known for.

We still have our “Funding our Future” campaign that was started in 2020 and this is a steady monthly income that helps towards CARESCO. We are continually grateful to everyone who has and continues to donate monthly to us.

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

Date	Event	Total
April 22 - March 23	Funding our Future	£ 2820.00
April 22 - March 23	Green Bottles Challenge	£ 106.30
April 22	CARESCO Quiz Night	£ 783.50
May 22	Royal Quiz Sheet	£ 97.13
June 22	Sawtry Carnival	£ 183.15
July 22	Cream Tea Takeaway	£ 216.51
August 22	Scarecrow Trail	£ 20.00
September 22	Sawtry Walk to Run - 10 Mile Run	£ 311.17
October 22	Pumpkin Trail ( <i>prizes donated by Sawtry Cars</i> )	£ 20.00
December 22	Sawtry Walk To Run - Santa Run	£ 500.00
December 22	Wooden Tree Hearts	£ 48.00
January 23	Christmas Quiz Sheet	£ 105.00
January 23	CARESCO Quiz Night	£ 785.00
March 23	80s Disco and Raffle	£1651.47
April 22 - February 23	Various Raffles	£ 424.00

A huge Thank You to all of you who support us, volunteer with us, help us and believe in us – We are and always will be very grateful.



We look forward to another year of bringing our community together.

Jacqui Hedington

## THE STORY SO FAR . . . .

Our Sawtry-based charity was set up in 1982 (registered number 288202) with the grand name of 'Sawtry & District Care and Resource Organisation', but colloquially known as CARESCO from the start. 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* adjacent to the Agricultural (Ag) 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 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 both from local councils and trusts, attendance fees personal and organisational donations and fundraising.

In 2001 CARESCO moved into a new purpose-built modular building, the *CARESCO Centre*, funded by 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 where the extra income has both helped to underpin the existing activities and also to 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 TRUSTEES

2022 – 2023

**Life President:** John Garner

**Officers:**

Chairman	Tina Campbell
Vice-Chairman	Heather Thompson (resigned 11/04/2022) Peter Fox (appointed 23/06/2022)
Treasurer	Heather Bohonis

**Trustees:** Heather Bohonis; Tina Campbell; Elizabeth Coates; Peter Fox; Dave Dougherty; Tony Stefanelli; Kevin Whitthread (appointed 23/06/2022); Heather Thompson (resigned 11/04/2022); Anne Whiley (appointed 22/12/2022)



**Note:** Trustees are recruited from the local community and are elected at the annual general meeting by the CARESCO Members present. 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.

# The CARESCO Family.....



## CHARITY SHOP

Fundraising by recycling

# CARESCO

meeting needs in our local community



## THE CAVE

All about social connections, sharing skills & building friendships

## VOLUNTEERING

Helping CARESCO to support our local community



## CHATTERBOX

Support, a listening ear & advise for carers

## CHRISTMAS DAY PARTY

Food, fun & festive celebrations



## CAR SCHEME

Volunteer drivers providing transport for local people

## FUNDRAISING

Help us help others



## GREEN END DAY CLUB

Providing fun, friendship & good food to it's members

## SOUNDS GOOD

A social group who enjoy music & the spoken word



## COFFEE SHOP

Share a cuppa & cake with friends

## SAWTRY FOODBANK

Providing emergency food for local people in crisis



## COMMUNITY SUPPORT

Co-ordinating everyday errands for local people

## SAWTRY EYE

Village magazine offering local news for local people

