



# CARESCO



meeting needs in our local community



# ANNUAL REPORT

## 2023-2024

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 and Donna Green  
for all their help in maintaining our website*

Welcome to our

# ANNUAL REPORT

**1<sup>st</sup> April 2023 to 31<sup>st</sup> March 2024**



For information on anything in this Annual Report,  
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**Or visit our website at  
*WWW.CARESCO.ORG.UK***

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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:** 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 whilst 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 whilst also providing a service, are social enterprises and any profit being reinvested back into the organisation.

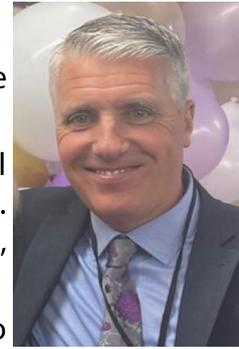
The impact of being involved on people's well being and mental health is immeasurable. CARESCO has worked to include everyone who has expressed an interest in being part of the charity, or using one or more of the activities. For example, this can be a volunteer having a chat on the doorstep while dropping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

<p><b>FUNDRAISING</b> Funding our Future</p>  <p><b>FR</b> Registered with FUNDRAISING REGULATORY</p> <p><b>CAN YOU HELP TO SECURE CARESCO'S FUTURE?</b> Would you like to help support CARESCO? We are looking for friends and supporters to kindly donate £4 per month by standing order to help fund our future.</p> <p><b>SINCE 1982 WE HAVE PROVIDED HELP AND SUPPORT TO OUR LOCAL COMMUNITY. TO ENSURE THAT WE CAN MAINTAIN OUR CURRENT STANDARDS WE NEED YOUR HELP WITH FUNDRAISING.</b></p>	<p><b>The setup is simple with four easy steps:</b></p> <ol style="list-style-type: none"><li>1 Contact your bank</li><li>2 Give them our bank details</li><li>3 Give the reference 'FundingOurFuture'</li><li>4 Set your monthly donation amount</li></ol> <p>If you are a UK tax payer, ask us for a gift aid form</p> <p><b>That's it, you're all set up!</b> <b>Thank you</b></p>
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# CHAIRMAN'S REPORT

It hardly seems a year has passed since we last prepared an annual report on the life of CARESCO!

A little bit about me, my name is Dave Dougherty and my professional background is in Construction. I became a Volunteer with CARESCO in 2019. In 2021 I was invited to be a Trustee and in February this year became Chairman, I'm very proud to be part of such a unique charity.



This has been an eventful year for all of us as we said goodbye to colleagues who have worked hard within the organisation for the benefit of others. Emma Flanz, our General Manager, has moved on to pastures new and we wish her well in her new role. Our staunch supporter and secretary, Liz Coates, who did so much of the admin side and day to day running of CARESCO, sadly passed away. She will be missed by all of us.

But CARESCO never stands still and our charity, now managed by Sharon Dougherty and Jacqui Hedington, along with their team of managers and dedicated volunteers are taking us forward.

As a volunteer, it was a first for me this year to experience our Christmas Day party while driving the minibus, dressed as an elf, collecting our guests and taking them to the Centre. Helping with the serving of meals and, once Santa had visited, taking them all home at the end of the day. It was a very humbling experience and you could actually see in the guests faces what a difference our team of volunteers had made in their lives for that day when they may otherwise have spent it at home alone.

We have reviewed our processes and procedures and we are more confident than ever that mistakes will not occur in the future.

Finally, where would we be without our team of volunteers? They show up every day in the different activities and work tirelessly behind the scenes. Working hard and supporting us, fundraising at our events and so much more to make this charity the success it is. Thank You each and every one of you. Long may we continue making a difference to people's lives in our community.

**Dave Dougherty**

# TREASURER'S REPORT

It's been another challenging year, and full of changes for CARESCO. We've lost some key members of staff, and gained a few more, we've had to deal with minibus issues and the inevitable problems that arise from an ageing building. We've had to contend with the rollercoaster that is the UK economy, and the impact it has had on both our costs and our income streams. But through it all, CARESCO have continued to do what we do, and tried to provide the best service we can for the community that we all cherish so much.



The cost-of-living increases have meant that everyone has less to give, but it also means that the demand for our services is higher than ever, and so we are faced with the added struggles of trying to do more with less.

With this in mind, it's no surprise that for the 3<sup>rd</sup> year CARESCO's accounts are showing a deficit, this time of just over £25,000.

As always, I would like to extend my thanks to the members of the Finance team, 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.

We are grateful for everyone who chooses to spend their hard-earned money to support CARESCO, whether it be a regular or one-off donation, attending a fundraising event or one of our many activities, advertising in the Sawtry Eye, picking up a few bargains at the Charity Shop or popping into the Coffee Shop on a Friday for a cup of tea and a cake! Every penny is greatly appreciated.

**Heather Bohonis**



## FINANCIAL STATEMENT

The examined financial statement for the year April 2023 to March 2024 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 2024 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

My role at CARESCO is to apply to various Charitable Trusts, Local Authorities and Parish Councils for grants to help pay for our sizeable running costs. I also apply for funding to cover specific events and items that enrich our service users experience. This is very much a team effort with the other staff and trustees as it cannot be done without their valuable input. Thanks must also go to one of our volunteers Emilie Ashwood for her continued assistance in researching eligible grants. This has enabled me to spend my limited time drafting and managing the applications and is very much appreciated.

The Grants arena remains very competitive, as an example we had 22 grants declined over the last year. When we are successful, however, it's very satisfying to know that they help CARESCO to continue to provide their fabulous services to the people of Sawtry and beyond.

At the time of writing, there are 9 applications being considered by various funding organisations and we have been very fortunate to have been awarded the 12 grants detailed.

Date	Grant Provider	Use	Value
4/23	Vera Fox Trust	Minibus Costs	£10,000
4/23	Postcode Places Trust	Unrestricted	£10,000

Date	Grant Provider	Use	Value
4/23	Garfield Weston Trust	Unrestricted	£10,000
8/23	Mary Merchant Trust	Unrestricted	£15,000
9/23	Alconbury Parish Council	Unrestricted	£250
9/23	The National Lottery (Awards For All)	Interactive Smartboard & Games for the Green End Day Club (GEDC)	£3,000
10/23	Skipton Building Society	GEDC Christmas Party for all Mon-Thurs attendees	£450
10/23	Stilton Parish Council	Unrestricted	£250
11/23	The Cole Trust	Unrestricted	£1,000
12/23	DWF Foundation	Various office chairs, footrests and an Adjustable desk for the CAVE Workshop	£1,458
12/23	Sawtry Parish Council	Foodbank	£500
12/23	John Lewis	Community Connections Event 2024	£1,000
			<b>TOTAL £52,908</b>

If you are aware of any grant providers that could help us, please do let me know on [grants@caresco.org.uk](mailto:grants@caresco.org.uk). Thank you all.

**Dee Pike**



## CUSTOMER SERVICE MANAGER

The Customer Service Manager role was created along with the Service and Finance Manager Roles as part of the restructuring of CARESCO at the beginning of June 2023 following Emma Flanz departure.

Having joined CARESCO in August 2019 as the Charity Shop supervisor and then being appointed as Manager in November of the same year, I was happy to take on this role and to extend my areas of management to other projects. Those projects being the Coffee Shop, the Centre Gardens, the Tuck Shop and our Christmas Day party. Whilst some of these projects started within CARESCO in previous years it has been and continues to be



my aim to work in ways where they can be brought to the forefront slightly more and given the recognition that they deserve whilst serving our community in an even greater way.

In a nutshell, the aim of the Customer Service Managers role and the projects that come under its umbrella is to generate a regular income which will help enable the CARESCO services to continue for many years to come. The individual reports for each of the Customer Service projects will, I hope, show how things have progressed in a positive way throughout the last financial year.

During a year of change which has been challenging at times, I believe that these projects have excelled thanks to some slight changes and as always, the massive support given by the Volunteers that are a part of them. We now have 76 Volunteer roles within the Customer Service projects and

these are covered by 64 Volunteers, what would we do without them! We are, of course, very proud of our Volunteers and I know they too, are proud to be supporting CARESCO. Like most members of staff, I also volunteer with all my projects, it is a wonderful Charity to be a part of.

After a year of concerns, sadness and new challenges I feel that CARESCO will use these experiences and become even stronger which, in return, will be a good thing for our community.

**Sharon Dougherty**



## SERVICES MANAGER

I started 2023 as the fundraising Manager at CARESCO and due to our General Manager Emma Flanz moving on to pastures new a vacancy arose for some of her hours. A daunting prospect of how anyone was going to fill Emma's shoes was the first thing I thought and then realisation of being offered some of her job role. I became the Services Manager from June 2023, and I would like to say a huge thank you to Emma for all her hard work in making CARESCO a better place whilst she was here. Also, for passing on lots of knowledge and information before she left and working so hard for a charity she believed in.



I had the pleasure of attending the Hunts Forum AGM with another member of Staff and a Trustee and it was very informative. We listened to what Hunts Forum had been up to and how they were going forward with their future plans. They also presented local groups with awards for their efforts within the community. It gave CARESCO a chance to interact with other groups, swap notes, put names to faces and bond over what we all do.

Our Strength and Balance classes continue to be very well attended and after local council funding came to an end our members decided to fund it themselves. We have also been fortunate to guarantee a small grant to cover the classes for a twenty-week period. It has made a huge difference to people's lives, and they have said how much this type of exercise class has improved their mobility. Long may it continue.

I have attended many meetings and online zooms to get training or information within the local community. We are regularly updated on any care organisations and how they may impact our club members. This information is shared with people within CARESCO and with our Staff and Volunteers. We also keep updated with any meetings training and drop-in sessions run by the local authority. We continue to help our community in any way that we can.

I attended the Hunts Forum Volunteer awards, and it was a fabulous event. It was amazing that our Volunteer Donna Green won the bronze award for which she was very grateful. Well done Donna for all your volunteering efforts over the years and we thank you so much for everything you do.

Lots of staff have attended training in order to better ourselves within our job roles. We have completed First Aid Training, computer training sessions and Mental Health training. Other training on Dementia and GDPR are in the pipeline too.

In October 2023 we sadly lost Liz Coates. Although we were aware that Liz had been suffering with ill health, she was sadly taken from us far too soon. We will always remember Liz for everything she did in all the time that she was involved with CARESCO and as a valued friend and colleague; she is sadly missed by us all.

Our projects all continue to be busy, and the centre is always a hive of activity. It is always lovely to hear happy voices, singing, people chatting and enjoying the main reason they come to CARESCO.

I am sure that CARESCO will continue to grow and support Sawtry and the wider community as it always has done and that is with a smile, grace and never, ending thanks.

**Jacqui Hedington**



# REMEMBERING LIZ COATES

1 March 1965 - 22 October 2023

Liz was a pivotal member within her church and community and has left a huge legacy at CARESCO. She was one of those special people who did so much for everyone else.

In the beginning, Liz was a CARESCO volunteer; she was Deputy Manager of the Day Centre and became General Manager in 2001 although she wore many other hats during her association with CARESCO.

In all that time she would have seen scores of Staff, Trustees and Volunteers come and go and is only just pipped to the post for gold, in terms of longevity with the organisation, by her dear friend and colleague Marina, with whom she worked so closely for many years.

The adage about giving something to a busy person and they'll get it done could have been invented for Liz, for she was tireless in her commitment in all she did for CARESCO. Championing and advocating us and educating us to become more environmentally friendly as a charity AND, like many working part time, she always put in far more than her allotted hours.

In short, Liz has been our oracle, our 'go to' for year-on-year since 2001 and CARESCO and all its Staff, Volunteers and Members - past and present, are the beneficiaries of her legacy and passion for the organisation. We're sure we echo the thoughts of many of us, when we say, quite simply, that CARESCO just won't feel the same without her.



## COMMUNITY SUPPORT

**Volunteer Co-Ordinator:** Jenny Mortimer

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



Jenny has been a fabulous volunteer in leading the Community Support team and we are very grateful for all she has done. Jenny will be stepping down from this role this year and we would like to thank her for all her support, kindness and help. Also, a huge thank you to all the volunteers that help to deliver all the prescriptions and do the shopping trips.

The statistics (see table) shows the need within our community for this service to continue. The volunteer numbers are quite consistent, and they all support each other in the smooth running of this facility.

Month	Prescription Deliveries	Shopping Trips	Month	Prescription Deliveries	Shopping Trips
April 2023			October 2023	72	12
May 2023	64	9	November 2023	76	0
June 2023	86	6	December 2023	16	2
July 2023	62	0	January 2024	54	0
August 2023	40	7	February 2024	83	0
September 2023	80	0	March 2024	112	2

The total number of Prescription Deliveries 745 and Shopping Trips 38.

**Jacqui Hedington**

# GREEN END DAY CLUB



**Manager:** Vicki Currington

**Deputy:** Suzanne Millman

**Cook:** Helen Trebes

**Venue:** CARESCO Centre

**When:** Monday to Thursday, 10.00am – 2.00pm

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

We have had a few trips out this year. We have been to Mulberry Tree Farm, Dobbie's twice and at Christmas we went to the Greystones.

We joined in the scarecrow trail in April with our lion that we all made at the club to go along with the theme of The Coronation and in May we held an afternoon tea to celebrate The Kings Coronation.

Our bus went to auction in June as we decided to go down the route of leasing a newer bus which we finally acquired in September. During the interim we purchased a car so that we were able to pick our members up. Our volunteer drivers also helped out during this period and we are so thankful to them. It was so nice to see all our members being picked up in our sign written shiny new bus when it arrived.



Emma Flanz left as our General Manager in June to start a new job. She always did so much for CARESCO, and our club and we wish her well in her new role.

One of our members did a sponsored beard and haircut in August raising over £600 for CARESCO.

September saw Elizabeth Coates step down as a Trustee. She oversaw the running of GEDC and was always on hand when we needed her. Su Merton became our new club Trustee in February. We are very grateful for the support that she gives us.



Our bus driver left in October, and we now have two drivers who share the role and two Volunteer chaperones.

Our Grants Officer, Dee Pike acquired a grant for us in December that enabled us to purchase an interactive smart board for our members to use. Our local councillor Simon Bywater came in for some publicity photos. Dee also secured a grant for our Christmas party, which allowed us to give our members a free festive day with good food, games and Christmas gifts.

Our club room had a lovely face lift over the Christmas period and was all repainted ready to welcome our members back in the New Year.

In February we had Golden Games begin every other Tuesday in the club room as Love To Move finished in December. It has proved very popular and a lot of fun.

Our Volunteer Twink has been in a few times over the year to do crafts with our members. They have made Easter and Christmas cards and lovely crowns for our Coronation celebrations.

Sounds Good joined us on our Christmas party day and entertained us with songs, carols and funny rhymes. It was so much fun and enjoyed by all.



Ellie from Healthy You came in February to talk to all of our members about the service they provide and to give blood pressure checks.

We held three quiz suppers over the year which always prove very popular and raise money for our social fund.

October was an extremely hard month for all of us at CARESCO as we had to say goodbye to our friend and colleague Liz Coates. Liz was the heart of CARESCO and one of the kindest, funniest souls we have ever known. Her knowledge of CARESCO was so vast and if you had a problem Liz was always the one to go to. She has left a huge hole that can never be filled, and she will always be a huge part of CARESCO.

We welcomed 17 new members, 4 new volunteers and served over 3,000 meals over the year.

Finally, we would like to thank all our members, volunteers, chaperones, Sounds Good, Twink and all the Staff and Trustees for their support over the past year.



**Vicki Currington, Suzanne Millman & Helen Trebes**



## SAWTRY EYE

- Editors:** Liz Coates (until October 2023) & 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*



It has been a difficult year for the Sawtry Eye with losing our wonderful Co-Editor Liz Coates who sadly passed away in October.

Not only was Liz the Co-Editor she was also the face of the Sawtry Eye who dealt with many phone enquires, sent many emails, and proof read thousands of articles. Liz started in 2001 and her first issue she co-edited was the Oct/Nov 01. In that time as a team we have edited and produced around 130 issues and even though some were challenging she loved (almost) every minute!

Liz was not only a colleague but also a friend and we will miss her but as Liz always said even though things change the Sawtry Eye will continue to spread local news.

My thanks to our graphic designer Donna Green who worked closely along side Liz since 2012 who has kindly stepped in as Co-Editor to help me to produce the Sawtry Eye.

The bimonthly magazine circulates 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.

Our thanks also to the team at Clanpress who print 3500 hard copies ready for circulation.



**Marina Joyce**



# 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.*



The Charity Shop remains a big part of the community and people are still coming from all over to visit us and enjoy the many bargains that can be found there. We are continuing to offer a booking system for receiving the generous donations every day. An amazing 4,561 units of donations have been brought to our shop; such great support from the community which helps to keep CARESCO going.

As a result of this system our Gift Aid register continues to rise which shows in the claims received from HMRC. The income for this has risen 3-fold since the booking system was introduced, we have registered 135 new Gift Aiders and updated the details of 28 in the last financial year alone.

We have enjoyed showing off several scarecrows in our shop window, offering other ways of increasing our footfall and sales by way of a themed rail throughout the year.

We were, once again present at the Village Carnival which was enjoyed by all who took part and participated. What has become a yearly event is our Fashion Show, this year it took place at the CARESCO Centre. It was a more intimate affair, enjoyed by Volunteers and Customers. The main aim of the Fashion Show is to promote the shop and to show our Volunteers in a slightly different light which it did and, as a bonus, introduced some of our villagers to the CARESCO centre and the things that are on offer there. We continue to offer our Hampers in the run up to Christmas full of new donated items.



Our Social Media page is a big part of the shop, helping to spread the word more widely of any offers or bargains we have for sale and to show off our team of wonderful Volunteers. Throughout the year 546 electrical items have been PAT tested at the shop and then sold. A small percentage of our books, CDs, DVDs are still sent off to Ziffit with most of them being sold at the shop, always a popular purchase.

We continue to support other areas within CARESCO by selling Tickets, Quiz Sheets and advertising events in our window. Our Social Events, which are self-funded help our wonderful Volunteers enjoy time together and it is always good to catch up with them all in one room rather than just at our yearly meeting where we discuss any concerns or ideas for the shop.



Our Volunteers continue to be the backbone of the shop and as Tina Drage and I always say, without them, we simply would not be here. What they bring to the CARESCO table cannot be beaten and it is an absolute pleasure to work alongside them all.

**Sharon Dougherty**

# THE CAVE

**Manager:** Shaun Pollock  
**Deputy:** Sheila Tibbs  
**Venue:** Sawtry Community Centre  
**When:** Monday & Tuesday 9 - 1pm & Thursday, 9 - 4pm  
**Aims:** *To provide a safe space to build friendships while sharing expertise and passing on knowledge*



As usual the Cave has been a hive of activity, and we have a good turn out of Cavers at every session. This is regularly between 10 and 18 members in the building at any one time. At the moment we have a member who is unable to attend due to the deteriorating health of his father, but they hope to return once their situation improves.

From Easter, the main focus of the Cavers was preparation for the Sawtry Carnival in the summer. The Cavers enjoy being able to showcase what they do and to be actively involved in a community event. Over the last two months, rocking horses were given new manes and saddles, halter hoops were made, and hobby horses were created from upcycled materials. In addition, some members volunteered their time to create props for other community groups e.g. menu signs for the Green End Day Club based at the CARESCO Centre and a 'Wanted' poster for the Sawtry WI.

The Cave continues to be approached by members of the community to undertake various tasks. Requests range from being asked to drill holes in a metal table for a parasol to being asked to make bird boxes or repair benches (for adults and dolls). Larger projects have included making planters and leaf collection boxes. This is in addition to the repairs that have been undertaken to electrical items, 54 PAT tests that have been completed and 12 watches/clocks that have been repaired. The textiles team were also tasked with a very personal request last month when 9 memory bears were requested. The ladies sourced a template (with no instructions) and using their varied skills were able to work out the construction method required. The bears were lovingly and beautifully made, and the customer was very happy with the outcome.



In addition to all the practical tasks that the Cavers undertake, the Cave has become an invaluable source of emotional support for all those who attend. In the last two months, we have had members taken ill on site. In this time of crisis, the Cavers worked together to ensure that the best care was given at the time and provided support upon their return.

We have also had Cavers who have been managing personal issues at home; the Cave is very much their 'safe place' where they know they have people to talk to and seek advice from. Sometimes, the Cave's machinery is quiet as the Cavers simply engage in conversations. On a number of occasions recently, Cavers have told me that the Cave has been their saving grace when times have been quite hard.

Here's hoping we see it continue into next year.

**Shaun Pollock**



# CHATTERBOX

**Volunteer Co-Ordinator:** Alison Scott  
**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.*



We had to wave a fond farewell to our Volunteer co-ordinator Ali Scott who stepped down from this role. We would like to thank Ali for all her hard work, commitment and support during her time with us. That left us with a volunteer vacancy which we were actively looking for and we're confident one of the Volunteers will take on the challenge.

The Chatterbox sessions continue to meet and enjoy the company of each other. All of this is surrounded by chat, tea, coffee and of course cake!! They have had a summer BBQ, Christmas get together, talks on Bee keeping, a talk from a supporting tv and film artist, quizzes, singing groups, holiday talks and have more visits lined up for the future. A big thank you must go to our volunteer bakers who provide cakes for this group. We have also had 2 new members join and were made most welcome. The Chatterbox group also continue to support CARESCO events and quizzes.

**Jacqui Hedington**



# COFFEE SHOP

**Manager:** Sharon Dougherty  
**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.*



Since June we have had a Social Media page on Facebook which is helping to spread the word of our Coffee Shop. During the months of April '23' to March '24' the Coffee Shop has seen 1,169 customers come through the door. There has been a steady rise in the numbers which have increased almost fourfold. An incredible 1,412 slices of cake have been sold which is a credit to our wonderful team of bakers. As customers have continued to increase, a need for more bakers has arisen and after advertising through various mediums we currently have a team of 15 bakers, 4 of which welcome our customers every Friday morning at the centre.



We now offer a regular monthly table event where people are invited to show off and sell their arts, crafts, beauty products etc. We also have a Toy Box and play mat to offer to our younger customers, this is proving to be popular and it's lovely to hear children playing and enjoying our Coffee Shop too, they are our future!

Our Volunteers as ever are a very large cog in the wheel here and we are forever grateful to them for sharing their time and baking skills with us, it is very much appreciated and enjoyed!

**Sharon Dougherty**



# CAR SCHEME

**Volunteer Co-Ordinator:** Steve Robson  
**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 car scheme is still as busy as ever and is run expertly but our Volunteer co-ordinator Steve Robson. A big thank you to Steve for all he does and what he brings to this role. We still concentrate on medical trips only as this decision was one decided best to carry on with. We have a very good team of drivers and of course the search is always on for more to join the team. Having spoken with other car schemes in the local area it seems that it isn't just us that are always looking for more drivers but it's a county wide search.

The car scheme continues to be well supported by the local community and proof that it is a much-needed service.

Please see the figures below.

Month	Number of Miles	Number of Trips	Month	Number of Miles	Number of Trips
April 2023	1158	45	October 2023	425	24
May 2023	289	22	November 2023	723	30
June 2023	234	11	December 2023	422	19
July 2023	284	18	January 2024	288	13
August 2023	141	9	February 2024	543	19
September 2023	687	32	March 2024	455	17

At the last car scheme meeting there was lots to discuss, and it was nice for existing drivers to say hello to each other and meet our new driver. We have some new volunteers that have approached us after seeing our recruitment posters and social media request for new drivers so hopefully that will boost our team. We are still following the 45p per mile pricing structure and are guided on this by HMRC.

We are always eager to hear from anyone who wants to join as a car scheme driver and happy for you to contact us for a chat.

**Jacqui Hedington**



# SOUNDS GOOD

**Volunteer Co-Ordinator:** Pam Tuplin  
**Venue:** CARESCO Centre  
**When:** Second & Fourth Fridays, 1.30 - 3.00pm  
**Aims:** *To provide a friendship group for those who enjoy all things musical & the spoken word*



Although we have sadly lost one or two members in the past twelve months, our numbers have grown and our average attendance is 18. The group is open to anyone interested in music and

literature, and the accent is on involvement, rather than passive listening. We are prepared to learn about different genres of music and the printed word, musicians, composers etc. and will tackle a variety of challenges, like choral reading and part-singing. We do sing quite a lot, but we do so much more. We have sung carols at the local church, and visited other groups to entertain with a programme of items (songs, poems, readings etc) from our previous sessions.

We have gained much from sessions led by fellow members of the group, but have also welcomed visiting speakers who have entertained and educated us with their expertise. Recently, we enjoyed a flute recital, and been enlightened and sometimes surprised by those coming to tell us about 'Music in My Life'.

Each session ends with tea and cake, time to talk about the session, make suggestions for future meetings, and above all, have a good chat.

**Pam Tuplin**



## CHRISTMAS DAY PARTY

<b>Manager:</b>	Sharon Dougherty
<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>



This was my first experience of volunteering at our Christmas Day Party. Behind the scenes the lead up to the event started months before when fund raising started in April.

It is a real CARESCO volunteer team effort from start to finish. We were very fortunate to receive a donation from Nisa Local - Making a Difference Locally, which boosted the Christmas pot. The CARESCO Minibus was out and about early in the morning picking some of our diners up, Elf the driver was dressed in his best outfit for the occasion.

Tina Campbell and I were invited to take part in a live radio broadcast on BBC Radio Cambridgeshire in the early part of the morning where we had the chance to blow the CARESCO Trumpet.

We welcomed 35 people to sit down for lunch and, for a small fee, we delivered a further 9 meals to those who were unable to join us.



Our Christmas Day Party is about encouraging guests to come out and be with other people and it was special to see such a good time being had by everyone. Our Christmas meal was enjoyed by everyone, Father Christmas and his helper even made time out of their rest day to pop in and make sure everyone received a present. We had a sing song, party games and everyone listened quietly to the Kings Speech.

The Minibus and Elf was at hand to drop some of our guests back home along with their party bags full of all sorts of goodies to enjoy that evening and enough for Boxing Day. Our team of Volunteers work tirelessly to make sure the Christmas Day party is a very special gift to be able to give and we look forward to doing the same again this year.

A big thank you to all involved.



**Sharon Dougherty**

# SAWTRY FOODBANK

**Manager** Pat Furzeland  
**Venue:** Sawtry Community Centre  
**When:** Fridays, 3.00 - 5.00pm  
**Contact:** E - 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 Cost-of-living crisis has continued throughout the past twelve months, and this has led to an increase in the need for food support in our local community. In general, the number of donations has declined too, for the same reason. We have maintained our donation links with local groups, and we now have sixteen donation points in five local villages. We have continued our Basket Challenge, collecting donations from the local community.

I have attended monthly meetings with the Hunts Food Network and built links with the other Foodbanks and Community Fridges. In April, we gave some of our surplus stock of pasta and soup to the Community Fridge in Huntingdon, then in February we received some cereal from a surplus of stock at St Ives Foodbank. I have attended monthly Citizens Advice briefings, gaining information on patterns and trends in the support needed across the UK.

In May, Emma, Jacqui and I attended the Coop Annual Members Meeting and there was an opportunity to network with two local Foodbanks.

In June, Sawtry Cars raised £300 for the Foodbank at the Sawtry Carnival. Emma sadly left CARESCO for a new job opportunity and will be missed by staff and volunteers. In the re-structure that followed, we welcomed Jacqui as our new Services Manager and Sharon as Customer Service Manager.

The Summer Scheme was successfully updated to one large delivery at the start of the holiday. This saved volunteer time, driver mileage and stock. There was a 58% increase in the number of children on the scheme compared to 2022.

In August, we received a Princes Food donation of a pallet of tinned items. This was a welcomed boost to the stock levels. September was a bumper month for donations, as we received Harvest Festival donations from many local schools and churches. There was a visit from some pupils from Sawtry Junior Academy, who helped to unpack all their donations too. Along with these we received donations and a cheque from Sawtry Walk To Run who held an event in the village. St Luke's Foodbank sadly had to close, and they kindly gave us the stock they had left.

There was a visit from Sawtry 2nd Brownie Pack to the Foodbank in October, and they presented me with donations and a cheque for £358.



We received the very sad news that our colleague and friend Liz, had passed away. She was always helpful, positive and kind. We miss her guidance and support.

After lots of discussion by our Steering Group, the difficult decision was made not to run a separate Christmas Scheme this year. This was due to concerns that demand would increase, and donations

may decline. All the Christmas items donated to us were given out in the weekly parcels and benefited 92 local people. At the Christmas Tree Festival held at All Saints Church in Sawtry, we made a tree from the labels of food items that we give out. It was on display, along with Foodbank leaflets and recipe books.



We received a donation from the family of Joan Meiklejohn after her funeral in December. Her family said that Joan was a supporter of CARESCO and admired its community action. She gave donations, on a regular basis, to the Foodbank and we thank her and her family for their loyal support.

We held our first Foodbank quiz in January, with Keith Parker, a Foodbank volunteer, as our Quizmaster. It was an enjoyable evening, and all the tickets were sold, raising around £250.

In February, we received a delivery from the online fundraising platform Bankuet. We had around £500 to spend on stock from Morrisons. We ordered items that we were most in need of on the pick list.

CARESCO were part of the Health Inequalities Project run by Huntingdon District Council. We produced a Recipe book and distributed it to around 390 households, 853 people. The book included tips about cooking, healthy eating and contained contact numbers for help and advice. It was circulated to the organisations in Hunts Food Network too.

It has been a busy year with lots of changes along the way. We now have thirty Referral Agencies who can use our online system. From January to March this year we gave out 242 food parcels which helped 601 local people compared to 181 food parcels helping 423 people last year. With the help of our volunteers, staff and Trustees, Foodbank has continued to run smoothly and adapt to the changing need for food support, caused by financial changes that have affected many households. I thank each and every one of them for their continued support. We will continue to adapt our plans for the future, so that we meet the need for food support as best we can in the coming year.

**Pat Furzeland**



## TUCK SHOP

**Manager:** Sharon Dougherty (from June 2023)

**Volunteer Co-Ordinator:** Dave Dougherty (from June 2023)

The Tuck Shop started in 2022, its main objective is to provide bacon rolls and hot drinks to Sawtry Colt Football players and spectators each Saturday morning when the matches are taking place on the SVA fields. We have a team of 6 volunteers who take it in turn to give up their Saturday morning to ensure this continues throughout the season. We provided a BBQ for the Colts presentation day in May 2023.



Our Tuck Shop also supports Sawtry Walk to Run events with cooked breakfasts, bacon rolls and cake which are greatly received and generates more income for CARESCO.

It is a small project offering a warm welcome particularly during our inclement weather.

**Sharon Dougherty**

# CARESCO GARDENS

**Manager:** Sharon Dougherty (from June 2023)



The CARESCO Centre gardens were established roughly 3 years after the centre first opened. It has always been tended to by 1 or 2 volunteers. My first goal was to increase the team of volunteers which then stood at 2, I'm pleased to say we currently have 9! We now have a plan in place which will lead to the Garden being used by our projects and also eventually earn a small income by inviting the community to use it too.

In March 2024 we were awarded a National Garden Scheme Community Garden Grant which was terrific news. There is so much potential for the gardens and, hopefully with this award, we can now start to see some of it come into fruition, we can move forward with our plans and use this lovely area to benefit CARESCO and the community in many ways.



**Sharon Dougherty**



# CARESCO VOLUNTEERS



Congratulations to our Volunteer Donna Green who was awarded a Hunts Forum's Volunteer Award in the Summer. Donna won the Bronze Volunteer of the Year award presented by The Deputy Lord Lieutenant, Mr Daryl Brown MBE at the awards ceremony at Hinchingsbrooke Park in July 2023.



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. Our Volunteers are such a willing and cheerful group of people. They turn their hand to anything and often go the extra mile beyond what has been asked of them. The generosity of so many never fails to amaze us! We are proud to have each one as part of our

team and we are extremely lucky to have their support.

We try to find a Volunteer role for anyone in the community who feels they can help. Is this you? Get in touch, we would love to meet you.

Year	Number of new volunteers
2021	17
2022	17
2023	20

# VOLUNTEERING WITH CARESCO

Being a Volunteer does not have to be a big commitment but you can make a big difference. There are many benefits to volunteering:

- Making new friends - Helping other people -
- Showing pride in our community - Discovering new skills -
- Testing out career options - Improving your health and wellbeing -

**To find out more about our latest volunteering opportunities at**

**CARESCO please email or call our team:**

**office@caresco.org.uk - 01487 832105**

**Or visit our website [www.caresco.org.uk](http://www.caresco.org.uk)**



# VOLUNTEER STORIES



Liz Chattell has been involved with CARESCO for many years. Here is her story...

'I previously volunteered in Huntingdon but the venue closed and I found I had some spare time. I approached the Coffee Shop at CARESCO to see if I could be of help there. The reason I wanted to volunteer was due to me being fairly isolated at home. I figured if I volunteered, I could meet new people and hopefully make some friends.

The Charity Shop was also looking for helpers, so I ended up helping there too. I then found out about helping with the Sawtry Eye and added that to my list of CARESCO volunteering.



After Covid, I decided that maybe I should cut back a bit, so I just returned to the Coffee Shop. As I have got older, I have been able to volunteer less, but I have been able to make use of the other activities within CARESCO.

Since my partner went into a nursing home, I have attended the Christmas Day party each year, which is great fun. If anyone is ever wary of going alone, don't be. We all sit, eat, drink, play games and just have a thoroughly good time – together.

I have joined Chatterbox to meet other people who have in some way or another been through the same emotional rollercoaster as me. We meet, talk and sometimes there is an activity or a speaker. I find it very therapeutic.

I've also found Sounds Good. I like going there just because I like a good sing song!

Sawtry is VERY lucky to have a Charity in the community like CARESCO – and I really do mean that.'

## **Liz Chattell**

Keith Shelton has been involved with CARESCO for many years. Here is his story...

'I retired from my job as a Thatcher in 2005 and after 40 years of full time work I found myself needing to keep myself busy.

I was invited by a friend to join them at the CARESCO Coffee Shop for tea and cake, I continued to attend the Coffee Shop every week and still do and have met some wonderful people. While at the Coffee Shop I was approached by a member of CARESCO who asked if I would consider helping with the CARESCO Garden as a volunteer. Obviously I agreed and spent 18 years maintaining the garden and feeding the birds. In 2018 I was presented with a Volunteer Award from Hunts Forum in recognition of my valuable volunteering contribution to CARESCO, it was such honour to be nominated.

As I can no longer volunteer due to health and age, I am now a member of the Green End Day Club and they provide a 2 course meal, company and friendship.

I attended the Christmas Day Party and have done each year, it means I'm not on my own at Christmas. Everyone there is friendly and we all have a nice time.

I'm glad I went to the Coffee Shop when I was invited all those years ago otherwise I would not have met all the wonderful friends I have now and also I would not have enjoyed the many years of volunteering and having chats in the garden.'



## **Keith Shelton**

### TRUSTEES WANTED

**Do you have time, skills and knowledge to offer? Would you like to get involved with the work of CARESCO?**

We need new people willing to get involved and help to lead our organisation into the future, who share our vision for supporting members of our local community.

If you are interested in helping us to be the best we can be in providing our range of services to the local community, please get in touch on 01487 832105, or email [office@caresco.org.uk](mailto:office@caresco.org.uk)

# FUNDRAISING

April 2023 – June 2023 – after this date I changed job roles within CARESCO

Well, another year for fundraising within our village charity has been and gone.



Once again, we are very fortunate that we have such loyal and helpful groups of volunteers who help us in so many ways. This can involve their time, expertise, help, baking, setting up events or just being there. However small or large a fundraising event maybe we are always thankful for the support of the local and wider community. Thank You to each, and every one of you for all that you do to fundraise for us.

We are still running our “Funding our Future” campaign and for £4 per month you can make a regular donation to us which will help us with our ongoing activities. This started in 2020 and continues to grow each year and to those companies and individuals who support this we are very grateful.

Here are a few highlights from this year:

<b>Funding Our Future</b>	<b>£705.00</b>
<b>Scarecrow Trail</b>	<b>£10.00</b>
<b>Quiz Sheets</b>	<b>£39.00</b>
<b>CARESCO Quiz Night</b>	<b>£714.50</b>
<b>Cream Tea Takeaway</b>	<b>£255.00</b>
<b>CARESCO Quiz Night</b>	<b>£740.00</b>

A big Thank You to everyone who helps and supports us in whatever way you do. Thank you for continually thinking of CARESCO and for making our village charity, your village charity.

**Jacqui Hedington**

We took over as Fundraisers for CARESCO.

With the lead up to Christmas we organised a Christmas light trail around the village and it was wonderful to see villagers taking part, each house was filmed by Jonathan from Through the Drone Lens, the video was enjoyed by many on our social media.



In December we hosted an afternoon of Christmas fun where we invited the local community into the CARESCO Centre to enjoy different Christmas activities and have tea and coffee, this was a great success.

We contacted all local businesses in a view for them to become involved in some way with CARESCO.

**Vicki Currington and Suzanne Millman**

## GIFT AID

CARESCO is registered for Gift Aid so if you are a UK tax payer you can sign a Gift Aid declaration when making a personal donation and CARESCO will be able to claim back from the government an additional 25p for every £1 given. This includes monies donated through our collecting boxes as well as any regular giving or one off donations. We can also claim Gift Aid on the monies raised from donations of goods made to the shop when sold.

Please ask for a declaration form.

Thank you to everyone who has already signed up to Gift Aid, it makes your donations go further and helps us to do even more for our local community.

*giftaid it*

# 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

**2023 – 2024**

**Life President:** John Garner

**Officers:** Chairman Tina Campbell (resigned 11/04/2023)  
Peter Fox (appointed 12/04/2023 & resigned 01/05/2023)  
Kevin Whitthread (appointed 11/05/2023 & resigned 28/01/2024)  
Dave Dougherty (appointed 29/01/2024)  
Treasurer Heather Bohonis

**Trustees:** Heather Bohonis; Tina Campbell; Elizabeth Coates (resigned 11/10/2023);  
Peter Fox (resigned 01/05/2023); Dave Dougherty; Tony Stefanelli;  
Kevin Whitthread (resigned 28/01/2024); Anne Whiley;  
Su Merton (appointed 02/11/2023)



**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



## THE CAVE

All about social connections, sharing skills & building friendships



## CHATTERBOX

Support, a listening ear & advise for carers



## CAR SCHEME

Volunteer drivers providing transport for local people



## GREEN END DAY CLUB

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



## COFFEE SHOP

Share a cuppa & cake with friends



## COMMUNITY SUPPORT

Co-ordinating everyday errands for local people

# CARESCO

meeting needs in our local community

## VOLUNTEERING

Helping CARESCO to support our local community



## CHRISTMAS DAY PARTY

Food, fun & festive celebrations



## FUNDRAISING

Help us help others



## SOUNDS GOOD

A social group who enjoy music & the spoken word



## SAWTRY FOODBANK

Providing emergency food for local people in crisis



## SAWTRY EYE

Village magazine offering local news for local people

