



# CARESCO



meeting needs in our local community



# ANNUAL REPORT

## 2024 - 2025

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 Donna Green  
for all their help in maintaining our website*

Welcome to our

# ANNUAL REPORT

**1<sup>st</sup> April 2024 to 31<sup>st</sup> March 2025**



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

**The CARESCO Office  
Green End Road, Sawtry  
Huntingdon, Cambridgeshire PE28 5UX  
Monday - Friday, 9am - 12 noon  
On 01487 832105**



**Email: *office@caresco.org.uk***

**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>Registered with FUNDRAISING REGULATOR</b></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

I am pleased to report that CARESCO has had another successful year of supporting the community.

Steered at the helm by Sharon Dougherty, our Customer Service Manager and Michelle Goodwin, our Finance Manager. CARESCO has a strong management team to lead us forward and to take up the challenge of keeping this wonderful organization going.

We have said goodbye to two long-serving Trustees, Tony Stefanelli and Heather Bohonis and would like to thank them for their service to CARESCO. We wish them all the best for the future. We have welcomed Chris Kirschner as a new Trustee, and we look forward to working alongside him.

Earlier in the financial year we received a Grant which was to go towards thanking our Volunteers. This resulted in a party being held for them in the summer at the Old School Hall. Volunteers, old and new, were invited. It was a very enjoyable afternoon with plenty of food and trips down memory lane. Without our Volunteers, CARESCO would fail to exist, and it forever surprises me how generous they are with the amount of time they give to help us maintain our success as a Charity.

I'd like to thank the many people that support CARESCO and who ensure it remains one of the most unique and varied charities around. The Staff, Trustees, Volunteers and Service Users are all vital in making CARESCO the success it is in supporting our local community.

**Dave Dougherty**



# TREASURER'S REPORT

After 6 years as Treasurer of CARESCO, it's now time for me to pass the torch. There have been some difficult times, times of celebration, and I've learned so much and made some lifelong friends along the way. The individual faces change, and each year brings new challenges, but the importance of CARESCO to the staff, volunteers and members of the community who benefit from its existence remain just as strong. I will always be a supporter of CARESCO and the amazing work that is done by all involved.

I would like to extend my thanks to the members of the Finance team, as well as the many CARESCO staff and volunteers (including Trustees) who work tirelessly to keep things running smoothly. I would also like to thank all in the local community who continue in many ways to support CARESCO throughout. I wish you all the best in the coming year.

**Heather Bohonis**



# FINANCIAL STATEMENT

The examined financial statement for the year April 2024 to March 2025 is published as a separate document and is available on request.

We appointed our new accountant Heather Bohonis on the 19th February and we take this opportunity to thank her for taking on this role. We also thank Lisa Watson our Independent Examiner, and our Accounts team, Michelle Goodwin, Marina Joyce and 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 part of a charity's unrestricted fund that are available to spend on any of the charity's purposes, this excludes restricted income and tangible fixed assets which are held for the charity's use and designated for essential spending.

Having considered all the facts, the charity will hold a level of reserves sufficient to fund the organisation in a period of unforeseen difficulties for a period of 3 months. We believe this is a suitable length of time for us to consider the options and find a solution.



# FINANCE MANAGER

I joined CARESCO in July 2024 as the Finance Manager, I was not prepared to fully appreciate the amazing work this charity does for our community.

The generosity of others is truly humbling, but unfortunately there is no hiding the fact that, as with many other charities, the costs just keep on rising. We are all working hard to reduce these wherever possible, from reducing our utility bills, to making some difficult decisions on staff sick leave, salary increases and holidays. I would like to thank all our staff for supporting us with these decisions and continuing to keep each project running as smoothly as ever.



With all of this in mind we are again, unfortunately, having to report the charity is still running at a deficit, up by around £5,000, but with some changes already in place and ongoing decisions to be made, we are committed to reducing this in the coming year.

Our building is rapidly deteriorating, and we are doing our best to keep it standing as long as possible. We rely solely on grant funding for the upkeep and only ever able to fix or maintain if the funds are already in place, hopefully you will continue to see improvements, as and when we can financially implement them.

**Michelle Goodwin**



# GRANTS

The Grants role has developed over the last year, and we have started to see some repeat support from a couple of large grant funders which is encouraging. Obtaining grants remains a challenge as small charities like ours try to run with reducing donations and rising costs. I apply to various charitable trusts, organisations and our Local Authority for grants to help pay for our sizeable running costs and for funding to cover specific events or items needed to enrich our service users experience.



More maintenance has been needed for our building over the last year as it is well beyond its recommended life. We were able to use some of the Garfield Weston grant to repaint the outside which has given it a nice lift. I'm concentrating on unrestricted grants to cover things like wages but also for some to improve the lighting, windows and anything else I'm asked for as the building deteriorates. This is a team effort with CARESCO staff and trustees as grants cannot be done without their valuable requirement and costing inputs.

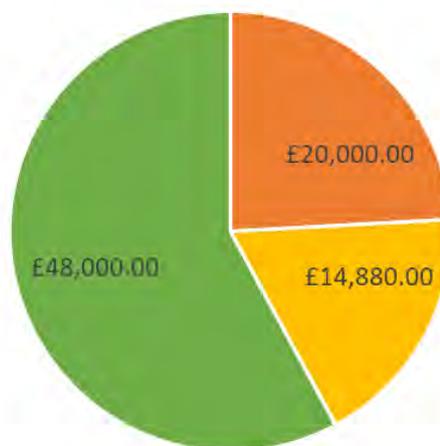
I'd like to thank the Finance team particularly for their help with grants which is needed often! Also, thanks to my long-term volunteer Emilie for her help with grants research and spreadsheet support and recently to Pam who is helping with some of the smaller, written grants and research. It makes a huge difference having volunteers assisting like this as we are all part time with limited hours.

This financial year we have had 27 grants declined and 15 grants awarded and these are detailed below.

I have been more successful in obtaining grants from national charities and trusts and this has helped to refine the process. I now have a better idea of the grants we are more likely to get and am focussing on those. When we are successful, it's very satisfying to know that these all help CARESCO to continue to provide their fabulous services to the people of Sawtry and beyond.

Grants by category

Local Authority    Groups and Projects    Unrestricted



Date	Grant Provider	Use	Value
4/24	Cambs County Council	Part Funding of Green End Day Club (GEDC)	£20,000
4/24	National Gardens Scheme Trust	CARESCO Garden upgrade	£2,400
5/24	Simon Gibson Charitable Trust	Oilcloth Tablecloths for GEDC	£300
6/24	Albert Hunt Trust	Core Running Costs	£3000
6/24	Percy Bilton Trust	Industrial Dishwasher	£2,100
6/24	Huntingdonshire Futures Fund	24 Weeks of Strength & Balance Classes	£1,080
7/24	Sawtry Parish Council	Foodbank	£500
9/24	Redrow Community Fund (South Midlands)	Unrestricted grant	£1,000
10/24	Garfield Weston Foundation	Unrestricted grant	£20,000
10/24	Postcode Places Trust	Unrestricted grant	£15,000
12/24	Green Hall Foundation	Food stocks for Foodbank and Recipe Books to go in the parcels	£2,000
12/24	Ann Docwra Charity	Food stocks for Foodbank	£5,000
01/25	Barsby Charitable Foundation (via Buckles Solicitors, P'boro)	General but core and building costs	£8,000
01/25	DJ Lloyd (via Cambs Community Fund)	New chairs for the Green End Day Club	£1,500

Date	Grant Provider	Use	Value
03/25	Arnold Clark Community Fund	General donation	£1,000
		<b>TOTAL</b>	<b>£82,880</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 for your continued support.

**Denise Pike**



## FUNDRAISING

**15th July 2024 - 28th February 2025**

In July I started re-connecting with the fundraising social media groups I was on to see what challenges other charities were facing. It was not good news I'm afraid, a majority of other charity fundraisers were finding it difficult to gain momentum with sponsorship, company collaborations, goodwill, donations and getting community support. This seems to have resulted in many charities all vying for the same pot of money. When faced with this news I had to have a rethink and started to go on zoom meetings and attend forums to chat with others as to the way forward. I also reached out to other groups, asking for donations and made many phone calls. I did leaflet drops on the Sawtry industrial estate, posted many social media posts and contacted as many people as possible who I thought could help our charity. It has certainly become harder to fundraise and I am very aware that we should be seen as a charity to be giving something back and not always asking for things. Thankfully we have a great community supporting CARESCO and they always help wherever they can.



Fundraising opportunities between July 2024 and February 2025 included Cream Tea Takeaways, Pumpkin Trail, Quiz Night – Raffle, Cash4Coins, Music Bingo, Raffles & Wreath Making.



I would like to say Thank You to everyone who has donated to CARESCO and for your continued support.

**Jacqui Hedington**



## CUSTOMER SERVICE MANAGER

The number of projects that come under the Customer Service umbrella have continued to grow during the last 12 months. The position of Service Manager was dissolved in the month of August 2024 with the workload being shared between Customer Service and Finance in September. As a result of this, 6 projects and the admin team have been added to my area of responsibility. Most of these projects were well established and managed by members of staff or volunteers so it has been a smooth transition where I am always available to support whenever required.



The Fundraising Manager role was also dissolved in February 2025. Fundraising is now set as an objective to all project managers and/or Supervisors and overseen by myself and our Finance Manager.

The main aim of the Customer Service Manager role and most of the projects that come under it is still to generate a regular income which will help enable CARESCO projects continue for many years to come. There has, once again, been changes in the last financial year, changes that have made the CARESCO team much stronger and accountable. Together we are working even harder to keep the good name of CARESCO alive.

I have spent a big part of the year looking at each project individually and putting in place new procedures, if needed, to ensure they are working to their best strengths possible. Also promoting them within the community and surrounding areas. As always, we are ever mindful of our increasing costs and are looking at all avenues both internal and external where we can work to our best ability, give the best possible service without draining the coffers. This is a challenge, times are hard, but the CARESCO team will, without doubt, give their all to deliver.

On the 8th May 2024, two of our longest serving volunteers enjoyed a visit to the palace! This was as a result of CARESCO being awarded the Queens Award for Voluntary Service in 2022. This was the cherry on the cake for the Charity after winning the award and you will read more about the occasion in this Annual Report.

The 3rd June 2024 gave us the opportunity to celebrate our wonderful volunteers during Volunteer week. There were some familiar faces on our social media pages during that week. Of course, we don't need a particular week to remind us of how precious they all are to CARESCO. I'm always pleased to receive an email or a visit from a member of the community wanting to join us and it's good to see how being a part of the CARESCO team of Volunteers really does have a positive impact on their lives.

CARESCO once again were a big presence at the Carnival in June joining in the Western theme and saying Howdy to whoever stopped by from Adults, Children and even one or two 4 legged furry friends, canine and feline! It was great fun and raised some funds along the way. It is always a good opportunity to show our community what we do and the great camaraderie that is ever present.

We have experienced putting on a play during this year, a very different area for most of us and after trialling it in November there is a very good chance there will be a repeat performance!

During the month of March, I have been working with Hunts Forum to put in place any tweaks that were needed for our Good to Govern mark to be renewed in May. We had some very positive feedback. Hunts Forum are an essential support for our Charity and are always on hand to offer advice and guidance whenever needed.

There have been Fashion Shows, Quizzes, BBQs, Thank You teas, Bingo and so much more during the year. Every now and then when we are asked to explain what CARESCO is and what we do it is always quite breath-taking when we start to list the many many things we offer because we all just roll up our sleeves and get on with the job!

The Customer Service reports you will read in this document will show the passion and dedication that each project teams have for their roles in supporting CARESCO whether it be Staff, Volunteers or Service Users. All members of staff automatically become volunteers too, this just 'happens' and is something that we are all willing to do to ensure our community continues to benefit from our Charity.

I am extremely proud to be a part of these projects and to offer support in any way I can both as a member of staff and as a volunteer.

**Sharon Dougherty**



# 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 had our first shopping trip on the minibus in April 2024. We have now had several trips including Springfields, Brotherhood and Serpentine Green. They have become popular, and we now always have a full bus.

Suzanne and I were allocated extra hours each month. We use these hours for bus trips, meetings and visiting other Day Centres and attending local Parish Council meetings. I attend the Older Peoples Meeting online every 6 weeks and also regularly attend the Provider Forum and Older Adult Social Inclusion meetings.



We took some of our members over to Stilton Wednesday Club to join them for afternoon tea and entertainment from The Singing Gardener. We also took some of them to a local small farm where they looked at the animals and were treated to tea and cake on the patio in the sunshine. We had lovely meals out at The Woodman, The Apple Cart and a Christmas meal at The Greystones. We took all the volunteers out in March for a meal at The Bell to thank them for all the support and help they give to us, and our members, we would truly be lost without them.

We have had the local community police visit to talk to our members about scams and safety in the home. P3 Charity came in to discuss helping with disability benefits and blue badges for older people. Ailsa Frost the Holistic Therapist visited as she offers help at home with, cleaning, washing and other household jobs. Older Peoples Health Needs came to the club to offer advice. The Social Prescriber visits once a month and has had a great positive impact on the members with all the help she has given them.



The members have enjoyed making cards and doing crafts with Twink when she has come in, they always look forward to her visits. Sounds Good were as entertaining as ever when they came in on our Christmas party day and sang carols and told funny stories. Lucy Lewis, the first British female bomb disposal expert visited in February and her stories were so interesting and at times quite amusing! We have been treated to some lovely singers too, The Singing Gardener, James Lebec and KJ & The Katt. They were so good that we have rebooked them all for next year!

We have held four Quiz Suppers and raised a total of £1,789 for the club. They are very popular and always great fun. We sold cakes and drinks from the centre at the carnival in June and raised £288.

We had new laptops, and a new system installed in March by James Fuzeland. Following on from this we have attended Excel and Word training, which has been most helpful.



The minibus has had its annual service, MOT and 2 Loler inspections. Both our drivers, Brian Roger and Roger Sale attended MIDAS training.

Our chaperone Tony Black, stood down after Christmas, he has been with us for many years as a car scheme driver, a bus driver and a chaperone. We are very grateful for all the years of volunteering he

has given us. As of January, Helen decided to drop down to 3 days a week. Suzanne and I now cook on a Monday. We have said goodbye to some CARESCO colleagues and welcomed new ones over the past year, with Sharon Dougherty being appointed our new line manager. Sadly, we had the one-year anniversary of our very dear friend and colleague Liz Coates passing.

Thanks to Dee Pike, our Grants Officer, we now have 15 new chairs in the club room. We have had 17 new members this year, had 3 new volunteers and served 3,067 meals.

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



## SAWTRY EYE

- Editors:** Marina Joyce & Donna Green  
**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 continues to offer a much valued service to the local community, enabling clubs and organisations to advertise their meetings and events, for people to share news, and to circulate general information which may be of interest and value to readers. This would not be possible without the hard work of the regular contributors, the support of our advertisers, the printers Clanpress and the dedication of our distributors. Our thanks to you all.

We offer particular thanks to our wonderful and creative graphic designer, Donna, who spends endless hours voluntarily arranging the layout of each issue. Her patience and eye for detail make the Eye what it is today.

Details of how to submit an advert or article in future editions is available via [sawtryeye@caresco.org.uk](mailto:sawtryeye@caresco.org.uk), or our website by following the links. Past issues are also available to be downloaded and enjoyed again.

**Marina Joyce**



## CARESCO ACTIVITIES

<b>CARESCO Office</b>	Mondays - Fridays	9.00am - 12 noon
<b>Charity Shop</b>	Mondays - Fridays	9.00am - 4.30pm
	Saturdays	9.00am - 4.00pm
<b>Green End Day Club</b>	Mondays - Thursdays	10.00am - 2.30pm
<b>The Cave</b>	Mondays and Thursdays	9.00am - 1.00pm
	Tuesdays	9.00am - 4.00pm
<b>Chatterbox</b>	2nd and 4th Mondays	2.15pm - 4.15pm
<b>Strength and Balance</b>	Tuesdays	2.15pm - 3.15pm
<b>Sounds Good</b>	2nd and 4th Fridays	1.30pm - 3.00pm
<b>Coffee Shop</b>	Fridays	9.00am - 11.30am
<b>Sawtry Foodbank</b>	Fridays	3.30pm - 5.30pm

# CHARITY SHOP

<b>Manager:</b>	Sharon Dougherty
<b>Supervisor:</b>	Tina Drage
<b>Cover Supervisors:</b>	Rosemary Jubb, Vicki Currington & Emma Green
<b>Venue:</b>	7 Greenways, Sawtry, PE28 5UR
<b>When:</b>	Monday - Friday: 9.00am - 4.30pm Saturday: 9.00am - 4.00pm      Sunday: Closed
<b>Contact:</b>	E - shop@caresco.org.uk;    T - 01487 208026
<b>Aims:</b>	<i>To provide a local low-cost recycling service for the community while raising funds to enable the wider activities of the charity.</i>



Our Charity Shop continues to deliver time after time throughout the weeks and months. Over the last financial year, we have welcomed 18,155 customers through its door. People registering for Gift Aid is continuing to rise with 239 registering during the year and 20 updating their details which will ensure our claims are not rejected by HMRC. It is much easier to update details via the booking in system for our donations, this is still working well. Over the last year we have received 4,701 units of donations! We have also PAT tested 618 electrical items. Our sales remain consistent.

We continue to offer events inhouse to encourage people to visit us, Lucky Numbers, Tombola's, Themed Rails and lots of other special offers. Our themed rails are particularly enjoyed when there are events on in the village, we provided costumes for the Wild West themed carnival and offered some very glamorous dresses for our village prom goers. The theme rail always comes to the rescue after Christmas with its Sports Wear!



The Shop was, once again, well represented at the Carnival with 3 stalls. Being on the field was a different experience for us but it allowed us to be a little more adventurous and we were also able to provide some refreshments for our 4-legged friends including a tiny cat on a lead who stopped by for a drink of water.

In November we held our 3rd Fashion Show at the Centre, this was again well attended and was a lot of fun with Volunteers being seen in a very different light.

Towards the end of 2024 we once again sold Christmas Hampers both at the Shop and at the Coffee Shop, these are always a popular buy. We were also given permission to hang our 'Messages at Christmas' from the tree on the green. This is always a special privilege given to us by the Parish Council and allows members of the community to send a sign to those close to them that they are thinking of them at Christmas.



Two of our budding artist volunteers transformed our Shop window at Christmas with a breathtaking painting from the film The Snowman. It really did catch the eye of all passersby.

The New Year saw a slow start in trade, but it slowly picked up and by the end of March things were back on track. The company we use for taking our rags away have, like all other rag companies, changed their policy which means we are no longer able to give them items that are unsellable. This has influenced the income we receive from them, but it is a problem that is facing all Charity Shops at the moment. We will continue to investigate other ways of distributing them. We continue to take in any unwanted foreign coins and old or unused inkjets, both schemes generate additional income for our Charity which is very much needed.

The feedback we get from our customers is very encouraging and makes the hard work that goes

into organising and running our shop all that more worthwhile. Our shop Volunteers continue to step up to the plate and support us in any way they can, they truly are one of a kind.

**Sharon Dougherty**



## THE CAVE

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



As Cave Manager, I'm delighted to report that the Cave continues to thrive, we still operate over 3 mornings a week with regular attendance from 16 Cavers, with another 3 popping in when they are able. We have welcomed 2 new Cavers, both wanted to be able to develop new skills after retiring and feel they are still able to contribute to society/their community.



As well as providing vital resource to the Cavers, we continue to support the local community, taking on several projects, furniture repair, upholstery, clock and watch repairs, PAT testing and electrical repairs. Some have used the time to be creative and make bespoke items for customers or themselves – including fairy & Elf doors at Christmas, decorating bird feeders made from teacups. Up-cycling is always at the forefront of many projects that we undertake, more benches renovated, bird boxes/tables made, and old saws recycled into decorated pieces.

We continue to work alongside the Parish Council, PAT testing, built garden Planters and replaced the LED lights on the reindeer that sits outside during December.

Many Cavers acknowledge that we are crucial to ensuring that they maintain positive mental health, openly expressing that we provide an important support network, for some it's being able to concentrate on a task that means that they don't think about their personal issues for a while or they are able to talk to fellow cavers who may have shared experiences, can offer practical advice or simply signpost them to specific support.

**Shaun Pollock**



## COMMUNITY SUPPORT

- Manager:** Sharon Dougherty  
**Volunteer Co-ordinator:** David Whittaker  
**Aims:** *To provide support by collecting and delivering prescriptions within Sawtry.*



The Community Support project now concentrates on the collection and delivery of prescriptions to residents within Sawtry who are unable to do so themselves. This is a much-appreciated service and takes away the worry of how medication will be obtained if collecting in person is not possible, whether temporarily or on a permanent basis. David Whittaker is doing a great job at Co-ordinating this project along with the 2 volunteers who support him.

541 prescriptions were collected and delivered by our Community Support project over the last financial year. I believe the numbers speak for themselves and show that this is yet another valued CARESCO project offering a service which is much needed.

**Sharon Dougherty**

# CHATTERBOX

**Manager:** Sharon Dougherty  
**Volunteer Co-Ordinator:** Liz Chattell  
**Venue:** CARESCO Centre  
**When:** Second & Fourth Monday  
**Aims:**

*To provide peer support, advice and friendship for family carers, to those for whom they care and for people who find themselves isolated.*



Our Chatterbox project continues to meet every 2nd and 4th Monday from 14.15 - 16.15 at the CARESCO Centre. Liz Chattell took over as Volunteer Co-ordinator at the beginning of the financial year and has settled in well. She is very familiar with the people who attend this project as she too has attended for many years. I met with Liz very early in the year to discuss how we could run things a little differently and to offer my support in any way I could. We now have a more up to date method of record keeping and an activity booking system.

One session a month consists of playing games, cards and generally have a good chat with friends. The other session a month has seen a full schedule of speakers throughout the year. This has included a talk about Conington Castle, an Air Fryer demo, a Sound Baths session, a very interesting talk about Security Dog Handling, a Bitter Pill to swallow was a talk about the Pharmaceutical Industry over the years. In December, thanks to a kind volunteer driver we were able to use the minibus to take some of Chatterbox group to Stilton Pavilion to listen to the RAF Wyton Voluntary Band and again to the Cresset in Peterborough to see the Pantomime, Cinderella.

We have two volunteer bakers who ensure there is cake available at each session. This has been re-organised to ensure that this does not fall to one volunteer but is shared out equally which seems to be working very well.

There are other speakers arranged for the coming months and, I'm sure, more trips out in the minibus too.

**Sharon Dougherty**



# COFFEE SHOP

**Manager:** Sharon Dougherty  
**Volunteer Co-ordinator:** Carolyn Watts  
**Venue:** CARESCO Centre  
**When:** Friday, 9.00 - 11.30am  
**Aims:**

*ones*

*To provide a venue for people to meet up with old friends and to get to know new ones over a cuppa and cake.*



Our Coffee Shop has always amazed me, and the last financial year has been no exception. The brilliant atmosphere hits you as soon as you walk through the front door of the centre. There is the sound of conversation, laughter from both young and old, the smell of Bacon and clinking of plates being delivered with all sorts of homemade delights on them. It has been great to see our younger community join us on a Friday morning. In addition to our Toy Box, we now have Highchairs available, and a changing station situated in the disabled toilet.

At the beginning of the financial year, we bid farewell to Liz Chattell who

had been serving our Bacon Rolls for 12 years. Liz is still very much a part of the volunteering team within CARESCO, but she felt it was time to hang up her apron and make way for someone else to take over the frying pan. Liz still visits the Coffee Shop of course and provides delicious sausage rolls for us to sell twice a month. Once a volunteer – always a volunteer.

I'd toyed with the idea of introducing card payments to the Coffee Shop but knew this would be a big ask for our volunteer team, but after a little persuasion, finally the day came in May where we went live! It has proved to be a huge success and has had a significant effect on our sales. In the new year, for the first time in over 6 years we increased our prices slightly. This was not an easy decision to make but we are still one of the most competitively priced eateries for miles on a Friday morning.



Our Social Media page continues to attract customers, and we regularly see new faces enjoying our hospitality on a Friday morning. Our team of volunteer bakers has continued to grow which is a blessing as between the months of April '24' and March '25' a staggering 4,275 slices of cake have been sold: that's a lot of cake! We have served 1,359 Bacon Rolls and welcomed 2,128 customers. This is in comparison to 1,145 customers the previous financial year, almost double!

We continue to offer an event table each month. Last year we had many varieties using this opportunity from a display by Sawtry Miniature Railways to a local Jewellery maker, showing casing and selling her designs whilst also attracting more customers on a Friday morning.

There are now Bistro tables available as part of our Community Garden which are well used during the warmer weather.

The 4 Volunteers who welcome the Coffee Shop customers each Friday are full of enthusiasm and have coped with the increase in demand expertly, Changes can sometimes take time to adapt to, by both volunteers and customers but those that have occurred over the last year have been mostly accepted and the increase in sales since 23/24 by 98.5% is evident that they are working.

The hardworking team of Volunteers who support the Coffee Shop are worth their weight in gold and of course cake!

**Sharon Dougherty**



## CAR SCHEME

<b>Manager:</b>	Sharon Dougherty
<b>Volunteer Co-ordinator:</b>	Steve Robson
<b>When:</b>	Daytime weekdays, depending on availability
<b>Contact:</b>	T - 07810 476979
<b>Aims:</b>	<i>To provide affordable transport for anyone who has difficulty attending medical appointments</i>



The Car Scheme continues to be a greatly needed service within the community offering transport to and from medical appointments. Over the last year we gained some volunteer drivers but have also lost some which continues to put pressure on this valuable service. Our mileage rate continues to be 45p per mile, as always this is governed by HMRC. Regular meetings between Steve, the admin team and I have resulted in the Car Schemes Policies being reviewed and updated. As times and society has changed this has been a worthwhile exercise and very much needed to protect

both ourselves and our service users. Steve continues to be a strong and dedicated Volunteer Co-ordinator alongside all our drivers. We continue to advertise for volunteer drivers to join our project and have also received support from Cambridgeshire County Council and Hunts Forum with regards to this so we are ever hopeful that our small team of drivers will increase over the coming months.

During the last financial year our Car Scheme made 164 trips which covered 6,734 miles. Another project where the evidence of use speaks for itself.

**Sharon Dougherty**



## SOUNDS GOOD

- Manager:** Sharon Dougherty
- Volunteer Co-ordinators:** Linda Dupee and 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*



'Sounds Good', meeting in the afternoons of the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of each month, is for anyone interested in all aspects of music and literature.

We lost 2 or 3 members this year, but in gaining several more, our average attendance is now 19. A strong, capable, open-minded group, we are willing to have a go, experience new activities, learn something new, re-visit favourite topics.

Sessions led by our own members have included Scottish folk songs and poetry, choral reading, parodies of songs, "My choice of book and luxury item for a desert island", songs from musical shows, quizzes, classical songs. We have also enjoyed presentations by visiting speakers. Choices in "Music in my life" series surprised and entertained us, we learned about the career of a Supporting Actor, were taught new carols by a local Musical Director of a choir, were challenged in drama sessions by a specialist staff member from the Village Academy, and, as contrast were lulled into total relaxation by a presenter of "Sound Baths".

At Christmas, we entertained the Green End Day Club, then indulged ourselves with lunch at 'The Greystones'!

Sounds Good is a group that continues to grow, learn, experiment, sing, make friends and enjoy tea and cake at the end of each session.

**Linda Dupee and Pam Tuplin**



## 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*

# CHRISTMAS DAY PARTY

**Manager:** Sharon Dougherty  
**Volunteer Co-ordinator:** Tina Campbell  
**Venue:** CARESCO Centre  
**When:** Annually on 25<sup>th</sup> December  
**Aims:**



*To provide an opportunity for people who would otherwise be on their own to get together on Christmas Day to enjoy a traditional lunch and celebration.*

34 people sat down to Christmas Dinner this year. Some were collected by Minibus whilst others made their own way to the centre. We also delivered 7 meals to people who were physically unable to come to the centre. 2 Volunteers were on hand to help with deliveries, in addition to the 8 who were helping inhouse.



We welcomed all ages with our youngest guest being 16 months old, he seemed to enjoy himself and was over the moon when Father Christmas popped into the centre on his way home after a busy few hours Christmas Dinner went down well, and everyone went home with full stomachs, smiles on their faces and a party bag

with all sorts of goodies to enjoy on Boxing Day.

We were very short on Volunteers this year for all sorts of reasons which has caused some concern for the future. Christmas Day is a big sacrifice to make even for the most committed Volunteer. Although there are various events during the year to raise funds for this project, namely Bingo! It is impossible to run it without Volunteers, however, we all mucked in wherever we could, multi tasked and made sure everyone had a hot meal, entertainment and a good time.

The day finished at around 16.30 when our very own Elf and his helper saddled up the minibus and took those needing a lift home. Volunteers left the centre at around 18.30 feeling very tired after a full on few days but also pleased that they had managed to bring a smile to a group of people's faces who otherwise may have been alone at Christmas.

**Sharon Dougherty**



# SAWTRY FOODBANK

**Manager:** Michelle Goodwin  
**Supervisor:** Pat Furzeland (until December 2024)  
Lisa Stenhouse (from January 2025)  
**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*

Throughout the last Financial Year, we have collected donations from the Peterborough parkrun in Ferry Meadows, 2 from Princes Food and we also collected a large delivery of cereal from Sprint.E.Logistics which we shared with other foodbanks and Community fridges in

Huntingdonshire. We ran the Summer Scheme for families in need of food support during the summer holidays. We sent out the food parcels in one delivery on the first Friday of the holidays. This supported 26 local children. We received an amazing amount of Harvest Festival donations from our local churches and schools. These really helped to boost our stock levels, ready for the winter months. We attended a Full Council meeting of Sawtry Parish Council, where we were awarded a £500 grant.

We held two Steering Group meetings, where amongst other things, we revised our Pick List, essential items shopping list and considered our plans for Christmas and the winter months. We also held two Volunteer's social evenings and meetings. It was lovely to see everyone together during both enjoyable evenings.



Our Basket Challenge has continued steadily throughout the months and has provided us, not only with donations, but publicity in different areas of the community.

**Pat Furzeland**

This is my first experience of working for a Charity and I've been truly humbled by my role with the Foodbank since January this year. We experienced a drop in demand during January and February – something that is consistent with reports from other foodbanks across Huntingdonshire. However, since mid-March the numbers have steadily increased. Interestingly, there's a shift from the majority of parcels going to families, to a significant amount of single referrals. A sad reflection of the continued isolation from a combination of causes including those who've been rehoused following hospitalisation, domestic abuse, and rehabilitation.

The level of gratitude from foodbank users is immense. We often have people needing support who are working but not coping with the cost-of-living crisis. The donations received over Christmas and the New Year saw our storage room almost overflowing. Whilst there's a need to replenish certain supplies now, we've been blessed by some funds thanks to our Grant Officer Dee's hard work. It says a lot for the sheer volume of donations that it has taken till now for me to look at dipping into that fund.

We were able to review our pick list and make sure that those in need are benefiting from our current supplies. And we welcomed a couple of new volunteers – both teams are working brilliantly. I relish being very hands-on when it comes to Foodbank Friday – having the contact with our volunteers and being able to respond to unforeseen situations, including driving as necessary.

I'm now looking at new ways to reach out into our community and have changed the messaging in the most recent Sawtry Eye. It's important to raise awareness of the Foodbank as a non-judgmental resource – feedback from users suggests that people are embarrassed to ask for help.



As part of one of the grants, I helped produce a small book with relevant recipes, tips on budgeting and emergency contact information. Wonderfully designed by Donna, this goes out to new referrals. I've also started to distribute to suitable places: CARESCO shop, Community Café, Library and Social Prescriber.

I attend the monthly Hunts Food Network meetings – and have recently visited the Foodbank at Godmanchester, gaining some interesting insights into how they operate as well as raise funds. I intend to develop relationships with other foodbanks to grow my understanding and connections. For example, we received a welcome few crates of tuna from St Ives back in February.

**Lisa Stenhouse**



# TUCK SHOP

**Manager:** Sharon Dougherty

**Volunteer Co-Ordinator:** Dave Dougherty



The Tuck Shop was set up to support the Sawtry Colts by supplying Bacon Rolls and Hot Drinks to spectators and players alike. We once again provided a BBQ at the Colts Presentation Ceremony in July. Despite concerns regarding the 3G pitch and the logistics of how our spectators and players would reach us on a Saturday morning, with planning we were able to continue with this service, which was looking doubtful originally. It has affected our sales negatively, but we will continue for as long as the Colts want us.



We were again invited to support the Sawtry Walk to Run 10k event in September. Once again, the fence around the 3G pitch changed the whole dynamics of what we were able to provide compared to the year

before. We have been asked to support this event again in September 2025 but have put a plan in place where we will be able to provide breakfasts and bacon rolls to marshals and volunteers and then to join everyone on the field to welcome the runners back with soft drinks, savouries and cake. We are now providing breakfasts twice a year on a Sunday morning to the group after a morning run.

**Sharon Dougherty**



# CARESCO GARDENS

**Manager:** Sharon Dougherty

Following the National Garden Scheme Community Garden Grant awarded in March 2024 we have carried out lots of improvement projects in our gardens. We have a team of 8 volunteers who after putting our heads together came up with a plan to use the grant money. Following the criteria of the funding, two of our skilled garden



volunteers built 2 raised beds which allow for wheelchair access on the newly extended patio. We have purchased various items that fall within the criteria of the grant. Garden furniture has been refurbished and items donated. We have created a Wildlife Garden which has an old butler sink with

everything in place for the smaller wildlife to enjoy. Anglia in Bloom judges visited and we also received the It's Your Neighbourhood Garden Award – Level 3 – Developing, by Britain in Bloom. We are very proud of what we've achieved and are now working hard towards June 2025 when we will receive a visit from members from the National Garden Scheme so that they can look at what has been achieved over the last 12 months.

The garden is often enjoyed by our Coffee Shop customers when the weather allows, and we are hoping to put in place plans to open our gardens up to community volunteer groups during the next 12 months.



**Sharon Dougherty**



# STRENGTH AND BALANCE – RIGHT START 3

**Manager:** Sharon Dougherty  
**Venue:** CARESCO Centre  
**When:** Tuesday, 2.15 - 3.15pm

**Aims:** This class focuses on improving strength, balance and suppleness to help you feel stronger and more confident



Our Strength & Balance class is now in its 3rd year. Attendee numbers range from anywhere between 12 to 19 each Tuesday afternoon.



This is a free class that is offered to the Community and funded by CARESCO either by way of a grant or from other fundraising events if necessary. The class is run by a One Leisure Instructor who is good at getting everyone involved and helps them feel the benefit from the word go. We have had some very positive feedback from most of the people that attend. The class started as a volunteer run project but toward the end of this

financial year was bought back under the Customer Service umbrella to ensure that there is always a member of staff onsite whilst the class is taking place and to continue following the correct protocol with regards grant funded projects and health and safety measures. It is a project that we hope to offer the community for years to come as it has many positive results both physically and mentally.

**Sharon Dougherty**

## CARESCO VOLUNTEERS

Congratulations to our Volunteers Keith and Ann Parker who were awarded a Hunts Forum's Volunteer Award in the summer. Keith and Ann won the Gold Volunteer of the Year award presented by the Mayor of Cambridgeshire and Peterborough Combined Authority, Dr Nik Johnson at the awards ceremony at Hinchingsbrooke Country Park in July 2024.



On 7th July we were awarded a grant which enabled us to hold a thank you party for our Volunteers at the Sawtry Methodist Church. It was so lovely to all be together and to give a huge thank you to 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 and 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.

## THE QUEENS AWARD FOR VOLUNTARY SERVICE 2022 – A RIGHT ROYAL START

You will not doubt remember that back in 2022 CARESCO was the proud recipients of the QAVS. The cherry on the cake for this wonderful award was to nominate 2 of our volunteers to attend the Royal Garden Party at Buckingham Palace.

This was due to happen in 2023 but due to an admin error it was rescheduled to the garden party that was held on the 8th May 2024.



The criteria set by the palace was that the volunteers could not be or have been an employee of the charity. We felt the best way to decide who should be the lucky attendees would be by asking our longest serving volunteers.

We approached volunteers who fell into this category, some were unable to attend for different reasons but Babs Sullivan and Gill Green who have both volunteered with CARESCO for over 12 years were delighted to accept the invitation to the palace!



Babs and Gill have volunteered in several areas of CARESCO but for much of their time with us have given endless hours to our Charity Shop. As the day drew closer outfits were bought along with the appropriate head wear, it was all very exciting. Trustees and Staff decided it would be fitting for CARESCO to fund a taxi to the palace on the day and their friends at the charity shop also supplied a hamper of goodies for them to enjoy as they made their way to London which included a glass of bubbly to drink when they were on their way home full of memories of the day.

Pictures taken showed the ladies getting quite close to the royal family including their majesties the King and Queen. It truly was a day to remember and one that was talked about for many days and weeks. They were being recognised in the streets of Sawtry for quite some time as “the two volunteers who went to the palace”.

The Queens Award for Voluntary Service will always be something that CARESCO is proud to have been awarded and is mentioned whenever and wherever possible. We know we have some of the kindest, most dedicated and generous volunteers. The QAVS is probably the best seal of approval and confirmation of this that we could ask for.



## VOLUNTEER STORIES

**Paul and Hilary Aspell both volunteer with CARESCO.**

### **Hilary volunteers in the Charity Shop**

'I had always been a customer of the Charity shop and, after caring for my mother who passed in 2021, wanted something to fill my spare time, so I decided to contribute to the community I have lived in for 30+ years.

I volunteer for the Charity Shop; I enjoy the companionship of my fellow volunteers and developing relationships with the regular customers. It has also made me appreciate the wider range of support that CARESCO provide for the Sawtry community, I am also a frequent user of the Coffee Shop on a Friday and participant in the various quiz nights organised in aid of CARESCO.'



**Paul volunteers for the Tuck Shop and is a member of the CARESCO Gardening team.**

'I became interested in CARESCO volunteering purely as a result of Hilary's involvement in the Charity shop. I've been a Sawtry resident for 40+ years but mostly it was, whilst I was working, a place to live but without too much community involvement. Since retiring, like many others, I had some time on my hands and took the opportunity to volunteer for the Tuck shop soon after it began. This was, for me, an ideal opportunity to combine volunteering with the added benefit of watching Colts' football on a Saturday. It also introduced me to the other volunteers, and I enjoy the developing relationships with them, finding the variety of life experiences that the team have and share interesting.

With the Tuck shop being based at the CARESCO centre, it also meant that I was aware of the need to maintain the garden, so I happily volunteered to join the Gardening team. This might be

occasionally demanding, particularly in the inclement winter months, but I really enjoy meeting the other volunteers and the sense of “team” that has developed.’

**Paul and Hilary Aspell**

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**Natalie Hardy is a Volunteer for the Coffee Shop and the Tuck Shop**

Natalie Volunteers at the Coffee Shop on a Friday morning.



She also bakes amazing cakes for the Coffee Shop and often helps with the Tuck Shop when they are asked to support events in the Community.

**Here is Natalie’s story.**

‘I thoroughly enjoy volunteering for CARESCO Coffee Shop. I was in need of something to do, part time, that allowed me to still be around for my son's medical needs.

When I saw the advert for the position, I thought it was absolutely made for me.

I get to bake cakes, which I love, speak to all the lovely customers, and be part of a fab team of volunteers.

I feel privileged to be able to help our amazing village charity.’

**Natalie Hardy**

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**Dee Pike has been involved with CARESCO for many years. Here is her story...**

‘I started volunteering with CARESCO after seeing a request for help on Facebook. Having just left both my job and a volunteering role at Sawtry Village Academy, I had some spare time and decided to give it a go. I remember saying to Vicki, the Day Club Manager, I’ll bring gloves to wash up and she said no need, we have plenty! Some 11 years later we must have gone through a lot of those gloves, and I still really enjoy it.

A typical morning in the Club includes preparing cutlery and water jugs, washing up, making hot and cold drinks, handing out biscuits and chatting to the attendees. Later, we help the staff serve a hot 2-course lunch, do more washing up via the dishwasher and then we clean the kitchen. It’s really rewarding to see them have such a good time together.



Over the last couple of years, I have volunteered in the garden and with the help of a grant, the current team have built on the wonderful legacy of previous volunteers. We have added plants and bulbs for more colour, climbers, a small pond, some raised vegetable beds and seating. We have had some nice feedback on how it is progressing.

I highly recommend volunteering with CARESCO. It feels good to give something back to the community, I’ve met many lovely people and made some great friends too.’

**Dee Pike**



# 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 -
- Improving your health and wellbeing -

**To find out more about our latest volunteering opportunities please email or call: [office@caresco.org.uk](mailto:office@caresco.org.uk) - 01487 832105 or visit our website [www.caresco.org.uk](http://www.caresco.org.uk)**

# 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 COMMITTEE

**2024 – 2025**

**Life President:** John Garner

**Officers:** Chairman Dave Dougherty  
Treasurer Heather Bohonis (resigned 01/02/2025)

**Trustees:** Heather Bohonis (resigned 01/02/2025); Tina Campbell;  
Dave Dougherty; Tony Stefanelli (resigned 13/11/2024);  
Anne Whiley; Su Merton



**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.

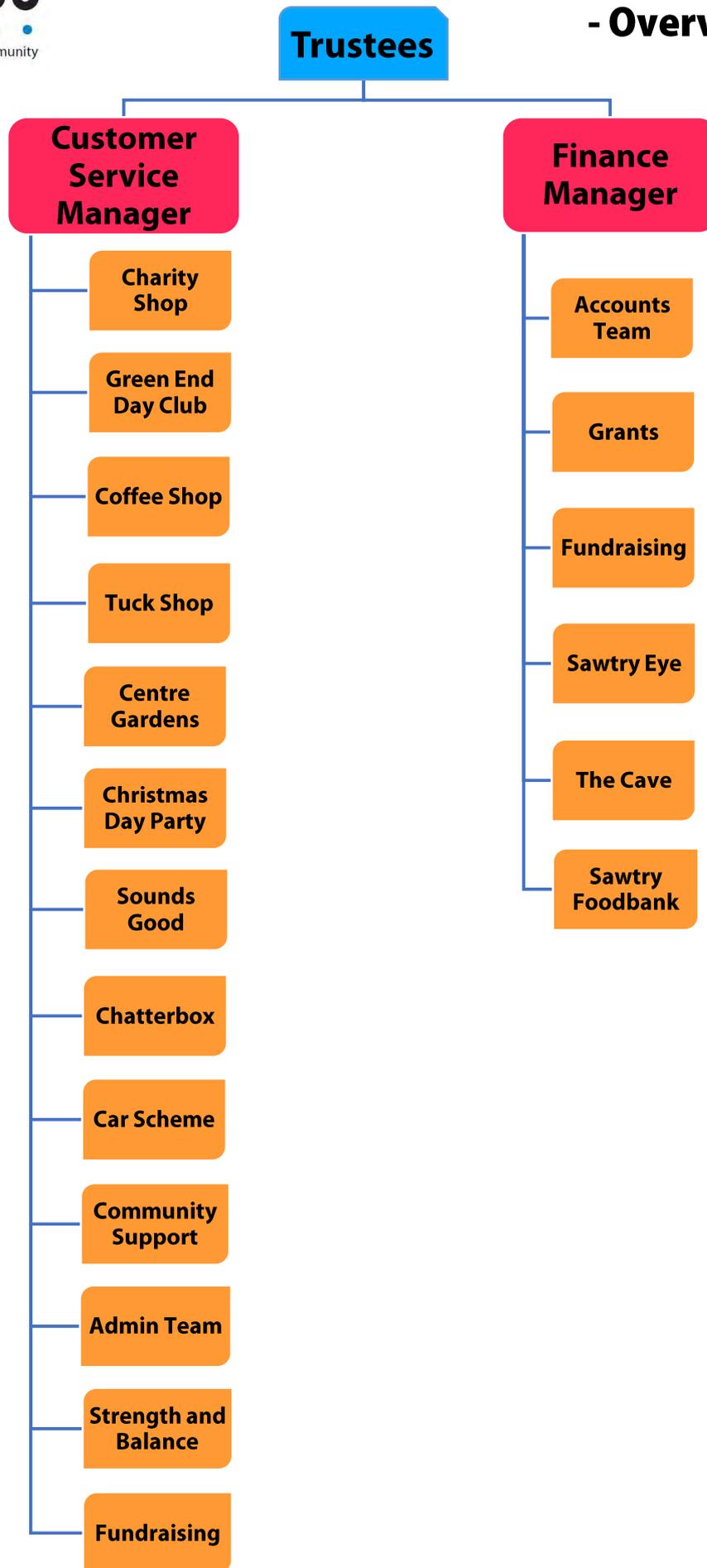
**Non-voting:** CARESCO Activity Managers are welcome to attend full trustee meetings and contribute to the discussion, however staff are asked to leave during sensitive agenda items.

## TRUSTEES WANTED

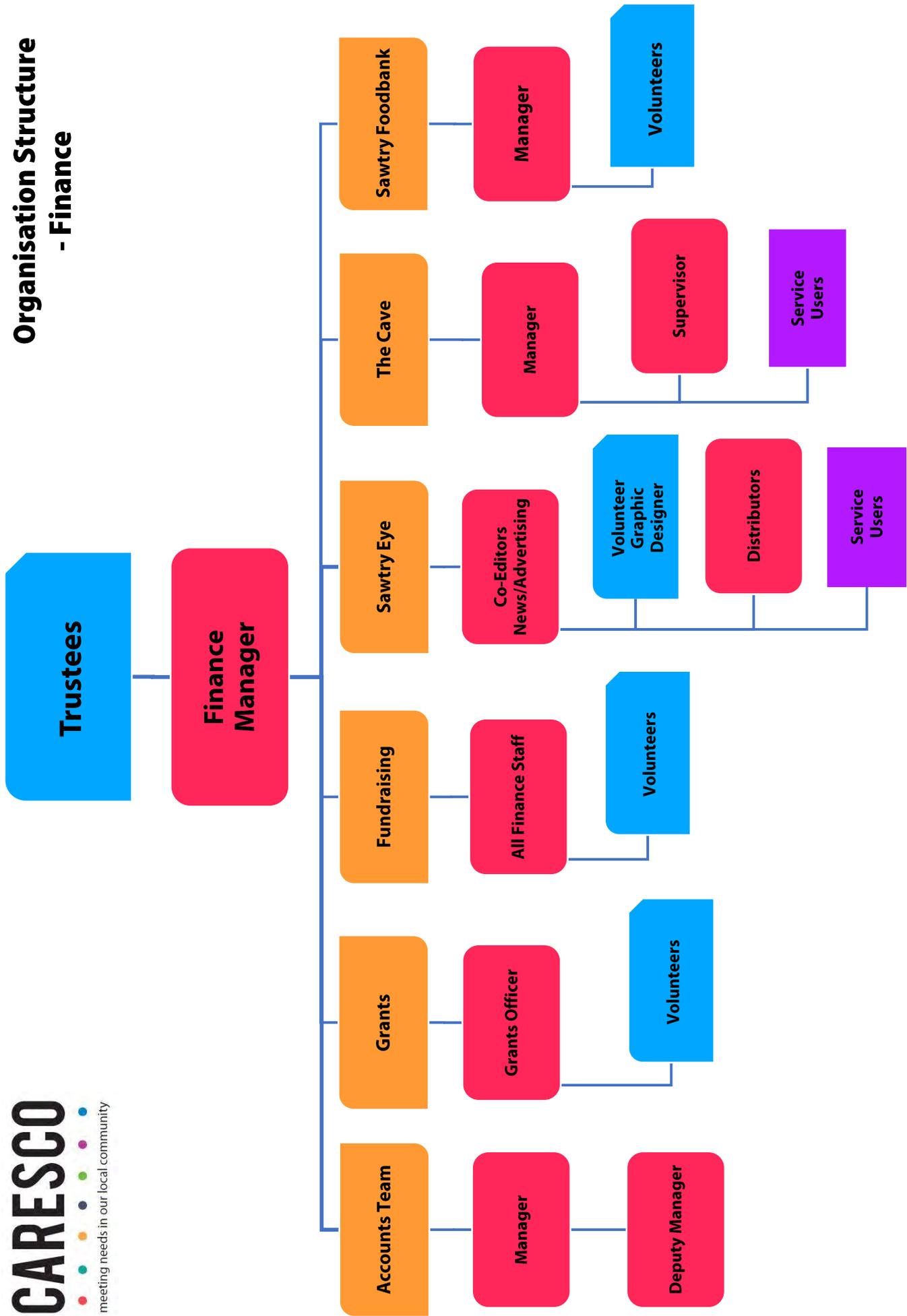
**Do you have time, skills and knowledge to offer? Would you like to get involved with the work of CARESCO?**

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.

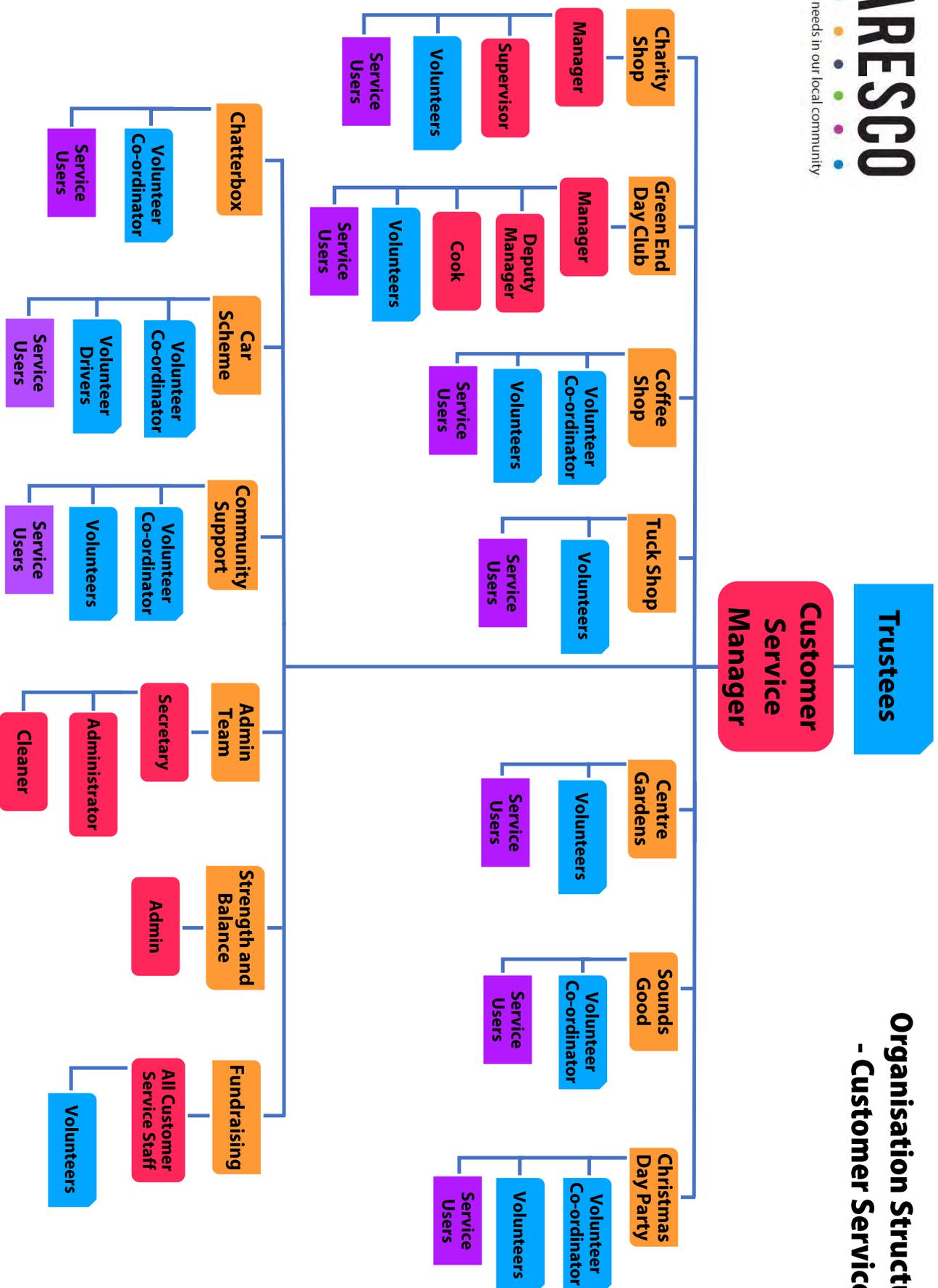
If you are interested in helping us to be the best we can be in providing our range of services to the local community, please get in touch on 01487 832105, or email [office@caresco.org.uk](mailto:office@caresco.org.uk)



# Organisation Structure - Finance



# Organisation Structure - Customer Service



# 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



## STRENGTH AND BALANCE

Focusing on improving strength, balance & suppleness



## 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 prescription deliveries



## VOLUNTEERING

Helping CARESCO to support our local community



## CHRISTMAS DAY PARTY

Food, fun & festive celebrations



## CARESCO GARDEN

A peaceful space for all to enjoy



## TUCK SHOP

Providing hot snacks for community events



## FUNDRAISING

Help us help others



## SOUNDS GOOD

A social group who enjoy music & the spoken word



## SAWTRYFOODBANK

Providing emergency food for local people in crisis



## SAWTRY EYE

Village magazine offering local news for local people