



CARESCO



meeting needs in our local community



ANNUAL REPORT

2025-2026

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 her help in maintaining our website*

Welcome to our

ANNUAL REPORT

1st April 2025 to 31st March 2026



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

CARESCO Centre
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 accept kind donations 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.

  CAN YOU HELP TO SECURE CARESCO'S FUTURE? ◦ Would you like to help support CARESCO? ◦ We are looking for friends and supporters to kindly donate monthly by standing order to help fund our future. SINCE 1982 WE HAVE PROVIDED HELP AND SUPPORT TO OUR LOCAL COMMUNITY. TO ENSURE THAT WE CAN MAINTAIN OUR CURRENT STANDARDS, NOW MORE THAN EVER WE NEED YOUR HELP WITH FUNDRAISING.	The setup is simple with 4 easy steps: 1. Contact your bank 2. Input our account details 3. Type reference 'FundingOurFuture' 4. Set your donation amount If you are a UK taxpayer, ask us for a Gift Aid form That's it, you're all set up! Thank you Contact office@caresco.org.uk or 01487 832105 for our account details
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TRUSTEES' STATEMENT

Welcome to our Annual Report for the year 2025/2026.

This past year has seen another period of change, deep resilience and strong commitment. Thanks to the unwavering dedication of our volunteers, the expertise of our staff and the generosity of our donors, we have continued to reach the individuals who rely on our Charity to support them.

The reports you are about to read will each tell their own story of commitment and passion for CARESCO.

Navigating a challenging year not only economically but also logistically has not been easy, but our community's steadfast support has ensured that our core mission remains completely uninterrupted. As we look ahead, the Board of Trustees remains fully committed to strengthening our long-term financial stability, deepening our local partnerships and continuing to champion the voices of those we serve. Thank you to our wonderful staff, volunteers and supporters of CARESCO for your continued trust and belief in our vision for the future.



FINANCIAL STATEMENT

The examined financial statement for the year April 2025 to March 2026 is published as a separate document and is available on request.

Our thanks to Heather, Bookkeeper, and Lisa, Independent Examiner, for their invaluable help and guidance in preparing this for another year, and to our Finance team, Michelle, Finance Manager, Marina, Accounts Manager and Donna, Accounts Supervisor for their continued hard work in keeping the financial records 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 essential spending.

To reflect our current financial position, we will hold the running costs for a period of 3 months, which is sufficient to fund the charity in a time of unforeseen difficulties.

This period will continue to be under review with the aim to increase should circumstance allow.



FINANCE MANAGER

My role continues to be varied with the projects I oversee, no day is ever the same and I thank everyone at CARESCO for all their support and pulling together in what can be difficult times.

We are always looking to cut costs wherever possible, from reducing our energy usage, cancelling lengthy service contracts and switching the way we make purchases, for example, a simple move to an Amazon Business account is saving us over £500.00 a year.



I am very lucky to enjoy my job here and I am looking forward to another fantastic year working alongside such an amazing team.

Michelle Goodwin

GRANTS

I applied for 50 grants over the last year, and we have been awarded 16, some of which have been multiyear grants. The feedback from most providers is that they are oversubscribed, with anywhere between 4 and 10 times more applicants than usual. This indicates that many charities are still struggling which continues to make things competitive for us.

We have, however, been able to increase grant income this financial year as follows:

23/24 - £52,908

24/25 - £82,880

25/26 - £83,907.76

At the request of the Trustees, I have identified 2 potential grant providers for a new CARESCO Centre. It isn't possible to apply for capital build grant funding without full planning permission, so this remains on hold until an agreement can be reached with landowners on the current or new site.

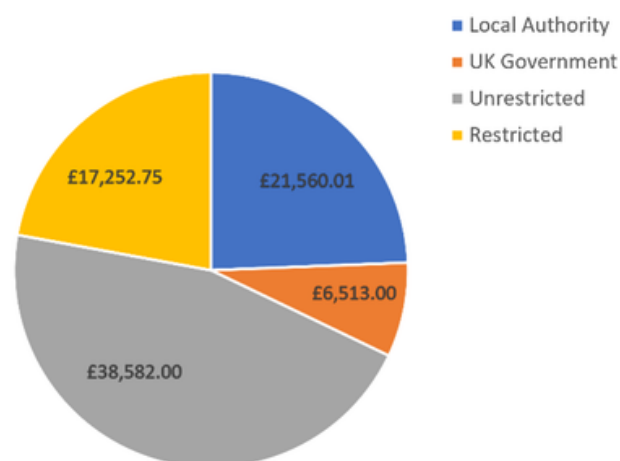
The Grants role consists of applications, awards activity, researching funding opportunities and completing end of grant reports. We have received restricted grants that have helped to pay for several overdue projects in addition to unrestricted grants that are important to help us cover our significant running costs. We have a

great team of staff, trustees and volunteers who, along with the local community, help ensure CARESCO continues to provide their fabulous services to the people of Sawtry and beyond.

Grant awards for this financial year are as follows:



Grant Allocations Financial Year 2025/2026



Date	Grant Provider	Use	Value
4/25	Cambridgeshire County Council	3 years part funding of Green End Day Club (GEDC) totalling £60,000 (Year 2)	£21,000.01
4/25	The Hobson Charity	Food for Foodbank	£1,500
5/25	National Lottery 'Awards for All'	Minibus Lease, Wages and CAVE costs	£19,932
5/25	The Cole Trust	CARESCO Centre external lighting upgrade	£2,000
7/25	The Anton Jurgens Trust	Nonslip flooring in the Club Room	£5,500
7/25	The Earl Fitzwilliam Charitable Trust	General donation	£300
7/25	The Evelyn Trust	Minibus fuel for 1 year and CARESCO Centre internal lighting upgrade	£2,589
7/25	Primary Care Network via Cambs Community Foundation	2 years Strength & Balance classes and Golden Games in the GEDC of £6,724 (Year 1)	£6,724
9/25	Warburtons Foundation	Club Room Re-paint	£400

Date	Grant Provider	Use	Value
9/25	ASDA Foundation	Foodbank stock	£600
10/25	Blakemore Foundation	GEDC Christmas Party	£40
12/25	PEM Charitable Trust	CAVE running costs	£250
1/26	Garfield Weston	2-year unrestricted grant of £30,000	£15,000 (Year 1)
1/26	HDC Community Chest	Energy efficient corridor heater and guttering repairs	£560
1/26	UK Govt. Common Ground Award	Kitchen equipment and refurbishment, 30 x Club Room chairs and upgraded CARESCO Centre CCTV.	£6,513
3/26	D'Oyly Carte Charitable Trust	Customer Service Manager wages and plants for our garden	£1,000
		TOTAL	£83,908

Thank you to my volunteers Emilie and Pam and to you all for your continued support to the charity.

Denise Pike



FUNDRAISING

Each member of CARESCO Staff have many different objectives, those depend on the project that they are a part of. However, one objective that we all have and share passionately is Fundraising.

Working as a collective means that there are lots of ideas being brought to the table, some old, some new. We have all been very busy bringing our ideas to life and whilst it has meant a lot of hard work before, with the preparation and after, with the clear up, usually the bit in the middle is something that we all thoroughly enjoy – the events themselves! We have provided breakfasts to our SWTR running group, Bacon Rolls to the Colts football teams, offered ‘fill a bag for £10’ at the Charity Shop. We had stalls at the Carnival and also offered a CARESCO Café and BBQ. Cream Teas were available to be ordered to celebrate National Cream Tea Day. We provided a BBQ for the Colts annual presentation day; 4 Quizzes have been held throughout the year. The SWTR 10-mile event was supported by us providing Breakfasts, Bacon Rolls and Cake – always cake! We gave Adults a rest from having a messy kitchen by inviting children along to a Pumpkin Carving session. Of course we had a Charity Shop Fashion Show! Our Disco Inferno had us all boogieing – with DJ Dave Wisker. Refreshments were provided at the Sawtry Fireworks Display. We attended a Christmas Fayre to sell our brand new, never been used donations. There were 2 Wreath making workshops, a Christmas Quiz Sheet and a Shopping event. We put on our very first Race Night which was popular and well attended and we rounded the financial year off with a relaxing and rewarding Spring Basket Workshop.....

We are also pleased to be able to offer our centre to some community groups to use out of hours so we’re able to give as much as we receive which is always important. The groups are kind enough to offer a donation for the use of our facilities.

So, as I said, we’ve all been very busy, trying to raise funds to help our Charity continue and to provide the services that are well attended and needed in the community. We still have Funding Our Future, our new building Go Fund Me page, Cash for Coins, Recycle4Charity and Gift Aid, all important ways to raise money for CARESCO but it’s just that little bit more special when we see the smiles on people’s faces, the laughter and enjoyment that comes from our Fundraising events.

We are so very grateful for all the support we receive from so many people, businesses and community groups – a massive Thank You to everyone for helping us to continue to be such an important part of the village and surrounding areas.



CUSTOMER SERVICE MANAGER

What a busy and eventful year it has been. There have been many challenges along the way but as you would expect from a committed team of staff and volunteers we have all weathered the storm and come out the other end, hopefully a little wiser and certainly even more determined to ensure that CARESCO continues to offer the community it's much needed services, support and there are new opportunities ahead too which is always exciting!

We have been presented with several cheques over the last financial year which is always very humbling. External companies and communities choosing CARESCO as the charity to support is never something we take for granted and we thank everyone who has chosen our unique Charity to benefit from their fundraisers, they are all greatly appreciated and very much needed.



I am delighted to announce that it was confirmed at the beginning of May 2025 by Support Cambridgeshire that our Good Governance mark had been renewed for another 3 years. This was truly wonderful news and once again shows what a committed team of Staff and Volunteers we have who go above and beyond to ensure our unique Charity continues to give the services expected by our community – Well done and Thank You to everyone who supports us in so many positive ways, long may it continue.

Quite a few members of staff including myself have attended a dementia day that took place in Huntingdon, it was very thought provoking and gave an insight as to what it can be like living with dementia. We were fortunate to be able to offer a Dementia Friend session to Volunteers and Staff at the CARESCO centre also.

CARESCO had a big presence at this year's Carnival with our Minibus being part of the parade along with many CARESCO volunteers. It was a great atmosphere to be a part of. There was Tin Can Alley, a Pop-Up Gift Shop and Lucky Numbers on the field, and we also had the CARESCO Café at the centre. The Carnival is such a huge community event and the Carnival Committee do a wonderful job putting it all together.

For the last few years, I have been keen to maximise the use of our Centre. There are many hours when it stands empty which seems a shame. We were approached by the Kingfisher Group who are a church group operating out of Little Paxton. They were looking to set up a regular Sunday morning meeting in Sawtry. Whilst we are unable to hire out our premises, we are always happy to help support local community groups and so we agreed to give it a go! Initially the group met for one Sunday a month and increased their meetings in January to every Sunday. Our Club Room was decorated by volunteers at Christmas and it's a great feeling to know that it is being used to its full capacity and of course any donations for the use of it are always gratefully received. Hopefully more community groups will be able to enjoy our space moving forward.

There have been a lot of fundraising events throughout the year which have been very successful, BBQs, Breakfasts, local event supports, Wreathmaking, Pumpkin Carving, several Quizzes, a Fashion Show, a Shopping Event, a Race Night and a Spring Workshop to name but a few!

Behind the scenes we have been working hard on updating our leaflets that showcase all the wonderful projects our Charity has to offer. If you're at the Centre or in the Shop, please look at them and help yourself to whatever catches your eye.

In February we finally had our new door entry system fitted at the Centre which has brought added safety and security for some of our more vulnerable service users along with all the confidential information that is kept in our office areas. Our door is still always open of course, but you may just have to press the buzzer first!

Our Volunteers have shown continuous support for our Charity, without them and a strong team of Staff, who become volunteers by default, our wonderful Charity would falter and fade, but it is still strong, still committed and still here! I say a massive Thank You to each and every one of you.

The Customer Service Manager role continues to grow and evolve. Policies are being updated, new systems are being introduced. For some, change can take time to adjust to, but these changes are essential for us to stay ahead of the game and to continue to be one of the most unique charities for miles. The many Customer Service project reports that you will read in our 2025/26 Annual Report will reflect the changes, the growth and the determination to meet the needs of our community for many years to come. I am very proud to oversee them and of the teams that support them.

Sharon Dougherty



GREEN END DAY CLUB

Manager: Vicki Currington

Supervisor: Sarah Hughes

Cook: Helen Trebes

Venue: CARESCO Centre

When: Monday - Thursday, 10.00am – 2.00pm

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



At the beginning of April, Suzanne left as GEDC supervisor, and we welcomed Sarah into the role. Sarah is a great asset to our GEDC team and has fast become a valued member of staff. We have also welcomed Geoff as our new minibus driver. Geoff job shares this role with Roger and is well liked by members and staff alike, a very helpful and friendly man!

In my role as GEDC manager I attended a virtual dementia training session which was quite an experience to put yourself in the position of a person with Dementia and see through their eyes how difficult life can be.

The members enjoyed a bus trip to Westwood Musical Society Showtime which was arranged by Lions of Peterborough. They have also had shopping trips to Springfields in Spalding, Brotherhood Retail Park in Peterborough and Serpentine Green in Peterborough using our minibus.



We were grateful to one of our volunteers who held an Easter Egg raffle and raised £74 for the club. We supported the CARESCO Café at the centre for the Sawtry Carnival selling cakes, hot drinks and bacon rolls which raised £481. Throughout the year we have raised a total of £906 at our evening quiz nights which have been enjoyed by everyone.



The members have enjoyed various singers throughout the year - The Singing Gardener, Jukebox Legends, KJ and the Katt and James Lebec. Pupils from Sawtry Infant School joined us to decorate cakes with our members, which was lovely. We welcomed a friend of our cook who came in to produce a delicious 3 course Indian meal. Mobii Magic came in to demonstrate their interactive table, it is so clever and the members all tried it. They said it was marvellous and enjoyed all the different things that it could do.

Due to grant funding, we have been able to include an extra Golden Games session a month, it is a great source of enjoyment for everyone and always evokes a lot of fun and laughter. Barclays Bank came to talk to us all regarding scammers, this is always a worry, especially amongst vulnerable people and was good to have some expert advice on the subject. A friend of the club, Twink, came in to make decorations with the members for our

Christmas tree which was displayed at All Saints' Church, this year we decided to make reindeers and Christmas trees. In July we welcomed a student from Sawtry Village Academy who completed their work experience, it is always nice to welcome students.

Our members have enjoyed various meals out during the year – Mulberry Tree Farm Peterborough, The Boathouse Peterborough, The Greystones Sawtry and The Apple Cart Peterborough. This year we had our Christmas Party day at the centre and invited all our members, it was a good day and we were all entertained with some wonderful Christmas tunes by James Lebec.

The Environmental Health Officer visited in July, and we are very pleased to say that we have retained our 5-star Food Hygiene Rating.

With huge thanks and gratitude to our Grants Manager who secured a grant for new flooring in the club room and paint and perspex for the club room walls.

We welcomed 12 new members to the club this year and served 3,213 meals.

I would like to take this opportunity to thank GEDC Staff for all their hard work and commitment over the past year and all the GEDC volunteers who give up their time to help at the club and chaperone on our minibus. We could not do it without you!



Vicki Currington

SAWTRY EYE

Editors: Marina Joyce and Donna Green
Designer: Donna Green
Bi-monthly: February, April, June, August, October and 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, or our website by following the links. Past issues are also available to be downloaded and enjoyed again.

Marina Joyce

THE CAVE

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



In the early part of the year, we took the decision to close the Cave for a few weeks to have a good clear out and tidy, this is ongoing and everyone is loving the chance to map out clear project areas.

The Cavers have been as busy as ever, with their own projects as well as supporting the Sawtry community, but it isn't just about fixing a broken item or making something new, the space is always warm and welcoming if all someone wants is a cup of tea and a chat.

Michelle Goodwin

CHRISTMAS DAY PARTY

After much deliberation the decision was made for our Christmas Day Party to pause for 2025. Our regular volunteers needed a well-earned break and time to spend with their loved ones.

Over the last few months, we have looked at the project and tried to reduce the work load to encourage more volunteers to support us before, during and after the big day, whilst at the same time still offering what the project has always been about, to bring people together when they would otherwise be alone at Christmas time.

We were lucky enough to be successful with the Tesco Stronger Starts award which has secured funding for this project hopefully for 2026 & 27. We have started putting together plans for the relaunch of this project which will now be called 'Christmas Day Lunch'.



Sharon Dougherty

CHARITY SHOP

Manager: Sharon Dougherty
Supervisor: Tina Drage
Cover Supervisors: Rosemary Jubb and Vicki Currington
Venue: 7 Greenways, Sawtry, PE28 5UR
When: Monday - Friday: 9.00am - 4.30pm
Saturday: 9.00am - 4.00pm 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.*



Our Charity Shop continues to be a unique hub where customers come to either find something specific which like a miracle always seems to be there, to find an unexpected bargain or two or just to chat to our wonderful volunteers who work so hard to keep our little shop going. During the last financial year over 16,500 customers have visited us. Our Gift Aid register continues to grow with our gift aid numbers reaching more than 2,650 and over 4,500 units of donations have been delivered to our back door. The booking in system ensures that each gift aid is checked and updated if required which has had a huge effect on our monthly claim. We continue to PAT test electrical items ensuring they are safe and legal to purchase. We continue to offer events to encourage people to visit us, Themed Rails, Half

Price Rails, Seasonal Rails to name but a few. Our Social Media page continues to help communicate to the greater audience and is a good way of spreading the word and allowing us to sell slightly larger items. Our volunteer team continues to grow; we also have a relief list of volunteers who step in whenever cover is needed. We were delighted to support the Carnival in June 2025. Our stalls were a big success, and it was great to see the many costumes in the parade, some bought from us!

We have welcomed Work Experience candidates to help at the shop and hope to continue to do so in the coming year. The feedback we have received from our younger volunteers has been very positive. We are always keen to encourage the younger members of the village to experience volunteering and what it can bring to not just us but also the person giving their time. One of our volunteers has kindly offered to assist by putting some of our more exceptional donations on eBay, this is something that has been done in past years but with the growth of job roles time has not always allowed it, so it is good that we now have someone who is willing to support us with this. It has, so far, been quite fruitful for our charity. We have 3 collection boxes for used or unwanted ink cartridges based at the shop, the centre and at Wellside Surgery. This is a great way of donating to CARESCO and reducing the amount that go to landfill. over the last financial year, we have raised more than £300. We held our 4th fashion show which as usual was great fun and raised the profile of the shop. Our contribution to the Christmas Tree festival was called 'Please Book Your Donation In' and was made entirely of books. Our Christmas donations exceeded 50 tubs of donations and sales were excellent.



January was as usual, a bit of a slow start for the Charity Shop with Christmas just disappearing through the back door and people wondering what the new year will bring. We are always interested to hear where our new customers come from, what bought them to Sawtry and to make sure they know all about the many things CARESCO has to offer. The feedback we get from customers is always good; they love the welcome they receive as they walk through the front door and often join in with the many conversations that are always in full flow. We know that for some ours is the first shop they come to for household goods, children's clothes and toys and also a new outfit for themselves, as prices continue to increase on the high-street we try to keep ours as low as we can whilst keeping in mind that our shop is one of the main sources of income that keeps CARESCO afloat and to be able to offer the village and surrounding areas the many services that it does. With over 40 shop volunteers on our register and 5 members of staff (2 regular and 3 covers) we are all committed to ensuring that our shop continues to offer the community what it needs, value for money, quality items and a listening ear.

Sharon Dougherty

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 continues to be a much-needed service to our local community. David Whittaker is the Volunteer Coordinator for this project and he along with the volunteers who support him guarantee that anyone who is unable to collect their prescriptions from Boots, whether long term or temporarily, will always be assured that either on a Tuesday or a Friday they will receive their medication. The Group now has 5 volunteers who are on hand to collect and deliver prescriptions. The support we have from our local Boots also makes this project a smooth running and reliable service.

During the last financial year 574 prescriptions were collected and delivered by our Community Support project. This is an increase of 33 from the previous year which just goes to prove it 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 and Fourth Mondays, 2.15 - 4.15pm

Aims: *To provide friendship for anyone who, for many reasons, may have found themselves a little isolated.*



Our Chatterbox project continues to meet on the 2nd and 4th Monday of the month. It is a Friendship group available to anyone who, for many reasons, may have found themselves feeling a little isolated.

I try to arrange a speaker or activity for one of the sessions each month and for the other meeting the people that attend are more than happy to sit and chat or play a game or two. During the last financial year, we have had speakers such as the East Ambulance Service, our Social Prescriber who was very helpful in giving guidance to services available. We have had online banking advice, listened to the tales of a Multi Faith Chaplin and her experiences of being a street pastor in Cambridge. We had our regular visit to listen to the RAF Wyton voluntary brass band. A trip out to Conington for afternoon tea was enjoyed by all who went along. I have given an impromptu overview of online shopping. The group enjoyed a trip to see a pantomime at Christmas also.

The itinerary of speakers/activities is available in the Sawtry Eye and we encourage people to come along if they like the sound of a scheduled speaker, there is no commitment to attend every session and there is cake, there is always cake!

Whilst this project is free to enjoy, attendance donations are always welcome and go towards the running costs for CARESCO.

Sharon Dougherty

GOOD GOVERNANCE



We are delighted to announce that CARESCO has been awarded the Good Governance Mark for a further 3 years, which is wonderful news!

"The services you provide are both inspiring and essential, and it is clear that your organisation brings the community together in meaningful ways. The strength of your team and the way you work together really stands out. You have a deep understanding of the community you serve, and a clear commitment to ensuring your services remain open and accessible to all who might benefit. The welcoming environment you create, combined with your focus on developing what you can offer in the future, demonstrates how dedicated you are to the people you support"

SOUNDS GOOD

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



This group meets twice a month, on the second and fourth Friday afternoons, and is going from strength to strength, increasing in membership and tackling more challenging music and literature topics. Sadly, we have lost one or two members in the past year, but we now number 27, the average attendance being 19.

We have enjoyed presentations by visiting singers and instrumentalists, several 'Music in my Life' sessions, quizzes, but singing remains our core activity. From a request from All Saints Church and Moto Services for singers, some members sang Christmas songs and Carols at those two venues.

Some members attend the monthly Sunday afternoon concerts at Stilton Pavilion. An important success of the group is the increased self confidence that has led to several Sounds Good members leading sessions. The social aspect of the group is important. Many friendships have formed, with members meeting up regularly, and some going on holiday together.

Each session ends with tea and cake, some baked by CARESCO volunteers, the preparation and clearing up tasks covered by members. As leaders of this group, we find the friendliness, enthusiasm and involvement of members very encouraging and rewarding. They are open minded, always willing to have a go at whatever a session offers.

Linda Dupee and Pam Tuplin



CARESCO GARDEN

Manager: Sharon Dougherty



The CARESCO garden is being enjoyed by Staff, Volunteers, Service Users and Coffee Shop customers. It continues to be a work in progress like all gardens are. Our team of garden volunteers work hard at keeping them looking tidy and welcoming and I'm pleased to say we have welcomed some new volunteers to help with the never-ending upkeep of it. We now have a bench for people to



enjoy at the front of the Centre. We have finished spending the remainder of our National Garden Scheme grant, it has really benefited from the injection of funds that were made available. Our working parties gathered to focus on specific jobs and to prepare for the Anglia in Bloom judges, these were the same judges who visited the previous year, and they were delighted to see the transformation that had been made in our open spaces. We were very pleased to receive a certificate of nomination for best Community Project and were very proud to hear that Sawtry received a Gold Award.

We welcomed 3 community groups for tea and cake into our garden this year, members of the Sawtry WI, Sawtry Litter Pickers and the Sawtry Chorale were all treated to some homemade cakes and beverages whilst enjoying our garden. We hope to do the same again next year. We know how important volunteer groups are to the village; it is just a small way to say Thank You.

We have had to invest in a wall mounted ashtray to the front of the building as our beds there are being used as ashtrays unfortunately. Along with signage we are hoping that it will be used as it can be a little disappointing when so much hard work goes into making the outside areas look inviting for passers-by and visitors to the centre.

The garden volunteers are, as always, being ever generous with their time and skills which you can see clearly when you take a stroll around the gardens.



They have created such a colourful, peaceful and welcoming space to both human and wildlife.

Our garden is there for anyone that may want some quiet time or who may just want to come and enjoy the hard work we have put into it, you are more than welcome to visit, just remember to let us know when you're hoping to come otherwise you may be locked in!

Sharon Dougherty



COFFEE SHOP

Manager: Sharon Dougherty
Volunteer Co-ordinator: Carolyn Watts
Venue: CARESCO Centre
When: Friday, 9.00 - 11.30am
Aims: To enjoy homemade bakes made by volunteers



Our Coffee Shop is still the place to be on a Friday morning between 09.00 and 11.30. We now have a team of 20 Volunteer Bakers and 5 Volunteers who welcome our customers on a Friday morning. We have sold almost 4,000 slices of cake and 1400 Bacon Rolls to 2,200 customers during the last financial year. Considering we are open on average 11 hours a month, I would say the proof is in the pudding – literally! We continue to offer our event table to anyone that has something they would like to share or sell, all we ask is that a small donation is made. The diary for these event tables is usually full very early in the year. We continue to welcome our younger customers each week to the Coffee Shop; it is always good to see our donated Highchairs being put to good use and we now offer changing facilities for our even younger customers.

Our Takeaway service is still popular; we are regularly seeing new faces returning week after week and bringing along their friends. The garden is still being used when the weather allows, it's great to see it being enjoyed by other projects.

Card machine sales constantly out way our cash purchases which reiterates how important it was to make the decision to introduce the option of card or cash just over a year ago. For our volunteer bakers we continue to offer a store cupboard which consists of core ingredients. It's there for volunteers to use if they wish to and hopefully goes a little way towards saying Thank You to everyone who supports this wonderful project which grows week on week. I provide a new baking schedule each year which helps to ensure that there is always a big variety of home bakes on offer each week and that our 'onsite' volunteers know what to expect each Friday. At the end of each session IF there are any cakes left over that we are unable to freeze, we take them along to Salon 42 who offer them to their customers for a donation to CARESCO, so our bakes really are enjoyed throughout the village! Yet another project I am so proud to support where each week the choice of bakes, both savoury and sweet are second to none. Service is always with a smile from our dedicated kitchen volunteers; nothing is too much trouble. If you haven't visited us yet, please put it on your 'Things to Do' list, you won't regret it.



Sharon Dougherty

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

CAR SCHEME

Manager: Sharon Dougherty
Volunteer Co-ordinator: Steve Robson
When: Daytime weekdays, depending on availability
Contact: T - 07810 476979



Aims: *To provide affordable transport for anyone who has difficulty attending medical appointments*

Our Car Scheme is still a very busy project and much needed service that we offer our community.

Steve Robson is at the helm as Volunteer Coordinator and spends a lot of his spare time ensuring that medical appointments are kept by organising our volunteer drivers, of which he is one. Whilst our drivers are collecting and returning people from appointments, they are very aware that there is sometimes a worry behind these trips and are always on hand to take a small amount of anxiety away, a familiar face behind the wheel goes a long way to reassure the passenger that they are in safe hands.

2025/26 has not seen a change in the mileage rate governed by HMRC but this is likely to change in the new financial year. During the last financial year our team of 6 volunteer drivers have made 268 trips, an increase of 104 compared to the last financial year, they have covered an amazing 6,722 miles.

Our Car Scheme project proves each month that it is an invaluable service that the community and surrounding areas need and greatly rely on.

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 and Balance class continues to be a popular class with 676 people attending during the last year. The new booking system is working well and now that we are collapsing the tables down in the club room once our Green End Day service users leave, we can accommodate up to 20 attendees for each session. When the class started a few years back it was made possible by a grant that was awarded for a 'new project'. The project is no longer new but has been such a success that CARESCO had already made a commitment to keep the classes going for as long as we could so it was great news to hear that we were successful in receiving another grant earlier in the year which means the cost of our Strength and Balance project is now secure for another 2 years.

We can't always avoid falling, sometimes it's the getting up that is the hardest, Strength & Balance chair-based exercises help you to hopefully avoid falls but also to recover more quickly if you do.

Sharon Dougherty



TUCK SHOP

Manager: Sharon Dougherty
Volunteer Co-ordinator: Dave Dougherty



The Tuck Shop project was initially set up to support the Sawtry Colts on a Saturday morning, providing Bacon Rolls and hot drinks to players and spectators whilst matches were being played. When we heard about the 3G pitches that were being installed we were relieved as we believed less games would be cancelled due to the pitches



flooding. However, once the acoustic fence was erected around pitch 1, we realised that we would have to change the way we provided this service. We were no longer visible to the players or the spectators which was a huge concern. Despite us hanging banners in several areas, serving from the front of the building and the Colts advertising on their social media page that we were there, it had a devastating effect on our sales and during the whole of the last financial year we sold just 135 Bacon Rolls. Some weeks our expenses were more than our income, which for a Charity is not good news. Saturday mornings started at just after 08.00 and usually ended no earlier than 13.00 for the Tuck Shop volunteers, it required a lot of setting up and taking down plus a minimum of 2 volunteers, taking all of this into account we had to make the hard decision to end our Saturday morning service and informed Sawtry Colts that we were unable to continue. The Tuck Shop continues however, we won't be beaten that easily! Sawtry Colts assured us that they still wanted us to provide a BBQ for their wonderful presentation day, we were in attendance in July and served 120 Burgers, 104 Hot Dogs and litres and litres of Squash. This is a hard days work for our volunteers but is always a good fundraiser for CARESCO, so it is one that we are happy to continue to support.

We have provided breakfasts for our local running group who get together on a Sunday for a run and enjoy a cooked breakfast at the CARESCO Centre when they get back.

In September we again supported the Sawtry Walk to Run 10-mile event. This is always a very busy event for us to be a part of but extremely worthwhile and enjoyable. The day started at 5.30am with preparations for 20 breakfasts followed by serving 75 breakfast rolls. It ended in the afternoon with a stall on the SVA fields serving homemade bakes and cold drinks. Another great fundraiser for CARESCO!

The Tuck Shop is available to cook a 'full English breakfast' for groups of 4 to 20 people on a Saturday morning, served at the CARESCO centre. Bookings can be made in advance which helps to manage volunteer availability, hopefully this will be of particular interest to local groups and families who have visitors and don't want the hassle of cooking a breakfast.

Whilst being one of our newest projects, the Tuck Shop continues to evolve and I still believe it has a lot to offer for specific events rather than on a weekly basis which has been proved with the Sawtry Colts BBQ and Sawtry Walk to Run events which, for the last financial year raised £1,364 alone for CARESCO.

Sharon Dougherty



CARESCO ACTIVITIES

CARESCO Office	Monday - Friday	9.00am - 12 noon
Charity Shop	Monday - Friday	9.00am - 4.30pm
	Saturday	9.00am - 4.00pm
Green End Day Club	Monday - Thursday	10.00am - 2.30pm
The Cave	Monday, Tuesday and Thursday	10.00am - 1.00pm
Chatterbox	2nd and 4th Mondays	2.15pm - 4.15pm
Strength and Balance	Tuesday	2.15pm - 3.15pm
Sounds Good	2nd and 4th Fridays	1.30pm - 3.00pm
Coffee Shop	Friday	9.00am - 11.30am
Sawtry Foodbank		

SAWTRY FOODBANK

Manager: Lisa Stenhouse
Contact: E - foodbank@caresco.org.uk
T - 07743 593863

Aims: *Delivering emergency food parcels to local people in crisis by working in partnership with referral agencies and community organisations.*



Having a full year overview at the foodbank (2025) and the first quarter of 2026, I've seen various shifts in usage and donations. When I started at CARESCO my understanding was that we served mostly large families. Whilst we continue to support many families and see increases in those at key times such as Easter and Christmas, the general trend across the district is an uplift in need for single parcels. This is something that the Huntingdonshire Food Network and the wider Cambridgeshire poverty experts are investigating further. There's a working party at county level investigating this trend to explore why it's happening and what solutions need to be put in place to best support these people.



I initiated a review of our pick-lists last year – both what goes into a weekly parcel and what we give out on the first week of a referral. After analysing the data kindly shared from three of the other foodbanks, we issued new pick-lists that more aligned with those elsewhere. We have a temporary version of these lists that we use when stocks are low.

We were able to purchase some of the more costly items and toiletries with grant money that had been held back during the more generous donation periods

Harvest festivals remain a key time for generous donations, as well as the run up to Christmas. The festive season at the Foodbank is always busy and this year we were able to provide an extra bag with goodies such as puddings, mince pies, and chocolate. What's more, Huntingdon Sainsbury's and an ex-user of the Foodbank brought us some fresh seasonal vegetables to include in those parcels.

Monies collected at the Santa Run, Christmas Tree Festival, Slimming World, and a generous cheque from a local resident in her 90s were a welcome addition to our funds. Keeping a stock of everyday essentials proved challenging at the beginning of 2026. Thankfully, our reach outs on Facebook and the Sawtry Eye with specific asks is working and we've been able to use some of our grant money to fill the gaps.

Over the year I've been able to recruit new volunteers and now have a great mix in the two teams. Not only are they working incredibly well together, but they are also willing to be flexible when needed to cover absences. They've all helped doing a stock-check during the early part of 2026, ensuring that use-by dates are clearly marked and positioned.

Waitrose Community Matters

At the beginning of 2026, I received an email from the Community Matters Lead Partner at Waitrose Oundle. They re-launched their Green Token Scheme in October 2025 and selected Sawtry Foodbank as a potential food charity. Every quarter they invite customers to use green tokens in one of three charity collection boxes in store. They like one of the charities to be a food charity which is why they approached us. At the end of each quarter the three charities will receive a share of £3,000.00. The charity which receives the most tokens will receive a monetary award of £1,500.00, the second charity will receive £1,000.00 and the third charity will receive £500.00. This will go live at the beginning of April 2026.



In 2025 Sawtry Foodbank served 1252 people with 510 parcels.

Lisa Stenhouse



CARESCO VOLUNTEERS

It is always a proud moment when someone comes along to register as a volunteer for CARESCO. We never take for granted the fact that our charity is the one that person has chosen to give their time freely too. With that time also comes experience, expertise and guidance, some things that money cannot buy. With over 140 volunteers registered with us we know how fortunate we are and try to make their time with us as enjoyable and rewarding as possible.



As with all charities, the last few years have not been easy financially. As the head count of staff has been reduced, we have had to make decisions which in some areas, has meant asking slightly more of our volunteers than in previous years. Our volunteers have always risen to the challenges directed at them and have used their specialized professional expertise and life's experiences to support the areas that they volunteer for. Their enthusiasm boosts staff morale and inspires onlookers to maybe become volunteers themselves.

We often warn new volunteers that once they become a CARESCO volunteer, it's never long before a partner, husband, wife, child, mum, dad, friend or even the next-door neighbour also becomes intrigued and, before long, they too are bitten by the CARESCO bug. A lot of our staff started off as volunteers, just for a few hours a week, it's hard to resist. Most of our staff still are volunteers.



The Queen's Award
for Voluntary Service

We have said goodbye to some of our volunteers over the last year who had been with us ever since the Charity started, they didn't necessarily want to retire from volunteering, but their bodies were telling them a different story. We have also welcomed many people who have never volunteered before but want to give something back now that they have the time to.

Our volunteers are the heartbeat of CARESCO – Thank You.

VOLUNTEER STORIES

Joy Corney volunteers within different areas of CARESCO



'I retired just before my 60th birthday, after working full time for over 40 years. I spent the first few months catching up on all the things I had been putting off or struggling to fit in. Although I continued to thoroughly enjoy my retirement, I approached CARESCO about volunteering, as I thought it would be good to do something useful with some of my free time.

I now volunteer for the Green End Day Club for an afternoon every week and fortnightly for the Foodbank. I also provide relief cover, when the regular volunteers are unavailable, for the Charity Shop and for Community Support delivering prescriptions. This has given me some welcomed structure and routine to my weeks whilst still allowing plenty of freedom to do the things I like whenever I want. I have also met lots of lovely new people. The people

who work and volunteer for CARESCO are such a great team'

Joy Corney

Keith and Ann Parker both volunteer for the Charity Shop and Foodbank

'Coming to the end of our careers we had considered several hobbies and as a couple volunteering in our village together.

We joined CARESCO in the village to put back some energy that we had benefited from in the past. We considered the Charity Shop, Coffee Shop and Foodbank. We both now help in the Charity Shop and Foodbank as well as giving back, we also found friendship, well-being and a sense of belonging to a village that cares for its community. We also feel we give care to the community who we work with and volunteer to help those who need support. We have contributed to fashion shows, raffles, Foodbank and we deliver good support to those that need it.



If you can give a little of your time to others, CARESCO is truly a charity you can benefit from. We ourselves have been honoured by this when we received the Hunts Forum Gold Volunteers Award for our time over 9 years of volunteering'

Keith and Ann Parker

Alan and Gill Melrose both volunteer for CARESCO

Here is Gill's Story

'In 2019 I retired from full time employment and while I had things I wanted to do, I knew I also wanted to contribute to the local community. I started off at the CARESCO Charity Shop and worked with Foodbank. When Covid hit most of this stopped so I started to volunteer with the Community Support by delivering prescriptions and undertaking other tasks locally for those who were more vulnerable. I also delivered the Foodbank parcels, while Alan was still working, he helped me by often driving the car while I made the deliveries. Once the Charity Shop re-opened, I took on another shift and have continued to do two shifts per week. I recommenced packing parcels with the Foodbank and recently took on delivery of the Sawtry Eye. Alan also helps with this as he pulls the trolley with the magazines while I put them through the letterboxes'



Here is Alan's story

'I recently retired from full time work due to issues with my mental health. Once I sufficiently recovered, I thought about what I wanted to do so I started to help Gill with the Sawtry Eye delivery. I then approached Sharon about becoming a relief volunteer at the Charity Shop, covering any gaps in the shifts. I prefer to sort out the donations coming to the shop and prefer to work with Gill. Sharon asked me to assess the donated watches and replace any batteries,

so I started to do that. In the meantime, Gill's usual partner at the Foodbank had a job move so I now pack parcels with her fortnightly.

Both of us have benefited from continuing to work with others to achieve outcomes and to ensure we don't spend all our time sitting at home!'

Alan and Gill Melrose



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 - 01487 832105 or visit our website 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



MANAGEMENT COMMITTEE

2025 – 2026

Robin Simpson	Chair (appointed August 2025)
David Dougherty	
Tina Campbell	(resigned July 2025)
Anne Whiley	(resigned July 2025)
Pamela West	(appointed July 2025)
Su Merton	(resigned July 2025)
Anthony Black	(appointed August 2025)
Louise Haddock	(appointed November 2025)
Barry Trebes	(appointed July 2025)
	(resigned February 2026)
David Currington	(appointed July 2025)
	(resigned February 2026)
Timothy Trebes	(appointed July 2025)
	(resigned February 2026)
John Garner	Life President



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.

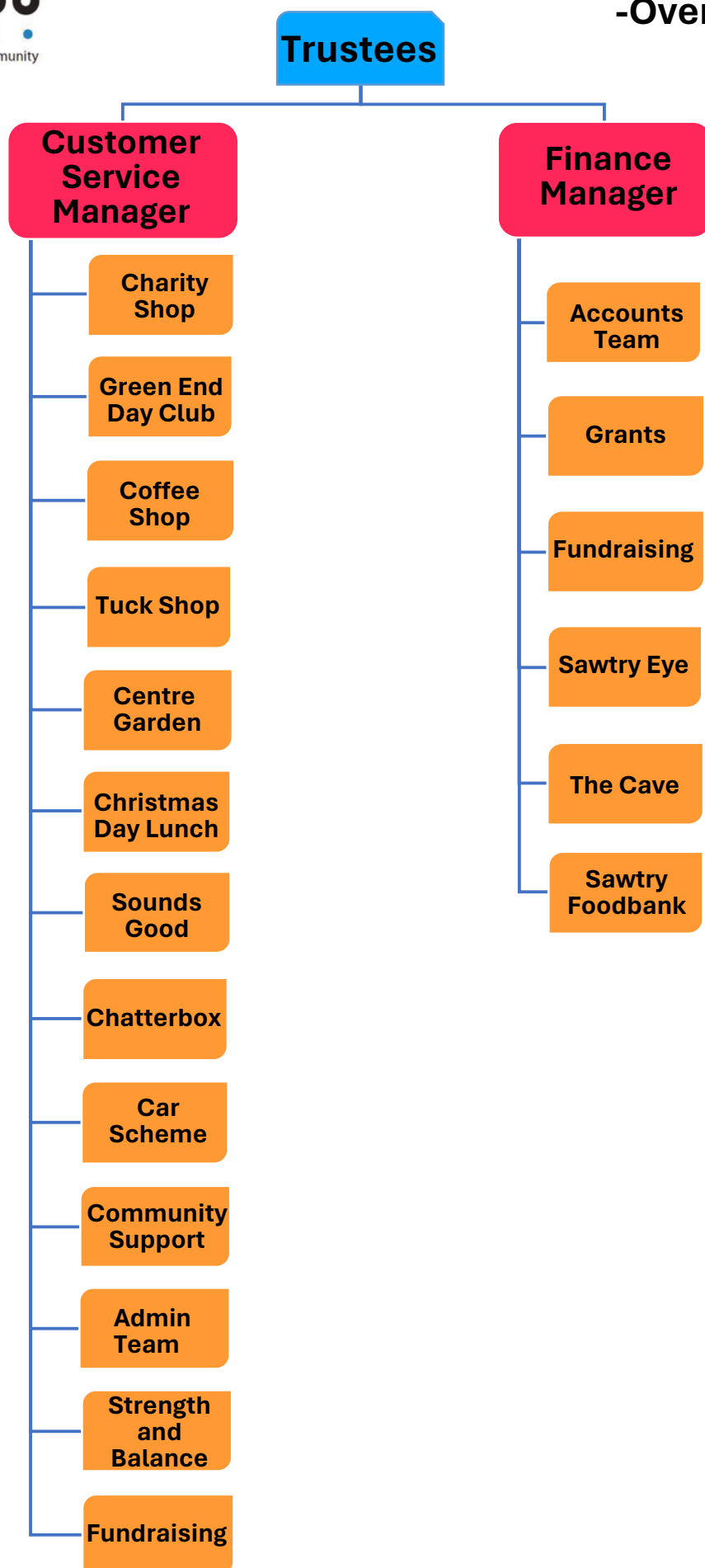
TRUSTEES WANTED

Do you have time, skills and knowledge to offer?

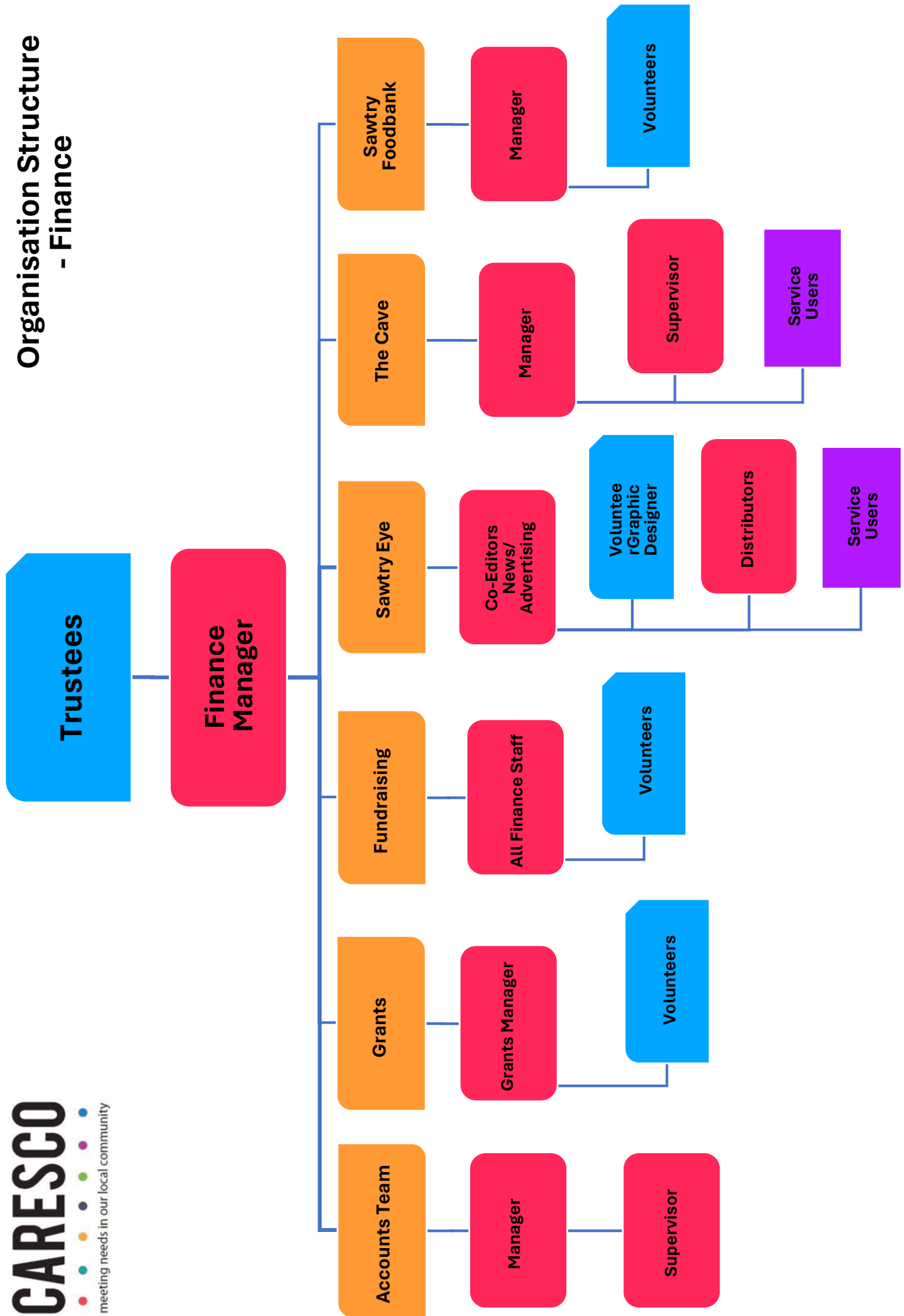
Would you like to get involved with the work of CARESCO?

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.

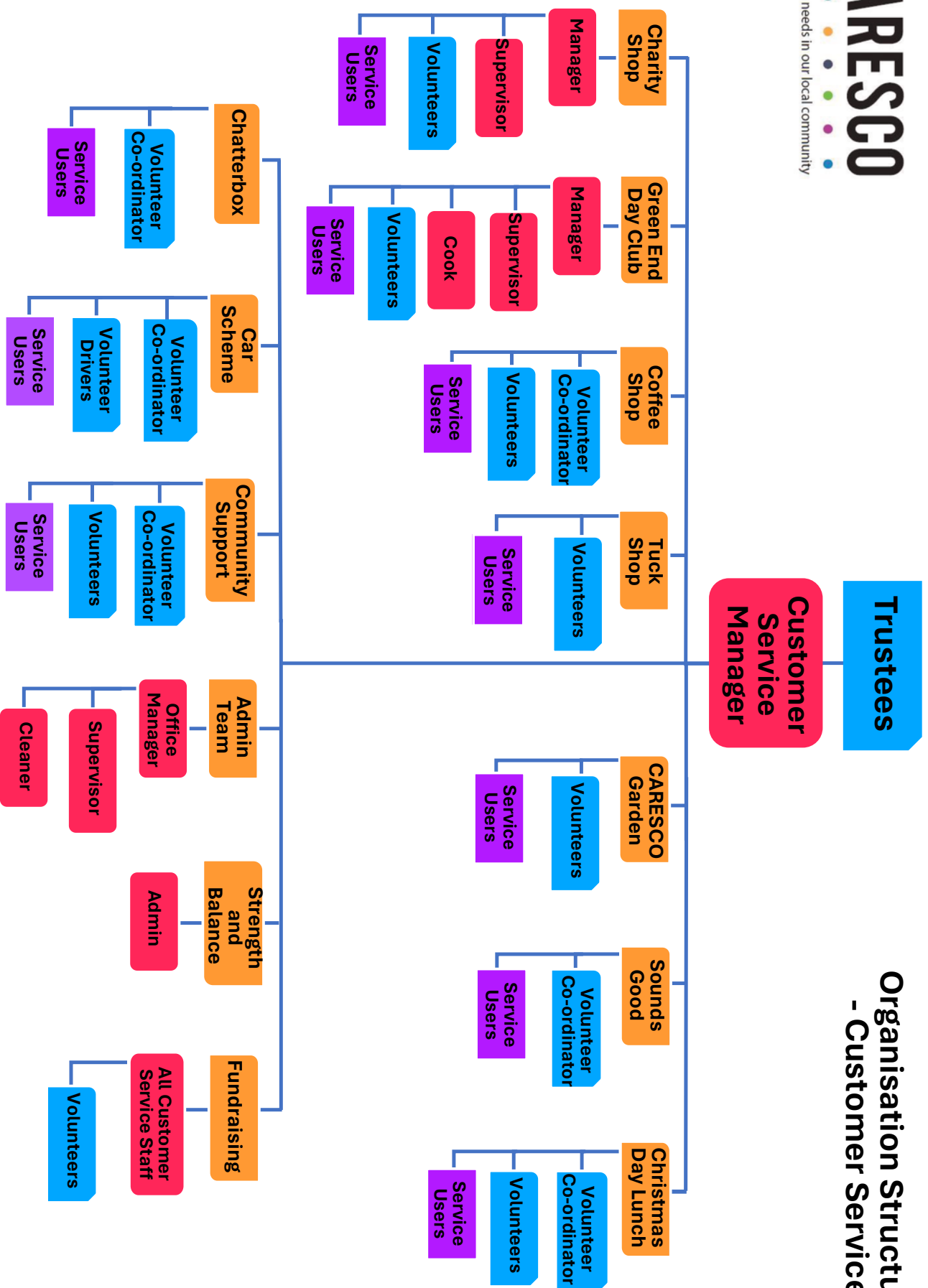
If you are interested in helping us to be the best we can be in providing our range of services to the local community, please get in touch on 01487 832105, or email office@caresco.org.uk



Organisation Structure - Finance



Organisation Structure - Customer Service



The CARESCO Family.....



CHARITY SHOP

Fundraising by recycling



THE CAVE

Social connections, sharing skills and building friendships



CHATTERBOX

A friendship group



STRENGTH AND BALANCE

Focusing on improving strength, balance and movement



CAR SCHEME

Providing transport for medical appointments



GREENEND DAY CLUB

Providing a hot meal and company



COFFEE SHOP

Enjoy homemade bakes made by volunteers



COMMUNITY SUPPORT

Co-ordinating prescription deliveries

VOLUNTEERING

Helping to support our local community



CHRISTMAS DAY LUNCH

Celebrating together



CARESCOGARDEN

A peaceful space for all to enjoy



TUCK SHOP

Providing hot snacks for community events



FUNDRAISING

Together we can make a difference



SOUNDS GOOD

A social group who enjoy music & the spoken word



SAWTRYFOODBANK



SAWTRYEYE

Village magazine offering local news for local people

