

JHC News – Autumn 2010

A Big Thank You

So far this year JHC has received over £2,000 in donations towards our charitable work. This money will be used directly to help local people. It might pay for a child to go on a school trip, whose family could not otherwise afford to, or it might help to give someone advice who is about to be made homeless. Sometimes elderly people struggle to pay their fuel bills and need extra help. It could even be used to buy essential food for a family.

We are living in difficult times which are going to get even harder this winter for some of our neighbours. The cuts will not fall fairly. JHC is the local charity for local people. It could be any one of us struggling, often through no fault of our own, but because of illness, redundancy or relationship breakdown.

Thank you to everyone who has donated; you have really made a difference to someone's life.

If you would like to help your local charity, please look at our website for more information on how you can do this:- www.johnhuntingdon.org.uk



– Young People's Project comes to Sawston

Centre 33 is a young people's charity that has been working in Cambridgeshire since 1981. Centre 33's mission is to provide outstanding services to help young people make positive differences within their lives. To relieve and prevent the suffering caused to young people in Cambridgeshire as a result of mental or physical ill health, financial hardship or other causes. Services include mental health and counselling, information and advice, support and advocacy, support for young carers, participation projects and sexual health services.

Since the 25th September, Centre 33 and JHC have been working together to provide a weekly drop-in session for young people in Sawston. The drop-in session takes place at the JHC offices on a Saturday morning between 10 am and 1pm. At the drop-in young people will be able to get information and advice, support to access other services they need and access to counselling and mental health support. There will be a trained Centre 33 counsellor offering short-term counselling – All services are free of charge.

If you know anyone who might be interested in receiving our Newsletter, please ask them to contact us direct to enable us to place them on our mailing list. Either by e.mail to office@johnhuntingdon.org.uk or by phone on 01223 830599.

Food Donation



JHC would like to express a very grateful thanks to the residents of Sawston for their continued response to our request for donations of food. As a result of your generosity, JHC have taken Mr. Tim Jenkins on as a volunteer to co-ordinate the collection and distribution of these items. We would like to express our thanks to Tim for taking on this important roll.

Again this year JHC have been fortunate to receive goods from the Bellbird and Icknield Schools, as well as St. Peter's Church, Babraham as a result of their Harvest Festival Celebrations. The Bellbird School also donated the proceeds of the raffle held at the Harvest Festival to the Charity. Thank you all for your kind generosity.

As a result of your generosity, so far this year, JHC have given out 62 bags of food to families in need. JHC have also given out £1,390 worth of Budgen's vouchers and a further £160 worth of vouchers for meals at the OWL café.

JHC Advice Service continues to be extremely busy having seen over 200 clients this year, this reinforces the continuing need for this service in the Sawston area.

The help most often needed is in relation to Benefits and Housing and JHC have specialist workers in both these areas.



Staff Profile – Mary Irish
Charity Manager

JHC has been a big part of my life for 20 years. Having lived in Sawston for over 30 years and brought my children up here I feel I know the community quite well.

My concern for those who are less fortunate is what drives me, as does the inspiration of John Huntingdon centuries ago. JHC will be needed more than ever in the next few years so the support of the community is essential. We are watching the results of the spending cuts very closely and will make sure that we respond in an appropriate way.

I can't thank the team of trustees, staff and volunteers enough for all their efforts and enthusiasm.

In my spare time I love spending time with my grandchild and also visiting the Suffolk coast.

As a Christian Minister I have a synod role in promoting health & healing and locally I prepare the Prayer for Sawston monthly bulletin.

Thank you all for your support of JHC and please keep in touch as this is very encouraging. We will also listen closely to any ideas you have.

— Founded in 1554 —

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