

## JHC News – Spring 2011



Jill Hayden

### JHC Changes in Management Roles

As you all know Mary Irish has been with the Charity for 24 Years. From the 1<sup>st</sup> January 2011, Mary decided to reduce her hours in anticipation of her retirement in the next couple of years.

In the future Mary will concentrate her efforts on Charitable Activities, PR and the Strategic Development of JHC.



Mary Irish

Jill Hayden joined JHC in 2005 as Assistant Manager, she now takes over as Manager of all JHC's Business Operations and staff responsibilities. Jill hopes to continue to build on the excellent work of the Charity in order to benefit the most vulnerable in our community.

The Trustees would like to take this opportunity to wish Mary and Jill every success in their new roles.

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](http://www.johnhuntingdon.org.uk)



### WHERE HAS ALL MY MONEY GONE?

**Do you have problems managing your money and wonder where it has all gone by the end of the week? You are not alone. Many people have difficulty understanding money matters in an increasingly complicated world.**

My name is Lizzie. I am a Specialist Money Adviser with nine years' experience, employed by Citizens' Advice Bureau in Cambridge. On Wednesdays I am in Sawston at JHC to provide you with free, confidential, independent and impartial advice.

The aim of Money Advice is to help you understand and manage what money you have coming in, how you spend it and look at ways of dealing with any debts you may have incurred. There is almost always something that can be done to deal with financial problems. The earlier you seek help, the sooner you will be relieved of worry. You will regain control of your finances and feel a great sense of achievement.

If you think you would benefit from our help, please come and see one of the CAB advisers at the drop-in sessions on Wednesday or Friday mornings, or you can ask one of the Support Workers at JHC who will be pleased to arrange an appointment for you to see me.

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](mailto:office@johnhuntingdon.org.uk) or by phone on 01223 830599.

## Singing for the Brain

A new project for Sawston is a group for dementia sufferers and their carers designed around music therapy and singing. This is organised by the Alzheimer's Society and part funded by JHC. We are really pleased to be involved in this project, which takes place at the Youth Centre on Mondays from 10.45 to 12 noon.

For more information contact 01223 863854 or e.mail  
[Cambridge&elyoffice@alzheimers.org.uk](mailto:Cambridge&elyoffice@alzheimers.org.uk).

Leaflets are also available at JHC office in Tannery Road.

## JHC and the Internet.



JHC now has a Facebook page. Just go onto our website [www.johnhuntingsdon.org.uk](http://www.johnhuntingsdon.org.uk) and click the 'like' icon on the facebook section. You will then be the first to receive details of anything new happening at JHC.

We would like anyone to comment on the page, or discuss relevant topics, because we are interested in what you (whether our clients or not) have to say about us and what we can do to improve our services.



It is now simple to donate to JHC when you shop on line. We are registered with all4charities, so all you need to do is visit [www.all4charities.co.uk](http://www.all4charities.co.uk) and register as a user, naming John Huntingdon's Charity as the charity you wish to support (just search for JHC).

Once registered, every time you shop just log in at [www.all4charities.co.uk](http://www.all4charities.co.uk) and click the link to the retailer you wish to use, then whatever purchases you make will be mean the commission comes straight to us. Most of the big retailers like Amazon, Sainsbury, Tesco and John Lewis are included.



**CAB operate two drop-in sessions per week at  
John Huntingdon House, Tannery Rd., Sawston.**

**No Appointment needed.**

**Wednesday and Friday  
9.30 am to 12.30 pm**

**Your local CAB touch-screen Advicehub is located within John Huntingdon House and is available from 9 am to 3 pm Monday to Friday.**

**TOWN PEAS** - We regret to advise that due to the ground conditions of the pea field, there will be no Town Peas again this year.

— Founded in 1554 —

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Office Hours: Monday - Friday 9am - 5pm

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