



*“ We gave out almost 250 bags of food in 2016. We expect this number to increase considerably for 2017 so welcome donations, however small, of non-perishable, in-date items. ”*

Jill Hayden,  
Charity Manager



## Sawston Town Peas

Due to unforeseen circumstances, we regret that this unique charity event will not take place this year. However, next year we hope to resume the tradition of growing peas which was founded under John Huntingdon's will in 1554.

Liz Dockerill,  
Town Peas Co-ordinator



## Food Hampers

Sometimes people find themselves short of food for a number of reasons ranging from redundancy to receiving an unexpected bill whilst on a low income. Also, with government changes taking an average of 6 weeks for a new benefit to start, it can be hard to make ends meet meantime. That's when a simple box of food can make a big difference.

Throughout the year JHC gives out food to those who need it most in our community, so we welcome donations, however small, of non-perishable, in-date items such as tinned pies and puddings, tea and instant coffee. These can be delivered to our office or placed in a container at Budgen's store in Sawston (near the checkouts). St. Mary's Church and Sawston Free Church also take donations.

A special part of this initiative is the Christmas hampers we distribute in early December to JHC clients. In early September we'll start co-ordinating items to make our hampers that bit more festive before running a final campaign locally in November. We will also update our website and Facebook account regularly with ideas for contributions after the summer break.

*“Whilst JHC is very grateful for all the donations it receives, unfortunately the charity cannot distribute food items that are past their 'sell by' or 'use by' dates.”*

## Soup and Sandwiches

This is held on two Thursdays of each month, at St. Mary's Community Hall, Church Lane, Sawston, from 12.30 till 2pm and is open to everyone in the village. Forthcoming dates are 11th & 25th May, 8th & 29th June and every fortnight thereafter except in December.

## John Huntingdon House, Tannery Road



We are very pleased to announce that we have been granted Planning Permission to convert our old offices into 2 new, two-bedrooomed houses to add to our stock of 22 almshouses in Sawston. Hopefully work on this conversion will start later in the year – we will share updates about this on our website and in the next JHC newsletter.



## Benefit form-filling

*“Our Support workers, Jan and Sarva, have over 22 years’ experience at JHC between them. Prior to this, Jan was an NHS nurse and Sarva worked for the Salvation Army as a Homeless Outreach Worker”*

Jill Hayden,  
JHC Charity Manager

Recent changes to benefits and their application processes have seen an increase in enquiries to JHC from people who’ve submitted forms themselves initially but haven’t achieved the result they had hoped for. It can be harder for our team to help at that stage because they weren’t involved in the actual application, so please do make use of us early on.



Whether you need a hand with the whole form, aren’t sure how to complete parts of it or would simply like us to check the whole thing before posting, Jan and Sarva would be pleased to assist. It is also a good idea to take a copy just in case it later goes astray in the post (we are happy to do this for you). All your information will be treated in complete confidence and there’s no charge for this service which is primarily for those who live, work or study in Sawston and the surrounding villages.

Come and join us for a relaxed lunch and an opportunity to meet new people – a small donation is appreciated and all of these are given to John Huntingdon’s Charity.

JHC would also like to express a huge thank you to Soup and Sandwiches who not only provide a lovely service but have donated over £1,200 to our charity since 2015.

[www.stmaryssawston.org.uk/soup-sandwiches](http://www.stmaryssawston.org.uk/soup-sandwiches)



# Relate Cambridge offers relationship counselling in Sawston

New research by leading relationships' charities, Relate, Relationships Scotland and Marriage Care has revealed the top relationship strains currently experienced by couples.



Clare Anstead,  
Couple Counsellor, Relate Cambridge

Money worries came top of the list with more than a quarter of UK adults saying these place a strain on their relationships, followed closely by not understanding each other, low libido, lack of work-life balance and having different interests.

In response, Elaine Taylor, Relationship Counsellor at Relate Cambridge commented: "This report highlights that, despite the promise of economic recovery, financial worries are still placing a significant strain on relationships, with arguments about money causing the most conflict between couples. This comes up a lot in counselling sessions at Relate Cambridge.

Talking about these concerns with your partner can stir up strong emotions but there are ways of approaching the topic which will reduce the likelihood of this becoming a full blown row."

If this or any other relationship concern is causing you difficulties, Relate Cambridge can provide information, advice and counselling. It now offers confidential sessions in Sawston at John Huntingdon Centre, 189 High Street, every Thursday, from 12.45 - 4.30pm. A full range of adult and family services is also available at Relate's Cambridge centre in Brooklands Avenue.

Elaine finished: "We would like to take this opportunity to express our thanks to the John Huntingdon Charity for their funding for this service, which allows us to offer free counselling and support to both adults and children with relationship difficulties."

For more information or to book an appointment, contact: Relate Cambridge - **01223 357424**

Mon-Thurs 8am-10pm, Fri 8 am-6pm, Sat 9am-5pm; (confidential answerphone at all other times) or visit [www.relatecambridge.org.uk](http://www.relatecambridge.org.uk)

## Support service missed appointments

JHC sees an average of 350 people annually, often supporting them over several months, and it is clear demand for our Support service has grown considerably. Unfortunately, we are also experiencing an increase in the number of missed appointments. For example, 20 clients failed to attend their appointments in January-February 2017 alone. This equates to 13% of available appointment time, or approx. 3 days wasted per month, which could be better used to help other local people in need.

If you are unable to attend an appointment please let us know. Even if this is at very short notice we might still be able to offer it to someone who needs urgent advice.



# SCDC Drop-in has a new location

South Cambridgeshire District Council's fortnightly drop-in advice sessions have a new home at John Huntingdon Centre. There is no need to book an appointment; local people can just turn up on the day.

The sessions run from 10am to 1pm every other Thursday when a team of council housing and benefits officers are on hand to give free and confidential advice on financial worries, problems with neighbours, benefit applications, rent and council tax payments plus a range of housing issues.

For future dates, look out for posters, follow the Council's 'SouthCambridgeshire' Facebook page or visit [www.scambs.gov.uk](http://www.scambs.gov.uk)

## Inspiration

As a Charity, JHC is always looking to expand its expertise and hear about new opportunities to help the local community.

If you have any ideas of projects or specific areas of need within Sawston that you think we would be able to help with, we would be glad to hear from you - simply email or ring us.



# Idea



## Stay in touch

To keep up with what's happening at JHC please visit [www.johnhuntingdon.org.uk](http://www.johnhuntingdon.org.uk) or join us on [facebook](#). If you know anyone who would like to receive our Newsletter, please ask them to contact us.



Help & Advice



Housing



Grants

# Here when you need us

## John Huntingdon Centre

189 High Street, Sawston, Cambridge CB22 3HJ Tel: 01223 492492 Email: [office@johnhuntingdon.org.uk](mailto:office@johnhuntingdon.org.uk)

We are an incorporated charity which means that we have both a registered charity number 1118574 and a company registration number 06045630. We are a company limited by guarantee registered in England.