



Friends
of Histon &
Impington
Community

Bringing people
together to
improve wellbeing

Annual Report 2021

www.hifriends.org.uk/



FriendsHICommunity



hi_friends_charity

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Charity Trustees 2021

Vernon Dudley (Chair)	Rebecca Strivens
Don Kelly (Vice Chair)	Rob Fisher
David Wilson (Treasurer)	Chris Cox
Yvonne Murray	Edd Stonham
Paul Grafham	Jess Pratt
Greg Peck	Richard Martin

Friends of Histon & Impington Community (aka HI Friends)
Registered charity number 1185578
www.hifriends.org.uk
Email contact: info@hifriends.org.uk

Clerk to the Trustees
Neil Davies: neil@hifriends.org.uk

Chairman's report

In my report at last year's AGM, I said that “we reach our first Annual Meeting in excellent shape to go forward into what we intend will be a different but nonetheless exciting and successful future”.

Looking back at what 2021 brought, it has been a year of success in consolidating and rebuilding, with exciting new initiatives. There are too many highlights to mention them all, so I'd like to focus on three:

- On April 21 we held a new fundraising event - a Plant Sale. Organised with superb attention to detail by Rebecca Strivens, supported by a team of keen volunteers, it was a special event. The great news is that it's happening again!
- Later in the year, we held a Volunteers' Evening at the Saint Andrew's Centre. They are the life blood of our charity.
- In December we organised a series of seasonal events, including a Christmas Tree Festival, Santa Run and a concluding musical gathering on the Green. Tremendous credit to my fellow Trustee, Jess, who did a great job organising the event.

For 2022 there is much planned. I'd like to pick out another three things to mention:

- For June we are organising a series of events as part of the Platinum Jubilee Celebrations, taking place over 5 days. A huge undertaking for our charity, but with the dedication of a team of volunteers it's sure to be a success.

- An Older Peoples' Forum was held recently to look at the range of what is available and needed with local organisations. A highlight for me was hearing Jo's thoughts on providing an End Of Life Support Service. She made a poignant point: we consider ante-natal services normal, why not provide End of Life support which is as needed?
- HI Friends is preparing to support the Histon Day Centre which has continued for years with superb and dedicated volunteers.

Annual Meetings are a time to reflect and offer thanks to those involved in our charity, and I hope everyone will accept my personal thanks for your time and effort. A theme throughout this report is the role of volunteers: no charity can thrive without dedicated volunteers, and whilst we always need more, the support of those already contributing is both vital and fantastic.

Our Charity has an increasing number of employees. They are lead by our superb Charity Manager Neil, without whom the Charity would not be what it is. And thank you to everyone who is part of our Wellbeing Team. They are possibly a unique example of what can be achieved by a local charity (and I know unique is a word to be used only in the correct circumstances!).

In closing this report, I can honestly say it's been an honour and a pleasure to have been asked to Chair the Trustee Board in our first two years. Again, thank you to all my fellow Trustees for your support.

Vernon Dudley
Chair

A 2021 perspective from Neil Davies, Charity Manager

Play in our national game is often referred to as 'a game of two halves', and the same can be said of HI Friends and the Charity's experience in 2021. The first six months was dominated by the impact of the second extended Lockdown with the second half being a gradual and steady emergence of services and activities and looking forward to the future.



The 're-opening' really started with the Flaming June Half Marathon, taking place in late June, and the HI Friends Rec Monday Club being able to restart. For many of our services and activities it was like starting completely afresh, and patience was needed to allow activities and services to become re-established.

The first half of 2021 saw a number of changes within the Wellbeing Team: the arrival of Sophie Howell as the Mental Wellbeing Worker; Sarah Brown the Dementia Worker and Jan Payne in a combined role to help form a new Dementia Support Group and help our villages to become a Dementia Friendly Community. We are delighted that real progress is being made in the services HI Friends offers to those living with memory loss.

Sophie has helped to reinvigorate our Mental Wellbeing work, which has included the launch of the Family Hub - a bi-monthly wellbeing activity - and has delivered a weekly mental wellbeing activity for IVC students as part of their ICAS programme. Ren Stedman successfully transitioned her online Mothers' Circle

support group to be in-person, which continues to offer valuable support for mothers with newborns.

HI Friends changed its strapline in 2021 to 'Bringing people together to improve Wellbeing', and a key part of this is to bring the community together in villages events. Last December saw the first Histon and Impington Christmas Weekend, and Jubilee Weekend 2022 will feature community events over five days.

A significant amount of my time in 2021 was spent thinking about the future: discussing and working with others to look at what is needed to further improve wellbeing in our community.

Planned initiatives include launching a 'Young Mental Health Champions' project at IVC, restarting 'Holiday at Home' for older people, creating a new end of life support role and working with the Day Centre.

There is a real sense of common purpose and humility within the entire HI Friends Charity, and it is a privilege to manage the Charity and its Wellbeing Team, all of whom bring something special in serving our community.

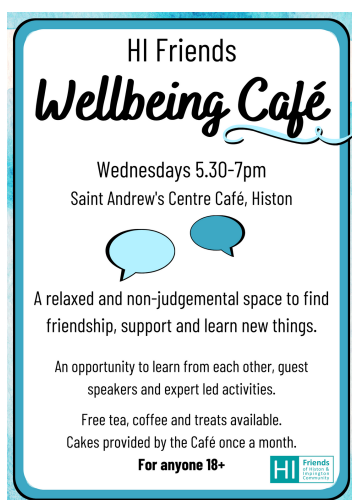
A few words from Sophie Howell, HI Friends Mental Wellbeing Worker

Worry Tree Café was able to return to weekly meetings in 2021 and sees a small group of individuals attending weekly. It has been a pleasure to see those individuals gain confidence, with a number of them now volunteering within the community in addition to forming meaningful relationships extending outside of the café. One regular member said: 'I enjoy meeting new people and I love that we talk about all sorts of things!' The atmosphere is relaxed and welcoming and allows opportunity to discuss anything and everything, often through anecdotes and always accompanied by laughter, but rarely related to worries! Whilst the established group is certainly benefiting from the Worry Tree Café as it is, we would love to reach more people and we wondered whether the name might be putting people off. Therefore, after Easter the Café will be rebranded as HI Friends Wellbeing Café and will see the introduction of guest speakers, activities led by experts and treats provided by the Saint Andrew's Centre Café.



Since April 2021 I have been delivering a wellbeing course as part of the iCAS programme at IVC. To date, this programme has reached 73 students, from year 8 through to sixth form. The programme aims to educate on mental wellbeing matters, as well as provide the students with practical tools and techniques they can use personally and share with others. The feedback has been excellent, with 65 out of 73 scoring a 5/5 when asked how helpful they had found the sessions.

The Family Hub has now been held on three occasions, looking to bring families together to improve their wellbeing through creativity. All three sessions were well attended, with an average of 30 children and their parents. One parent commented: 'as the parent of a child with autism, we usually don't do things as a family of five. One parent usually stays at home with him so two of us miss out. Coming to the family hub as a family of five has been magical'. Family Hubs have now been arranged bi-monthly until the end of the year.



Posters for the newly rebranded Wellbeing Café (left) and Family Hub (right)



Emma and Sophie on HI Friends' work in schools

Emma and Sophie have worked with more than 25 children on their wellbeing at the Early Years Centre, Brook Primary and Park Primary Schools over the past year. This has been through a combination of one-to-one and group work. The feedback has been positive from the children, parents and school staff. A child that Sophie recently finished working with stated he is feeling: 'happier, and now has tools to help when he feels worried'.

Emma recently had feedback from a parent stating: 'I don't see any issue now either- you should be very proud of what you have done for him; he doesn't take to any adults the way he has to you and it's clearly testament to the relationship you built with him, I can't thank you enough!'

Emma and Sophie have built upon the existing relationship with the staff at the three schools, and sees this as important in increasing understanding about what they do as well as strengthening the service they deliver. They continue to provide a telephone surgery to support parents, which has been very popular and helpful for those that have used it. Emma has two parents' workshops planned, which will cover anxiety, loss and grief. These are set to take place in early summer.

Sophie has also detailed her work at IVC in her report .

A perspective from Paul Seekings, our Older Peoples Worker

At the beginning of 2021 we were still very much in Lockdown, with vaccinations only just starting to be rolled out. Like 2020, much of my time was spent connecting with and supporting older people and their families and friends through both zoom calls and (more often) over the telephone. As restrictions eased, meetings were allowed outside, so limited in person contact could take place. Many older people were understandably eager to meet up in person, whilst simultaneously nervous. As most older people were in the



“vulnerable” category, we were cautious about restarting our in person activities. With careful safeguards, the Monday exercise classes restarted in June, and throughout the second half of the year we gradually increased our activities.

A couple of additional activities were the HI Memories meetings, monthly on second Wednesdays at The Smokehouse, an opportunity for people to meet up and share experiences of former days. Thursday Together also restarted on the second and fourth Thursdays of the month, where people enjoyed playing board and card games.

For the first half of the year the minibus was solely used for hospital and vaccination appointments. As restrictions were eased, trips increased, the shopping trips being particularly popular. As always a huge thank you to our volunteer drivers.

At Christmas the older people of the villages particularly enjoyed the film White Christmas and the Christmas Tree Festival, both of which were organised by HI Friends.

A few words from Ren, our Parental Wellbeing worker

The Mothers’ Circle has gone from strength to strength over the last year. We had our final online session on 26 May last year. The online group supported roughly 20 mothers in total through the height of the pandemic period. Six of those mothers and



their babies continued attending when we began meeting in person at the start of June. Since then we've continued to meet weekly in the Methodist church hall, and an additional 20 new mums have joined us since then. Many of the mums attend most weeks for the duration of their maternity leave. A typical session is attended by 7 or 8 mums and babies, with the number of spaces being capped at 9 to ensure everyone gets a chance to speak, although new attendees are never turned away. Between sessions, everyone stays in touch via a Whatsapp group and often arrange to see each other for walks, at other groups and more throughout the week. New mums are always welcomed with open arms into the fold! I think the group means a lot to those who attend and serves a unique role, particularly during the earliest weeks of motherhood. In recent feedback, attendees described the group as a "life-saver", the "highlight of my maternity leave" and "a rare and invaluable resource".

Report on HI Friends' Dementia Support work from Sarah, Dementia Worker, & Jan, Project Leader (DFC)

HI Forget-me-not, the dementia project supported by HI Friends, got off to a good start in April 2021 when Sarah Brown was appointed as the village dementia worker. A month later, Jan Payne was appointed to be the project leader helping Histon and Impington to become officially recognised by the Alzheimer's



Society as working towards becoming a Dementia Friendly Community (DFC). Since then, both Sarah and Jan have been busy supporting those living in our villages who are affected by dementia and memory loss, their carers and families.

Sarah continues to work towards connecting with people in the villages who are living with dementia and/or memory loss. We now have a well-established contact list which allows Sarah to provide regular support for those in need. New contacts are often made via our online information, the majority of which are friends or family members seeking advice. Sarah runs the HI Forget-me-not Luncheon Club fortnightly, and this has proved to be an invaluable opportunity for those living with dementia or memory loss to socialise and build relationships with other local people facing similar challenges.

Jan was tasked with achieving the first stage of the Alzheimer's Society recognition. In July 2021 we heard that had been successful, meaning work could begin on building up the new Community. We now have eight member organisations in place and more in the pipeline. Jan also leads the HI Forget-me-not Journey Support Group for those with dementia and their carers. The group is growing and proving to be much appreciated by those who attend.

Sarah Brown
Jan Payne



The HI Forget-me-not logo

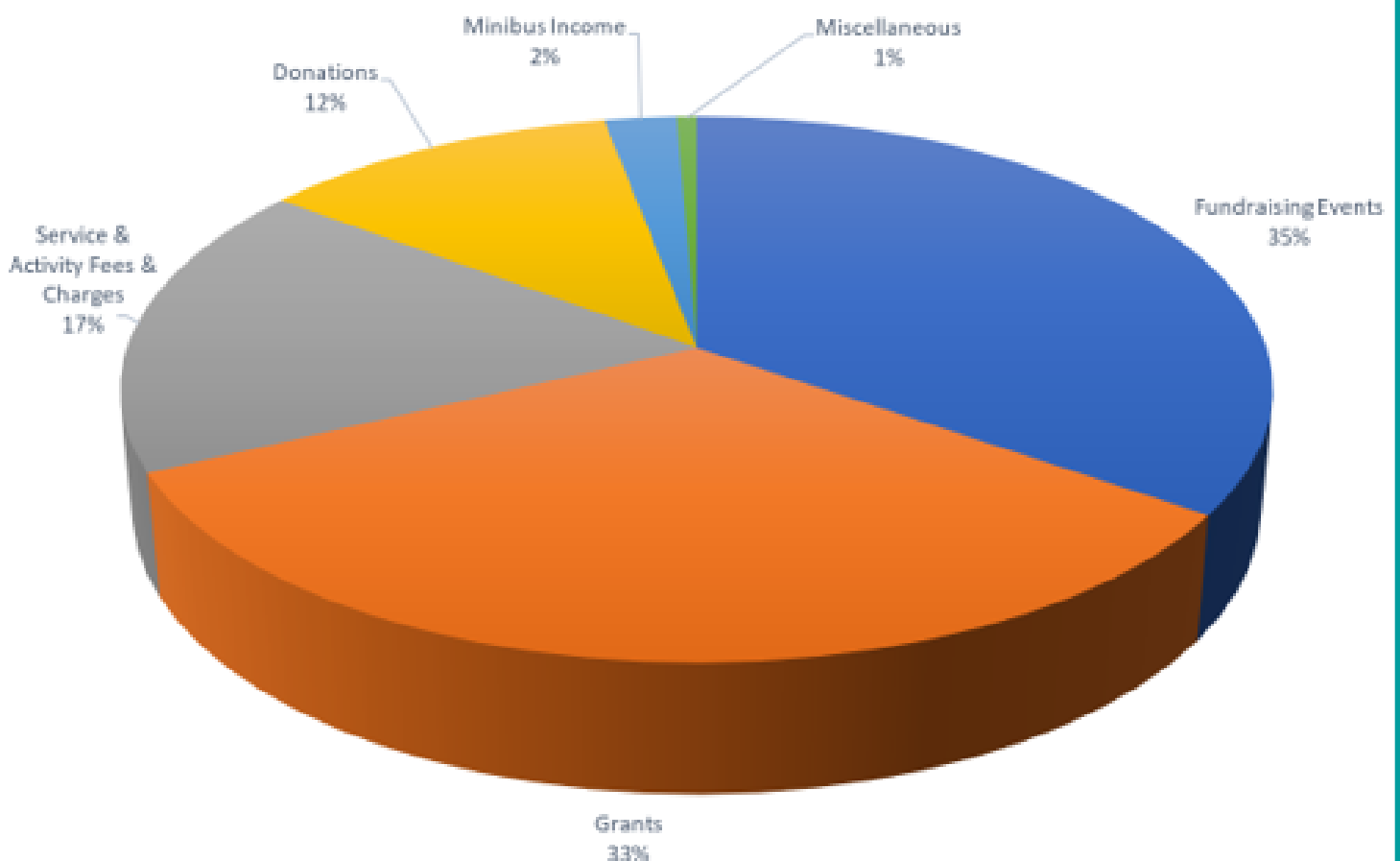
Treasurer's Report

Friends of Histon and Impington Community (HI Friends) exists to promote and support the mental, physical and emotional wellbeing of the community of Histon and Impington.

We do this through a Wellbeing Team, which supports people at all stages of life's journey; recreational and sporting activities and clubs; events that bring the community together; and the provision of a community transport service, the minibus.

We couldn't do any of this without the generous financial commitment of many organisations and individuals, and we are grateful to all those who give financially to support our work and who help at our community fundraising events, which provide crucial funds to sustain us.

Where Does Our Funding Come From...

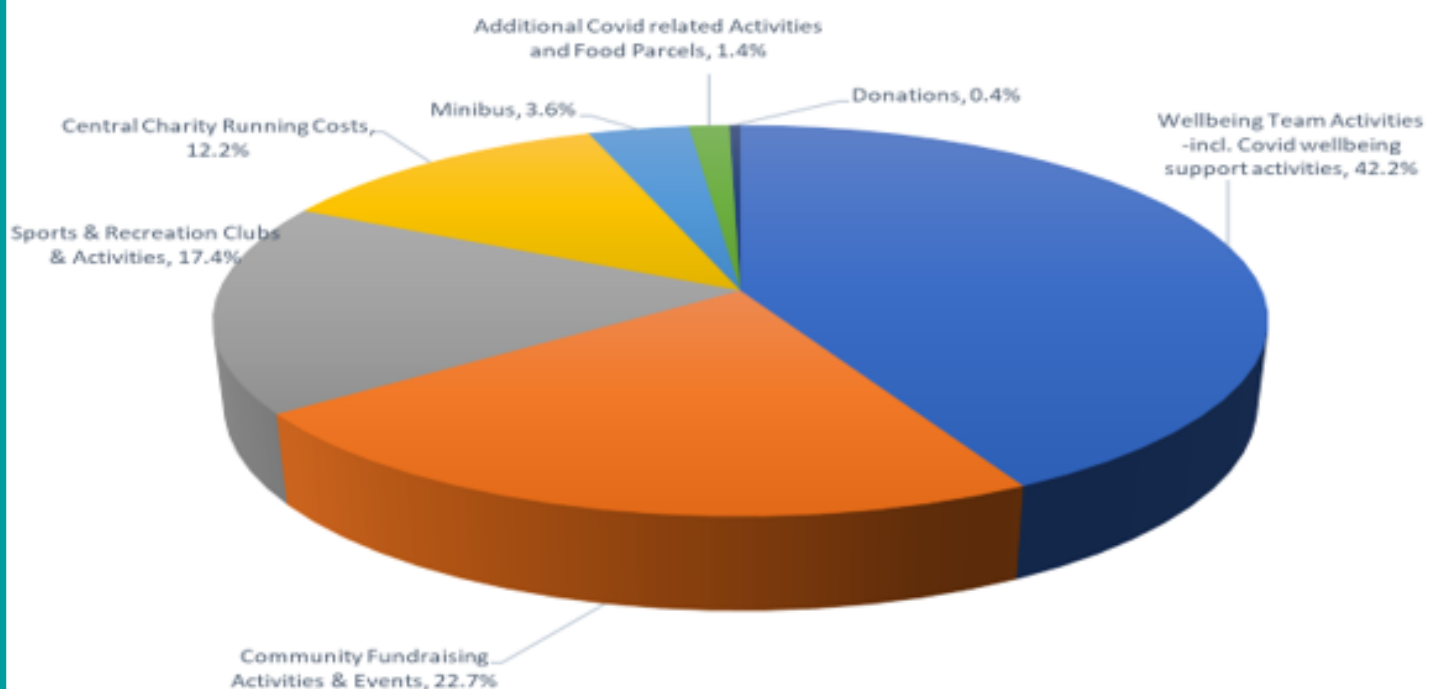


Grants

HI Friends is very grateful to the following organisations who continued to support our work in the community during 2021 through grant funding:

Histon and Impington Parish Council, Histon and Impington Town Charity, **Cambridgeshire Community Foundation**, Histon & Impington Churches Together, **The National Lottery Community Fund**, South Cambridgeshire District Council, **Living Sport**, **HMRC**.

...And Where Does It Go?



Income in 2021: £83.2k

Fundraising recovered well, as Lockdown easing allowed community events to take place. New events included a Plant Sale and the first HI Christmas Weekend!

Significant grant funding was secured to help develop dementia support work, with the HI Forget-Me-Not project and new support groups established.

Sports & Recreational clubs restarted with an encouraging return of participants.

While 2020 was a year in which many of our regular events and activities had to be suspended, 2021 was a year of reopening. As lockdown eased, our sports and recreational activities were able to resume and there was an encouraging take-up of these activities.

Fundraising also picked up in 2021 after a severely curtailed year in 2020. The welcome return of community events yielded about £11k in funds to support the Charity's work.

With activities restarting after Covid, and a new role being established in Dementia Support, our expenditure has, of course, increased this year. However, the surplus generated through fundraising events, sports and activities, together with grant funding and some significant donations received during the year, enabled the Charity to complete its second year in good financial health and with a surplus of almost £6k.

Expenditure in 2021 £77.6k

HI Friends continued to work in partnership with the Salvation Army and others in response to Covid – additional support activities targeted at Covid related issues were provided by the Wellbeing Team and Food Parcels and Christmas Hampers were supplied to families at the end of the year.

The Wellbeing team grew again in 2021 with the addition of a new role in Dementia Support to establish the HI Forget-me-not project and new support groups.

Restart of Sports & Recreation Clubs & Activities in latter half of 2021 led to increase in expenditure in this area.

Looking forward, we aim to continue with the new Dementia Support related work initiated in 2021 and we have exciting plans for 2022, including the introduction of a new Holiday at Home initiative, for which some grant funding has been obtained. Grant funding and targeted donations help enormously with the initial costs of new projects and services, but the Charity also needs to find new sources of recurring income to make them sustainable in the longer term.

In the Queen's Platinum Jubilee year, we will be inviting people to consider making a "Platinum Pledge": to donate £7 per month to support the work of the Charity and make our funding more sustainable and resilient for the future.

HI Friends Finance Team
David Wilson (Treasurer)
Neil Davies (Fundraising)

The back of beer mats, explaining the Platinum Pledge, that will be at the Jubilee Weekend Events.



A monthly gift of £7 will help HI Friends: deliver a course of counselling for a child in school, provide play therapy sessions for younger children, run the community minibus, deliver a Hope Again bereavement course, provide support for those living with dementia, take care home residents for rides on the Community Trishaw, help older people to stay active and engaged in the community, run a support group for new mothers or a family hub event... and more.

An introduction from Anna Strivens, our Communications Officer

I've been working for HI Friends for just over a year, handling publicity. You'll likely have seen posters or banners around the villages advertising events run or sponsored by HI Friends: those were all made by me! I also handle the charity's social media presence and outreach, including running separate accounts for yearly events like the Bonfire Burn 10k and Strawberry Community Cycle Event.



For the last year my focus has been on creating a wider-spread and more consistent digital presence. I have set up Instagram accounts both for the charity as a whole and the Wellbeing Team. I have shared our events to village Facebook groups and networked with other local organisations through frequent posting and other social media interactions, all of which have increased awareness of the charity's involvement in our local community.

I designed the inserts for the Network magazine for both the Christmas Weekend and the upcoming Jubilee Weekend, and the HISIMP News insert in September. If you know what I'm referring to, then they did their job of displaying the fantastic work HI Friends does in an accessible and engaging way, with the addition of neat formatting and pretty embellishments.

If you want to give us that extra 'oomph' of support and keep up with everything we're doing, why not drop us a follow? It makes all the difference, and every bit of engagement makes my day!

Montage of 2021 Publicity

Providing support and a sense of connection

Befriending Service

It's rugby...
...but walking!

WALKING RUGBY

Stay active whatever your age, health or ability!

WHERE: Histon & Impington Rec
New Road, Impington, Cambridge
CB24 9NU

WHEN: Sunday mornings 10-11am
Restarts Sunday 3rd April
£4 a session

CONTACT: info@hifriends.org.uk
or John: 07790 411312

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H & I Christmas Weekend

One special Sunday afternoon
Sunday 12 December
1.30 to 4.30pm

Christmas Tree Festival
The Green
Histon Smoke House
Carol Singing
Storytelling
Refreshments
Fire Eating Show
Christmas Santa Runs

and et (Histon Smoke House)
ection

H&I CHRISTMAS WEEKEND 2021

A NEW GROUP TO SHARE MEMORIES
BOTH PAST AND PRESENT:
VILLAGE, CHILDHOOD, SPORTING, ARTS
+ CATCH UP WITH OLD FRIENDS

HI MEMORIES

Friends of Histon & Impington Community

HI Friends Wellbeing Café

Wednesdays 5.30-7pm
Saint Andrew's Centre Café, Histon

FriendsHICommunity www.hifriends.org.uk hi_friends_charity

IMPING

Friend

REDMAYNE
ARNOLD
& HARRIS

TENTH ANNIVERSARY

BONFIRE BURN 10K RUN

SUNDAY 7th
NOVEMBER

Starts at 10:30am
Histon & Impington
Recreation Ground

For age 13 upwards
Entry fees adult £16
Under 18 £8

Register from 1st of August at
www.bonfireburn10k.co.uk

Multi-terrain course, chip
timing & event medal provided

An event organised by Friends of Histon & Impington Community

HI Friends of Histon & Impington Community

Wednesdays 5.30-7pm
Saint Andrew's Centre Café, Histon

COMMUNITY TABLE TENNIS

Sundays / 5.00-6.15 PM
Histon & Impington Recreation Ground
(Sessions will be held inside Rec pavilion and outside)

PAY & PLAY
ONLY £3 (U16 - £2)

PLEASE NOTE - Minimum age is 10 yrs | Under 16 yrs MUST be accompanied by an adult

FOR MORE INFORMATION
Call Neil 01223 232514 or email info@hifriends.org.uk

If you are showing Covid-19 symptoms or anyone else
in your household is self-isolating, please do not attend

Activity organised by HI Friends

HI Friends of Histon & Impington Community

It's just over a month until...
The second annual

SPRING PLANT SALE

7 MAY 2022
10AM TO 12PM

Histon Village Green
(Or Saint Andrew's Centre Hall 2 if wet)

Do you have any healthy plants to spare?
We would love to receive them.

All funds raised go towards supporting the ongoing work of
HI Friends Charity

For further info, contact:
plants@hifriends.org.uk

HI Friends of Histon & Impington Community
Bringing people together to improve wellbeing

Histon & Impington Christmas Tree Festival

info www.hifriends.org.uk

The
Forget-me-not
Luncheon Club

Thursdays Fortnightly 12-1.30pm

The Forget-me-not Lunch Club
For those living with Memory loss:
An opportunity to enjoy lunch and
refreshments and make new friends.
Family and carers welcome.

Saint Andrew's Centre, Histon
MAR 31, APR 14/28, MAY 12/26, JUN 9/23, JUL 7/21,
AUG 4/18, SEP 11/25, OCT 13/27, NOV 10/24
£8.00 per person
Please book in advance by contacting Sarah:
07934 817316 or sarah@hifriends.org.uk
Transport available with notice

Ability organised by HI Friends
in partnership with
St Andrew's Church, Histon

Histon
H&I SUMMER FESTIVAL
Jubilee Weekend
Friday 3 June, 2.30pm

Concert Tea Party with Songs from Musicals

Performed by Naomi Rogers & Edward Robinson

Jubilee Marquee, H&I Recreation Ground

Tickets £6 available from the Topiary Tree
or contact Neil: 01223 232514
or email: info@hifriends.org.uk

Free transport available
Contact Paul Seekings: 07772 437789

Event organised by HI Friends of Histon & Impington Community
Sponsored by BRANTLEY COURT CARE HOME

EASTERN COUNTIES TAI CHI ACADEMY

TAI CHI

AS TAUGHT BY MASTER MOY LIN-SHIN

Beginner classes: Tuesdays 9.30-10.30am and 10.45-11.45am
Histon & Impington Recreation Ground Centre
Continuing classes: Thursdays 9.30-10.30 and 10.45-11.45am
Saint Andrew's Centre, Histon High Street
£5 per session

Please wear comfortable clothing and as flat shoes/trainers as possible

Contact the instructor Joan Hodgson to register at 07789 762175

HI Friends of Histon & Impington Community

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Luncheon Club

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or email: info@hifriends.org.uk

Free transport available
Contact Paul Seekings: 07772 437789

Event organised by HI Friends of Histon & Impington Community
Sponsored by BRANTLEY COURT CARE HOME

Summary of Charity Services and Activities

Sports/exercise

- HI Friends Monday Club
- Tai chi
- Pilates
- Walking Football
- Walking Rugby
- Dance for Fitness
- Table tennis
- Rec Active Sports Club
- Rec Multi Sports Club

Dementia Support

- Luncheon Club
- Support Group

Wellbeing

- Hope Again Bereavement
- HI Memories
- Thursday Together
- Mothers Circle
- Family Hub
- Worry Tree Café

Mobility

- Community Minibus
- Trishaw

