

HI FRIENDS NEWSLETTER

JUNE 2022

It's an exciting time for HI Friends as we celebrate the Queen's Platinum Jubilee and launch several new local initiatives.

The return of Holiday at Home

For over a decade up to 2015 Joyce Hallet ran Holiday at Home, providing special activities and outings for older residents in the village. HI Friends are relaunching Holiday at Home with the aim of arranging a series of events three times a year starting in October. Helen Blake will be coordinating Holiday at Home, and she would love to hear from anyone who would like to attend, help volunteer or provide ideas.

Helen's contact details: ☎ 07394 173430 or ✉ helen@hifriends.org.uk



Young mental health champions

Following receipt of a SCDC grant award earlier in the year Sophie Howell HI Friend's Mental Wellbeing Worker is currently working with IVC on the introduction of dedicated young mental health champions to support their peers in having open conversations about their mental wellbeing. It is hoped that the project will be rolled out in the Autumn.

In the Spring, Sophie started providing Counselling support at IVC and HI Friends now provides wellbeing support in all four village schools.

June's HI Family Hub

Bringing families together to improve wellbeing through creativity the next Family Hub takes place on Saturday 25 June 11am to midday at Saint Andrew's Centre. Come along for an hour of wellbeing craft activities for school-aged children, and time to chat and relax for parents.



HI Friends Parent Wellbeing workshops

Following a well attended workshop in May, a second free workshop is being held entitled 'Loss in Children and Teenagers' on Monday 13 June 7-9pm in the Saint Andrew's Centre. Practical and informative ways to help your child develop strategies for coping with loss including bereavement and divorce. To book a place email ✉ emma@hifriends.org.uk

Memory Loss Support Group flourishes

Our "Forget-me-not Journey" Support Group meets at the Salvation Army Hall in Impington Lane on Tuesdays fortnightly, 2-3pm, and has steadily grown. If you are living with dementia or memory loss, or you are a carer for someone who is, there's a warm invitation to you to come and join us. The group is friendly and relaxed, learning from and supporting each other in an informal and cheerful atmosphere. Light refreshments are provided.

A Luncheon Club also meets Thursdays fortnightly. For further info, contact Sarah Brown, HI Friends Dementia worker:

☎ 07934 817316 ✉ sarah@hifriends.org.uk

Mothers Circle Continues

The HI Mothers Circle is for mums with babies up to 18 months (older siblings welcome). It meets on Mondays 10-11.30am in the Histon Methodist Church Hall on the High Street. It is a space to have real, honest conversations about motherhood. No judgement, just support. Come ready to listen and feel.

Contact Ren if you would like to come: ☎ 07866 801133 or ✉ ren@hifriends.org.uk

A refresh for HI Friends Wellbeing Café

After receiving feedback the previous name 'Worry Tree Café' was discouraging new people from attending, the café has been relaunched with a new name but the same approach to provide a relaxed and non-judgemental space to find friendship, support and new things. The Café meets every Wednesday 5.30 to 7pm in Saint Andrew's Centre Café, Histon.

For more information contact Sophie: ☎ 07922 083991 or ✉ sophie@hifriends.org.uk

New village support for End of Life

With the support of a grant from Cambridgeshire Community Foundation Jo Franklin has been appointed to a new part-time End of Life Support Worker role. Jo, who also works as a specialist nurse for Arthur Rank Hospice, explains her new role:

'My new role for HI friends charity is a non-medical support role, to collaborate alongside existing services as a companion for those who may be facing a life-limiting diagnosis, have a palliative condition or are having end of life care in their own home, and to provide support and information for informal carers of those being looked after at home.

I can receive referrals or have conversations via phone on ☎ 07752016164 or ✉ jo@hifriends.org.uk or through HI Friends but this is not an urgent or emergency service. I would be available to visit people at home. If urgent end of life or palliative advice is required, please call 111 option 3.'



A new beginning for Histon & Impington Day Centre

The Day Centre has for over 40 years provided a place for older village residents to come to enjoy each other's company, social activities and a good substantive meal. HI Friends has for some time been talking with Chris Swallow the present Centre coordinator and all agreed that to help ensure the Day Centre continues HI Friends should take over the Day Centre operation with Chris now being supported by Helen Blake.



HI Friends Platinum Pledge

In the Queen's Platinum Jubilee year, we are inviting people to consider making a "Platinum Pledge" to donate £7 per month to support the work of HI Friends. A monthly gift of £7 could deliver a course of counselling for a child/young person in village school, provide play therapy sessions for younger children, deliver a Hope Again bereavement course, provide support for those living with dementia, help older people to stay active and engaged in the community, run a support group for new mothers, put on a family hub event...and more."

If you would like to support, please scan the QR code or email ✉ treasurer@hifriends.org.uk



Upcoming events

Sunday 26 June – Flaming June Half Marathon & 10k Run

Friday 1 July – HI Friends Summer Quiz in Homefield Park

Friday 8 July – King Bill 24 Hour Run Relay

Sunday 4 September – Strawberry Community Cycling Event

All Charity event information available at www.hifriends.org.uk

Details of HI Friends Wellbeing Team Support

Details of support provided by the Wellbeing Team for older people, those living with dementia, mental wellbeing, new parents, the bereaved and those approaching end of life are available at www.hifriends.org.uk/wellbeing/wellbeing-team/

HI Friends Wellbeing Team is funded by Histon & Impington Parish Council, Histon & Impington Town Charity, grants, fundraising and private donations.



Volunteering

Volunteering is much valued by HI Friends and can take many different forms. Information available at www.hifriends.org.uk/volunteering/ or contact: Neil ☎ 07502 372852 or ✉ info@hifriends.org.uk