

Activities, Services & Support for Older People & those with Memory Loss

HI Friends provides a dedicated Wellbeing Team to help meet the needs of older people & those living with memory loss, alongside services & activities. We hope you find this information helpful!

Monday

HI Friends Rec Monday Club

Stronger 4 Longer – 10–11am. Enjoy fitness with fun, gentle exercises with seated and standing positions.

Specialist Exercise – 11.30am–1.30pm. To aid recovery from strokes or long term neurological conditions. Includes group & individual activities. Provides time out for carers.

Memory & Coordination – 1.45–2.45pm. A social fitness class for those living with memory loss. Provides time out for carers.

All activities are held at the Recreation Ground Centre.

Transport available with the Community Minibus.

Call Paul Seekings to arrange pick up on: 07772 437789



Tuesday

Shopping Trips to local supermarkets – 2nd & 4th Tuesdays monthly, using the Community Minibus. Call Paul Seekings to arrange pick up on: 07772 437789



Histon & Impington Day Centre – 9.30am–1.30pm, Histon Baptist Church. A place to enjoy a meal, company and activities. Transport available. Call Chris: 07484 134923, or Helen: 07394 173430

Wednesday

HI Memories – 10.30–11.30am, Histon Smokehouse. Held 2nd Wednesday monthly. For sharing memories, past and present. Call Paul for info: 07772 437789

Wellbeing Café – 5.30–7pm weekly, Saint Andrew's Centre Café. A place to seek wellbeing support and friendship.

Thursday

Thursday Together – 2–3.15pm, Recreation Ground. A club of activity and friendship, held fortnightly. Transport Available. Contact Paul Seekings on: 07772 437789

Friday

Histon & Impington Day Centre – 9.30am–1.30pm, Histon Baptist Church. A place to enjoy a meal, company and activities. Call Chris: 07484 134923, or Helen: 07394 173430



Activities for those with Memory Loss

For those living with dementia or memory loss and their carers.

Tuesday

Forget-me-not Journey Group – A mutual support group for those living with dementia or memory loss and those who journey with them. Meets fortnightly at Histon Salvation Army Hall on Tuesdays.

For info, contact Jan Payne: 07780 674563



Thursday

Forget-me-not Luncheon Club – A fortnightly club at the Saint Andrew's Centre. Contact Sarah for info: 07394 817316

Additional Support

Bereavement Support – Available with Hope Again, a group based bereavement support programme. It provides two six week programmes in the Spring and Autumn.

Contact Peter Garside for info: 07895 499682, habg1@icloud.com

End-of-Life Support – Available with Jo Franklin, HIFriends' End-of-Life support worker:

"My role is non-medical support, to collaborate alongside existing services as a companion for those who are facing a life-limiting diagnosis, have a palliative condition or are having end-of-life care in their home. I can provide support and information for their family and informal carers."

Community Trishaw

Rides provided for older people.
Contact Neil about use on:
07502 372852 or neil@hifriends.org.uk



Holiday at Home

Special activities & events for older people held three times a year. Contact Helen: 07394 173430

KEY CONTACTS

Helen Blake

Holiday at Home
& Day Centre Coordinator

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Sarah Brown

Dementia Support Worker

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End of Life Support Worker

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Jan Payne

Memory Support Group

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HI Friends is grateful to



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for the HI Friends Wellbeing Team



www.hifriends.org.uk



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