

HI FRIENDS NEWSLETTER

AUTUMN 2022

Holiday at Home

HI Friends launched Holiday at Home in early Spring with the aim of providing special activities and outings for older residents in the village. Information on Holiday at Home was distributed at the special Jubilee Afternoon Tea and within 3 weeks over 60 people had signed up. At short notice, a Summer Tea Party was arranged at the Manor, with the kind permission of Katharine Mann, which was attended by over 70 people. Everyone enjoyed a dance display performed by the children at the Brook Primary School.



At the beginning of October, over 100 enjoyed a series of events which included a Beetle Drive, a meal at the Histon Smokehouse and a visit to the Harvest Flower Festival at Ely Cathedral. The next event is a Christmas Concert on Thursday 8 December, featuring classic Christmas songs performed by Naomi Rogers, who sang at the Jubilee tea.



Helen Blake is the Holiday at Home Coordinator and would love to hear from anyone who would like to join or help with Holiday at Home.

Contact Helen Blake: ☎ **07394 173430** ✉ helen@hifriends.org.uk

Jubilee Weekend Celebrations

Only five months ago, the village celebrated the Queen's Platinum Jubilee. With hindsight, we now reflect on how fortunate we were as a community to mark the occasion so joyously with five days of special events. More than 3,000 attended to celebrate. There is a multitude of photos from the weekend that can be viewed at: www.hifriends.org.uk

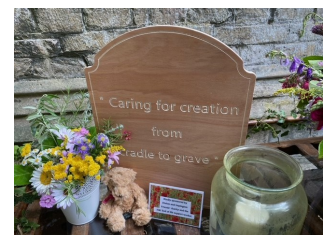
Mental Health Support at Village Schools

HI Friends has committed to continuing mental wellbeing support at the four village schools, from the current academic year to July 2023. Around 20 hours of support is provided each week by Sophie Howell, HI Friends Mental Wellbeing Worker, and Play Therapist Emma Moat. Upwards of 75 children and young people will benefit directly from help provided – it so important that wellbeing support is provided at an early preventative stage.

Sophie is currently also working with IVC on the introduction of dedicated young mental health champions to support their peers in having open conversations about their mental wellbeing. Around 30 young people will receive training in November.

Flower Festival

The charity had a flower display at July's Festival arranged by Jo Franklin, HI Friends End of Life Support worker. The flower display featured the Village Funeral Bier, and perfectly encapsulated HI Friends' aim to improve wellbeing from the cradle to the grave.



HI Friends Rec Monday Club Open Morning—Monday 21 November

Every Monday, three different exercise activities for older people take place, consisting of a basic Stronger for Longer, a specialist exercise class and Memory & Coordination. An open morning is happening on Monday 21 November. Anyone can drop in and we suggest contacting Paul on ☎ **07772 437789** for information on timings.

H & I Christmas Weekend 2022

Following the success of the 2021 Christmas Weekend, HI Friends will again be organising a series of events on the weekend of 10-11 December. Featured: a Christmas Tree Festival, a Christmas Fun Run and events on The Green on the Sunday afternoon including Father Christmas Grotto. A Christmas Concert is also being held on 8 December.



Village Community Car Scheme

HI Friends are proactively supporting a group which aims to restart the Village Scheme. The Scheme provides door-to-door transport for people in the village who are unable to use public transport and do not have use of a car. If you are interested in becoming involved, email:  HIG.car.scheme@gmail.com

HI Wellbeing Festival May 2023

HI Friends are planning to organise a Village Wellbeing Festival in the first two weeks of May. The aim of the Festival is to increase awareness and understanding of different aspects of wellbeing, such as mental, social, physical and spiritual through activities and events.

We hope to organise a variety of sessions. If you would like something particular covered, email:  info@hifriends.org.uk

Walking Football and Rugby

Think that your football and rugby days are over? Think again with walking football and rugby, bringing a new enjoyment to playing. Walking football: Fridays 6-7pm, Recreation Ground MUGA. Walking Rugby: Sundays 10-11am, at the Rec.

A thank you to Histon & Impington Open Gardens

HI Friends was enormously appreciative to receive a donation of £2,750 from the 2022 event held last June.

HI Friends Wellbeing Café

In our June Newsletter, we mentioned the rebranding of Worry Tree Café to HI Friends Wellbeing Café. A new name, but the same approach of providing a relaxed and non-judgemental space to find friendship, support and learning. There has been an increasing number attending and benefitting from the free Café which meets every Wednesday 5.30pm to 7pm in the Saint Andrew's Centre Café, Histon. For more information, contact Sophie:  07922 083991  sophie@hifriends.org.uk

Supporting HI Friends

HI Friends' work depends on raising funds to cover the cost of the Wellbeing Team. This is done through a range of community events, grants and donations. Donations can help to deliver a course of counselling for a child or young person, provide play therapy sessions for younger children, deliver a Hope Again Bereavement course, provide support for those living with dementia or help older people to stay active and engaged in the community. If you would like to support us, please email  treasurer@hifriends.org.uk or scan the QR code

Upcoming Events

- Christmas Concert with Naomi Rogers: Thursday 8 December
- H & I Christmas Weekend: Saturday 10 & Sunday 11 December
- HI Friends Late Winter Quiz: Friday 24 February

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

Full details of HI Friends Wellbeing Team support for older people, those living with dementia, mental wellbeing, parental wellbeing support, end of life and bereavement available at www.hifriends.org.uk

HI Friends Wellbeing Team supported by Histon & Impington Parish Council, Histon & Impington Town Charity and Cambridge Community Foundation.

