



Bringing people
together to
improve wellbeing

Annual Report

2022



 www.hifriends.org.uk

 FriendsHICommunity

 hi_friends_charity

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Reflections on 2022 & Thoughts for 2023

from Vernon Dudley, Chair of HI Friends Trustees

Writing an annual report always provides an opportunity to reflect on what the Charity brings to the community. I was struck only recently, when reading a document for the charity's insurers (in truth not as dry as it sounds), by the amazing amount of services we now offer to the local community. The charity can now boast:

- A wellbeing team offering services in 6 areas
- Regular Sports/Activity/Chances to Meet in no less than 30 distinct groups
- Community Events ensuring the provision of facilities for recreation and other leisure time occupation - a happy bi-product of which is essential fundraising

Reading back over my report from 12 months ago, I anticipated three of the new initiatives planned for 2022, and these were all among the many highlights of the year:

- The Platinum Jubilee Celebrations over 5 days were a roaring success, providing a range of opportunities for people to come together in a giant marquee on the Recreation Ground. A triumph for the organisers, who deserve every thanks we can offer, and a wonderful memory for those who attended. It all seems so long ago!
- At the end of 2021, End of Life Support was first proposed. The idea both surprised and inspired, as Jo was so clear on an existing need many don't recognise. Jo launched the service in 2022. A personal friend has told me how grateful he was for the support Jo has provided.

- The Histon Day Centre has been active in our villages for many years, run by committed volunteers. An opportunity for HI Friends to support those volunteers arose, and the Day Centre is now one of the charity's many branches. Attending numbers are growing, which is fantastic.

The Trustees and our Charity Manager expect that 2023 will be a year of consolidation. However, any new opportunities will be carefully considered. The Trustees are currently discussing ways forward, and we have a working group set up to make recommendations as the year progresses. Despite the amazing range of what we now do, we are conscious that to stand still is to go backwards. I believe that, with a committed group of Trustees and an inspirational Charity Manager, the charity is set to go from strength to strength.

In closing, a few 'thank you's to:

- Charity Manager Neil - I've said this before, but he really is the beating heart of our Charity
- Our Wellbeing Team
- My fellow Trustees
- All the volunteers who help us
- The Parish Council who support the Charity with finances

Every one of these are vital to any success we are achieving, and we look forward to continuing to work with them in the future.

Vernon Dudley
Charity Chair



**Bringing people
together to
improve wellbeing**

A 2022 perspective from Neil Davies, Charity Manager

Making up for lost time!

Last year was a special one for HI Friends, after two relatively frustrating COVID years. Reflecting, it is really as if the Charity was determined to make up for the loss of two years with a range of project initiatives and events in 2022. These included the creation of a couple of new Wellbeing Team roles, the relaunch of Holiday at Home, taking over operation of the Day Centre plus the Jubilee Weekend of events.



We welcomed two employees Jo Franklin as End of Life Support Worker and Helen Blake as Holiday at Home and Day Centre Coordinator. They both bring a new dimension to the team and complement skills of the existing team. I receive frequent reports on the transformational impact that the Team have on the individual lives of residents of all ages.

Our news is continually dominated by the day to day pressures that our NHS hospitals and GPs are facing. There is perhaps some genuine hope with evolving roles of local Integrated Care Systems and GP Primary Care Networks as they seek to work collaboratively with the community and voluntary sector groups and organisations such as HI Friends.

HI Friends' work in supporting the mental wellbeing of our village children and young people in village schools is perhaps not as widely known as our other services and activities, but helps to better reflect the breadth of what we offer for all ages. I am hopeful more residents will benefit

from the services and activities offered by HI Friends.

Spring 2023 sees a two week Histon & Impington Wellbeing Festival. My thanks to all those who are involved in making it happen.



A flyer of HI Friends' services

Treasurer's Report, by Treasurer David Wilson

The activities and services described in this report would not be possible without the generous financial support of many organisations and individuals, and we are grateful to all those who give financially. We are also extremely grateful to those who help at our community events throughout the year, raising crucial funds and helping sustain the charity's work.

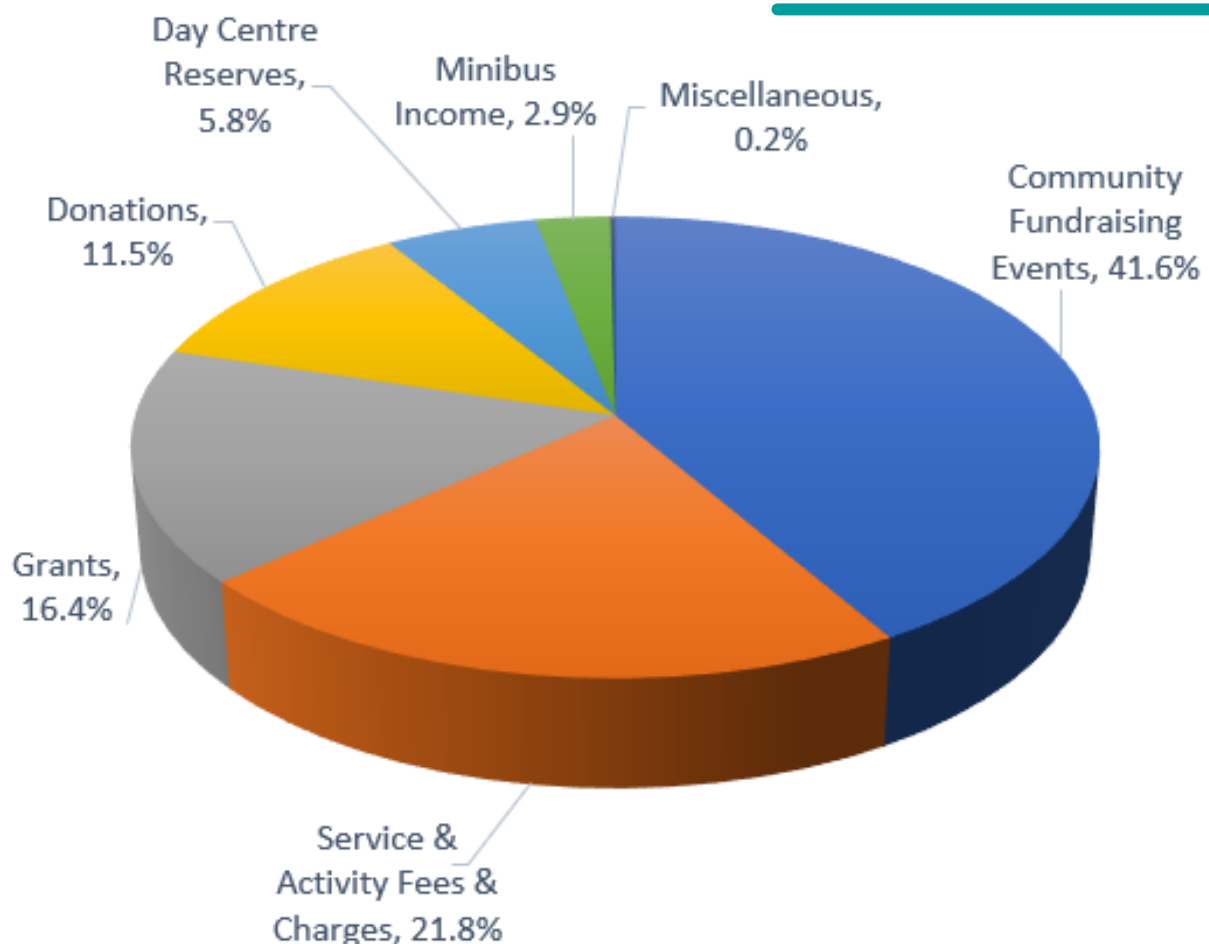
2022 Income: £146.8k

Fundraising events took place throughout the year & were well supported. The Jubilee events were a particular highlight, bringing the community together & raising valuable funds.

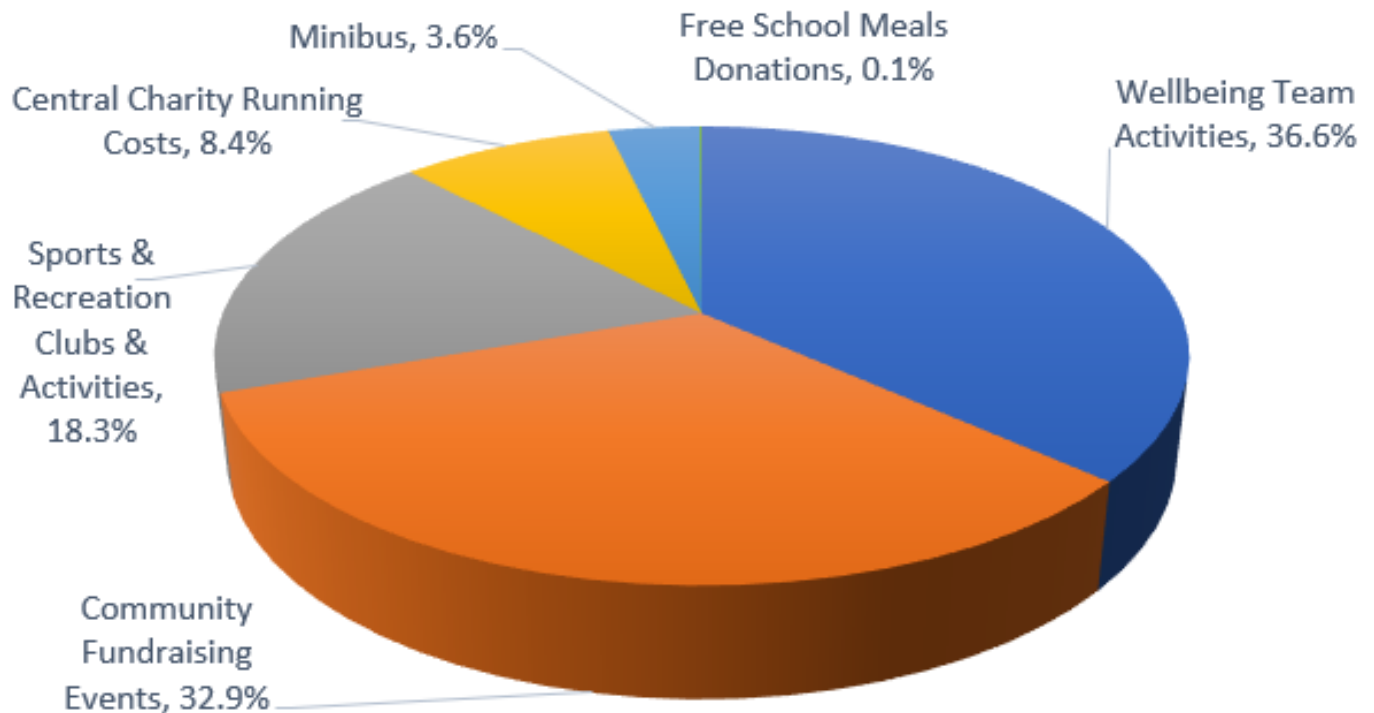
The Charity received many generous donations, with several people also signing up to the "Platinum Pledge".

New grant funding was secured to support a "Mental Health Champions" project at IVC & the charity's new "End of Life" support role.

Where did our 2022 income come from?



We spent £136k in 2022. What did we spend it on?



2022 was a year of increased activity in all areas of the Charity, as the disruption caused by Covid receded. A full programme of regular community fundraising events took place, as well as the fantastic Jubilee celebration events. All this led to an increased fundraising surplus of around £16.5k. Sports and exercise activities were also fully re-established. The surplus generated was used to fund wellbeing team activities. Use of the Community Minibus increased as the year went on.

2022 Expenditure: £136.4k

Returning to regular events through the year, in addition to the special events in celebration of the Queen's Jubilee, saw expenditure on fundraising events increase significantly in 2022.

The Wellbeing team grew in 2022 with the addition of 3 new roles, focused on the Day Centre, Holiday at Home and End of Life Support.

Sports, Recreation Clubs & Activities enjoyed a full year in 2022, following Covid disruption over the previous two years: welcome news, but necessitating increased expenditure.

The Wellbeing Team expanded in 2022 with the addition of three new roles: a Day Centre coordinator (the Histon Day Centre was brought under the HI Friends umbrella in 2022), a Holiday at Home coordinator (to help with the re-started Holiday at Home scheme), and an End-of-Life Support worker. The Charity increased its offering of mental health support to village schools. As a result of these changes, the costs of running the Wellbeing Team increased significantly. Continued thanks to Histon and Impington Parish Council for their generous funding support for the Wellbeing Team. Thanks to some generous donations, new grant funding and funds inherited from the Day Centre, in addition to a successful fundraising year, the Charity finished 2022 in good financial shape with a surplus of approximately £10.5k.

Looking to the future, the Charity needs to make new wellbeing activities started in 2022 sustainable long-term, after initial grants and start-up funds have been used. In 2022 several people signed up to the Platinum pledge, giving £7 per month to support the Charity's work. Regular donations like this make a huge difference, and making the Charity's activities more resilient and sustainable. Information on ways to donate can be found on our website, or scan the QR code below if you'd like to set up a regular gift.

Grants and Donations

HI Friends is very grateful to the many individuals who give generously to the Charity, and to the following organisations who continued to support our work in the community during 2022 through grant funding:

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



A reflection from Paul Seekings, our Older Peoples Worker

2022 was a year of gradual recovery from the impact of the pandemic. Attendance at the Monday exercise classes steadily increased along with the shopping trips and Thursday Together our board and card games afternoon. Throughout the year many older people have commented on the benefit of going out of their house and connecting with others. The minibus and volunteer drivers enable those who do not have their own means of transport to participate in these activities. This included the Jubilee celebrations, Holiday at Home events, and the Forget-Me-Not Lunches. The tailgate is particularly invaluable for allowing people with mobility issues access to these events, and has included residents from Etheldred House. HI Friends have provided drivers so the minibus can be used by other community groups including the WI, St. Audrey's, Brackenbury Manor, the Wendy House Day Nursery, Camtrust, Windmill Grange, the Salvation Army and St. Andrew's Church.



Throughout the year, the Older People's Worker continued to support families and carers of older people with signposting, accessing services and equipment, and a listening ear. This included completing lengthy Attendance Allowance forms bringing external money into the Histon and Impington community. A relative of an older person who is not on the was referred to HI Friends. An Attendance Allowance form was completed during a visit, the Day Centre was discussed, and they now regularly attend the Centre.

The Forget-me-not Journey Support Group, for those with memory loss

The group met fortnightly in 2022 and grew rapidly across the year. By the end of the year, we had 24 people registered as members with new enquiries coming in all the time. Meetings have explored a wide range of topics relevant to dementia and memory loss, but there have also been music events, arts and crafts afternoons and guest speakers. In December, we had a group outing to see Cottenham Theatre Workshop's Christmas show, The Nutcracker, and participated in a beautiful Carol Service. We also enjoyed a lovely visit to Histon Manor where Katherine Mann provided us with welcome cups of tea and cake.



As the year has progressed, it has been a delight to see the group members really look out for each other, and share their ideas and experiences. The afternoons are busy and happy occasions with a lot of laughter, alongside considering the serious aspects of living with dementia or being a carer. My thanks to Rob and Georgina Symons for their warm hospitality, to those who have helped, and to my colleague, Sarah Brown, for her invaluable support and encouragement.

Jan Payne
Forget-me-not Journey
Support Group Leader



The Forget-me-not Journey Support Group

Thoughts from Sarah, our Dementia Support worker

I continue to work connecting with people in Histon and Impington who are living with dementia and/or memory loss. We have a well-established contact list which allows me to keep regular support in place for those in need. New contacts are often made via our online information, from friends or family members seeking advice and also from the Memory Clinic at Addenbrookes.



I run the Forget-me-not Luncheon Club fortnightly at the Saint Andrew's Centre. 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, who are facing similar challenges. I am so grateful for the volunteer helpers that assist me in providing this invaluable service, and really make a difference in the lives of those living with dementia or memory loss in our community.

Sarah

A photo from a meeting of the Forget-me-not Luncheon Club



A few words from Sophie, our Mental Wellbeing Worker

In April 2022, the Worry Tree Café was rebranded, and became the Wellbeing Café. The hope was that this would attract a higher number of attendees to the café. To date we now have 8-10 individuals that attend weekly, with others dropping in on an ad-hoc basis. A highlight was the group having our Christmas dinner at the Manor House, which was thoroughly enjoyed by all.



Family Hub ran bi-monthly throughout 2022, with an average of 25 children and their families attending per session. The hub aims to bring families together to improve their wellbeing through creativity. It was amazing to see some Ukrainian families attend and be welcomed into our community.

During 2022, I was also able to meet or speak on the phone with around 20 individuals in the community. This allowed me to signpost to services within HI Friends as well as outside of it. I have supported 3 of these individuals to access counselling services, a process they would not have been able to do unassisted. For many, my role is a listening ear, a friendly face and a sense of connection with our community.

I continue to run the wellbeing programme as part of iCAS at Impington Village College (IVC) , and in 2022 was able to reach a further 75 students from year 8 to Sixth Form. Anonymous feedback gathered at the end of the course has been positive: 'Sophie is a great teacher', 'I like that it's fun and easy to understand', 'Sophie is relaxed and non-judgmental which helped me feel able to share', and 'I

have learnt skills which I can now use to help me'.

Wellbeing Café's Christmas Dinner at Histon Manor



HI Friends' Mental Wellbeing Support in Village Schools

HI Friends has provided support for children in village primary schools for several years. In 2022, this extended to IVC.

Sophie started counselling IVC students on a one-to-one basis and worked with 10 students during the year. She has also supported the IVC iCAS programme.

In 2022 HI Friends received grant funding from SCDC to start a Mental Wellbeing Champions project at IVC. The aim of the project is to provide a team of trained young people that will act, alongside a team of adults, as wellbeing champions that students can approach with mental health matters, for themselves or if they are concerned about someone else. The project will hopefully be delivered in full in 2023.

Sophie and Emma Moat (HI Friends Play Therapist) provided 12 hours per week of mental health support at the village Primary Schools in 2022. 36 children were supported in individual and group work. One parent commented: 'X responded so well to the sessions you held in school and really turned a corner. She is much more confident again and seems back to her happier self'. Emma left HI Friends in February 2023 and we thank her for her valuable work.

A Report from Ren, our Parental Wellbeing Worker

In 2022, we supported a total of 30 mother/baby dyads. The vast majority of these became regular attendees for a period of several months, with most leaving the group when the mother returned to work at the end of her maternity leave. A typical session is attended by 6-8 mothers and babies, and I cap the number at 9 to ensure everyone gets a chance to speak, and to maintain the safe space to share any difficult feelings.



The mothers share experiences: birth stories, problems with sleep and feeding, relationships with partners and extended family, challenges with older children, and deeper issues like changes in identity since becoming a mother and the extent to which they feel supported, or not, by broader society. The goal is not to give advice, though signposts to practical information like introducing solids and referrals to other services are offered where appropriate. Between sessions, attendees stay in touch via a WhatsApp group, where they can arrange to see each other for walks, and even sometimes the occasional night out! I set up a new Whatsapp group each year, enabling different cohorts to keep supporting each other long after they stop attending the in-person group: they offer each other practical support at times of illness; exchange second-hand clothes and equipment; share details of local events for families and continue planning get-togethers. In recent feedback, attendees described the group as a "life-saver", the "highlight of my maternity leave" and "a rare and invaluable resource".

A report from Helen, our Holiday at Home Coordinator, on the Holiday at Home relaunch

In 2022 we re-launched 'Holiday at Home', an initiative to provide activities and outings for all those in our community over 60 years of age. The aim of this scheme is for members to meet old and new friends and have fun together, and also to help reduce isolation. Our launch back in the summer of 2022 was a lovely tea party in the Manor House garden, where we were treated to scones and many cups of tea. The sun shone and we were lucky to have the choir and dance group from the Brook Primary School serenading us.



Later in the year, we organised 3 events that were well attended: a beetle drive, a meal at the Histon Smokehouse, and a trip to Ely Cathedral to see the harvest display.

Ann and David Smith are members of Holiday at Home, and have said:

"We have attended 2 of the Holiday at Home events so far and have really enjoyed them.

The first was a lunch at the Smokehouse and it was nice to see so many people there, some of whom we hadn't seen in a while. We also meet new people.

There was a variety of ages, and we had a lovely time with lots of laughs.



Ann and David at the Smokehouse meal

The second event in December was a Christmas concert at Histon Baptist Church. It was really good, with the lovely Naomi Roger's singing - what a voice - a mixture of Carols and Christmas songs, with a sing-along. We were served with mince pies, biscuits, tea and coffee that really got us in the Christmas mood.

If you are thinking of attending one of the Holiday at Home events - just go for it! We are sure you will enjoy it!"

We kicked 2023 off in style with an exclusive coffee morning for members at the Manor House, kindly hosted by Katherine Mann. We are busy planning the rest of our events for 2023, which we hope will include a cinema club in the village (with popcorn and ice cream!), a trip to a college garden in the Spring and lunch at the various eateries in the village.

Holiday at Home is there for anyone over 60 years of age, whether you feel 21 or 101! We especially welcome those living alone, and provide transport for those otherwise unable to get to events.

So, if you read this and would like to find out more please do contact me - I would love to hear from you.

Helen

The Holiday at Home logo



Montage of Platinum Jubilee 2022 Publicity

H&I SUMMER FESTIVAL

Jubilee Weekend

1-5 JUNE 2022

HI Friends Bringing people together to improve wellbeing
Registered Charity 2188218

ER FESTIVAL

Jubilee Weekend

1-5 JUNE 2022

HI Friends Bringing people together to improve wellbeing
Registered Charity 2188218

Jubilee Weekend Sponsors

PANTHER TAXIS

BRAMLEY COURT CARE HOME

M&M Heating & Plumbing Services

HISTON & IMPINGTON JUBILEE WEEKEND

Waterbeach Brass Band In Concert

Jubilee Sunday, 5 June 2022, 2pm

HI Friends

H & I SUMMER FESTIVAL 2022

A CELEBRATION IN AND FOR OUR COMMUNITY

Jubilee Weekend: 2-5 June (full event info available 1/2/2022 at hifriends.org.uk)

Histon & Impington Open Gardens: 12 June (open gardens.org)

Histon & Impington Feast: 2-9 July (hisiimp.com/feast)

HISTON & IMPINGTON JUBILEE WEEKEND

An Evening of Operatic & West End Classics

FRIDAY 3 JUNE, 7.30PM

INFO AVAILABLE AT WWW.HIFRIENDS.ORG.UK

from the Topiary Tree

01223 232514

HI Friends

Platinum Pledge

Help mark 2022 by supporting the HI Friends Wellbeing Team with a Platinum Pledge of £7 a month.

The Wellbeing Team supports older people, those living with dementia, parents with young children and the mental wellbeing of people of all ages.

For information on how to donate, visit:
www.hifriends.org.uk/donations
or scan the QR code to sign up now for a regular gift.

Jubilee Weekend

ORGANISED BY HI FRIENDS

HI Friends Bringing people together to improve wellbeing
Registered Charity 2188218

hi Histon and Impington Parish Council

TOE-TAL FOOTCARE

H&I SUMMER FESTIVAL

Jubilee Weekend

Sunday 5 June, 12.30pm

Jubilee Picnic & Garden Party

Histon & Impington Recreation Ground

Jubilee Picnic: Bring your Street Party Plus an afternoon of fun with a Gospel Choir 'Whole Notes' in a Waterbeach Brass Concert in the Jubilee Marquee

Two music stages
Hula hoop workshop
Dance displays
Face painting
Children's craft activities & attractions
Fun family sports races
Jubilee Bake-Off

Village School Licensed & I + Jubilee Marquee

Event organised by **HI Friends**

Bears on the Bier

**Choose a bear
Name a bear
Gift a bear**

Your named bear will go with love to a child in need.

Bake Off for a Jubilee Garden Party

Sunday 5 June

Cakes need to taste great, look celebratory and be able to be cut and shared.

All cakes will be cut and sold at the Garden Party

Age categories: 11 and under, 12-16, 17+

Bring your creation to the Bake Off table at the Recreation Ground between 12.30 and 1pm.

Include cake name, ingredient list, contact details.

Prize giving at 1.30pm.

H&I SUMMER FESTIVAL

Jubilee Weekend

Saturday 4 June, 7.30 to 11.30pm

Boogie Night a celebration of 70/80s music

Jubilee Marquee, H & I Recreation Ground

With Special Guest Band 'Superstition' a 9 piece band with brass section

Licensed bar

£50, including food provided by Histon & Impington Recreation Ground

Tables of 8 available

Tickets, email info@hifriends.org.uk

Call Neil: 07502 372852

Food options, at hifriends.org.uk

Sponsored by **TOE-TAL FOOTCARE**

Jubilee Weekend

Friday 3 June, 2.30pm

Concert Tea Party with Songs from Musicals

HI Friends Bringing people together to improve wellbeing
Registered Charity 2188218

HISTON & IMPINGTON JUBILEE WEEKEND

Sporting Dinner

Wednesday 1 June, 7.00pm, 7.30 start

**THREE COURSE MEAL WITH SPECIAL GUESTS
CHRIS SUTTON & JOHN STILES**

JUBILEE MARQUEE, HISTON RECREATION GROUND

CAR PARKING AVAILABLE AT HISTON FC

Jubilee Marquee

H & I Recreation Ground

Tickets £6 available from the Topiary Tree

or email: info@hifriends.org.uk

Day Centre Report

Our Day Centre re-opened after lockdown in 2021. During Covid, we lost several members: from moving away, moving into care homes, and sadly five members passed away.

On re-opening, members agreed they would initially only attend one session a week either Tuesday or Friday, so we could keep everyone at a reasonable distance. Since last year, most members now attend both sessions.

Since re-opening, we have several new members, and everyone enjoys the social time they get at the Day Centre. We continue to provide games and quizzes as well as occasional entertainment. Our fees increased to £6 a session in May this year, but we provide refreshments twice a session as well as a home-cooked lunch.

Early in 2022, I approached Neil Davies over employing someone to assist me with the running of the Day Centre, and I was pleased to tell members and volunteers that Helen Blake would join us at the beginning of May. Helen and myself now run the Day Centre, where possible, working alternate weeks. However, the Day Centre still relies very much on our dedicated Volunteers. The County Council continue to provide transport free of charge.

Looking forward, we have a waiting list of people wanting to join, and it won't be long before we can accommodate them. The Day Centre is part of Histon & Impington community, and hopefully will continue to thrive.

Chris Swallow
Day Centre Coordinator



A few words from Jo, our End of Life Support Worker

The role of the End of life support worker commenced on 1 May 2022. I work 3 hours per week in this role, and the initial 3-4 months involved introducing the role to the community and meeting key stakeholders.



I have responded to many initial enquiries and provided approximately 17-20 support calls and 18-20 visits to clients and family members during the last 11 months. I attend meetings regularly to support the work of HI friends.

I have promoted my role, and HI friends, through events such as 'Daffodils on the Bier' in the spring, promoting healthy conversations about death and dying. We also promoted community donations of toys for Ukrainian children through 'Bears on the Bier' at the Jubilee celebrations. I also represented HI friends through the end of life 'Caring for Creation from Cradle to Grave' floral display at the flower festival in July. The Christmas Tree Festival was an opportunity to engage the sensitive subject of the Queen's death in 2022, as a display of 'the Empty Chair', acknowledging loss and grief, and cultivating an ongoing conversation for our community on end of life issues.

Some of the people I visit have fed back on my work:

"Having support in the community meant so much to me. Living in Surrey meant I couldn't be with my mum as much as I would have liked to have been, so knowing Jo was there and could be with my mum when I couldn't was such a relief.

The support I also received during mum's illness was so

incredible: someone I could turn to when I didn't know what was happening. A sounding board at times when I didn't know who to ask. My mum really trusted Jo. It was a very honest friendship.

Jo has given me so much support since mum died. Meeting with me just days after, hearing what my mum had told her. She helped me believe in my decisions for the funeral service. Seeing Jo and the funeral, I've felt like she has been holding my hand through the entire journey”.

Jo Franklin



The 'Empty Chair' display at the Christmas Tree Festival, 2022

HI Friends is grateful for the support received from



**Histon & Impington
Town Charity**



**Histon & Impington
Churches Together**



Charity Trustees 2022

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David Wilson (Treasurer)
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