



Discovering



Spring 2024

Discovering HI Friends: 2024

Welcome to the HI Friends Spring Newsletter

HI Friends Trustees, workers and volunteers are frequently asked:

**Who are
HI Friends?**

**What do
HI Friends do?**

**How are
you funded?**

**How can I
get involved?**

HI Friends is a wellbeing charity based around Histon and Impington. We run activities and services, provide a dedicated wellbeing team, organise community events and more! We aim to improve wellbeing in our community and help meet the needs of 'life's journey' for all ages.

Many of our events and services may be known to you, such as the Impington Running Festival, Family Hub, Bonfire Burn 10k or the Flourishing Start Programme. This newsletter is a chance to discover HI Friends: our work, getting involved, accessing services, volunteering and staying in touch. You can explore what's new this Spring, including:

Village Dementia Week; a Carer Café; HI Health & Wellbeing Hive; and a parent carer group for parents of children with additional needs.



HI Friends are grateful to be sponsored by:



woodfines™ You First Law.

HI Friends Wellbeing Team

A team for non-medical wellbeing needs

For more information:

 www.hifriends.org.uk

 info@hifriends.org.uk

Support for:

- Older people
- Memory loss
- Mental wellbeing
- Parents
- End-of-life
- Bereavement
- Transport



HI Friends Wellbeing Team
are supported by



Histon and
Impington

Parish
Council

Mental Wellbeing Support

Signposting, services and activities

The HI Friends Mental Wellbeing Team:



Sophie Howell

Mental Wellbeing Services Co-ordinator

 07394 173430

 sophie@hifriends.org.uk

Faith Turton

Mental Wellbeing Support Worker

 faith@hifriends.org.uk



Ren Stedman

Parental Wellbeing Support Worker

 07866 801133

 ren@hifriends.org.uk



New: Parent Support Group

Are you **a parent who cares for a child/young person with emotional, behaviour or physical needs**? In need of support or a place to share?

You are invited to meetings to discuss setting up a new village support group: **Friday 17th May**, 7.30pm or **Monday 20th May** 10am. Meetings at: Kay Hitch Way Community Centre, Histon, CB24 9YR.

For more info, or if you are interested but can't make either dates please call Sophie: 07922 083991, or email Ren: ren@hifriends.org.uk

HI Friends Wellbeing Café

Every Wednesday, offering a welcoming, non-judgmental safe space for adults struggling with mental wellbeing.

Knit & Natter

Come to learn a new skill, practice an old skill & find community with other local crafters every Monday evening.

HI Mothers' Circle

For mums with new babies. Meets Wednesdays: a space to have real, honest conversations about motherhood.

Family Hub

Bringing families together through creativity: a chance for families to explore wellbeing. **27th April** and **29th June**.

Supporting Local Children and Young People

Flourishing Start

A 6 week wellbeing programme for Primary School children, in partnership with village schools. The aim is to provide wellbeing tools and techniques, help parents and children manage wellbeing and enable families to talk about their wellbeing.

Primary School Counselling Support

IVC mental wellbeing support

- Counselling support for new young people
 - Mental Wellbeing Champions: provides training & peer support
 - Dedicated non curriculum weekly support for young people
-

All service & activities information available from the Wellbeing Team or: www.hifriends.org.uk

Older Peoples' Work

Activities, services & support for older residents

The HI Friends Older Peoples' Work Team:

Paul Seekings

Older Peoples' Worker

 07772 437789

 paul@hifriends.org.uk

Helen Blake

Holiday at Home & Day Centre Co-ordinator

 07394 173430

 helen@hifriends.org.uk



Holiday at Home

Holiday at Home provides activities and outings for older residents in Histon and Impington.

Over 2022/23, Holiday at Home participants enjoyed lunches in local pubs, events at Histon Manor House, a Christmas concert and a day trip to Hunstanton, among many other things.

Holiday at Home is open to anyone over the age of 60 but our aim for some of our events is to reach those who would be unable to get out on their own. We are able to provide transport for those who are unable to travel independently.



Histon & Impington Day Centre

Tuesdays and Fridays: a place to enjoy food, company and activities in a welcoming environment.

HI Memories

2nd Thursday monthly: come to share memories with others, past and present.

Shopping Trips to Local Supermarkets

Tuesday mornings, using the Community Minibus.

Stronger 4 Longer

Enjoy fitness with fun, gentle exercises, involving a mixture of both seated and standing positions. Mondays weekly.

Thursday Together

A fortnightly club of activity and friendship for all ages.

Dance for Fitness & Wellbeing

A weekly Wednesday dancing class.

Specialist Exercise Class

To assist in recovery from strokes and long term neurological conditions. Held Mondays weekly.

Mobility

Our Community Trishaw offers rides to local people who need a bit of help getting out and about. Available for use for rides.

HI Friends operate a minibus for the community. From shopping trips and transport to day trips, it's a vital part of HI Friends life. The Minibus is available for hire by local community groups.

Dementia & Memory Loss

Activities, services, support & signposting

The HI Friends Dementia & Memory Loss Support Team:



Julie Uttridge

Dementia Support Co-ordinator

 07934 817316

 julie@hifriends.org.uk

Jan Payne

Memory Support Groups Leader

 07780 674563

 jan@hifriends.org.uk



Memory Loss Support Groups

Tuesday weekly or Friday fortnightly choices available. A space to learn and find support.

Love to Move

A Wednesday weekly seated exercise class, with music.

Dementia Luncheon Club

1st Thursday monthly: a chance to share lunch and build friendship with those in similar circumstances.

Memory & Coordination

A social fitness class Monday weekly. Provides respite for carers.

Carer Café

Caring can be 24 hours a day, 7 days a week. Often, there is little time for yourself. Histon & Impington Carer Café is an opportunity for that space, and time to connect with other unpaid carers looking after adults.

First meeting is **Thursday 2nd May**, 2-4pm, at Tawa Lounge to talk about ideas and future dates.

If you are interested but can't make Thursday 2nd May, call:

Jo Franklin: 07752 016164

or Paul Seekings: 07772 437789



Histon & Impington Health & Wellbeing Hive

Health, care and wellbeing professionals will be present to answer questions and give advice.

First Tuesday: May, June and July
(7/5, 4/6, 2/7), 10-11.30am
Histon Methodist Church

- Open to all
- Coffee & chat
- Support and advice
- NHS Digital help

Special monthly focus:

May: Mental Health | June: Eating Well | July: Home Safety



End-of-Life & Bereavement

Services, support & signposting

End-of-Life Support:

Jo Franklin

End-of-life Support Worker



07752 016164



jo@hifriends.org.uk



Jo describes her role: “I act as a companion for those facing a life-limiting diagnosis, a palliative companion or who are receiving end-of-life care in their home. I can provide support and information for their family and informal carers.”

Funeral Bier

A photo from the 2022 Histon & Impington Flower Festival. The End-of-Life flower arrangement was displayed on a funeral bier, with a crib and the words: “caring for creation from cradle to grave”.



Hope Again Bereavement Support

A group-based bereavement support programme. It provides two six-week programmes in the Spring and Autumn.

Autumn dates:

Thursday afternoons | **19th September to 24th October 2024**

Contact Peter Garside:



07895 499682



habg1@icloud.com

Other Activities

Exercise and sport for all ages and abilities

For more information:



www.hifriends.org.uk



info@hifriends.org.uk

Pilates

Thursday mornings weekly. Three classes, including beginner-level.

Community Table Tennis

Sunday weekly: all ages and abilities are welcome!

Multi-Sports

For 5-7 year-olds.
An after-school club.
Wednesdays weekly at the Rec.

Tai Chi

Variety of classes offered Tuesday, Wednesday & Thursday mornings.

Walking Football

Enjoy the beautiful game without running. Friday evenings.

Walking Rugby

No scrums, but plenty of tries!
Every Sunday at the Rec.

Volunteering with HI Friends

Making a difference in the local community

Can you help?



HI Friends relies on the help of our amazing volunteers for our services & events to happen.

Could you lend a few hours of time to make a real difference to our community?

We are in need of:

Minibus drivers and trishaw riders
Helpers at groups supporting those with memory loss
Helpers at activities for older residents
Helpers at Family Creative Hub
& young mothers' support group
Event marshals and helpers
...and more!

For further information:

info@hifriends.org.uk

or contact Neil:

07502 372852



Histon & Impington Dementia Week

18-25 May

A week to increase community awareness and understanding, to try and help those living with dementia, their carers and families and have some fun.

The Dementia Community Week has been organised by HI Friends, working in partnership with Bramley Court Care Home, Etheldred House Care Home and the local Primary Care Network.

HI Friends is grateful to The Histon Beer Festival for a grant to support the Week, Bramley Court Care Home for sponsorship and the National Lottery Community Fund.

Full Dementia Community Week information available at:

www.hifriends.org.uk

Histon & Impington Dementia Week is sponsored and supported by:



Saturday, 18th May
Dementia Week Plant Sale

10-11.30am | The Green, Histon

Selling local propagated plants, including those from Bramley Court and HI Friends' Memory Support Groups. If you can donate plants, please email: plants@hifriends.org.uk

Sunday, 19th May
Memory Loss Wellbeing Walk,
Family Fun Afternoon & Trishaw Rides

2.30-4pm | H & I Recreation Ground

Enjoy a walk around Histon & Impington Recreation Ground, including a historical old pump, finishing with tea and cake. Trishaw rides are available all afternoon and Histon Bowls Club members will be present to provide an intro to Bowls. There will be games for the whole family!

Monday, 20th May
Bramley Court Open Day

10am-4pm | Bramley Court, Chivers Way, Histon

Bramley Court Care Home, who specialise in dementia care, offers an open invitation to visit. Available: tours, tai chi and exercise tasters, story-telling, drop in advice for finance, power of attorney and funding, communication using senses and community singing. for the full programme, visit: www.bramleycourtcarehome.co.uk and www.hifriends.org.uk

HI Friends Rec Monday Club Open Session

1.45-3pm | H & I Recreation Ground

Memory & Coordination is a social fitness class with for those living with memory loss. Pre-book with Paul: **07772 437789**

All Week - Dementia Book & Film Resources

There are many great, useful books and films for everyone about dementia. See what's on offer during Histon Library's normal opening hours.

Tuesday, 21st May
Dementia Awareness Breakfast
for Businesses & Community Groups

8-9.15am | Salvation Army Hall, Impington Lane, Histon

An invitation to local businesses, clubs and societies to hear about making Histon & Impington a dementia friendly community. To book, email: jan@hifriends.org.uk

Mini Donks Therapeutic Animal Experience

12.30-3.30pm | Kay Hitch Way Community Room, Histon

A mood-boosting visit from the charity Minidonks, with their gentle and friendly miniature therapy donkeys.

Wednesday, 22nd May
Living with Dementia Virtual Experience

10am-4pm | H & I Recreation Ground

An opportunity to understand a loved one living with dementia and/or what it's like to live with memory loss. Guided by an expert, experience some of the challenges and feelings faced by someone living with dementia through a virtual tour. Note this is a challenging experience. To book, email: info@hifriends.org.uk

Dementia Services Marketplace

2-4.30pm | Histon Recreation Ground Community Room

Visit information stalls specialising in dementia support and advice. Stalls include home aids and adaptations, local care home options, carer support, local services and activities, home safety and care funding advice.

Thursday, 23rd May
Dementia Week Any Questions

7-7.45pm | Saint Andrew's Centre, Histon

A specialist panel around all aspects of dementia and memory loss will be available to answer audience questions.

Friday, 24th May

Etheldred House Care Home Coffee Morning

Coffee Morning: 10am-12pm | Afternoon Tea Party 2-4pm

Etheldred House Care Home invites you to enjoy tea and cake in their café and to meet their team members and residents.

'The Father' Film Showing

7.30pm | Saint Andrew's Centre, High Street, Histon

Antony Hopkins stars as a man with dementia who struggles to accept the reality, alongside his daughter played by Olivia Coleman. Free entry.

Saturday, 25th May

Dementia Week Music Afternoon

2-3.30pm | Histon Baptist Church

An afternoon of music-making with local dementia singing groups. Open to anyone with memory loss (with a carer or friend) who wants to come and sing. Refreshments provided.

Mini Donks Visit

There is an opportunity for children under 5 to meet the Miniature Donkeys: 1-2pm at Kay Hitch Way Community Centre Room, **Tuesday 22nd May**. There will be a pop-up Mini Donks shop.



Bramley Court Care Home Open Day



BRAMLEY COURT OPEN DAY

SUPPORTING HISTON & IMPINGTON DEMENTIA WEEK

Monday, 20th May 10am - 4pm

*Dip in to a typical day at Bramley Court Care Home
In partnership with HI-Friends*

All of our below sessions are free to attend

Exercise sessions various times
between 10am - 4pm

Experience Namaste -
communicate using your senses
11am - 12noon and 2pm - 3pm

Visit our in-house salon for a
bespoke experience
10am - 12noon and 2pm - 4pm

Spoken storytelling
11am - 12noon

Finance, Power of Attorney & Funding
Drop-in Group Session
10:30am - 11am

Finance, Power of Attorney & Funding
Drop-in 1:1 Sessions
2:30pm - 3:30pm

Lived Dementia Experience
2:30pm - 3:30pm

Short tours of our beautiful home
between 10am - 12noon and 2:30pm - 4pm

Community singing
3pm - 4pm

Tai Chi taster sessions
3pm - 4pm

Refreshments available in our bistro
10am - 12noon and 2pm - 4pm

For more information about the day please call
us on **01223 236 105**. Alternatively, if you'd
like more information about our home, visit
www.bramleycourtcarehome.co.uk



Bramley Court Care Home, Chivers Way, Histon, Cambridgeshire CB24 9AH

HI Friends 2024 Events Diary

Monday 6th May

May Day Running Festival & Super Sensory 1k

Sunday 9th June

Flaming June Half Marathon & 10k

June Events on the Rec

Friday 14th June

Comedy Marquee

Saturday 15th June

Comedy Marquee

Wednesday 26th June

Holiday at Home day trip to Hunstanton

Sunday 1st September

Strawberry Community Family Cycling Event (7 & 14 mile routes)
(please see Charity website in June about possible inclusion of 28 and 55 mile rides)

Sunday 21st July

Cambridgeshire County Youth Orchestra in concert:
'The Planets' by Gustav Holst

Friday 11th October

HI Friends Autumn Quiz

Sunday 3rd November

Bonfire Burn 10k

HI Christmas Festival 2024

Thursday 5th December

Holiday at Home
Christmas Concert

Saturday 7th & Sunday 8th December

Christmas Tree Festival

Saturday 7th December

Christmas Boogie Night

Sunday 8th December

Christmas Fun Afternoon

Flaming June Half Marathon +10k

Featuring The Flaming June Half Marathon run, and a 10k run.

Join this unique and friendly multi-terrain run, based around Histon, Cambridge.

Registration is open! For more information, or to sign up, visit:

www.theflamingjunehalf.co.uk



May Day Running Festival

Runs for everyone to enjoy! Histon Rec, 9.30am, Monday 6th May. Registration on the day.

All Ages 5k - 10.35am start

- £7 entry fee (under 18s: £5)
- Under 10s must have an accompanying adult

All Ages 3k - 10.05am start

- £5 entry fee

All Ages 1k - 9.50am start

- £4 entry fee

Under 7s 500m - 9.40am start

- £3 entry fee

Under 4s 200m - 9.30am start

- £2 entry fee

Super Sensory 1k - 11am

- Free entry
- Run by Power2Inspire



H&I Indie Fest - 14th June

Comedy Marquee - 15th June

We're delighted to present two exciting events at Histon & Impington Recreation ground this June: H&I Indie Fest and the Recreation Ground Comedy Marquee.

Featuring street food trucks, licensed bars, and two nights of incredible entertainment, this will be a weekend to remember.

H&I Indie Fest: Doors open 7:00pm, finishes around 11pm.

Comedy Marquee: Doors open 7:30pm for an 8:15pm start.

FRIENDS OF HISTON AND IMPINGTON COMMUNITY PRESENT

H&I INDIE FEST

HEADLINERS:
Plugged In!



SUPPORT: **NOTHING BUT NINETIES**

FRIDAY 14TH JUNE 2024, 7PM – 11PM
GRAND MARQUEE, IMPINGTON RECREATION GROUND, IMPINGTON, CB24 9LU

TICKETS £15 – BUY ONLINE
WWW.EVENTSONTHEREC.CO.UK

PLUGGED IN! HAVE AN ABUNDANCE OF ONSTAGE CHEMISTRY, UNRIVALLED FLOOR-FILLING TALENT AND A REPERTOIRE OF NON-STOP ROCK, POP AND INDIE HITS. NOTHING BUT NINETIES ARE A LOCAL 4 PIECE, FEMALE FRONTED BAND COVERING A ROCK, POP AND INDIE SONGS FROM THE 90'S

HI Friends of Histon & Impington Community
CHARITY NUMBER 1105578

LICENSED BAR, AMAZING STREET FOOD

IMPINGTON RECREATION GROUND

COMEDY MARQUEE

In association with **Custard Comedy** presents



ANDREW MAXWELL
As seen on Qi, Live At The Apollo, Have I Got News For You, Celebrity Juice Mock The Week & I'm A Celebrity.



Stephanie Laing
"Gloriously silly ... wonderfully unpretentious" Broadway Baby



John Mann
"Complete genius ... Brilliant Observations" - Johnny Vaughan



Chris Brooker
"Very funny, very quick... On the spot humour" BBC

SAT 15TH JUNE
DOORS 7:30PM, SHOW 8:15
TICKET £15 – BUY ONLINE AT
WWW.EVENTSONTHEREC.CO.UK

HI Friends of Histon & Impington Community
CHARITY NUMBER 1105578

OVER 18 ONLY - FOOD TRUCKS - LICENSED BAR
IMPINGTON RECREATION GROUND, NEW ROAD, IMPINGTON, CB24 9LU

To buy tickets, or for more information, visit:
www.eventsontherec.co.uk

The Planets - 21st July

HI

Friends
of Histon &
Impington
Community

HI Friends
& Cambridgeshire Music
present:



cambridgeshire
MUSIC

Cambridgeshire County Youth Orchestra in concert

The Planets

by Gustav Holst

& special guests Shakey Breaks The Ice Jazz Band

Sunday 21st July

4pm-7pm

(gates open 3.30pm)

Histon Manor, Cambridge, CB24 9EH

Tickets:

£16 adult

£12 under 18s

Under 7s free

Available at: www.hifriends.org.uk

Licensed bar, including PIMMS

For wet weather arrangements, please visit: www.hifriends.org.uk

HI Friends in 2023

Like many charities, an important event in the year for HI Friends is the Annual General Meeting. This year's AGM is on **Wednesday 15th May**, 7.30pm at the Kay Hitch Way Community Centre. An AGM provides an opportunity to reflect on the events of the last year and 2023 was certainly a busy one for us.

The transformative impact of HI Friends on the community continues. In December, an elderly resident approached a Wellbeing Team member, saying that since becoming involved with HI Friends her life had changed completely.

A key milestone for HI Friends was reaching an agreement with South Cambs District Council on using the Kay Hitch Way Community Centre room weekly. This provides the charity with a consistent venue for some services and activities. As part of the agreement, HI Friends arranged the redecoration of the whole building, so local Kay Hitch residents have benefited from a renewed premises, alongside closer proximity to HI Friends' services and activities.

Spring 2023 saw the two-week Histon & Impington Wellbeing Festival: including over 30 events, attended by more than 1500 people of all ages. The Festival provided an increased awareness of the many different forms and aspects of wellbeing. As a result, last year we developed a relationship with the local Primary Care Network. We are hopeful this connection will deepen in 2024 and involve working more closely with the Firs Surgery.

Following the restart of Holiday at Home in the summer of 2022, a first seaside trip to Hunstanton was organised in June 2023. Over 50 older village residents enjoyed a day in 'Sunny Hunny' and its delights, including a fish and chip lunch.

HI Friends is committed to helping all ages and recently launched Flourishing Start: a six week wellbeing programme for primary aged children, actively involving parents. Following its start in Autumn, it has been positively received.

2023 saw a good mix of community fundraising events, a highlight of which was the first village Last Night of the Proms concert with the Cambridgeshire County Youth Orchestra. High winds on the day forced a late of change of venue to West Road Concert Hall, where an audience of 200 enjoyed a quite extraordinary evening of music.

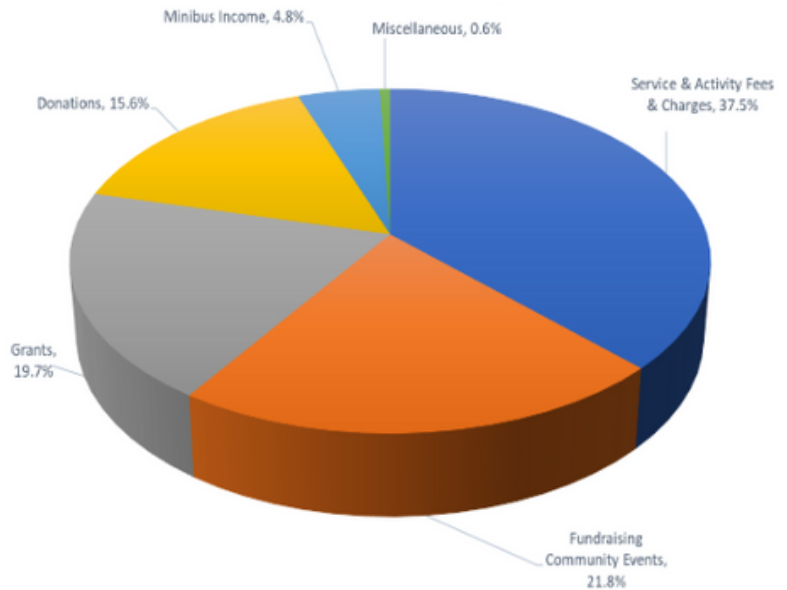
Neil Davies | **Charity Manager** | neil@hifriends.org.uk

HI Friends' Finances: 2023

The activities and services described in the Newsletter would not be possible without the generous financial support of organisations such as Histon & Impington Parish Council and individual supporters. We are also appreciative to those who help at our community events, which raise crucial funds to sustain the charity's work.

The charity had income of £131k in 2023, which includes all income from the services, activities and events offered by the charity. We again received a number of generous donations in 2023, in addition to the highly valued support of those who give regularly. New grant funding helped to fund the Wellbeing Festival and has supported our dementia and mental wellbeing services.

Where does our income come from...

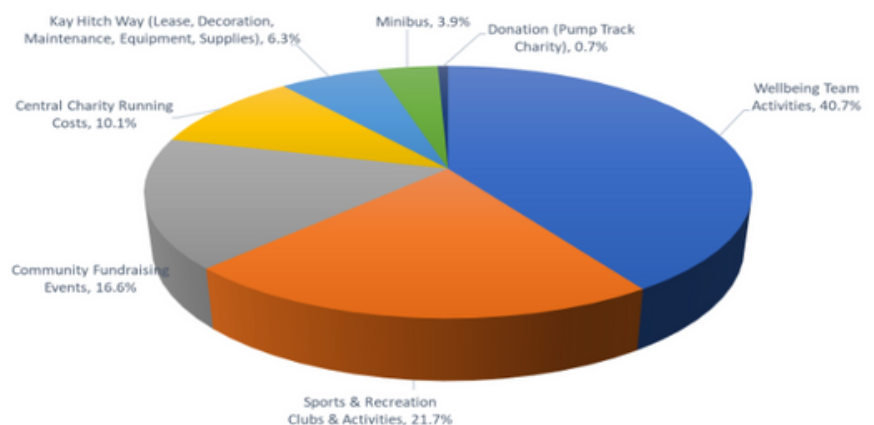


HI Friends would thank the following grant funders in 2023:

Histon and Impington Parish Council, Histon and Impington Town Charity, **Histon & Impington Churches Together**, South Cambridgeshire District Council, **Histon Beer Festival**, **Cambridgeshire Community Foundation**, CPSL Mind: The Good Life Fund, **The National Lottery Community Fund**, Histon & Impington Feast.

Expenditure in 2023 £135k, which includes all employee, event and activity costs. The Charity's Wellbeing Team, now a staff team of seven, accounted for 40% of our total expenditure in 2023. Expenditure on sports and exercise activities increased in 2023 as some additional activities were introduced and existing activities grew. Increased expenditure was offset by an encouraging increase in participation. We're grateful to our event sponsors for their support.

...and where does it go?



A full finance report is available on the HI Friends website and at the AGM.

Supporting HI Friends

HI Friends' work is dependent on a committed body of volunteers, who give time to help at our fundraising events and activities, and on the organisations and individuals who support us financially.

To donate, or find out more ways to support us, visit:
www.hifriends.org.uk/about/support-us/

Or scan the



QR code!

Staying in the Loop

Interested in keeping in touch?

HI Friends sends out semi-regular newsletters, event emails and information. If you'd like to keep up to date with our work and activities, just enter your email in the form on our Newsletter page: www.hifriends.org.uk/about/newsletters/

Or scan the



QR code!