

Support for Older People & those with Memory Loss

HI Friends is a wellbeing charity based in Histon and Impington. We have a dedicated Wellbeing Team to help meet the needs of local older people, and those living with memory loss and their carers. We organise a range of services and activities described in this booklet, and can provide transport where needed using the HI Friends Community Minibus. We aim to reduce loneliness and isolation, forge friendships and provide enjoyment.

Team contacts are provided below. We hope that you find this information helpful, and we welcome contact from local residents, potential service users and members of families. Home visits can be arranged to provide an introduction to what HI Friends can offer. We also seek to help carers through the Village Carer Café, and additional respite activities.

Older People's Support Team

Dementia & Memory Loss Support Team



Paul Seekings

Older People's Worker

☎ 07756 080197
✉ paul@hifriends.org.uk

Paul can arrange home visits and runs a number of clubs.



Helen Blake

Holiday at Home & Lunch Club Coordinator

☎ 07394 173430
✉ helen@hifriends.org.uk

Helen handles enquiries for the Lunch Club, and organises regular Holiday at Home Events.



Julie Uttridge

Dementia Support Coordinator

☎ 07934 817316
✉ julie@hifriends.org.uk

Julie provides support to those living with dementia or memory loss.



Sally Smith

Services Coordinator

☎ 07772 437789
✉ sally@hifriends.org.uk

Sally organises Monday Exercise activities and shopping services.



Jo Franklin

Carers & End-of-Life Support Worker

☎ 07752 016164
✉ jo@hifriends.org.uk

Jo provides support for carers and those facing life-limiting diagnoses or palliative care.



Jan Payne

Memory Support Group Leader

☎ 07780 674563
✉ jan@hifriends.org.uk

Jan leads our Support Groups for those with dementia or memory loss.

Activities & Services for all

HI Friends organises a variety of regular activities, from shopping to fitness.

Rec Monday Club

Stronger 4 Longer

10–11.15am

Enjoy fitness with fun, gentle exercises, featuring both seated and standing positions.

Specialist Exercise Class

11.30am–1.30pm

A fitness class designed to assist in recovery from strokes or long-term neurological conditions. Includes group & individual activities. Provides time out for carers.

Memory & Co-ordination

1.45–3.00pm

A social fitness class for those with memory loss. This activity is presently paused. If you are interested, contact Sally Smith (details below).

All Rec Monday Club activities take place at the Histon Recreation Ground Centre. Refreshments provided.

Transport is available for all Monday activities through the HI Friends Community Minibus. Contact Sally Smith: 07772 437789 for any enquiries about the Monday activities, and for transport.

HI Friends Lunch Club

Tuesdays & Fridays weekly

2nd & 4th Thursdays monthly

Enjoy friendship, games, and a delicious hot meal.

Tuesday/Friday sessions:

10am–1.30pm

Thursday sessions:

10.30am–1.30pm

All Lunch Club sessions run at Kay Hitch Way Community Centre.

Contact Helen Blake:
07394 173430



Weekly Shopping Trips to local supermarkets

Tuesday Mornings

Shopping trips to local supermarkets, using the HI Friends Community Minibus.

Contact Sally Smith: 07772 437789

Dance for Fitness & Wellbeing

Wednesdays | 2–3pm

Weekly dance for fitness class with Cathy Middleton. Histon & Impington Recreation Ground Centre. Contact Cathy: 07740 436457

Thursday Together

1st, 3rd & 5th (if applicable) Thursday

2–3.45pm

An afternoon of fun playing card and board games and enjoying refreshments at H&I Recreation Ground Centre or Etheldred House. Contact Paul Seekings: 07756 080197

HI Memories

4th Thursday monthly | 12–2pm

A group to share memories of what life used to be like in former years. Meets at the Tawa Lounge, Histon.

Contact Paul Seekings: 07756 080197

Holiday at Home

Providing activities, events and outings for older residents in Histon & Impington, including seaside trips, tea dances, and concerts.

Contact Helen Blake: 07394 173430



Activities for those with Memory Loss

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

Rec Monday Club

Memory & Co-ordination

1.45–3.00pm

A social fitness class for those with memory loss. This activity is presently paused. If you are interested, contact Sally Smith (details below).

All Rec Monday Club activities take place at the Histon Recreation Ground Centre. Refreshments provided.

Transport is available for all Monday activities through the HI Friends Community Minibus. Contact Sally Smith: 07772 437789 for any enquiries about the Monday activities.

Forget-me-not Journey Memory Loss Support Group

Tuesdays or Fridays | 2.30–3.30pm

Mutual support groups for those living with dementia or memory loss and those who journey with them. The groups meet weekly at Kay Hitch Way Community Centre.

Contact Jan Payne: 07780 674563

Forget-me-not Luncheon Club

1st Thursday Monthly | 12–2pm

A fish and chip lunch club at Kay Hitch Way Community Centre, for those living with dementia or memory loss and their carers, friends or family.

Contact Julie Uttridge: 07934 817316

Carer Café

2nd Thursday Monthly | 2–4pm

Carer Café is an opportunity for time for yourself, and to connect with other unpaid carers looking after adults. Meets at Tawa Lounge.

Contact Jo Franklin: 07752 016164

or Paul Seekings: 07756 080197



**Those with mild forms
of dementia or memory
loss are also welcome
to attend our other
activities & services**



Additional Support

End-of-Life Support

Available with Jo Franklin, HI Friends Carers & End-of-Life Support Worker. Jo acts as a companion for those facing a life-limiting diagnosis, a palliative condition, or who are having end-of-life care at home. She provides support and information for family and informal carers. One-to-one support also available.

Mental Wellbeing Support

Support for navigating the highs and lows of life's journey. To find out what support is available, contact Sophie Howell.

Sophie Howell

Mental Wellbeing Services Coordinator



07922 083991



sophie@hifriends.org.uk

Hope Again Bereavement

A group-based bereavement support programme, providing six-week programmes in Spring and Autumn.

Contact Peter Garside: 07895 499682

habg1@icloud.com

Community Trishaw

Trishaw rides provided for older people. An opportunity to enjoy the outdoors.

Contact Neil Davies: 07502 372852

Carer Café

An opportunity for time for yourself, and to connect with other unpaid carers looking after adults. 2nd Thursday monthly, 2-4pm, Tawa Lounge.

Contact Jo Franklin: 07752 016164

or Paul Seekings: 07756 080197

Neil Davies | Charity Manager



07502 372852



neil@hifriends.org.uk

Non-HI Friends Support

Histon/Impington/Girton Car Scheme

Provides transport for those unable to use public transport, and don't have a car. Call: 01223 297881

Histon and Impington Community Warden (Age UK)

Support for people over 60 to assist independent living in their own homes.

Warden: Kirsty Speed: 07957 608530

HI Friends is grateful to Histon & Impington Parish Council for their support.



www.hifriends.org.uk



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