

Services, activities & support for older people & those with memory loss

March 2026

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 & Home Visiting Coordinator

 07394 173430
 helen@hifriends.org.uk

Helen organises regular Holiday at Home Events and Tea & Chat.



Julie Uttridge

Dementia Support Coordinator

 07934 817316
 julie@hifriends.org.uk

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



Sally Smith

Lunch Club Manager & Services Coordinator

 07772 437789
 sally@hifriends.org.uk

Sally organises Monday Exercise activities, shopping services and Lunch Club.



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 Loss 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 in seated 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.

The two Rec Monday Club activities take place at the Histon Recreation Ground Centre and refreshments are provided.

Transport is available for both activities with the HI Friends Community Minibus

Contact Sally Smith 07772 437789 for enquiries about the Monday activities, and for transport.

Chair-based mobility & pilates

10:50am–11.35am

Every Thursday at Recreation Ground Centre.

A chair-based class for those with limited movement & chronic conditions.

info@hifriends.org.uk

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 Sally Smith 07772 437789

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 Friday 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





Tea & Chat

Regular or one-off home visits from a member of the HI Friends Team, to share a cup of tea, enjoy a relaxed, and friendly chat and companionship.

Tea & Chat is about taking time to connect and reminding you that you are not alone.

For more information and details of cost, contact: Helen Blake 07394 173430 or helen@hifriends.org.uk

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



Community Trishaw

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

Contact Neil Davies: 07502 372852

Activities for those with Memory Loss

For those living with dementia or memory loss and their carers

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

The Carer Café is held monthly and is an opportunity for time for yourself, and to connect with other unpaid carers looking after adults.

From 3–5pm

Contact Jo Franklin: 07752 016164
or Paul Seekings: 07756 080197

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



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

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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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