



Friends of Histon & Impington Recreation -Charity number 1100193
Promoting sport, wellbeing & recreation

Newsletter January 2019

This is the first of a regular half yearly newsletter listing news, events and projects from “Friends of Rec”

The past year

2018 was the fifteenth anniversary of the formation of the Friends of the Rec and as usual was a busy year for all concerned with the charity.

The last major event of the year was the Bonfire Burn 10k in November which attracted 941 runners on the day which was the second highest in the event history.

The year saw the launch of the HI Rec Monday Club which now provides three different exercise classes in social setting for older people and those living with a health condition and the Friends now have a Club Coordinator to ensure the smooth running of the club on the day. Full club info

HI Community Athletics was launched in April and has continued ‘ running ‘ since with over 35 regularly attending two activities on Friday afternoons one for under 11s and the other year 7 & above.



Whats happening in 2019

The Friends are excited to be working with Histon & Impington Community (aka HICOM) on the first **Village Wellbeing Week** taking place 4-12 May – look out for information shortly about the week’s activities

The **Impington Running Festival** May Day Monday 6th May – plans are progressing for the event which will also feature the **Super Sensory 1k** which was such a success last year.

The **Flaming June Half & Quarter marathon** takes place on Sunday 2nd June and online registration is now available at www.theflamingjunehalf.co.uk

The **Indie Killers & Glue** are returning to play on the Rec on the evening of Friday 5th July under a marquee after a memorable concert in 2016. Tickets available at www.hisimpfotr.co.uk/indie



The Friends have nearly raised the £8k needed to purchase a **village trishaw** to take older residents out for bike rides- more info will be available in early Spring.

Plans for a new sports & activity club at the rec are progressing for over 55s and this will include a focus on helping those with memory loss and their carers to remain active in sport and exercise.

All the regular weekly sports and exercise activities have restarted at the Rec including the **Active Start Club** for 2-4s on Fridays 1.30 to 2.30pm and **Histon & Impington Table Tennis** on Sundays 5 to 6.30pm providing a relaxing time to play table tennis.

All Friends of the Rec information is on the website www.hisimpfotr.co.uk or for information contact Neil on C232514 or neilsdavies12@gmail.com. New volunteers and committee members are always needed please contact Neil