

Edition Five

Heart Soul

Together, we enable people to live later life well

WIN

£50 worth of
M&S vouchers
see page 23
for details



Art and Soul

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Brookfield Calendar Interview

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Rolls-Royce Apprentices**

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Christmas Wishes

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Live later life well

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MHA is a national charity, enabling people to live later life well

For more information visit mha.org.uk or find us on social media by searching 'MHA'



National and local guidelines were adhered to and PPE was worn correctly at the time of taking the images featured throughout this issue.



Our services





Dan Ryan, Acting CEO

Welcome from Dan

Here at MHA we value the importance of creativity to help us find new ways of supporting our communities, plus the therapeutic benefits to help nurture the mind & spirit.

Rebecca, a volunteer activity coordinator at MHA Brookfield care home, came up with the wonderful idea to recreate art master pieces through photography and enabled the residents to express their creativity and they had a wonderful day. The final results were amazing and can be seen on pages 6 & 7.

We've recently launched our new MHA Active app to ensure our services are available to people in the community that are unable to access our community groups. It gives them the opportunity to take part in a wide range of activities including arts & crafts, exercise classes, cookery and supportive spirituality sessions.

“ We continue to see such amazing acts of kindness and we are creatively finding new ways of enabling people to live later life well. ”

Creativity can also support in reducing isolation & loneliness, MHA Moor Allerton in Leeds have set up a knit and natter group to build friendship and support.

We're launching our new Christmas appeal: 'Christmas Wishes'. We're aware that Christmas can be very lonely for older people on their own and with your support we'll add some festive sparkle to their lives. Why not give your loved ones a gift that will help purchase a community lunch or a robotic pet for someone in need?

We continue to see such amazing acts of kindness and creatively finding new ways of enabling people to live later life well. I'd like to say a heartfelt thank you to all our colleagues, supporters and volunteers for your continued commitment and dedication.

Dan Ryan

Latest News

the mha Communi-Tea Party



MHA Sunday

We celebrated our first post Covid MHA Sunday in June.

Seeing the high engagement of people getting involved blew us away, along with a record number of requests for gift aid envelopes. Thank you to all who got involved.

Donations are still coming in, and we hope to be able to feedback on the amount raised from contributions in the next edition.

It's never too early to start planning, so please save the date for next year
- **11 June 2023**.



Save the dates!

MHA Communi-Tea Party

21 April 2023

MHA Sunday

11 June 2023

Who doesn't love a tea party?

We know lots who do and they attended or organised a number of them in March at the launch of our Communi-Tea Party events.

An amazing estimated grand total of **£12,839** was raised, including funds held at local services.

The event will be returning on **21 April 2023**, so start thinking of ideas and to keep an eye out for more details.



Celebrations fit for the Queen

It was heart warming to see the billowing of red, white and blue activities across MHA homes, retirement living and in our communities. There were so many smiling faces and amazing stories shared.

Over the event, some of our residents looked back fondly on their memories of the coronation, the Queen and how they celebrated back when her reign began. Here's what a couple had to say.



“ *I met The Queen, Prince Phillip, Prince Charles, Prince Andrew & Princess Anne but my favourite has to be The Queen, she is a wonderful lady, very kind & thoughtful.*

I have great respect for the Queen and the Duke, the royal family were always polite and well-spoken. **”**

June, MHA Langholme, worked and lived at Windsor Castle



“ *I am originally a proud Londoner.*

I was only feet away when the then Princess Elizabeth's golden carriage passed by on the way to the Coronation.

I remember being struck by how beautiful she was and how her skin was like porcelain. **”**

Peggy, MHA Belvedere Manor



The creative mind behind the MHA Brookfield Calendar



Rebecca Phillipson,
Volunteer

Meet the volunteer behind the amazing success of the resident calendar at MHA Brookfield.

Here at MHA, volunteers play a very important part in making sure we are able to offer our services to residents.

Their hard work, dedication and determination to help and support our residents in whatever they wish to do is increasingly evident, not more so than at MHA Brookfield.

Earlier this year the activity coordinator at the Oxford based care home organised a calendar to be made of residents who dressed up and replicated a series of paintings from years gone by.

The idea grabbed the attention of plenty, including requests for a copy in Germany and Poland.

Someone who was instrumental in the success was volunteer Rebecca Phillipson, who took, edited and printed the pictures.

Rebecca is a photography tutor and used her skills to create the very impressive calendar.



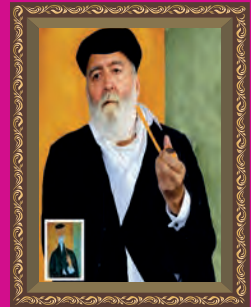
Andy as
Jan Van Eyck



Barbara as
Eberling



Anica as
Tschaggeny



Dave as
Modigliani



David as
Cézanne



Winter as
Mary Seacole



Ivy as Whistler's Mother



William as Rembrandt



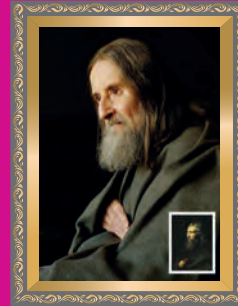
Win and Bob as American Gothic



Amin as Frida Kahlo



Evelyn as Queen Elizabeth I



Bill as Rubens



Catherine as Virgin Mary

Speaking about her work with the home, she said:

"I started volunteering back in 2020 which was a very tough time for the World.

"I always wanted to volunteer at a care home and support the elderly, my parents live far away so it gave me the opportunity to support other elderly people.

"I know Victoria, the activity coordinator really well and when she mentioned the idea of a calendar I was very impressed and couldn't wait to get started.

"I went into the home around four or five times to take the pictures and then matched them up to the paintings."

Rebecca should be very proud of the calendar she pieced together, it really highlights the kind and creative nature our volunteers bring.

"I am aiming to go back and do something at a later stage.

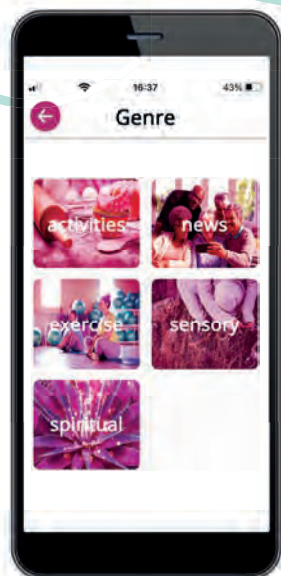
"The residents were a joy to work with and I cannot wait to work with them again."

Digital Communities app

MHA Active is a new lifestyle and wellness app, designed to support older people who want to keep active and connected.

The app offers a range of specially curated video content, including exercise classes, arts and crafts, cookery, and supportive spiritual sessions.

The app can be used in the home, in our services or on the go. It's designed to help older people feel better connected and have access to a wealth of activities in the palm of their hands.



These videos have been created to inspire people to try something new.

The app is available to all and more information can be found by scanning the QR Code below.

If you have any ideas for videos which you think would be interesting please send them across.



Visit mha.org.uk/active
or scan the QR code



MHA Digital Communities

Creativity through Rolls-Royce apprentices

At MHA, we strive to promote conversation amongst our residents and members about a number of topics. One of those includes talking about careers and how things may have developed and progressed.

Recently, our Digital Communities team have collaborated with business giant, Rolls-Royce. The Digital team have created videos as part of our inter-generational content, with some apprentices that work at Rolls-Royce reflecting on their careers, their lives as young adults and their professional development.

These videos have been shared through the MHA Digital Communities app & website, an online virtual community that enables our members to access a range of video content.



Callum Booker, Josh Marriott and Molly Rose - Rolls-Royce apprentices

Callum Booker, an Advanced Practice Apprentice said:

“ I was happy to talk to MHA about my experience as an apprentice for Rolls-Royce. I enjoyed filming content as it helped build my confidence and I hope people find my answers engaging. ”

The videos created in association with Rolls-Royce will give residents and members an insight into the World of work today and how things may have changed over the years; specifically over the course of the pandemic.

Our Digital Communities team will be teaming up with a multitude of businesses across varied sectors to provide insight into the working World for our residents and members to engage with. The videos are available at both in the MHA Active app and via our YouTube channel, accessible via the Digital Communities webpage.

Crafts from around the World to our communities

Our Digital Communities team have been working closely with an Artist and Teacher, Katie Sandoval, to create videos on how to make some crafts. Katie has been teaching art for around 14 years and has a studio based in Nottingham.

Her art has always been something she likes to experiment with textures and colours.

One of the things Katie did during the Covid-19 Lockdowns was ask her friends from around the World to send her photos of places where they were going for walks which, in turn, really inspired her to create art based on landscapes.

Katie also describes flowers as one of her favourite things to create:

“A lot of the work I do is really inspired by just looking out of the window and pottering around in my own garden. I love to grow flowers and I love to paint them.”





Katie grew up in Mexico City as a child before relocating to the UK which has inspired her work through all of her life. She dives into showcasing some Mexican art forms in the videos that the Digital Communities team have created.

The videos focus on how to make a Mexican Fan and how to craft an Ojo De Dios which is also known as an Eye of God. These are colourful woven decorations and are hung around the home; these are often referred to as a 'lucky charm'.



These videos will be available to watch by our members and residents so they can get creative and have a go at making their own.

Promoting creativity is key throughout our services as it allows members and residents to not only try something new they haven't before but also encourages contentment and calm.

Our Digital Communities aim to prevent isolation and loneliness in older people by using videos to promote social inclusion and feeling sense of belonging.



Visit mha.org.uk/communities/digital or scan the QR code

Engaging creatively through chaplaincy

Yvonne Myers, one of our chaplains based at Amatheia has created a Dementia Bible.

After speaking to Yvonne she explained: “It took two years to create and there have been further modifications in the last year as I gathered more feedback from residents using it.

“I was inspired to create the Dementia Bible after I saw many residents who for reasons of eyesight, loss of cognitive ability and dementia, were not able to access the scriptures of the Bible

that had often sustained them through their journey.

“And so, I attempted to create a Bible that was easier to understand and I asked my residents (including a range of residents and not only those living with dementia) to tell me what they wanted.

“I was most moved by my Care Home Manager, Debbie Studholme, who is not a person of faith but who loved the idea of the Dementia Bible. **She took it home to look at and the next day she told me she had been so engaged in it that she had read the whole thing in a night.** I was really touched that she would take the time to do that.”

Yvonne identified key scriptures in the Bible and made them easier to read and understand by enlarging and simplifying the words. What a wonderful initiative by Chaplain, Yvonne.



Knitting new friendships in Retirement Living

Our Activity Coordinator, Yasmin, who works at MHA Moor Allerton in Leeds, talks about how creativity can help build friendships and how it can help others.

Yasmin said: “We set up a knit and natter group several months ago which has become increasingly popular!

“During these sessions the group knitted many squares and one of the residents, June, sewed them together and knitted edges onto the blankets. Together these ladies have made 15 blankets. Upon completion, this magnificent group of residents made a fantastic decision as to what to do with the blankets.”



June, the ‘head knitter’ said:

“ We have made the decision to donate these blankets to the families in the Ukraine because they need them at this devastating time more than we do. ”

What a wonderful way to turn something that is a bit of fun into something that really has an impact. We admire these ladies and the work that they have done to help those in need.



Interview with MHA Communities Winchester member, Sylvia Jobling



We asked what MHA means to Sylvia and how she'd like to give something back to help generations to come.

How did you come to hear about the MHA Communities scheme in Winchester?

In 2013 I injured my back quite badly and I was in hospital for three weeks, I ended up having a lot of therapy and I didn't think I would ever walk again.

To help with my recovery, my doctor directed me to the exercise classes that were run by my local MHA Communities scheme.

From there I went on to join their singing group and joining them on their days out, it's just gone on from there.

“ I think MHA do such a jolly good job, especially helping those who are isolated or lonely. **”**

How have you benefited from joining the scheme?

I've met new friends, I met my partner Harry, I have a wonderful relationship with him, I've found love. I also have made friendships with many others.

I've also developed quite an interest in the welfare of 'older citizens' and become much more politically aware of issues affecting older people.

What would you say to people who are thinking about joining a local scheme?

I would say join, and I often speak to people on a bus and I tell them, and I speak to my children, they all know. My children even say, when they're older they'll volunteer and join.

I know that you have kindly chosen to leave a gift in your Will to MHA, why did you decide to remember us in this special way?

I think MHA do such a jolly good job, especially helping those who are isolated or lonely, MHA do a really good job in reaching those people. And giving MHA a bit of money would be a good thing to carry out that mission.

How did you find the process of leaving a gift in your Will to us, was it straightforward?

Oh yes, I had already made a Will and I then just updated it through a solicitor. It was really easy.

What one piece of advice would you pass on to future generations?

To younger people I'd say, remember that one day you'll be old.

You could be like me and 88 and still able to walk and talk but you

might not be, you might have dementia or something that stops you getting out and about.

The thought of not being able to get out of a chair will make you laugh when you're younger, but it's something that we all really think about when you are older.

We'd like to thank Sylvia for her support. If you too have left a gift in your Will to MHA, thank you so much. Your gift will make sure that we are there for even more older people for generations to come.

If you are considering leaving a gift in your Will and would like further information, including a copy of our free guide to gifts in Wills, please visit mha.org.uk/giftsinwills or call us on 01332 221651.

Don't forget you can update or make your Will for free with MHA.

We all need an up-to-date Will, but it's one of those jobs many of us put off. With MHA's Free Will Service you can get started straight away.

Just visit mha.org.uk/freewills





How we are working to #FixCareForAll

Our mission to ensure everyone is able to live later life well continues, striving to ensure the social care system delivers for every older person who needs it. MHA continues to work behind the scenes on our landmark campaign to #FixCareForAll.

In our last edition of Heart & Soul we shared our MHA Sunday theme around #GrowingTogether and as part of this supporters shared their wishes and hopes for social care.

Your comments were really fantastic and a couple that really stood out for us are:

“ Carers to be paid better ”

“ Sufficient funds should be available to support people needing social care ”

You can still get involved and share your wishes with us. All you have to do is sign up for the resources at mha.org.uk/sunday to create your own tree of hope in your community, church, or even workplace.

Don't forget to share it with us by snapping a photo and tagging us on social media with #SocialCareWish @MHAaction on Twitter.

You can also sign up to our supporter mailing list so you can be the first to know when we launch campaigns that will help you turn those hopes in to action. Visit bit.ly/MHAaction-Join

“ Whilst we pay the real living wage we will always advocate for better funding and pay across the sector. We love that this matters to our MHA Sunday supporters also. ”

[visit fixcareforall.co.uk](https://www.fixcareforall.co.uk)



Vision for social care in honour of Walter Hall

On the 5th of April, we hosted an online seminar in honour of our founder, Revd Walter Hall. The breakfast seminar discussed our vision for the future of social care and the challenges that the sector is currently facing.

The future envisions celebrating, educating and identifying the livelihoods of older people and the work that needs to be done to work towards the goal.

The benefit of the seminar was and continues to raise awareness of the challenges the social care sector is facing and the need for support.

Drawing on the wealth of experience from industry experts, a breadth of topics were covered



where our speakers took us through topics on working with the media, the history of social care and prevailing ageism's effect on policy decisions.

The session provided a stimulating conversation starter and can be viewed on YouTube by scanning the below QR code.



Scan to watch the seminar



Christmas Wishes

You can add a little sparkle to someone's life this Christmas by helping us make their Christmas wishes come true.

Each and every one of our residents and members have a Christmas wish. This Christmas will you help us add some sparkle and make these wishes come true?

Cromwell House grants resident's wishes

We interviewed Angie, an Activities Coordinator, who tells us a few of the ways in which she's been able to make wishes a reality at MHA Cromwell House, Norwich.

Angie has been a colleague at the care home for over three years

and is currently the Activities Coordinator. Over the years Angie has got to know each resident well. Through 'Seize the Day' an MHA initiative, Angie is able to arrange outings that allow residents to have new experiences, bring back fond memories or enjoy former past times. Angie has become a wish maker for her home and it is only possible thanks to kind donations from people like you.



Angie says:

“ It's such an amazing feeling helping our residents wishes come true. I am very proud that I'm able to arrange these outings that have a lasting and positive impact upon our residents. ”

Eric

“Last year Eric chatted to me about his love of cars and that he’d dearly love to experience going to see a cars racing round the track. I got to work organising to making his wish a reality

and organised a surprise trip to Snetterton to watch Ferrari Challenge UK in May 2022. The look of amazement when we got to the venue was priceless! Eric loved all the different cars and his absolute favourite was the yellow one you see in the picture.”



Eric said:

“ It was quite unexpected and a very pleasing experience. I’d been past the track several times in my life, but never was able to go in. I was surprised at quite how big the place was and I liked the fast cars. Something very special, I really enjoyed the day.”

Margaret

“One day Margaret mentioned to me that she would love to treat herself and go on a shopping trip. Living in the home, she has reduced mobility so travelling independently had been a challenge for a little while.

“Next week I plan to make this wish come true and organise a shopping trip for Margaret with my support. It may appear small to many, but granting these small wishes make a huge difference to our resident’s lives.

“All this would not be possible without donations towards ‘Seize the Day’ initiatives. In our home we are fortunate to have the support of a ‘Friends of Cromwell House’ volunteer group, who support the home including fundraising for our activities. Without further support I’d struggle to be able to make so many wishes come true.”



Support MHA this Christmas

This Christmas there are a number of different ways you can support MHA.

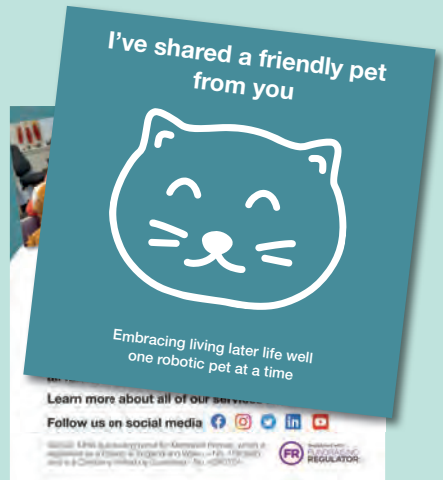
Visit the website and download the Christmas pack full of ideas and reflections to help you encourage your church and community to support MHA this Christmas.

NEW this year - Christmas cards and virtual gifts

This year why not give your loved ones a gift which will make a real difference to the lives of older people across the UK. New for 2022 we have launched virtual gifts, a carefully selected range of presents you can gift in the knowledge that your donation will make a difference to those who need our care and support.

So whether you buy a garden spruce up for your green fingered friends, or a lunch for an older person there's something for everyone.

We're also holding a Silent Auction where bidders could get their hands on various different lots including tickets to football matches, ice hockey matches and theatre tickets. More details will be available on the website.



Check out
mha.org.uk/christmas
for all of the gifts and
how to bid on the
fabulous prizes in the
silent auction



For the first time, we are going to make our Christmas cards available to buy to the general public. We have chosen four designs from the dozens which had entered our Christmas Card competition, thank you to all of those who did, we were inundated.

The first design depicts a cat with a Christmas tree covered in fish. We thought it provided a humorous element and would make someone smile this Christmas. It was created by Patricia Greenwell, one of our Communities members from Swindon.

The second design is an intricate drawing using a Zentangle design of a dove which will include a Bible verse inside. We love the detailing of this piece and feel it promotes a Christmas message of faith. This was created by Anita Bulwer, a resident at Emmandjay Court. She said: "I hope the drawing of the Dove will bring everyone a little peace and calm in these troubled times."

The next design of people gathered round a snowman was submitted by our Race for Change Network. This was

chosen because it promotes inclusion and diversity within MHA and what we stand for as a charity. Nicci Jones, Vice Chair of the Race for Change Network said: "What I love about this card is that it embodies everything that MHA is trying to be – a fully diverse and integrated company, showing compassion, empathy, peace and love to all no matter where they are from or what they look like."

The fourth design of the World as a Christmas pudding was designed by Geran Love, a staff member at our Care Home, Swallow Wood. This design was picked as the message 'Peace to the World' was very relevant and represented our Christmas Wishes theme well.

A big well done to everyone that entered, it was a really difficult job narrowing it down.



Cards will be available to purchase at mha.org.uk/Christmas



A warm *thank you!*

We are extremely grateful to The Wolfson Foundation whom have granted us £45,000 towards an exciting new project. 'Learning for Life' is an intergenerational project that will see young adults produce exciting new content for MHA Digital Communities.

A huge thank you goes to The National Lottery Community Fund for their ongoing support, most recently supporting MHA Communities Kent with a £9,800 donation that will enable young people from local schools to help support activity sessions alongside staff and volunteers. Members will learn new technology skills, internet safety and improve their confidence online to help build a more resilient and connected community.

MHA Communities Wakefield secured £90,000 funding over 2 years from Nova Wakefield to work with other partners in delivering a support service for older people discharged from hospital.

Working together, MHA North and South Staffordshire Communities schemes, have successfully bid for £50,000 from Support Staffordshire as part of the Captain Tom initiative aimed at reducing isolation and loneliness in the elderly population.

Through The Health Tree Foundation, MHA has received £20,000 for MHA Communities Hull & East Riding to run a programme of green care activities focused on growing vegetables and the benefits of healthy eating.

Thank you to all Trusts & Foundations for their incredible acts of generosity. This has enabled us to continue providing support to people in later throughout local communities all over Britain.

Fun facts competition

To celebrate this edition, we are giving away **£50 worth of M&S vouchers** to one lucky winner.

For a chance to win, test your knowledge of the finer details noted through this edition of Heart & Soul.

1. How many residents were on the Brookfield Calendar?

.....

2. How much funding in total is featured on our Trust & Foundations page?

.....

3. On what date this year did we host an online seminar in honour of our founder?

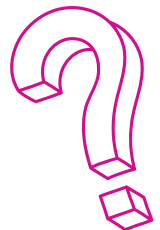
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4. How much was the estimated grand total raised from the Communi-Tea Party?

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5. Apprentices from which Derby based company collaborated with MHA Digital Communities?

.....



To enter, answer the questions and complete your details overleaf returning it to us no later than 5pm on 31 October 2022 and send to: Methodist Homes (MHA), Donation Processing Centre, 126 Fairlie Road, Slough SL1 4PY. One application per person (who must be over aged 18 or over) permitted. Winner will be picked at random. Draw will take place w/c 14 November 2022. The decision of MHA regarding any aspect of the prize draw is final and binding. Full terms and conditions including details regarding privacy are available on the MHA website mha.org.uk/competition-terms. Please use the 'Let's keep in touch' box overleaf to let us know how you would like to hear from us. Personal details will be used as outlined in our privacy policy (<https://www.mha.org.uk/terms-conditions/privacy/>) and to contact winners with regard to their prize. All entries and personal details will be destroyed 12 months after the winners are announced unless the 'Let's keep in touch' box suggests we should stay in touch with you.

Dedicated to relieving loneliness and bringing hope in later life.

To donate online



Yes, I'd like to enter the Fun Facts competition

Yes, I would like to support MHA with a gift

£30 £50 £100 Other: £

I enclose a cheque made payable to Methodist Homes or please debit my:

Mastercard Visa Maestro/CAF Card

Card number:

Expiry date: Maestro issue number:

Today's date:

Name on card: Signature:

I would like to know more about leaving a gift in my will:

You can also donate online at mha.org.uk/donate

I would like to Gift Aid my donation to MHA and any donations I make in the future. I am a UK tax payer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Date: _____ / _____ / _____ (Please check and date)

giftaid it

Your details

Title: First Name: Surname:

Address:

 Postcode:

Telephone: Mobile:

Email:



Thank you for supporting MHA and all it does to enable people to live later life well. As a supporter of MHA we may contact you but you can change how at any time. You can choose how you'd like to be contacted, just let us know which you'd prefer.

Yes to EMAIL Yes to TEXT No to POST No to PHONE

You are in control of how we contact you, so if you would like to change how often we do, or what we tell you about, just return this form to the address above or call our Supporter Care team on **01332 221 883** or email: supportercare@mha.org.uk. To view our Privacy Notice go to www.mha.org.uk/privacypolicy.

Let's keep in touch

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Please insert in FREEPOST envelope

