

Edition Six

# Heart Soul

Together, we enable people to live later life well.

Win a  
**£25**  
Amazon  
voucher



**Featuring**

MHA Sunday

Frank's fundraising  
skydive

80 years young

Communi-tea Party

Light Up My Life

On Track to make  
memories

  
mha  
Live later life well

With almost 80 years' experience, we're proud to be the UK's largest charity care provider and are dedicated to enabling older people to live later life well.

Through specialist care homes, thriving retirement living and vibrant community groups and befriending throughout the UK, we inspire the best care and wellbeing at every stage of later life.

MHA is always extremely grateful for the support we receive from people across the country and would like to thank our supporters and the following organisations for generously supporting us over the last 6 months.

- ✓ National Lottery grants to local community schemes **£50,000**
- ✓ Somerset Community Foundation **£22,000**
- ✓ SSE plc **£19,617**
- ✓ South Somerset District Council **£18,000**
- ✓ Gatehill Trust **£5,000**
- ✓ Chapman Charitable Trust **£6,000**
- ✓ Leaders of Worship & Preachers Trust **£5,000**
- ✓ Leeds Community Foundation **£4,971**
- ✓ Walter Guinness Charitable Trust **£3,000**
- ✓ Cheshire West Voluntary Action **£2,000**
- ✓ Persimmon Charitable Foundation Community Champions **£2,000**
- ✓ Barker Mill Foundation **£1,000**

*Thank you*



Scan me to find out more



**For more information** visit [mha.org.uk](http://mha.org.uk) or find us on social media by searching 'MHA'



# Welcome from Sam



Sam Monaghan, CEO.

**At MHA it's our community connections, with their social interaction and support, that really enable us to enhance people's lives.**

We see great value in communities coming together. A truly heart-warming example is our scheme in West London, where through partnering with local schools, younger and older members of the community have come together to share experiences and create new memories. Its importance can't be under-estimated, particularly as we rebuild relationships post-Covid. So, we've decided to make it the focus of this year's MHA Sunday Service, emphasising our need for one another for our happiness and to create an inclusive community. Full details can be viewed on pages 6 & 7.

Over the last few months, we've also continued to see amazing community activities. Frank for his 90th Birthday went skydiving to raise vital funds for our Berwick Grange care home. And Casio have supported our dementia

music therapy services with keyboards, conducting research that demonstrated signs of memory recall after playing the instruments. Full details of the study are available on page 10.

More broadly, we remain dedicated to improving our communities by raising issues that face the care sector and continue to lobby the Government for policy reform and change. This year we're launching a new campaign to shine a light on the value care workers have in their communities.

I'd like to extend my heartfelt thanks to all our colleagues, supporters and volunteers for your continued commitment and dedication.

**“We're dedicated to improving our communities and creating long lasting partnerships that bring generations together.”**

A stylized, handwritten signature in white ink.

Sam Monaghan



# News updates

## Later Life Hub

We're pleased to announce the launch of our Later Life Hub. The hub is an information and advice section on our website that offers just that.

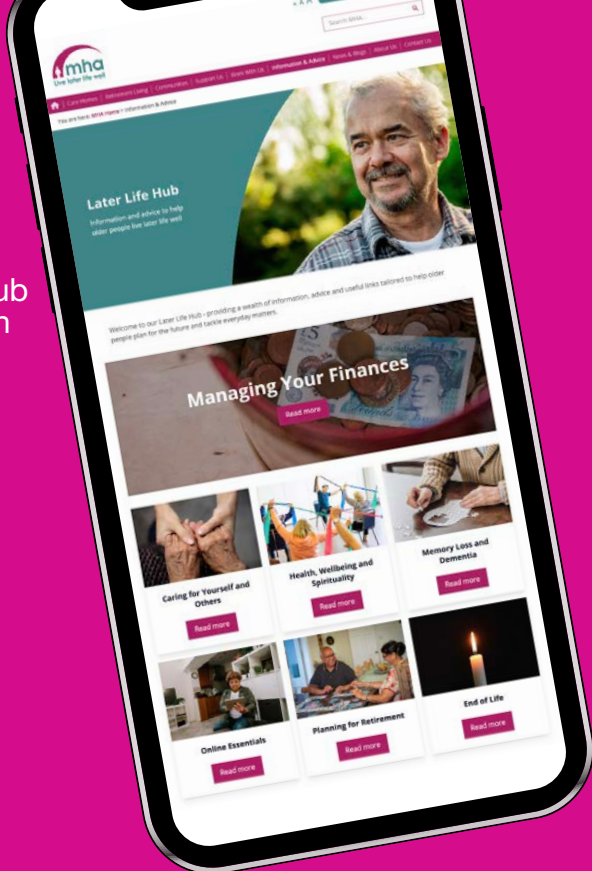
There are articles giving tips and information on a host of topics tailored to help older people live later life well. For example, there's information on money, dementia, health and so much more. The Later Life Hub is brand new and we will keep adding content over time, so watch this space for more informative articles!



Scan me  
to find out  
more

### For more information

Visit [mha.org.uk/hub](https://mha.org.uk/hub)  
or scan this QR code.



## Blooming Marvellous

The garden at MHA Aigburth in Oadby, has been awarded a gold award following the East Midlands in Bloom Awards 2022. Marilyn Bowles, who we featured in edition four of Heart & Soul, started gardening at the site four years ago when her aunt was a resident. She now has a team of seven volunteers who together achieved an 'It's Your Neighbourhood Achievement' at their first attempt.



Speaking after getting the award she said: "It was a nice surprise when we were told we had won the award. The garden is very inspirational and there are a lot of memories attached to it relating to our residents... Our garden is very popular within the community, and we are always getting visitors who want to come and visit."



## Dementia Award

MHA Pennystone Court has been awarded best dementia care home in the UK 2022. The Blackpool based home was lauded for its collaboration with the community and fundraisers to bring innovative ideas to life that provide fulfilment every day for each person. The home has also been named in the Top 20 Care Homes in Northwest England award for the fifth year in a row. It's the first time an MHA home has won the award and home



manager Lisa Robins is hoping for more of the same in the future.

## And the OSCAR Awards went to...

On 15 November 2022 we held our fourth MHAs OSCAR awards ceremony for Outstanding Service Contribution and Recognition. We celebrated the amazing work of MHA's people, the teams that work tirelessly to enable people to live later life well and the colleagues who go the extra mile to make magic happen for older people.

With thousands of people working for MHA across the UK, there is a wealth of talented and dedicated colleagues in our organisation. It was an incredibly tough decision for our judging panel to pick out award winners from the hundreds of nominees we had. We have now presented 18 awards to our incredible colleagues and volunteers and heard the special story behind each one.



To share the celebration you can watch the recording of our online awards ceremony here: [https://youtu.be/Hv22PA8\\_4qo](https://youtu.be/Hv22PA8_4qo)

### Resident, Member and Loved Ones Choice Award

Nicola Roddy, Care & Support Team at Woodlands, The Willows Team

### Exceptional Contribution by a Volunteer

Bernadette Oxberry

### Leading The Way Award

Clare Rankin

### Walter Hall Award

Karen Rees Roberts, Karen Williams, Anne Hemming, Stephanie Pickering, Rob Flaxington

### One MHA Award

Jan Chebrika

### Learning Achievement Award

Shirley Roberts

### Outstanding Team Award

Lauriston Team

### Special Recognition Award

Tess Braid & Charlie Cook, Angelo Roura, Satyam Makoieva, Christine Togneri

### E, D & I Award

Ann Jolly

# mha Sunday



This year, our MHA Sunday will be themed around **1 Corinthians 12:12-27** – ‘**There is one body, but it has many parts. But all its many parts make up one body.**’

This focuses on how we need one another for our happiness and being inclusive in our sense of community which makes us stronger.

Our Communities group in West London have been partnering with local schools for over seven years to provide intergenerational activities for our members to interact, learn from and connect with younger people. Back when the partnerships began, the focus was around digital skills and teaching our members how to operate tablets. This became especially helpful as our members could use them to keep connected with family and friends during the lockdowns. Members expressed how critical this was for them and how without it, they would have felt more isolated.

Angela Flux, the Scheme Manager, has always had a driving force for intergenerational activities since she started working at the Scheme. She said: “Our members in particular say to me it’s a highlight of their week and they have learned so much from young people. They feel valued and that is a powerful emotion that can bring a positive sense of worth. Ultimately it increases happiness and that is all we’ve ever wanted to achieve for those in later life in our community.”







Fast forward to 2022 and the activities are still proving to be as popular as ever with the Communities group working with Yeading Junior School and Northwood College for Girls.

In September last year the Northwood College girls started attending the Communities workshops on a Monday afternoon and within a few weeks, they had expressed that they wanted to learn how to crochet.

One of our members, Isabella, is quite skilled at crochet and so brought in yarn and hooks and within weeks, she had taught some of the pupils some crochet basics.



One of the pupils said:

“

We have a lot to learn from older people and doing it whilst having lots of fun meant that we enjoyed it even more.

”

**MHA Sunday is on 11 June 2023**

Hold a church service on this day or any day that suits your church calendar.  
Visit [mha.org.uk/sunday](https://mha.org.uk/sunday) to download your free resources and order Gift Aid envelopes.



## Light up my life

A new study involving MHA's care home residents living with dementia has demonstrated how they showed signs of memory recall after playing a keyboard. MHA has pioneered music therapy for people living with dementia in its specialist care homes and were delighted to be part of the Light Up My Life study with Casio Music UK and Music For Dementia which explored how music can positively impact people living with dementia.

The research project took place in some of MHA's care homes over a six-month period. Casio provided lighting key keyboards to use in music therapy and music activity sessions that engaged over 100 residents living with dementia, to improve music participation and ultimately, enhance their quality of life. The sessions that took place were a mix of one-to-one sessions and group sessions, dependent on the structure of the care home. The key lighting technology meant residents were able to simply follow the lights on the keyboard, which would guide them to the correct notes without any prior musical knowledge or previous piano playing experience.

A range of well-known pieces of music were preloaded into the keyboards for residents to enjoy.



This unique key lighting technology was fundamental to the overall core element of the study. After the six-month study was finished, research was conducted with 185 people, including residents living with dementia, MHA's music therapists and care home staff. They were questioned on whether there was any clear improvement on several wellbeing and physical factors impacting the participants. The research revealed that the residents displayed improved signs of memory recall after playing the keyboard and producing a recognisable song - a statement that was supported by 79% of music therapists and 64% home staff. In addition, 95% of music therapists and 71% of care home staff agreed that playing the keyboard increased or enhanced opportunities for social interaction for the residents with staff and relatives.

Music Therapy allows our residents to positively engage and interact with their loved ones and staff, allowing them to create new memories together but also reminisce about the past, all through music.



A key goal of the Light Up My Life research was to gain a better understanding and insight into how the musical instruments, as part of a musical care plan, can better help those living with dementia at various stages of the condition - and the direct impact of the keyboards on the residents' wellbeing was clearly evident. Over 70% of music therapists saw a reduction in anxiety and depression amongst the residents, further supporting the evidence base that music therapy reduces the need for medication in 67% of people living with dementia. Care home staff who spend the most time with the residents reported a notable increase in the residents' sense of fulfilment and achievement, as well as noting significant improvement in other areas such as calmness, agitation, confidence, and willingness to participate in the music therapy or music activity sessions. Furthermore, 95% of the residents who participated reported that they were elated or felt happy after completing a song on the keyboard - a statement backed up by 86% of music therapists. The sessions clearly enhanced the residents' wellbeing.

Clare Barone, Music Therapy Lead at MHA, added: "We know from our work at MHA how important music is to the wellbeing of people living with dementia and this research

with Casio and Music For Dementia has reinforced that. What we now need is for others caring for people with dementia to embrace tools such as the Casio light-up key keyboards to give more people the best life possible."

Neil Evans, Head of Casio EMI, commented: "We're passionate about the role of music in care and hopeful that the research and learnings we are revealing today can be used as a springboard to accelerate and improve the accessibility of music and music therapy for those living with dementia and those who care for them, across the nation and worldwide. It's clearly evident that the power of music can significantly enrich the quality of life for those living with dementia and their carers."

MHA's partnership with Casio has brought real value to our homes and residents through their generous support gifting us the 50 light-up keyboards. We are proud to have partnered with Casio, one of the world's largest manufacturers of electronic keyboards and digital pianos and look forward to continuing our partnership with them in the longer term.

To read the full report, please visit [casio.co.uk/emi/lightupmylife](https://casio.co.uk/emi/lightupmylife)

# From grey to green

In 2022, Hafan y Waun, our Care Home in Aberystwyth, applied to be on the S4C show, Prosiect Pum Mil to receive a £5,000 grant to spruce up their garden. Their application was successful and over the summer months, the garden had a full renovation.



The outside space at the care home is an essential lifeline for residents, particularly with dementia, which provides them with a calm atmosphere and space to get much needed fresh air.

“The garden before the project was completed was monotonous and there was nowhere for residents to sit with their families”, says Karen Rees Roberts, Communities Manager.

Since the renovation, the residents have thrived with access to their own sensory garden. Not only do they have the surroundings to participate in green care, but there is now space to sit with their families and enjoy the garden. Plans are already in place to utilise the garden further with links to local schools and businesses being discussed.

The project saw an injection of colour added to the existing furniture and new furniture was brought in to help with dementia symptoms and to boost wellbeing.



What a wonderful transformation on the outside space at Hafan y Waun.

A daughter of one of the residents said:

“**When my mam came here, she was outdoors more than she was in the house. The garden is very important to her and to everyone.**”

Karen also said: “It is much more than I expected. There’s so much colour and there’s plenty of room to sit and chat, it’s special. We have space for families and for barbeques now.”

# Silence is golden

As headline sponsor for our Silent Auction, part of our Christmas Wishes campaign, Lyreco's donation helped fund many older people's wishes at Christmas. The donation specifically helped local people at one of MHA's Communities schemes in South & West Birmingham by funding their 2022 Christmas Party.

MHA Communities schemes enable older people to stay living independently in their own homes for as long as possible, with the best possible quality of life. Through befriending, lunch clubs, assisted shopping, activity and friendship sessions, outings, escorts to appointments and much more, MHA Communities across the UK help to tackle loneliness and isolation in people over 55 – helping them to lead fulfilled lives and remain as active members in their local communities.

Lyreco's generous donation of £8,000 enabled us to give over 200 local people the Christmas party that they truly wished for.

The Christmas party was an opportunity to bring all our members together post-pandemic and most importantly create a space where they could come and meet their friends. The donation funded room hire, much needed transport options for members, party food and Christmas presents. Staff and volunteers also delivered



presents across the community to our members who are housebound and not able to attend so they could share the festive cheer. Father Christmas joined us to make it a truly memorable Christmas event together with an MHA bauble celebration tree where members wrote and displayed their thoughts and wishes.

The donation will also go towards continuing the delivery of activities of MHA Communities South and West Birmingham which supports the local people we support.

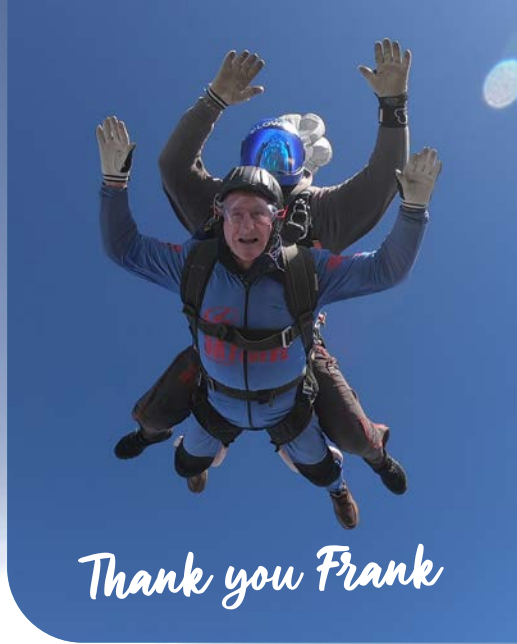




# Frank's Fundraising Challenge

90 year old Frank Ward, whose wife, Margie, is a resident at Care Home, Berwick Grange, has been fundraising vital money for the home by taking part in a sponsored skydive.

For his 90th birthday, Frank wanted to do something spectacular to raise money for the home and what better thing to choose than a skydive.



*Thank you Frank*



“ I want to do all that I can to make sure that she and the other residents can expect the same standard of care as they have at the moment. ”

The £500 target amount has been blown out of the water and the total figure raised is currently at

**£2,135**

If you would like to fundraise for MHA visit:

[mha.org.uk/fundraising](http://mha.org.uk/fundraising)



# Workforce campaign

MHA has been campaigning to **#FixCareForAll** - for our loved ones, our neighbours and our care workers.

There was movement in the right direction and the former Prime Minister promised to “fix social care once and for all”. However, social care reform has taken a back seat.

MHA will soon be launching a new campaign. We are shining a light on the enormous value care workers have in society and the economy and building support for the people who work in our sector.

We hope this public conversation helps to build the pressure on politicians.



## Mini Quiz



**Question 1:**  
**91,000 people work in social care, True or False?**

**Question 2:**  
**What % of people who work in social care are male?**  
**23%, 39% or 18%**

**Question 3:**  
**There are on average 165,000 vacancies in social care, True or False?**

Answers: 1. False- 1.5 million people work in social care.  
2. 18% of social care workforce are male. 3. True- there are 165,000 vacancies in social care, All answers from Skills for Care, 2022, [skillsforcare.org.uk](https://www.skillsforcare.org.uk) bit.ly/3GVYBLX

We would love you to help us re-tell the story of care, and invite you to join the conversation. Visit [mha.org.uk/workforce](https://mha.org.uk/workforce)



Or scan me to find out more

# Long service spotlight

With MHA looking to celebrate 80 years in October, we thought we'd share a couple of portfolios, to highlight the dedication to MHA and its mission, by long serving colleagues.



HELLO  
MY NAME IS

*David*

## **David Bell**

Maintenance Worker/Gardener, Queenswood  
Length of Service? 37 years

### **Reason for staying**

I can honestly say that I have never once had that “oh no back to work feeling” even though over the years I have had some real challenges. I think what also keeps me interested in my work is the sheer day to day variety of my role. My work has been hugely fulfilling and I've always had a sense of purpose.

### **Changes you've seen**

The biggest change I saw was when the CARE IN THE COMMUNITY ACT 1993 came into being, because to guarantee funding for residents coming into our homes, care assessments had to be made by social services. It had a big impact on the home itself.

### **And finally**

I recently spoke to a neighbour of Queenswood and she said she had been one of the first carers there. Back in 1974 she was paid the princely sum of 50p per hour.



**HELLO**  
MY NAME IS

*Tracey*

**Tracey Cornforth**  
Property Administrator  
Length of Service 24 years

**Reason for staying**

I have always liked the ethos of working for MHA, the values have always filtered down to the staff at Epworth House. Also, the teams that I have worked in have been friendly and supportive. I have made some lifelong friends amongst my colleagues past and present.

**Changes you've seen**

I think the biggest change has been the growth. There were 50 people in Head Office when I started, and half the building was rented out. Just before covid I think there were around 150 people in the building. I have also seen a big increase in the number of homes and schemes. The type of care we provide has also changed. We have moved from mainly residential care and sheltered housing to more nursing care, dementia care and housing with care.

**And finally**

I have always been proud to work for MHA and it has been good to see the company's profile being raised. At last MHA is starting to get the recognition it deserves.

At MHA, we're so proud of our colleagues who enable people to live later life well. Being part of MHA means being part of a caring and unwavering organisation, recognised as one of the most respected providers of care in the UK.

For more information go to [mha.org.uk/careers](https://mha.org.uk/careers)

## It's even better together

MHA, Father Hudson's Care and The Beth Johnson Foundation have been awarded a £440,571 grant from The National Lottery Community Fund. By working together as a partnership, we will provide support services to a greater number of older people across Stoke, Newcastle under Lyme and the Staffordshire Moorlands.



Jonathan Mace, Director of Communities for MHA said:

The project, titled Even Better Together, is a partnership between the three charities who each have experience providing care and support to older people.

The grant will enable us to provide services, activities and support which improve the lives of older people in their community.

“ Here at MHA, we are very proud to be a part of this, we hope the partnership continues and we are able to work together in making sure older people are looked after ”



Professor Sue Reed, CEO of the Beth Johnson Foundation said:

“The Beth Johnson Foundation is delighted to be collaborating with Father Hudson's and Methodist Homes. Working together enables us to share organisational strengths so that we can indeed learn from each other as well as provide better, holistic support for our members: we truly can be Even Better Together!”

## On track for making memories

Funding from LNER has enabled 12 MHA Communities schemes throughout the North and North East of England to deliver a programme of day trips to members. So far, the trips have supported over 200 members to continue to reconnect following the pandemic and to enjoy a day out making memories with friends.

Since April 2022 Scheme members have enjoyed trips to the seaside, Platinum Jubilee celebrations at RHS Garden Bridgewater and even river boat cruises to name but a few of the locations. Members have thoroughly enjoyed the trips, with



many of them reporting that the monthly trips are the 'highlight' of their month.

A member from MHA Communities Teesside said "It's lovely having our trips out and something to look forward to. When you can no longer drive the trips are a means of getting out and about which, as well as being enjoyable, keep us active and provides us with a very sociable day out with friends." As we approach the summer months, the Schemes are busy planning future trips to all sorts of destinations.

# LNER

LONDON NORTH EASTERN RAILWAY





# Gifts that go for smiles

A regular gift to MHA means we can plan ahead and commit to long term projects such as our befriending scheme, which supports older people across the country to live later life well.

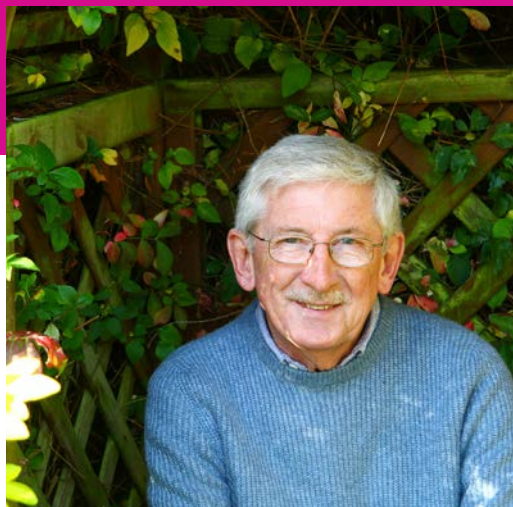
Keith first contacted MHA following the tragic loss of his wife and son. As a result, he felt terribly lonely and was looking to connect with other people in his area. Due to Covid-19, Keith initially received regular befriending calls before then meeting up for one-to-one socially distanced befriending sessions in his garden at home.

At first, Keith was quite reserved, but with every befriending session he became increasingly cheerful and spoke of enjoying having someone to chat to and laugh with. During the conversations Keith mentioned that he'd never really

thought about those affected by loneliness before, but admitted since his wife and son had passed away, he'd struggled with feeling disconnected. He said the befriending meetings made it all better and brightened his day.

Help us support more people like Keith. Regular donations allow us to fund new activities such as our befriending schemes and help combat loneliness and social isolation.

Give in a way that suits you, small amounts add up over time so you can have a big impact with a monthly donation. It's simple to set up and you can change or cancel at any time.



“

We had a cup of coffee and enjoyed a good chat. Keith was thrilled to have someone to talk to and support him. I think it did him the world of good.

”

Natalie, Scheme Manager,  
Basingstoke & East Hampshire.

For more information on how to set up a regular gift in support of MHA go to [mha.org.uk/donate](https://mha.org.uk/donate)

## New garden for Starr Hills residents

MHA Starr Hills in Lytham St Annes has renovated their garden thanks to the gifts in Wills left by former residents, with a garden room set to be installed too.

With only a coffee and communal lounge, lockdown had been tough for Starr Hills residents. Fortunately, they had a garden, which they used for walks during Covid.

But the garden needed renovating. In fact, prior to lockdown, plans had been created for the renovation, but due to the world stopping, it was delayed.

When things relaxed, however, Home Manager Tony blew the dust from the plans and the renovation of Starr Hills' garden began. And due to legacies left by generous residents – with around £200,000 being gifted to the home – Starr Hills had the funds to do it.

The garden also provides residents and their families with an excellent meeting space, which could prove useful if restrictions are ever put in place again.

Although the garden is finished, the garden room is expected to be completed early next year and will have a kitchenette, heating and a ramp for accessibility providing residents with another communal space.

Of the recently-completed garden, Tony said:

“Residents have found it such a joy. They go out and enjoy the sunshine and fresh air.”



To find out how a gift from you could help our residents, visit [mha.org.uk/giftsinwills](https://mha.org.uk/giftsinwills) or call **01332 221651**

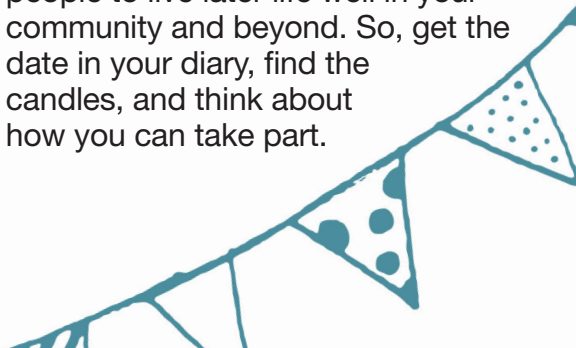


# the mha Communi-Tea Party



Communi-tea Party is back for its second year in MHA's 80th year! This year we are coming together on National Tea Day, Friday 21 April 2023 and what better way to kick start our 80th birthday celebrations than with friends, family, tea and cake.

With over £12,500 raised in 2022 and some events raising over £800 for local services, you could help people to live later life well in your community and beyond. So, get the date in your diary, find the candles, and think about how you can take part.



Join us on National Tea Day  
**Friday 21 April 2023**

## It's better all tea-gether



For more information,  
downloadable resources and  
posted packs, visit:  
[mha.org.uk/teaparty](https://mha.org.uk/teaparty)



# Dedicated to raising vital funds

You can fundraise for MHA from the comfort of your own home.

Buying birthday presents or spring cleaning equipment on Amazon? You can support MHA at the same time, for free!

Shop at Amazon Smile and 0.5% - 1% of your purchase will be donated to MHA.



[smile.amazon.co.uk](https://smile.amazon.co.uk)



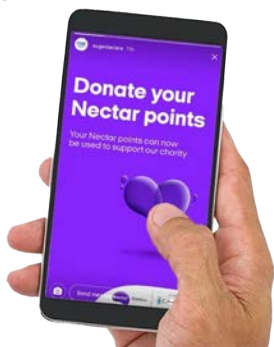
Go to [smile.amazon.co.uk](https://smile.amazon.co.uk) select MHA as your charity and use the link whenever you shop.

**Buying a gift online can help support MHA**

## MHA is now on Nectar Donate!

Celebrations are underway at MHA as we are now available as a chosen charity on Nectar Donate! This allows you to convert your Nectar points into a donation for MHA. All you have to do is log into your Nectar account, select 'Nectar donate' and follow the instructions to donate your points.

*Thanks for your support*



**ebay**  
FOR CHARITY 

## Help MHA by selling on ebay

You can also find us on ebay, where you can choose to donate part or all of your sales to MHA as your chosen charity. This gives you the opportunity to select MHA and determine what percentage you would like to donate. By donating even the smallest amount through your ebay sales, you will receive the same percentage off your selling fees, so it's a win, win. Search for 'Methodist Homes' on ebay for Charity to find us.

# Volunteer for us

You can join the thousands of MHA volunteers who are continuing to make a positive difference to the lives of older people in our care homes, retirement living, and MHA Communities across the UK.

There are a variety of volunteering opportunities currently available here at MHA, so whatever time you're able to give, we can work together to find something suitable and flexible for you and the needs of your local community.



Details of the types of available opportunities can be found at [mha.org.uk/volunteer](http://mha.org.uk/volunteer)

If you'd like to volunteer your time, please take a moment to fill in a few details online and we'll be in touch soon.



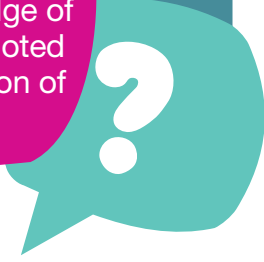
**Over 3,000**  
Volunteers



# Fun facts competition



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



To celebrate this edition, we are giving away £25 worth of Amazon vouchers to one lucky winner.

**1** How long has Tracey Cornforth worked for MHA?

.....

**2** How many light up keyboards did Casio donate?

.....

**3** What is MHA Sunday themed around this year?

.....

**4** Which MHA care home was awarded the honour of best dementia care home in the UK 2022?

.....

**5** How old was Frank Ward when he sky dived?

.....

To enter, answer the questions and complete your details overleaf returning it to us no later than **31 May 2023** 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 12 June 2023**. 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](http://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 ([mha.org.uk/privacy](http://mha.org.uk/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

Scan me to donate online



Yes, I'd like to enter the competition

**Yes, I would like to support MHA with a gift**

£30  £50  £150 Other

I enclose a cheque made payable to Methodist Homes

OR please debit my  Mastercard  Visa  Maestro/CAF Card

Card number:

Expiry date  Maestro No.

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](http://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:

## Let's keep in touch

We may contact you by POST and/or PHONE but need your consent to do so by EMAIL or TEXT. 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 any of your preferences return this form to the address below or call our Supporter Care team on 01332 221 883 or email: [supportercare@mha.org.uk](mailto:supportercare@mha.org.uk). To view our Privacy Notice go to [mha.org.uk/privacy](http://mha.org.uk/privacy)



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