

Heart Soul

Together, we enable people to live later life well



Featuring

80 years of MHA

.....
A lasting legacy

.....
Christmas Wishes

.....
Volunteer for us





As a national charity, we enable people to live later life well through our 86 specialist care homes and 65 thriving retirement living schemes. We deliver 364 different groups, clubs, activities and classes each week in 192 locations to 11,400 older people. With 80 years' experience, we put people at the heart of everything we do in all our homes and schemes across Britain. All our donations and any surplus we generate is invested into the services we provide for our 19,000 residents and members. We have 6,500 dedicated colleagues, supported by 3,000 generous volunteers.

MHA is always grateful for the support we receive from volunteers, donors, organisations, trusts and foundations. We would like to thank everyone for their generosity and kindness in supporting our life-enhancing services.

Since our last edition, we have received generous donations from:

- Community Foundation Staffordshire
- David Lister Charitable Trust
- Hampshire County Council
- Leeds Community Foundation
- Leeds Older People's Forum
- London North Eastern Railway (LNER)
- NHS North East and North Cumbria
- National Lottery Community Fund
- Sheffield Church Burgesses Trust
- Sir James Reckitt Charity



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to find out more



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

Thank you



Welcome from Sam

Eighty years ago, MHA was set up to fulfil a need to care for and support older people, and today we're committed to the same mission. Since those early days, our work has greatly expanded to include specialist care homes, retirement living schemes, community groups, dementia care and music therapy. Looking forward, this year we've reviewed the long-term sustainability of our homes and schemes, and determined how we need to shape these for the future. One of the consequences, has been the need to find new owners for some of our care homes and sadly putting Auchlochan Garden Village into administration.

These changes were made to make sure MHA has a strong and viable future, and to enable us to invest in the types of care and support older people will want in the future. We're also embracing the use of technology to enhance care through interactive tables, robotic pets, digital care plans, Famileo – our family news app - and our own MHA Active app.

We remain dedicated to improving the lives of older people, not only through our services, but



Sam Monaghan, CEO

through our continued lobbying of government for social care reform. Later this year we'll launch the next phase of our 'Fix Care For All campaign', highlighting the crucial role of carers and their commitment to enabling people to live later life well.

In September we'll also be celebrating our 80th Anniversary, marking the event with a range of activities across our homes and schemes. So, please do get involved if there's an event happening near you, and we'll be sharing stories from the events on our social pages.

“Thank you so much for your continuing support and generosity, it means the world to us, our residents and members. You make a real difference and are an integral part of enabling those we work with to live later life well.”

A stylized, handwritten signature in white ink, appearing to be 'SM'.

Latest news



1943 - A year to remember

MHA are not the only ones celebrating their 80th year in 2023!

Susan Hawkins, who lives at MHA Oak Manor in Shefford celebrated her big day with a private party at the coffee shop in the home.

She was joined by her two daughters and grandchildren who came with plenty of gifts.

Susan wore a '80 and fabulous' sash and had a huge smile on her face throughout the day.

A birthday cake was brought into the home and was enjoyed by all. Jane Dyson, senior carer said: *"Susan joined us in 2020 and is a very glamorous woman."*

"Before moving into the home, she used to be a hairdresser and owned her own salon."

"Both her daughters are also hairdressers, and it was very nice to see the family enjoying the day together."

Susan had a great time, she received plenty of lovely gifts and was very happy."

"There was plenty of laughter, everyone had a great time, and it was a very pleasant day."

MHA Sunday 2023

Churches across the country have been holding special services to mark MHA Sunday. Our theme this year focused on community and inclusion and featured MHA Communities West London where members get together with young people from local schools to share in activities including gardening, music, dance and games.

As a charity, we are blessed to have the support of so many churches. MHA Sunday provides a wonderful opportunity for our supporters to pray for residents, members, families and colleagues and to raise funds that go towards our specialist care services.

Thank you to everyone who has taken part, and if you haven't already it's not too late to host a MHA Sunday service, for more information please visit

mha.org.uk/Sunday

Life can be a breeze

A resident at MHA Starr Hills was treated to a trip to the seaside as part of her Seize the Day.

Marylka Flegg lives at the Lytham St Annes and wanted to feel the “sea air and sunshine” on her face when asked what she wanted to do for her Seize the Day.

The initiative encourages residents to re-experience activities or events from the past or to do something they would like to do for the first time. Camille Cutter, the activity coordinator at the home accompanied her to Fairhaven Lake, a short walk away from the home.

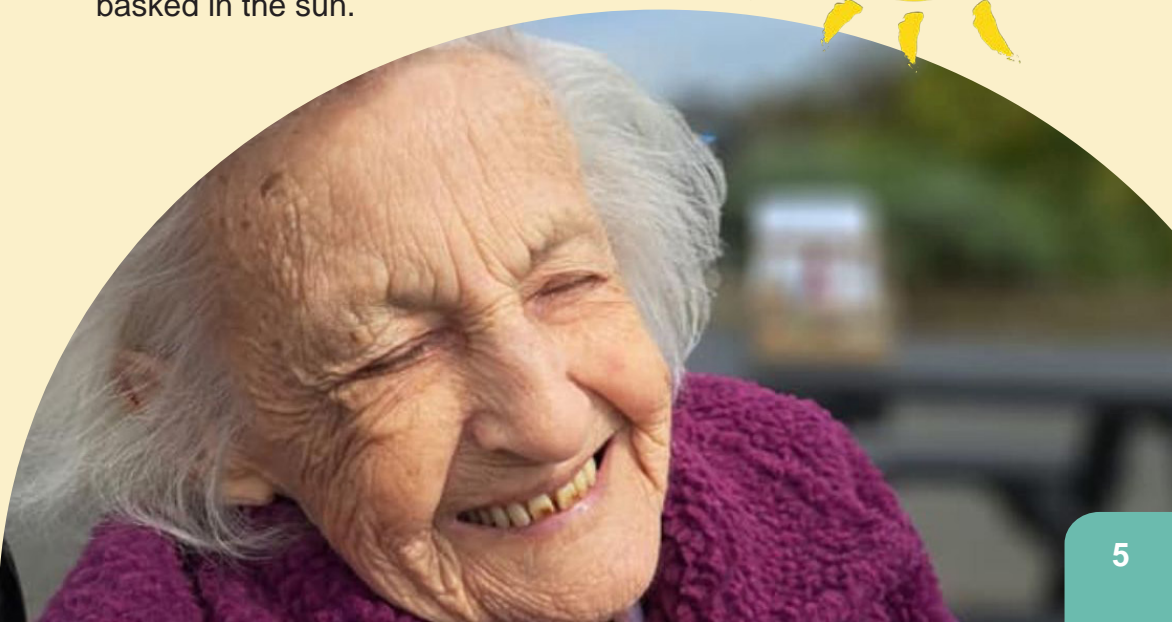
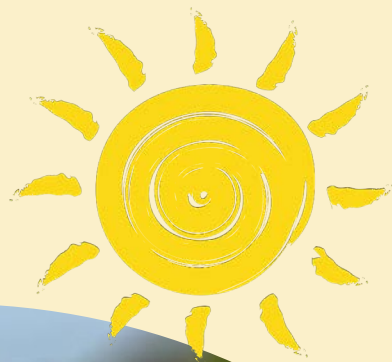
The pair had a cup of coffee and watched the tide whilst Marylka basked in the sun.

Camille said Marylka was “*like a different person*” after the trip and thoroughly enjoyed it.

She added: “*Marylka is usually a very quiet person who keeps herself to herself, but when she visited Fairhaven Lake she was completely different.*”

“*She was talking throughout the visit and even when she returned home she was very chatty.*”

“*It was a glorious day, the sun was shining, and it was a beautiful occasion.*”



It's a long story...

Celebrating our heritage



1943: Rev Walter Hall and the Methodist Church founded MHA.

1945: MHA's first residential care home (MHA Ryelands) in Wallington opened.

1950s: A steady stream of residential homes opened in the South East, Midlands, Yorkshire, and Lancashire.

1977: New housing services set up; offering sheltered accommodation.

1988: The first MHA Communities scheme was set up to alleviate loneliness and strengthen the community.

Methodist Homes (MHA) was founded 80 years ago, in 1943 by a group of Methodists who wanted to improve the quality of life of older people in the time before the

1989: The first specialist nursing care home opened (MHA Trembaths), founded on MHA's principles of supporting independence and wellbeing.

1997: Opening of the first purpose-built care home to support specialist dementia care.



2000: Retirement living with care services established, combining self-contained accommodation with care and support.

2004: Community services at Moor Allerton, was set up to provide dementia care to people living in their own homes.

creation of the Welfare State. Whilst we are open to providing care and support to people of all faiths and none, we continue to have strong support from Methodists as well as other Christians to this day.



2008: MHA employed its first in-house Music Therapist, to provide support for residents with dementia.



2010: Big Lottery Reaching Community Fund enabled MHA to further develop its music therapy service with a donation of £302,000.

2016: ITV selected MHA to guide the award-winning dementia storyline on Emmerdale.

2019: MHA hosted its first Walter Hall lecture to raise awareness of social care and influence government reform.

2020: In response to Covid-19, MHA launches its first online service (Digital Communities) offering craft, cooking and wellbeing classes to tackle isolation.



2021: The launch of #FixCareForAll, a campaign to put social care at the top of the government agenda.

2022: Launch of the national annual fundraising Communi-tea party event; bringing people tea-gether!

2023: MHA celebrates 80 years of enabling people to live later life well.

Today, MHA continues to provide care, accommodation, and support 19,000 older people across the UK thanks to the commitment and dedication of its 6,500 employees and 3,000+ volunteers.

Creating links - Part of your community

Our schemes might offer simple activities, such as an exercise group, a coffee morning, an opportunity to learn digital skills or a regular befriending call - but underneath is a network of colleagues and volunteers providing valuable support to each member to meet their needs. As a result, members, volunteers and families experience a range of benefits that go well beyond just getting them out of the house.

Loneliness and isolation affect many older people, particularly following the death of a spouse, family member or close friend. **98%** of members told us they were less lonely and isolated after joining MHA Communities. Almost half say they have met new people through MHA Communities who they now see outside the activities we organise.



90% of members said their mental and physical health had improved since joining an MHA Communities scheme, enabling people to continue doing the things they love and to develop new interests.

We also support them to remain living independently in their own homes; **400** of our members say they would no longer be able to live at home without us. Our regular reviews with members show ongoing improvements for many in life satisfaction, independence and reduced anxiety.

For family members, we provide peace of mind to know their loved one is well cared for - particularly where we provide daycare opportunities for members living with dementia. **89%** of family members say MHA Communities helps them increase their connections and support network and **94%** feel reduced stress, anxiety and guilt.

I go on Dementia friendly day trips. We are off to the theatre next week. I had stopped doing things like that as they just felt too stressful, but since joining MHA, those things are possible again.

(South Staffs member)

I live far away from my mother and MHA give me a chance to support my mother and her social interactions. My mother's membership gives me peace of mind to know she is active and remaining independent with your support.

(East Notts family member)

Thank you Richard

Richard is a volunteer with Down's Syndrome and lives at home with his parents. He started volunteering at MHA Communities Shifnal as they needed someone strong to lift tables and chairs.

His mum has seen the enormous impact on him. Richard has gradually taken on more tasks supporting members. "He is now a carer, not the cared for. So many of his aspirations have, sadly, seemed unachievable but his volunteering job is certainly helping his self-esteem, given him a sense of worth and a more positive outlook that he can be of service to others and enjoy it too".

Volunteers are essential to the running of our services and give so much of their time and energy, but as Richard's story shows, they also benefit from their experiences with 94% reporting improved confidence and self-esteem.



MHA Communities truly have the power to help people live later life well, and for every pound invested in our services we generate an average of £6.17 of social value.

We'll give the final word to a South Leeds member.

Before finding MHA, I was depressed, lonely and only went shopping once a week; now I am out all the time. I love being a member.

Now is the time to look to the future

Technology today is integrated into our daily lives, and we are capturing the benefits to enhance the services we offer. We use a wide range of technology and innovations including Famileo, HUG dolls, Magic Tables, MHA Active App, and robotic pets to make a real difference to people's lives. We are committed to using technology to expand and enhance the services we offer.

Famileo helps residents stay connected; family and friends upload photos and messages to the Famileo app, much as they would update their social media profiles. These are then converted into a weekly printed newsletter for residents to read and catch up with the latest family news.

Many of our care homes have a 'magic table'; an interactive activity screen that comes preloaded with quizzes, music, and themes that have been designed to prompt conversations, and spark nostalgia and memories. Interactive robotic cats and dogs help our residents to engage and bring moments of calm and companionship. Plus, the



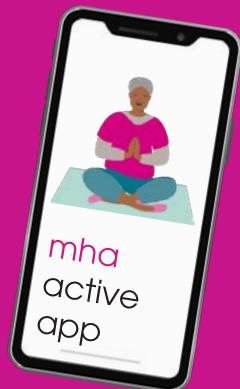
Casio keyboards supports with dementia therapy and creates an emotional connection with the joy of music.

"The effect of this technology isn't like anything I have ever seen before – its ability to soothe and engage residents is enough to bring a tear to anyone's eye."
Kate Batson, Administration Manager MHA Langholme.

All these new innovations have supported with enhancing the quality of life for our residents and members, so much so that we have invested in our own 'Active App', which expands our services to anyone with access to the internet. The app has a range of services to support with keeping the mind and body active, including exercise, craft, cooking and wellbeing classes. Thanks to our volunteer telephone befrienders, our in-the-home services also include an online or telephone call.

We envisage a future world where technology is widely used and accessible to all our residents, members, their families, and friends. We are exploring lots of ways we can use technology, such as how digital assistants can be used to support with daily activity reminders and create a support network with family and friends. Plus, how virtual reality can be used for training colleagues and enabling residents to visit different countries without leaving the comfort of their chair.

Thanks to your donations and generosity, we are using technology to enhance the lives of older people, whether a robotic cat to hug, or connections and friendship with the wider community.



#FixCareForAll

A voice for living later life well

Alongside investment in technology, we continue to make the case that the government need to properly fund the care sector and to truly value care staff.

We want to say a big thank you to the more than 1,100 of you that signed our petition to the Chancellor, Jeremy Hunt, demanding that care homes receive more funding to help pay for the staggering rises in the cost of

energy. By taking part, you have helped to take the voices of our residents, members, and colleagues right to the heart of government.

This Autumn sees the next phase of our 'Fix Care for All' campaign, which will highlight the crucial role that carers perform. We will put forward the experiences & views of our staff, as we make the case for meaningful and lasting change to our care system.

This campaign comes at a crucial time, as we head towards the next General Election. We need your help to spread the word and if you would like to hear more about the campaign, please visit www.mha.org.uk/FixCare

your
voice

or scan
the QR
code



80 years of comforting

When Rev Walter Hall founded MHA 80 years ago, it seemed only natural that local Methodist ministers would provide religious support for the residents, and that worked very well for a long time. However, as time went on and the needs of our residents changed, it became clear that we needed to appoint chaplains with specific gifts in offering broader spiritual care, and in meeting the particular needs of people in later life.

In 2008 MHA made the amazing commitment to provide paid chaplains to all our care homes and the majority of our retirement living schemes. These chaplains would come from a range of backgrounds and experience; they would have more time to spend with residents, visitors, and colleagues;

they wouldn't necessarily be ordained; and crucially, they would be funded through charitable giving, not as a charge to residents.

In 2023 we now have over a hundred chaplains representing more than 10 different denominations. For the smallest retirement living schemes, we are still wonderfully supported voluntarily by around a dozen Methodist ministers.

Day in, day out, our chaplains are alongside those who laugh and cry; those who are living and those who are dying; bringing hope, comfort and peace. What would we do without them?



A lasting legacy

Mary Hicks, Irish by birth, grew up a Methodist. 'My father was actually a Methodist Minister,' she told us.

She moved to London to study at university and soon met her husband, John, at a lively student society at Hinde Street Church.

Over the years, they were involved in many churches within the Methodist Circuit. As well as living in London, Mary and John and their children lived in the Caribbean, where John was a Methodist Missionary. They also lived in North Wales for a short time.

John was a lawyer and very keen for him and Mary to write their Wills. While doing so, they decided to very generously leave a gift to MHA.

Of the reason why they chose to remember us in this special way, Mary said:

"I have a very dear friend who's living in MHA Kenbrook House in Wembley. The love and care and everything that my friend in Kenbrook House gets is just quite overwhelming really."



Mary also praised our Chaplains: "One of the things I like enormously about MHA care homes is that they have a Chaplain, and the first time my husband and I went to visit Kenbrook House, the Chaplain was the first person we met. It was just so beautiful."

We want to express our most heartfelt thanks to Mary and John Hicks for leaving a gift to MHA. We also want to thank Mary for allowing us to share her and John's story. John sadly passed away last year.

Thank you

If, like Mary and John, you are interested in leaving a gift in your Will please visit mha.org.uk/giftsinwills or call 01332 221651

more than just a gift

Wolfson Foundation: Grant of £45,000 – MHA Communities Learning for Life Project

We were recently delighted to receive a grant from the Wolfson Foundation of £45,000. 'Learning for Life' is an intergenerational project supporting students in their educational journey, enabling innovative activities in our care homes, creating volunteering opportunities and engaging older people in their own homes. It provides young people with the opportunity to work with MHA Digital Communities creating video-based content for older people. We will offer schools and colleges innovative volunteering opportunities, providing students with invaluable experience whilst also improving the quality and range of services provided by MHA Communities.

The Wolfson grant also paid for the development and customisation work for the MHA Active app, which hosts a wide range of online activities, such as cooking, exercise and wellness classes.

Thank you

As part of this, we were also able to purchase 2 Tiny Tablets for use in homes and schemes where some individual residents find difficulty in using small handheld devices.

These large fully portable interactive touchscreen devices enable our residents to access MHA-produced content.

Major Gift Donation for Green Care:

In January we were delighted to receive a £25,000 donation from one of our extremely generous major donors. This donation has enabled us to pay for a Community Co-coordinator's salary for a year to develop and roll out structured programmes of Green Care that seek to address the person-centred, individual needs of our residents and members.

This specialist training programme will be delivered via MHA's new partnership with **THRIVE** the experts in Social & Therapeutic Horticulture.

A Christmas Wish come true

Having even a small wish granted can make a huge difference

It could be something as seemingly simple as a shopping trip or going for a reminiscent walk. For some, their wish is, quite simply, to not be isolated and alone.

At our Langholme Care Home in Falmouth, our wonderful Activity Coordinator, Linda, has been working her magic, with your help, to add a little bit of sparkle to residents' lives.

“Last Christmas a lot of residents were really looking forward to the possibility of snow but with the MET office confirming an ‘official’ white Christmas was not likely, I took matters into my own hands.”

Seeing the disappointment in the resident's eyes, Linda bought a snow machine using the home's amenity fund, which is supported by charitable donations, and surprised the residents with their very own White Christmas.

“I just thought it would be a lovely way to celebrate Christmas with them all, especially as so many of them had said how lovely it would be to have a White Christmas that year”

Activities like this would not be possible without support from people like you.





MHA Christmas Wishes Silent Auction

Launching 1 November 2023

Place your bids on our incredible lots, to be in with a chance of securing a Christmas gift!

MHA Christmas Cards

If you would like to support your local MHA service this Christmas then please explore their magical range of festive Christmas cards. Designed by our residents and colleagues each card will help support older people in your local area to live later life well. 100% of the profits from the cards will go towards supporting older people. Keep an eye out on social media or contact the central fundraising team for the links to their cards.

Spread your festive wishes this year with more meaning, and help support older people in your local area to live later life well.



Virtual Gifts

Stuck for that perfect gift this year?

Whatever your budget, we have a range of gifts available, all of which will make a huge difference to older people.

Each virtual gift has been selected to represent the wide range of care, support and activities MHA provides. Gift options include the gift of a meal at one of our local Lunch Clubs, the gift of a chat in support of our volunteer befriending schemes and the gift of memories with our Seize the Day activities.

Whatever gift(s) you decide upon you will be helping to bring joy to someone's life this Christmas.

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.



Available opportunities can be viewed at 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

To celebrate this edition, we are giving away a £25 Amazon voucher to one lucky winner.



- 1 How many years are we celebrating in 2023?
.....
- 2 How much were we donated for Green Care?
.....
- 3 What's the name of our interactive activity screens?
.....
- 4 Who founded MHA?
.....
- 5 When does our Christmas Wishes Silent Auction launch?
.....

To enter, answer the questions and complete your details overleaf, returning it to us no later than **5pm on 31 October 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. The draw will take place w/c **13 November 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. 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) 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

I would like to Gift Aid my donation to MHA and any donations I make in the future. I am a UK tax 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. To view our Privacy Notice go to mha.org.uk/privacy

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