


Heart Soul

Together, we enable people to live later life well.



**We're dedicated
to keeping people
connected**

#FixCareForAll campaign
page 6–7

**Famileo app keeping
families connected**
page 8–9

Wordsearch competition
page 19

#BetterTogether Appeal page 11

Contents

Welcome from our CEO	3
Latest news	4–5
#FixCareForAll	6–7
Famileo	8–9
Connecting our members	10
BetterTogether Appeal	11–14
Online success	15
Gardening Club	16–17
Q&A with Pennystone Court	18–19
MHA Memory Meadow	20
Nivea's support	21
Gifts in Wills	22
MHA Wordsearch competition	23

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



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



For more information, visit: mha.org.uk

89
care homes



70
retirement living
schemes



45
MHA Communities



Welcome from Sam

This issue focuses on our dedication to connection – throughout the past year and beyond.

As we move forward into our planning of coming out of lockdown and the impact of Covid-19, we've seen some great signs of hope, innovation and determination to find ways of connecting our MHA people.

In our care homes and retirement living, our colleagues have created a number of safe ways to enable connection with loved ones. Along with indoor visiting, we've rolled out the Famileo app which creates personalised newsletters. You can read more about that on page 8.



Sam Monaghan, CEO

// In our care homes and retirement living, our colleagues have created a number of safe ways to enable connection with loved ones. //

We've also seen this same determination to return to face-to-face activities for MHA Communities. Alongside Digital Communities, our scheme managers are looking forward to more activities in person. There's a real sense of excitement in being back together, find out more from page 10.

As part of our continued effort to champion sector change, we also successfully launched our #FixCareForAll campaign, which is calling for adult social care to be a priority in the Government's coronavirus recovery programme. I would like to thank you for your support at this time and if you haven't already, I urge you to spare two minutes to send the template email on fixcareforall.co.uk to your local MP. Together, we can #FixCareForAll.

I also want to say a heartfelt thank you to all our colleagues, supporters and volunteers for your continued commitment and dedication.

A stylized, handwritten signature in white ink, likely belonging to Sam Monaghan. The signature is fluid and cursive, with a prominent initial 'S' and 'M'.

MHA latest news

Appointing our first digital chaplain

We're delighted to announce the appointment of Eleanor Puttock, our first ever digital chaplain in a role unique to a care provider.

Our chaplaincy support has always been a central pillar of our care homes and retirement living. With many of our MHA Communities support services going online, the charity sought to create a digital chaplain role to help develop online content.

The role, which will be funded by charitable giving, will support our chaplains, offering new ways for communities to interact and reaching audiences further afield.

Eleanor describes herself as a “facilitator of information and people”. She sees this role as combining her understanding of religion and digital communication with her personal vocation to chaplaincy. Welcome to MHA Eleanor!

BAFTA nomination

We were so proud to be nominated for our very first BAFTA for the BBC Newsnight programme which focused on MHA and our response to Covid-19. If you didn't watch it, the 30 minute film can be viewed on our YouTube channel, search for Methodist Homes MHA.





MHA Patron, Pam Rhodes
presented MHA Sunday Live

Thank you for attending MHA Sunday Live

It was great to have so many people tuning in to MHA Sunday Live, hosted by TV & radio presenter Pam Rhodes. 386 people viewed the video live from around the world, including Germany, Canada and Australia.

If you missed out, it's still available to watch on our YouTube channel.

There's also still time to host an event to raise money for MHA Sunday at any time that works for you.

Visit mha.org.uk/Sunday to download our event posters and resources.

If you need any help, contact the fundraising team via email: Fundraisingenquiries@mha.org.uk or call them on 01332 221641.



#FixCareForAll



“ This is our time to put an end to the broken promises, and demand changes are made from the Government for us all. I would appreciate your support in two ways: visiting [fixcareforall.co.uk](https://www.fixcareforall.co.uk) and taking two minutes to send the templated letter to your local MP then secondly, telling a loved one to do the same. ”

Sam Monaghan, CEO

On 10 May 2021 we launched our first national campaign to champion sector reform as the country aims to ‘build back better’ on the recovery from Covid-19.

The campaign was sparked following a tough and tumultuous year for us at MHA, which unveiled the undoubtable and irreparable damage that has been done to the sector due to a delay of necessary reform.

Before the launch, we commissioned a poll of 2,000 people and found that 69% said that social care should be a top priority for the Government. 43% believed that the Government did not care about the needs of older people. As an organisation, we were unsurprised by the result, but were deeply saddened that we found ourselves, yet again, demanding for promises to the sector to be fulfilled.

In the past 20 years alone the sector has had green papers, white papers, commissions and reviews and yet nothing significant has changed. We still have too many older people unable to access the care they need; a complex, unequal and fragmented system that causes distress and confusion for people when they need care. That’s why our #FixCareForAll campaign aims to remind those in power that when adult social care reform isn’t prioritised it’s real people who are affected, it’s our neighbours, our friends, our parents, our children and ourselves!



Engelberg



Kenbrook



Westbury Grange

#FixCareForAll



Cedar Lawn



Willersley House



Richmond



Herondale & Kingfisher



The Meadow



Lawnfield House

For more information visit, [fixcareforall.co.uk](https://www.fixcareforall.co.uk)

Famileo: Keeping people in touch

We're always looking for new ways to keep all of our MHA family connected.

This year, we launched the Famileo app in all our care homes in the UK. Residents' family and friends can use their smartphones, tablets, or computers to post messages and photos which is turned into a paper newsletter format that are printed out every week in our homes. The 'Gazette' is a personalised publication for our residents that

they can treasure and keep to read. It is ideal for residents who struggle to keep in touch through new technology like Zoom and Skype.

Family and staff members have noticed vast improvements to the emotional wellbeing in those who have received a personalised Gazette.

Our Coed Craig care home resident, Pauline finds her weekly magazine brings happiness and comfort to both her and, to her family.

We're raising funds to roll out Famileo into our retirement living schemes so even more people can benefit. We have two schemes which already use Famileo – Moor Allerton and Victoria Court.

To support us and keep people connected, go to our #BetterTogether Appeal on page 11.



// *Famileo has been such an active way for my mum to see photos and messages from family and friends. Over this difficult time seeing her great grandchildren grow has given her great pleasure. Mum's sister lives in the USA so Famileo is wonderful for keeping in touch. We send photos of the changing season on our walks and in our gardens as gardening is such a great passion of mum's.* **//**

Gill, Pauline's daughter



Pauline enjoying her Gazette

Another Coed Craig resident, Rhonwen said: "It's lovely to be able to see how my granddaughter is getting on with her new born baby Isobel, I love having photos of her it makes me feel closer to them."

// *All our residents here really look forward to a Monday when they receive their Gazettes. A lot have family who live abroad or in a different part of the country so even with visiting allowed now some still don't see all their loved ones. This is why Famileo has worked so well.* **//**

Amy Cleary, Activity Coordinator, Coed Craig



MHA Communities connecting members

Our members meeting on Zoom



Our community groups across the UK have been coming together mostly virtually for the past year. Schemes have worked tirelessly to still see members, socially distanced at their doorsteps in order to keep that friendly face-to-face connection.

We caught up with MHA Communities South Yorkshire & Bassetlaw Manager, Chermayne who has been involved with adapting the activities throughout the pandemic. “Our main aim was

to make sure our members still felt connected whilst they were at home. We firstly ensured that everyone who wanted a telephone befriending call was linked up with a volunteer or a member of staff. We delivered wellbeing packs to our members which ranged from hydration packs on warm days to Greencare packs allowing our members to take part in a ‘grow your own sunflower’ competition.”

Our colleagues at the scheme focused on enabling members to get online and join ‘Virtual Social Groups’. Community Coordinators, Kim and Elaine worked with the members teaching them how to join the groups using Zoom. Most of the members had never used the internet before, so it took patience and persistence to get them online, but when they did the reward was incredible.



#BetterTogether

Help us bring families together



#BetterTogether Appeal

Why staying connected is so important

With lockdown restrictions now being relaxed many of us are spending time with those we love and cherish. Unfortunately this is not the case for everyone, especially older people in care or who live alone.

For these people loneliness and social isolation was common, even before the pandemic, with approximately 3.8 million older people in the UK living alone.

We're better together, with your help older people can feel less isolated and alone.



// At first there was lots of people helping out but eventually they all dwindled off – except for MHA, they have been there all the way through the pandemic and I'm really grateful to them. //

MHA Communities member, Pat

MHA recognises that now, more than ever, we need to continue to support older people to stay connected with loved ones, now and in the future

In the last year, we've all missed visits and hugs from family and friends, but this has hit residents of care homes particularly hard. For residents living with dementia it has been a challenging, confusing and scary time.

With your support, we can help older people combat loneliness and stay connected with their loved ones.

We're better together. Please help if you can.

#BetterTogether Appeal

We're better together

The Finlay's story – Famileo

Our care home, Mapplewell Manor was one of the first to trial the Famileo app, which allows residents' loved ones to create personalised newsletters.

Brenda Finlay, a resident, has been using Famileo for a while now and it has allowed her to stay up to date with her family. Brenda has been able to see her grandchildren and great grandchildren, which means the world to her.

“ We're delighted with the Famileo app, it really helps mum to stay connected with the family. ”

Shelley, Brenda's daughter



The Gould's story – MHA Garden Week

Staff at Cedar Lawn care home in Stratford-upon-Avon recently invited a number of residents' families along to join in with the fun at their garden party, in celebration of Garden Week.

Nellie Gould, a resident at Cedar Lawn, was one of the residents to have her family attend. Nellie was thrilled to spend time with her daughter Diane, who came along with her husband David.



“ It was lovely to spend time with mum. We had some fun, enjoyed the sunshine and also the yummy ice-cream. ”

Diane, Nellie's daughter

Staying connected



care homes using the Famileo app



interactive screens purchased for care homes and retirement living



iPads donated from Nivea and Liverpool Football Club to our homes & schemes

60,000

older people reached through Digital Communities

Initiatives like Famileo and interactive screens are only possible with your support. We simply couldn't do it without you so please support us if you can.

Any donation, regardless of size, will make a massive difference and enable people to live later life well.

With your support we will be able to keep families connected and combat loneliness and social isolation, now and in the future. Please use the donation form at the back of this magazine and the enclosed FREEPOST envelope.

Thank you for your continued support.

#BetterTogether Appeal

Dedicated to relieving loneliness and bringing hope in later life. 100% Donor Control

Yes, I'd like to enter the raffle competition.
 Yes, I would like to support MHA with a gift.

£100 £200 £500 £1000 Other £

A minimum of three valid entries to participate in the raffle must be received by 31st March 2024. The raffle will be held on 15th April 2024. The prize will be £1000. The prize will be awarded to the donor who has made the highest donation. The prize will be awarded to the donor who has made the highest donation. The prize will be awarded to the donor who has made the highest donation.

Your details

Name: Surname:

Address:

Postcode:

City:

Phone:

Please ensure the donation is made to MHA (Mental Health Appeal) and that the donation is used for the relief of loneliness and the promotion of mental health. The donation will be used to support the work of MHA and to help people with mental health problems. The donation will be used to support the work of MHA and to help people with mental health problems. The donation will be used to support the work of MHA and to help people with mental health problems.

MHA Mental Health Appeal

MHA is a registered charity (No. 1058394) and a company limited by guarantee (No. 11321222). MHA is a registered charity (No. 1058394) and a company limited by guarantee (No. 11321222). MHA is a registered charity (No. 1058394) and a company limited by guarantee (No. 11321222).

Online success



A member receiving their
MHA Gadget Guide

Going online has been a huge success, our Community groups are now running six virtual groups, with over 45 members joining each week. “Our favourite Zoom activity was when we celebrated Harry’s 100th Birthday – we have been saying for years that we would throw him a party when he turned 100, and we weren’t going to let a global pandemic stop that from happening! We sent out birthday cupcakes to all of our members and we all joined him for a virtual tea party in his living room! It was amazing!”

says Chermayne. “It’s been really important to our scheme that they stay in touch with members, keeping that connection alive. It has been amazing that we have not only kept them connected with the scheme, but also with each other and enabled them to be together at home.”

There was a lot of work to do, but the scheme started their face-to-face activities in August with lunch clubs and social groups meeting for the first time in over 12 months.

Communities member
Pat told us:

// At first there was lots of people helping out but eventually they all dwindled off – except for MHA, they have been there all the way through the pandemic and I’m really grateful to them. //

Our community groups will be taking small steps to re-open and resume face-to-face activities. However, our Digital Communities online activities are still available for anyone who’d like to get involved from the comfort of their own home.

**To find out more, visit
mha.org.uk/digitalcommunities**

New life at Callin Court

Nicky, the chef at our retirement living apartments, MHA Callin Court started up Nicky's Gardening Club. Nicky felt that she wanted to give something back to the residents.

The club began in early April when there was a sense of people wanting the lockdown to end as the winter months seemed to drag. But the gardening club gave a sense of hope, getting people together who hadn't seen each other for a long time and some new faces and friendships too. They starting sowing seeds on a cold and blustery day, and then as the seasons changed, planted vegetable and bedding plants.

Everyone has enjoyed coming together every week, planting, chatting and having a cup of tea. Those who initially said that they had never gardened are now planting strawberries, tomatoes, courgettes, cucumbers and many flowers. It's great the club can celebrate their achievements as they nurture each plant. The group have also been selling their home grown plants at a stall in our foyer for staff, relatives and any visitors to raise funds for the club.

"The sessions have been a life line for a lot of the residents. From



the isolation of lockdown, the club has enabled us to step out, come together and enjoy each other's company again. Peter our maintenance man has built us a lovely, big planting trough, which tenants enjoyed filling with plants," says Nicky.





The Chaplain at Callin Court, Jenny had noticed the difference the club had made to the residents, commenting that,

// Nicky's gardening club has lifted the hearts of tenants and staff, and brought beauty and pleasure to each other's' lives. //

Jenny Thomas,
Chaplain

Nicky and the residents are really looking forward to picking their first produce and being able to have garden parties.

Q&A with Pennystone Court

At MHA we're dedicated to providing exceptional care and technology can play a big part of that. In some of our care homes, they've been able to fundraise enough to purchase a portable, interactive screen, called the "Tiny Tablet", which enables residents to do a whole host of things from video calls with family and 'arm chair travelling' to games, learning new skills and even playing the piano!



We caught up with Lisa, the Manager at Pennystone Court care home to find out more...

Firstly, what made you want to get an interactive tablet for your home?

We recognised the benefits they can bring to our residents, we thought it would be a fantastic aid to keep our residents' minds active and enhancing their wellbeing. It's a really large screen so it encourages people to join in together and with the help of colleagues, it's portable too which is really handy.

How did the use of this technology help during lockdown?

It's been an amazing tool to have. We were able to support our residents to remain active, they'd get up and do Joe Wick's morning workouts which was not only a great way of the residents coming together and staying active, it was a good laugh too! We usually take residents to see the Blackpool Illuminations and we were able to show a YouTube stream on the large tablet and had fish & chips of course! All from the comfort of the lounge!

What do you think is the most popular activity on the Tiny Tablet?

I would say, anything musical! Our residents love to sing and dance, we watch YouTube concerts on it and also use it for puzzles and quizzes – residents love getting into teams and having good fun.

Have you been able to use the tablet to enhance other activities within the home?

It's been really beneficial to aid with music therapy. You can download different apps to play music. One of our residents said

she would like to play piano again so our activity coordinator Graz downloaded the piano app. You could see a noticeable change in the resident, she 'lit up' and said, "It reminds me of when I was a lass!" So that was great to witness.



The top margin of the page is decorated with several line-art illustrations of flowers. On the left, a large white crescent moon is partially visible. Below it, there are three distinct flower drawings: a smaller one on the left, a larger one in the center, and another one on the right. The flowers have detailed petals and centers, some with small dots representing seeds or pollen.

Memory Meadow

Celebrate and remember loved ones who were cared for and supported by MHA with a tribute on MHA's online Memory Meadow dedication wall.

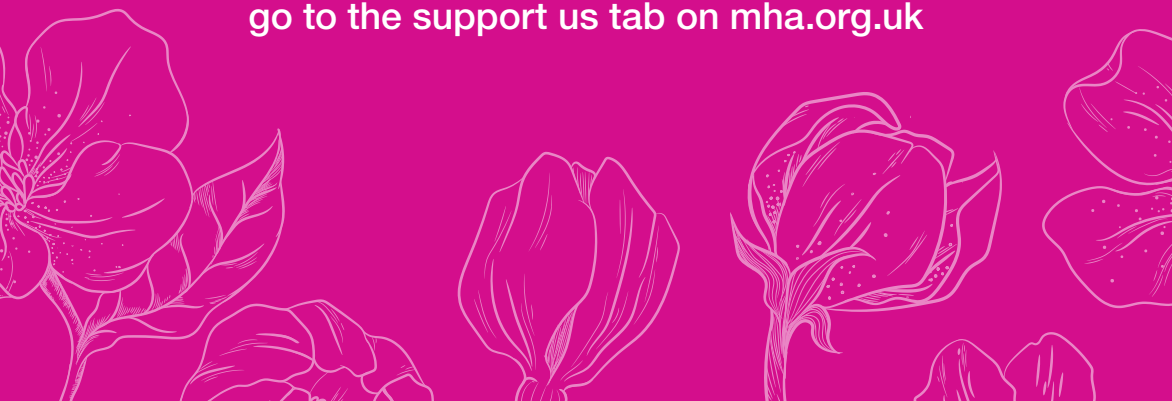
It's a wonderful way of us all coming together to support each other and remember those we have lost.

As well as the Memory Meadow, MHA also hosts 'A Life Well Lived' tribute pages. Whether sharing stories, adding photos and videos, or lighting candles in remembrance, a tribute page is a dedicated and

loving place for you and your family, and friends to use.

These pages are a celebration of the impact that special person had on our lives, friends and family can also make donations and fundraise in the memory of a loved one if they wish. Every penny raised will go towards improving the quality of life for older people. You can select an area of MHA's work where you would like donations to be spent, for example, a specific care home or MHA service.

**To find out more and leave a tribute,
go to the support us tab on mha.org.uk**

The bottom margin of the page features several line-art illustrations of flowers, similar to those in the top margin. These include a large flower on the left, a smaller one in the center, and another one on the right. The drawings are detailed, showing the texture of the petals and the structure of the stems and leaves.

Nivea share the care with iPad donations

During the pandemic we have all missed visits and hugs with friends and family.

This has hit residents of care homes particularly hard.

Living with dementia can be confusing, isolating and frightening. This pandemic has affected people with dementia most severely. Explaining to a resident with dementia why loved ones cannot visit or why trips out are not possible can be very distressing.

To help bring people closer Nivea, as part of their Share the Care Campaign with Liverpool Football Club podcast, The Anfield Wrap, are donating iPads to care homes across the UK.

Catching up with friends and family or watching their favourite football team, these 16 iPads will be gifted throughout the country to ensure our residents are always connected. We are delighted that they are being put to good use in our homes across the country.

This is just one of the many ways businesses, both large and small, have supported our MHA family.

To find out how you or your business could support MHA, visit: mha.org.uk/corporate-fundraising





**Beautiful
friendships
could flourish
with a gift in
your Will**

We're dedicated to nurturing friendships across all of our specialist care homes, thriving retirement settings and vibrant community groups.

You can make sure many more people experience the genuine care and sense of belonging MHA is known for.

By remembering MHA in your Will you will be helping future generations live the very best later life they can and stay truly connected to their communities.

Find out more:

Visit: mha.org.uk/giftsinwills

Email: giftsinwills@mha.org.uk

Call: 01332 221651



Registered with
**FUNDRAISING
REGULATOR**

MHA Mystery Words

What would you spend £50 on?

Treat yourself or a loved one, or put it away for a rainy day? Enter now and you could be in with the chance of winning a £50 gift voucher.

Simply find the ten hidden words in the word search below:

Word list

CARE	ISOLATION
COMMUNITY	KINDNESS
FAITH	LEGACY
FAMILEO	LONELINESS
FRIENDSHIP	LOVE

P H Y G I M Z G K S L N C I T
T U C H E L A U V O J I E C E
V I A M G S Z J N O L W O C N
V L G L K E S E D J W M U D S
N Z E C S D L E S T M G X J R
N L L M P I R Q N U S W R G J
P O Y M N I G E N D A T Z V U
Z V I E Y K H I V F N F A X G
H E S T D V T S A N G I H Y A
M S K W A Y V M D J G I K H H
R C G V Y L I D O N D K U T H
A Y M U C L O G C Q E D S I V
O K Y M E V M S U A B I R A W
R O L O N Z P M I E R L R F Z
X L O B E O N E M H O E H F B

To enter complete your details overleaf and return to us using the FREEPOST envelope or send to: **Methodist Homes (MHA), Donation Processing Centre, 26 Fairlie Road, Slough, SL1 4PY** Winner will be picked at random.

Draw will take place w/c 1 November 2021.

Dedicated to relieving loneliness and bringing hope in later life.

To donate online:



Yes, I'd like to enter the wordsearch 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 & 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. We can only do this with your help, so would love to tell you more about our news, services and how you can get involved. We may contact you by POST and/or PHONE but you can change this 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 211 883** or email: supportercare@mha.org.uk. To view our Privacy Notice go to www.mha.org.uk/privacypolicy.

