

# Heart Soul

Together, we enable people to live later life well



## Growing Together

#FixCareForAll

Pages 4-5

MHA Sunday

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Communi-Tea Party

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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](https://mha.org.uk) or find us on:



89  
care homes



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retirement living  
schemes



45  
MHA Communities



Sam Monaghan, CEO

## Welcome from Sam

Over the last two years we've pulled together to meet the many challenges that Covid-19 has brought our way. We've seen amazing acts of kindness and a real determination to sustain that sense of community, which is at the heart of all we do across MHA.

Looking after our mental and spiritual wellbeing has never been more crucial during these difficult times. And I know that for many, a connection with nature has proved so beneficial – a place where we can feel a sense of freedom and a space where we can reflect and process our thoughts. That's why we've taken it as our theme for this year's MHA Sunday, which you can read more about on page 16.

This connection between nature and spirituality is also an element of our Spiritual Care Strategy, which we launched towards the end of last year. As you'll know, spirituality has always been an intrinsic part of our holistic approach to providing truly person centred care and support for people in later life, for their families and for our MHA colleagues. And alongside our continuing commitment to our chaplaincy service, part of our spirituality strategy is to put a focus on our outdoor spaces, to enable our residents and their families to have a place where they can find peace, stimulation and connect with things of the spirit and enjoy nature.

“Your continued support will enable us to launch even more garden projects and enable people to live their later life well”

A number of our homes are already leading the way in this respect. Our gardens at our Aigburth care home in Leicester have been rejuvenated and are giving moments of joy to our residents and their families – as well as gaining RHS recognition. And behind our Hall Grange care home in Croydon, we have restored 'The Wilderness' garden back to its former glory, enjoyed by both the care homes residents and the local community.

These projects are thanks to the donations we received along with the support of volunteers and staff. Your continued support will enable us to launch even more garden projects and enable people to live their later life well.

In terms of the bigger picture, in our last edition we spoke of our work to #FixCareForAll and how we continue to lobby the Government for adult social care reform. Since then we have seen the government promise new funding for the sector. However our work continues to ensure that the voices of those we care for and support are heard, alongside those organisations like MHA who provide care and support. The details behind the proposals are mapped out on pages 4 and 5, where you'll find more information of how to support our campaigning.

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

## Together we can #FixCareForAll

This time last year we were preparing to bring forward our campaign to #FixCareForAll. With your help, we launched in May 2020 just before the Queen's Speech, and thousands took part to pressure the Government to address the issues in social care, once and for all.

Because of us pulling together alongside organisations, MPs, and sector leaders, we were able to see proposals brought forward for the first time in decades.

### What's next

It's time to build on what we've achieved and continue to champion for the best adult social

care sector there has ever been, one where people working in care are recognised for their great contribution and a less complex system for those accessing care when they need it.

To achieve this, MHA will continue to campaign throughout the year with varied activities. You will be able to support through signing petitions, writing letters to your MP, sharing what's important to you and many other actions. If you too are passionate about positive change for the sector **join our campaign supporter mailing list** to be the first to know about how to support our other advocacy work.

Visit [fixcareforall.co.uk](https://fixcareforall.co.uk)



# #FixCareForAll

## What does growth in social care look like for you?

For a staff member that we spoke to at MHA, their one wish for the future of social care was this.

*// One day I hope we don't have to beg to be seen as equal by the Government and the general public, it would be amazing to be recognised for everything we do, big and small. After all, a lot of family members would be really stuck without people like us staying committed to what we do, every day. //*

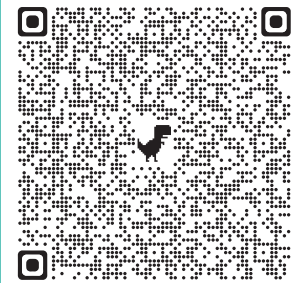
Why not take part in our social media challenge by growing a plant in your home or garden. Snap a photo and post it on social media with a caption of your one wish for the future of adult social care.

Don't forget to tag @MHAaction and use #SocialCareWish

## #FixCareForAll

Don't have any seeds to hand? Take part in our mystery word challenge, on the penultimate page to be in with a chance to win some Marigold seeds. When it comes to social care, what we nurture, grows.

Scan to join our mailing list





# mha Sunday

MHA Aigburth care home, Leicester, has recently been in the news for their outstanding gardens nominated for the Royal Horticultural Society 'it's your neighbourhood' Award with the help of volunteer Marilyn, resident's families, and local volunteers. We spoke to Joe, son of John, a resident of Aigburth and the focus of MHA Sunday 2022, about the care home and the impact of the gardens on his father.



*“ My dad’s faith is incredibly important to him, he regularly talks with the MHA chaplain Emma. The church has always been a massive part of his life so the Christian ethos of MHA appealed to us. ”*

Being outside can have a hugely positive impact on the mental and physical wellbeing of residents. John is wheelchair-bound and the sensory experience of being able to see, touch and smell flowers, plants and see the change of seasons brings joy and serenity to him and his family.

The level of care and feel at MHA Aigburth care home made a big impact on Joe and his family as somewhere his father would be happy. It is also close to John’s church and his faith has been supported by chaplain Emma who leads services in the garden.



*“ Away from the noise and bustle of the home, dad can communicate more easily, he finds it relaxing, we can talk and listen to each other. It’s a very calming environment.*

*Even in winter, I’ll wrap him up and take a walk in the garden to watch the change of seasons in the fresh air, afterwards, dad will say “thank you for taking me out, I enjoyed it.*

The gardens at Aigburth remind John of his late wife and her garden, he recognises roses that she liked and the way flowers are planted together stimulates conversation and memories.

*“ The garden is a fantastic benefit to residents and their families. The extras provided by fundraising for MHA make such a big difference to residents and their families, these funds can improve their quality of life. ”*



# Community Gardener's Diary

In this edition of Heart and Soul, if you enter our word search competition, you will be in with the chance of winning a pack of marigold seeds to accompany our theme of 'growing together'.

Marigolds are thought to symbolize positive emotions and energy and should be planted in the spring, after the last frost. Seeds will germinate anywhere from 4 to 14 days in warm soil and may come back the following year thanks to self-seeding.

**Adam Fuller, MHA Head Gardener has a few hints and tips for your garden, plant pots, or window boxes.**

## Seed Collection

The best time to collect seed heads is when they ripen. This is normally when they've changed colour from green to brown, red, or black. Some may open and disperse their seeds for the wind to carry, whilst others will form and drop. There are varieties of plants which may need their stems shaken to gain the seeds.



If doing this, it's easiest to collect the seeds over a piece of paper or newspaper and then tip them into a clean dry jar for storage.

## Mulch beds

Add a thick layer of organic matter (mulch), around roses, azaleas, and other acid-loving plants. This not only provides additional nutrients as the mulch degrades, but also reduce water loss from evaporation and assists in the reduction of weed growth.



## Chaplaincy

The reason we've chosen marigold seeds to give away is not only because of their colour and beauty but also they symbolise our symbiotic relationship with nature. Marigolds are ideal companions for a whole range of plants including potatoes, tomatoes, basil, cucumbers, aubergines, squash, melons, asparagus, sweet corn, chillies, and peppers! They work with nature to help to keep the pests away from fruit and vegetables.

Similarly, our chaplains are good companions to residents, their families, and our colleagues, providing spiritual support enabling others to live well. Through prayer and presence, formally and informally; through listening and conversation, being inclusive and welcoming, chaplains permeate the environments they are in with love and friendship and make a difference.

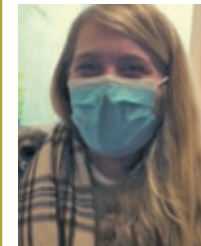


**The MHA Oscars is an annual event, where we recognise some of the amazing work carried out by staff and volunteers.**

Whilst the pandemic brought immense challenges, it also highlighted the phenomenal effort shown during an incredibly challenging year.

Here we celebrate our 2021 winners with a selection of their inspiring, uplifting and heart-warming stories that renew our purpose as we move forwards.

Award	Winner
Learning Achievement Award	Sylwia Fafara
Resident/Member Choice Award	Susan Day
Learning Achievement Award	Peter Liptak
Volunteer Award	Shaun Walsh
Leading the Way Award	Katie Dorning
Team Award	Central Volunteering Team
Inclusive Champion Award	Assisi Place
Innovation Award	MHAC Gosport & Fareham
Making a Difference Award: Central Support	Othnielle Blake
Making a Difference Award: MHA Communities	Toni Fielding
Making a Difference Award: Care Homes	Amanda Weir
Making a Difference Award: Retirement Living	Michael Wortley
Making a Difference Award: Care Homes	Marcina Sowe
Fundraising Award	Robotic Pet Fundraising Team



**Making a Difference Award: MHA Communities**  
Toni Fielding

Toni has been an amazing Digital Communities contributor, the virtual community enables people to connect when face to face activities are not always possible. Despite having an extremely busy day-job, she turned her parent's pub into a makeshift studio and produced weekly quizzes, bakes and craft activities for members and residents. She is passionate about ensuring that the impacts of social isolation are minimised and produces a constant stream of content.

**Resident/Member Choice Award**  
Susan Day

*// Susan has always ensured that every resident is respected and treated equally. Susan is an asset to MHA and deserves recognition. //*

**Learning Achievement Award**  
Sylwia Fafara

*// Sylwia sought to make her dreams a reality and pushed herself to reach her career goals. //*





**Leading the Way Award**

Katie Dorning

*“Katie truly stepped up in to a role she had never done before. She truly put Beechville first, she is an outstanding member of staff.”*

**Learning Achievement Award**

Peter Liptak

*“He recently passed his Operations Departmental Manager Level 5 qualification.”*



**Making a Difference Award: Care Homes**  
Amanda Weir

Amanda always quickly responds whenever support is required or help is needed. She can turn her hand to almost anything; cooking, doing the laundry, or being there to listen and help. Amanda is a hands on manager and supports both residents and colleagues, she is kind, caring, efficient, and wants the best for everyone.



**Making a Difference Award: Retirement Living**  
Michael Wortley

Working as a maintenance worker at Assisi Place, Mick took a resident under his wing whose speech had been affected following a stroke. Due to Mick engaging the resident in his maintenance work, they now look forward to getting involved in projects together. Most importantly, the residents’ speech has come on and he has now found the confidence to engage in conversations with other residents.

**Innovation Award**

MHAC Gosport & Fareham

*“Pam, Karen, Ruth and Jacqui have been innovative and compassionate, embodying our values.”*



**Making a Difference Award: Central Support**  
Othnielle Blake

Othnielle instigated and coordinated the #FixCareforAll campaign and is leading the fight for adult social care to be a national priority. The sheer amount of effort and dedication that she puts in is both incredible and admirable. Othnielle has demonstrated great project leadership, creativity and a can-do attitude showing that she goes above and beyond her objectives.

**Making a Difference Award: Care Homes**

Marcina Sowe

*“Marcina makes everyone’s day brighter she is resilient and strong with a heart of pure gold.”*

**Fundraising Award**

Robotic Pet Fundraising Team

*“I can confidently say that if it wasn’t for their work we wouldn’t have the robotic pets that have made such a difference during these difficult times.”*

**Team Award**

Central Volunteering Team

*“Without the volunteers this team has continued to place we would be hamstrung in our attempts to engage with, and help, the older people we serve, to live life well.”*



**Volunteer Award**  
Shaun Walsh

Shaun joined MHA during the early stages of the pandemic as a driver, helping to deliver wellbeing packs. He soon became a befriender, using his friendly and helpful behaviour, along with other members, to assist with issues such as sorting out their computers. Shaun also volunteered to lead the weekly walking group and has now started coming to the Friday social group by bringing the members he befriends, as well as helping out making refreshments and serving the lunches.



## Interview with Marilyn, Aigburth volunteer

### How did you become a volunteer at MHA Aigburth?

My aunt was a resident here just over three years ago and, when I visited her, we used to love to go out into the garden but I was a bit disappointed by the look of it. There wasn't much here, just bare patches of ground and cried out for nourishment, so I asked if I could come and potter around to improve it.

After she passed away, I became a regular volunteer and began a renovation of the garden for residents.

### The garden is stunning, how much work was involved?

There was nothing here originally so I persuaded some friends and family members of residents to help me. I drew some plans and wanted to plant a wide variety of plants. I also got help from staff, local students, and volunteers from the community including staff from local businesses such as Waitrose.



Marilyn Bowles volunteer at MHA Aigburth

### What difference do you see in residents being outside?

You can see a real change in the residents when in the garden, they become more communicative, calm, and joyful. I've seen very agitated residents relax instantly and residents who won't communicate talk or smile.

It can take a while to convince some of them to come outside, especially if it's cold but they love it when they have the air on their skin. They can smell and touch flowers and say "I used to listen to the birds in my garden". It's a very calming environment for physical and mental wellbeing, it makes hard work so worthwhile.

People talk to each other more in the garden, it's lovely to see residents with their families and friends enjoying the outdoors. The garden grows friendships within the home and community.

### The garden is quite a sensory experience then. You also run the garden club, what does that involve?

I run a weekly garden club in the home for residents where I bring, soil, compost and cuttings, we sow seeds and discuss gardening. Some residents were active gardeners and enjoy telling me about the plants they used to have and can identify a huge variety, they have a lot of knowledge and I listen out for plants they like so we can add them to the garden.

Some members aren't keen gardeners but come along as they enjoy the social side and share stories about being outside.

### You've been nominated for the Royal Horticultural Society award 'it's your neighbourhood' scheme, tell us about that?

We're very honoured to be nominated for a Royal Horticultural Society award, especially as 40% of the marks are for community participation which is hugely important as the neighbourhood has provided a lot of help and items for the garden.

The garden has been a community project and with their commitment and support, it can continue to flourish.







## How can I get involved?

MHA Sunday is the opportunity to give thanks and celebrate our specialist care and support services.



Sunday 12 June

Our theme for MHA Sunday 2022 is 'Growing Together' inspired by Isaiah 43:19 'See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the desert and streams in the waste land,' (NIV) focusing on how the beauty, tranquility, and joy of nature, can reduce isolation and bring communities together.

Churches and individuals such as yourself enable MHA to continue to bring hope to people across the

country and support them to live later life well.

You are welcome to hold your service and fundraise on Sunday 12 June or any other day that fits with your calendar of activities.

Your fundraising and kind donations for MHA Sunday 2022 will support the vital work of MHA across Britain.



### You can donate £20 simply by texting MHASUNDAY to 70570

MHA receives 100% of your donation. Texts cost your donation plus one standard rate message. Always get the bill payers permission.

### Hold a church service

Visit [mha.org.uk/sunday](https://mha.org.uk/sunday) to download order of service, including sermon, video, and posters, as well as ordering Gift Aid envelopes.

### Host an event

You can host events such as quizzes, bingo, or afternoon tea. Visit [mha.org.uk/sunday](https://mha.org.uk/sunday) to download free resources, a video.



## Make your will for free

**Make the will you've been meaning to – free, and professionally drafted with MHA and Bequeathed.**

We all need an up-to-date will, but it's one of those jobs many of us put off. With MHA's Free

Wills Service you can get started straight away.

For more information email [giftsinwills@mha.org.uk](mailto:giftsinwills@mha.org.uk), call our team on 01332 221651 or visit [mha.org.uk/freewills](https://mha.org.uk/freewills)



## Corporate Partnerships

We've seen new corporate partners engage with our work in local communities to support and fund various groups. Two notable examples are:

Renray Healthcare who have donated to support MHA Communities Cheshire West with memory and activity packs for members living with dementia.

We are also grateful to JTR Insurance who, through their donation, have provided funding for our new Sporting Reminiscence Group at MHA Communities West Nottinghamshire and Derbyshire Borders scheme.

## Trusts & Foundations

A huge thank you goes to the National Lottery Community Fund who have granted through

their Awards for All programme £195,000 to 23 of our MHA Communities schemes to enable us to provide services and activities that help older people tackle loneliness and isolation throughout communities across the UK.

We received £12,000 from the Chapman Charitable Trust in 2021 to support our Music Therapy services and our new Digital Chaplaincy services which in response to the pandemic enables older people throughout the UK to access spiritual support from home.

Persimmon Community Champions have regularly supported us month on month with £8,000 for our Digital Communities project which we have developed so that our members can access a whole suite of services and activities in the comfort and safety of their own homes.



## Launching 25 March 2022

**This year sees the start of our new annual fundraising event, MHA Communi-tea party.**

We are looking to use the power of tea to bring 'tea-gether' communities across the UK. So get your friends and family, school, church or wider community together and host your first MHA Communi-tea Party this March, to raise awareness and funds for MHA.

The official day will be 25 March, but feel free to do your events on days around then that suit you.

Our web page has downloadable packs, full of resources and ideas on how to host your event. Whether that is a bake sale, an afternoon tea or a coffee morning, our printable pack has games, recipes, bunting, invites and more to help you make your event a success!

For more information visit: [mha.org.uk/TeaParty](https://mha.org.uk/TeaParty)



## Quick updates

### The Great North Run 2021



Hannah Rowan,  
Deputy Scheme Manager at  
Gateshead Communities

2021 was the 40th anniversary of The Great North Run. This year's run took place on Sunday 12th September and 57,000 runners took to the streets of Newcastle to run 13.1 miles.

The iconic GNR route had to be changed due to Covid to allow for social distancing. The revised route took runners over the Tyne Bridge twice making their way through the city centre and finishing on the Great North Road.

As always millions of pounds were raised for charity and I am delighted to say that the amazing nine runners taking part on behalf of MHA raised a total of £5364 between them.

Three of our runners were our MHA colleagues, Hannah Rowan, Simon Cook and Rebecca Tennant. A massive thank you to them and all the runners that took part, we are extremely grateful for your efforts.

Anyone wishing to take part next year to raise some much needed funds and run in one of the largest of The Great Runs, please contact us at [fundraising@mha.org.uk](mailto:fundraising@mha.org.uk)



Rebecca Tennant,  
Area Support  
Chaplain and  
Volunteer  
Coordinator, and  
supporter Simon  
Griffiths



### Famileo

At MHA we are committed to helping older people live later life well and in 2020 introduced Famileo gazettes to connect our residents with their loved ones.

After a successful trial we have been fundraising to enable us to

continue this much-loved service. From sponsored walks and Facebook appeals to allocating a very kind legacy gift to support this ongoing work we are making good progress. If you would like to find out more please visit [mha.org.uk/famileo](https://mha.org.uk/famileo)

### Christmas Friendship Appeal

At Christmas we asked the local community to write one extra Christmas card. We then delivered them to an older person nearby.

The response was overwhelming and gave joy to the recipients knowing that someone was thinking of them during the festive period.

Christmas can be a lonely time and just knowing that someone cares brings great happiness.



*“ It means so much at Christmas that everyone feels that someone cares. A card shows that people are thinking about them. ”*

- MHA resident



## Beautiful friendships could flourish with a gift in your will

MHA is dedicated to nurturing friendships at all of our specialist care homes, thriving retirement settings and vibrant community groups.

Help future generations live the very best later life they can and stay truly connected to their communities with a gift in your will.

To find out more visit [mha.org.uk/giftsinwills](https://mha.org.uk/giftsinwills), email [giftsinwills@mha.org.uk](mailto:giftsinwills@mha.org.uk) or call **01332 221651**



## MHA Mystery Words

To celebrate this issue's theme of 'growing together' the first 100 entries will receive a pack of Marigold seeds (approx. 30 seeds per packet).

Simply find and circle the ten hidden words in the word search.

### Word list

LILAC	DAISY
MARIGOLD	CARNATION
ROSE	DAFFODIL
SNAPDRAGON	IRIS
SUNFLOWER	AZALEA

```

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

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To enter, complete your details overleaf and return it to us no later than 5pm on 30 April 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 9 May 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](https://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 word search 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](https://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. 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. 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 211 883** or email: [supportercare@mha.org.uk](mailto:supportercare@mha.org.uk). To view our Privacy Notice go to [www.mha.org.uk/privacypolicy](https://www.mha.org.uk/privacypolicy).

Let's keep in touch

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