

How can I get involved?

Hold a church service

Visit mha.org.uk/sunday to download church resources, including an order of service, sermon, video and posters, as well as ordering gift aid envelopes.

the mha Communi-Tea party



Hold a tea party

Communi-tea Party is back! Why not get tea-gether with tea and cake after your MHA Sunday church service with proceeds coming to MHA? For more information visit: mha.org.uk/teaparty



Finding Nana

The journey into care can be a worrying time, especially for younger family members. That's why, mha and the Methodist Church, have developed the 'Finding Nana' book, to help children understand what happens to their loved one when they need to move into a care home.

For more information visit
mha.org.uk/finding-nana



About MHA

Later life is something that deserves to be lived well and as a national charity, that is MHA's mission. For over 80 years, your support has made this a possibility for everybody living in our specialist care homes and thriving retirement living schemes, as well as providing invaluable opportunities to bring people together through our vibrant community groups.

It's your generous donations and committed fundraising that make living later life well a reality for so many. From chaplaincy to music therapy, your support helps to provide nurtur-ing environments and enriching experiences across all our homes and schemes.

For MHA Sunday resources and to order Gift Aid envelopes, visit mha.org.uk/sunday or contact us at fundraising@mha.org.uk or call **01332 221 883**.

Search MHA on social media



or visit mha.org.uk



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mha sunday



Together, enriching later
life every step of the way



What is MHA Sunday?

This year, MHA Sunday will be themed around the parable of the **Good Samaritan (Luke 10:25-37)**. It's a story that will be familiar to many of us. It describes a man in need of support who finds it from a surprising source. It challenges our preconceptions about who the givers are in society.

Although MHA Sunday takes place officially on Sunday 8 June 2025, we encourage you to hold your service and help raise funds on any date that aligns with your calendar of activities.

Your gifts will support all those who use MHA's services to live later life well, including, our dementia services. Bringing meaning and joy to the lives of people living with dementia.



The residents not only need to be cared for, they need to be nourished spiritually. This happens every day, through the extra services we provide - Carolyn. MHA Chaplain

To find out more visit
mha.org.uk

Irene's story

What type of home would make you happy if you could no longer live without support? One where you feel comfortable, among friends and well looked after? One where you can enjoy life feeling safe and secure?

This is exactly what Gary and Julie wanted for their Mum, Irene, after her dementia reached a level where she could not live safely at home anymore. This MHA Sunday Irene, Julie and Gary share their powerful story and in doing so highlight the importance of the charitable activities which make MHA what it is – compassionate chaplains, affirming music therapy and engaging dementia resources – all vital in allowing Irene to live the life she does, full of meaning and joy.

Julie and Gary have precious memories of growing up with their mum: family holidays on the beach, gardening together, and dining room tables filled with friends and neighbours. Their overriding memory is 'With Mum, you felt safe, secure, loved'. They have found the same for Irene at MHA.



I like it so much here. It is fantastic really -
Irene

Watch their special story by searching
MHA Sunday 2025
on YouTube!



Thanks, from the bottom of my heart, because it is making my Mum's life special
- Julie