

mha
Sunday
2026



The second cup...

make it matter

What is MHA Sunday?

MHA Sunday is a time for churches and faith groups to reflect on how we are called to notice, care for and walk alongside those who may otherwise be overlooked.

This year, MHA Sunday draws inspiration from our Second Cup appeal, which reflects the quiet but powerful impact of companionship in later life. For many older people, loneliness and isolation are part of everyday experience. A listening ear, a shared conversation or simply knowing someone will call can bring reassurance, dignity and hope.

Although MHA Sunday officially takes place on **Sunday 14 June 2026**, you are warmly invited to hold your service and fundraising activities on any date that fits with your church or faith group's calendar.

Your support will help MHA continue to reach older people through befriending, dementia and community services, helping them to live later life with connection, purpose and joy.

Text MHASUNDAY to 70085 to donate £10.

Texts will cost the donation amount plus one standard network rate message, and you'll be opting into hearing more from us. If you would like to donate but don't wish to hear more from us, please text **MHASUNDAYNOINFO** instead.



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.

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



**"When my befriender Alison calls, it's the best part of my week"
Jean, MHA Befriending service beneficiary**

Jean lost her husband three years ago. Her children live far away. *"Days can feel very long," she says. "But when the phone rings and it's Alison, we talk about everything - the garden, old films, the grandchildren. For that half hour, I don't feel alone."*

That's the difference your kindness makes

make it matter



*Two cups are out.
The kettle is already on.*

For someone living alone, that second cup can mean everything. It means someone is coming. Someone who will listen, share a moment and remind them they matter.

Through MHA's befriending services, these moments happen every day. A regular visit. A friendly phone call. Thirty minutes of conversation that can



lift a mood, restore confidence and turn a quiet week into something to look forward to.

This is the heart of our Second Cup appeal. Not grand gestures, but simple, faithful acts of friendship that help older people feel connected again.

This MHA Sunday, your kindness can help ensure that more people experience that second cup moment, knowing they are seen, valued and not alone.

To find out more visit mha.org.uk/sunday

Later life deserves to be lived with dignity, connection and purpose.




As a national charity, MHA has been working for more than 80 years to make this possible for older people across the UK.

Your support helps MHA provide specialist care homes and thriving retirement living schemes, as well as vital community services that bring people together. From befriending

and chaplaincy to music therapy and dementia support, these services help reduce loneliness, strengthen wellbeing and ensure older people feel valued and included.

It is thanks to your generous donations and committed fundraising that MHA can continue to create nurturing environments and meaningful experiences, helping people to live later life well.

For MHA Sunday resources and to order Gift Aid envelopes:

-  mha.org.uk/sunday
-  fundraisingenquiries@mha.org.uk
-  **01332 221 883**

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

Search **MHA** on social media



or visit mha.org.uk

