



## Penarth & District Live at Home Scheme

Supporting independence for older people

*"This scheme is enabling my mother,  
and those like her, to continue leading a full  
and independent life in her own home."*

Relative, MHA Live at Home Scheme member



## What is a Live at Home Scheme?

It isn't hard to identify those things that help most of us feel content. We want to be able to get around, live securely and have company when we feel like it. Most often those needs can be met while we continue to live in our own home, even as we grow older. That's what MHA's Live at Home Schemes are for.

Live at Home Schemes offer services and support to help older people lead independent, active and fulfilled lives, and to live securely.

We aim to help you maintain your independence while offering opportunities for companionship, trusted

support, and advice when you need it. We have services which can be offered in your home, and group activities in a place where you can be welcomed, and be among friends.

Above all, you will know that there is always someone to turn to for help, advice or simply a chat.

*"Staff and volunteers help with whatever I need – small jobs, or reading things I don't understand. I can't speak highly enough of what they do."*

Member, MHA Live at Home Scheme



## What services are available?

The Penarth & District Live at Home Scheme offers services within these areas.

You can choose the services which best suit you – plus the scheme's staff and volunteers will always be here to help with questions or concerns.

The services available are:

- lunch club (Monday - Friday)
- friendship groups
- distribution of hearing aid batteries
- day trips
- coffee mornings
- advice and information
- advocacy
- befriending
- social outings

- transport to and from social groups (small charge)
- a monthly newsletter

A charge will be made for activities.

*"Members get to enjoy a meal that they may struggle to prepare in their own homes. It is like having lunch with a big family."*

Manager, MHA Live at Home Scheme



## How our Live at Home Schemes work

Local schemes are run by Live at Home Managers, and supported by a local committee. Our services are provided by a dedicated team of volunteers.

New volunteers are always welcome to join our team, and opportunities include:

- volunteer befriending visitor
- driving a car or minibus to help our members get to appointments or activities
- helping with distributing meals for our lunch club
- helping run one of our activity or social groups

Training and support are offered to help our volunteers to find fulfilment in their roles.

Above all, Live at Home staff and volunteers put the meaning back into the phrase 'good neighbours'.

*"... a dedicated and caring team who work their socks off to make a difference."*

Relative, MHA Live at Home Scheme member

*"We so often wonder what we can do to make the world a better place. It makes me full of pride at the immense amount of dedication of those running this scheme."*

Supporter, MHA Live at Home Scheme





## About Live at Home

Live at Home was established in 1989 by MHA, a charity providing care homes, housing and support services for older people throughout Britain.

Over 50 Live at Home Schemes now operate across the UK, enabling older people to maintain their independence and live more fulfilled lives.

These services aim to relieve social isolation and encourage older people to take an active part in the communities in which they live.

Established nearly 70 years ago, MHA now delivers a range of services to over 16,000 individuals.

We serve approximately:

- 5,000 older people living in care homes - residential, nursing and specialist dementia care;
- 2,000 older people living independently in a range of purpose-built apartments with flexible support and personalised care
- 9,000 older people supported via live at home services in the community

Our services are delivered by 7,000 dedicated staff members and enhanced by the commitment of 4,000 volunteers. Our mission is to improve the quality of life for older people, inspired by Christian concern.



## What to do next?

To find out more about MHA's Live at Home Schemes or to become a volunteer please phone us on:

**02920 712516**

If you are met with an answer phone, please don't be put off. Just leave a message and we will call you back.

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