



Winchester Live at Home Scheme

Supporting independence for older people

*"I am very thankful to you and all those who help
those in need, it means a lot to the lonely."*

Winchester Live at Home Scheme member



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 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 Scheme is here 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.

"We are lucky to have such a good scheme in Winchester. It makes life a lot happier for people."

Member, Winchester Live at Home Scheme



What services are available?

The Winchester Live at Home Scheme offers services in central Winchester and the surrounding villages.

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

The services available are:

- Befriending
- Shopping
- Transport
- Telephone link
- Walking group
- Singing for wellbeing
- 5 Exercise plus (postural stability) classes

- Men's pub lunch
- Seated exercise class
- New age kurling
- Craft club
- Lunch club
- Memory café
- Outings
- Annual holiday

A charge will be made for activities.

"Without the clubs I would be very lonely they are the only chance I have to talk to people each week. I would like to thank the team for giving their time."

Member, Winchester 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
- shopping – taking individual members to the shops or buying and delivering shopping to a specific person
- driving – either cars or mini-buses, to help our members get to appointments or activities
- driver escort – assisting members onto the mini-bus, to get seated and to get off

- club helpers – setting up chairs, tables and equipment, serving food and drinks, clearing tables and assisting in the kitchen
- assisting with fundraising

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'.

"The volunteers who have helped me are first class and have become good friends."

Member, Winchester Live at Home Scheme



What to do next?

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

01962 890995

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

Our office address is:
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