About
Live at Home

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 60 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 75 years ago, MHA delivers a range of high quality services to more than **17,600** individuals:

- **10,330** older people supported through **61** Live at Home services in the community.
- **2,500** older people living independently in **70** retirement living communities with flexible support and personalised care, with a further seven sites in development
- **4,600** older people living in **88** care homes - residential, nursing and specialist dementia care – with two more in development

Our services are provided thanks to **7,000** dedicated staff and enhanced by the commitment of **5,500** volunteers.

We want to tackle loneliness and isolation among older people by connecting them in communities that care.





What steps should I take next?

To find out more about Wincanton Live at Home Scheme or to become a volunteer contact:

wincanton.liveathome@mha.org.uk or phone

01963 33588

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

The scheme address is:
Wincanton Live at Home Scheme, Methodist Church Hall, 50 High Street, Wincanton, BA9 9JU.

MHA
bringing quality to later life

LIVE AT HOME

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Wincanton
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What is a **Live at Home Scheme?**

It isn't hard to identify the 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 to support you in your home, as well as 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.



"Live at Home helps with whatever I need – small jobs, or reading things I don't understand. I can't speak highly enough of what they do."

MHA Live at Home Scheme Member

What **services are available?**

Wincanton Live at Home Scheme offers services across Wincanton and surrounding villages.

You can choose the services which best suit you and staff and volunteers will always be here to help with questions and concerns.

Examples of Live at Home services include:

- Regular telephone support
- Advice and information on local services and activities
- Signposting
- Quarterly newsletter
- Regular visits from a befriender
- Mens group
- Lunch clubs
- Outings
- Pamper day
- Friendship group

Charges are made for activities to help towards costs. We fundraise to keep these costs down.



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 telephone or visitor befriending
- Driving a car or minibus to help our members get to appointments or activities
- Helping run one of our activities or social groups and fundraising events

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'.