

Shifnal & Albrighton

Live at Home



About **Live at Home**

LIVE AT **HOME**

Live at Home was established in 1988 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 in 1943, MHA now delivers a range of services to over 17,000 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
- 10,000 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 5,500 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 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?

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

The services available are:

- 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
- Film club

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'.



What steps should I take next?

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

email: shifnal.liveathome@mha.org.uk

or phone:

01952 879873

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:

Unit 1 Broadway Court, Shifnal TF11 8AZ



LIVE AT
HOME

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MHA Live at Home is part of Methodist Homes for the Aged

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