



## Welcome!

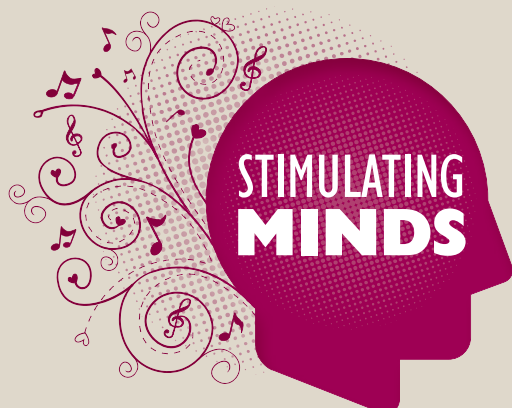
Welcome to MHA's new monthly newsletter. We hope you'll enjoy staying up to date with our latest news and seeing how your support makes such a difference to the 16,000 older people who live in our care homes and retirement living communities, or are members of our Live at Home schemes.

In this first issue, you can find out more about how our Stimulating Minds campaign is helping to change the lives of people with dementia every day, and why Live at Home is especially important right now.

To make sure that as much as possible of the money you give us goes to the benefit of older people, we'd like to encourage you to receive this newsletter by email – but we are still happy to post it to you each month if you prefer. You can visit [www.mha.org.uk](http://www.mha.org.uk) to join our email mailing list, or call **01332 296 200** if you'd rather have it posted. We will always keep your details safe and you can unsubscribe at any time.

## We're Stimulating Minds

We see the benefits of music therapy in our dementia care homes every day, enabling people with dementia to express themselves even when they struggle to communicate otherwise. Our ongoing research with Anglia Ruskin University shows real wellbeing benefits of this interactive therapy – there's a growing belief that music therapy can reduce dependence on medication.



Our Stimulating Minds campaign supports our provision of free music therapy in our dementia care homes, enhancing quality of life for people such as Margaret Cowhig at Laurel Court in Didsbury. Her daughter Kathryn is thrilled at how much more her mother communicates now, and says, "She's not agitated when she's in music therapy."

If you want to see family members talking about music therapy and its effects, visit [www.mha.org.uk](http://www.mha.org.uk) to view video interviews.



## Who are we?

How well do you know MHA and our work?

Did you know that we...

- Are a charity driven by Values that sit at the heart of all our work?
- Directly help 7,000 older people in care homes and retirement living schemes?
- Enhance communities by offering practical and social support to 9,000 people through our Live at Home schemes?
- Employ more than 7,000 staff, backed by our passionate army of over 5,000 volunteers?
- Provide over 14,500 music therapy sessions free of charge every year – a service we want to quadruple to 58,000 sessions as quickly as possible?



## Blanket Coverage

Some 300 hand knitted squares went into making this 8' by 8'6" blanket by Farsley Live at Home. The scheme says it expresses the ethos of Live at Home – providing practical and social support to promote independence and wellbeing through befriending, lunch clubs, signposting and more. And of course, the warmth of the friendships that are formed at Live at Home, tackling isolation and loneliness. Which leads us on to....



## Cold hands, warm heart

Now that winter is really here, we need to look out to make sure older people living at home aren't chilled – either by the weather, or by becoming isolated as going outside gets harder. A recent blog post by Alison Slater explains why the befriending and assistance provided by Live at Home is especially important in the colder months – read it on our website. Do you know anyone who might benefit from Live at Home support?



## Farewell to Les

Many of you will know Les Sudron, our Head of Fundraising. After ten dedicated and very accomplished years at MHA, Les is now off to a very well-earned retirement. Huge thanks to Les, and we wish him all the best in the future. In fact, he's still remaining as a volunteer for us, and also the Methodist Church. We are also saying hello to our new Head of Community Fundraising, Jessica Storer, so look out in the next issue for a proper introduction!



John Johnstone, Navy war veteran with the Arctic Convoys and resident of Starr Hills in Lytham-St-Annes, has received the Arctic Star for his service.

John said: "I am very proud to receive the Arctic Star not only for myself but in recognition of all the sailors that served with me, many of whom didn't return."