

Christmas Friendship Appeal 2019



Dear friend,

You can make a real difference to loneliness in older people this Christmas.

Share your Christmas joy with a resident or Live at Home member by writing an extra Christmas card and donating a gift to Methodist Homes (MHA).

Please send the cards (with envelopes) and any cash donations back to us.

Your card will be given to an older person in one of our care homes or a member of our community Live at Home groups. Your generous gift will be used to reduce loneliness and social isolation, enabling people to live later life well.

To support you, there are a number of resources available to order or download at mha.org.uk/Christmas.

Please send your completed cards (with envelopes) enclosed in a larger envelope to the address at the top of this letter by **29 November 2019**. Your cards will then be given to our residents and Live at Home members by our chaplains and colleagues in time for Christmas.

**Thank you for sharing joy this Christmas
helping people to live later life well.**

Lucy

Lucy Connell
Head of Fundraising



Top tips

- Please keep your Christmas cards separate from your donation within the envelope. Alternatively you can submit a gift online at mha.org.uk/christmas.
- If you are unsure how to address the card then we suggest something like 'Dear friend' or 'For an unknown friend'
- Please feel free to add a seasonal greeting such as 'Happy Christmas', 'Best wishes this Christmas' or 'Wishing you well this Christmas'
- If you feel comfortable sharing your surname as well as your first name then please feel free to otherwise just your first name is absolutely fine
- If you wish, please feel free to add what community group or church you are from and which town you come from. This can often generate the sharing of stories and memories between the recipient and the people around them. Additional messages are great if you choose to add them
- Homemade cards are great for this appeal. If making them, please ensure:
 - You include an envelope
 - You take care that nothing attached to the card could be potentially harmful or be pulled off by an older person
- Please give your group members a 'thank you' card
- If you need to order any more cards please call 01332 221641 or email fundraisingenquiries@mha.org.uk and we will send them to you

Your cards will make a real difference this Christmas for people within MHA

"Thank you for the Christmas cards and presents. Your kindness is very much appreciated."

"Please pass on my thanks for the cards and presents, such a lovely surprise."

"Just rang to say a big thank you for the cards you left, so lovely to be thought of."

All comments are from members of the Saltash Live at Home community in 2018.





Join in our Christmas Friendship Appeal 2019

Share your Christmas joy by writing an extra
Christmas card and donating a gift to MHA

Date:

Time:

Location:

Methodist Homes (MHA) is a registered charity in England & Wales
(No.1083995). Company limited by Guarantee (No.4043124).
Registered Office: MHA, Epworth House, Stuart Street, Derby DE1 2EQ



Lesley found her lifestyle changed with retirement and she had to give up her ballet and music lessons.

Joining a Live at Home community group transformed Lesley's life enabling her to make new friends, share music and live later life well.

Lesley has always been a sociable person interacting with people throughout her careers in finance and in a supermarket where she enjoyed talking with customers. She also has a passion for music, especially ballet, Gilbert and Sullivan and the Proms.

With retirement Lesley's lifestyle changed dramatically. Her depression got worse as she began to struggle to go out in the evenings. This led her to give up ballet classes and she was staying at home more and more, gradually becoming more anxious and increasingly isolated.

Her social worker suggested that Lesley try the Live at Home group in Eastleigh. At first she wasn't sure it was for her but then the 'Singing for Wellbeing' sessions caught her eye and she very quickly settled in.

Live at Home groups run across the country helping prevent loneliness and social isolation in later life. Each group is member driven making them unique to that community. It gives people a purpose and develops friendships and confidence as they join together.

Initially Lesley was unsteady and needed to hold the taxi drivers arm to get into the building but as her confidence grew, things quickly changed.



"I didn't go out of the house for a few months.... Life's a lot better now"

For several weeks Lesley forgot to take her stick home after the session and now finds that she doesn't need it at all. Her confidence has grown and along with enjoying the singing she has made new friends. She is now part of the welcoming team for new members and is always one of the first people standing in the queue for tea.

Lesley especially enjoys the social side of the Live at Home group. She now gets out of the house more, takes the bus alone and has joined several other Live at Home groups including Tai Chi and a crafts club.

Lesley's life has been transformed by the Live at Home groups she attends. She now feels a part of the community and invites others to join in the fun.

Your gift will help transform the lives of people like Lesley enabling them to live later life well.

Every donation makes a difference

Without your support, we couldn't provide our life enhancing services that enable people to live later life well.



£6

could pay for seven days of a telephone befriending service. A call could help ensure safety and reduce their feelings of loneliness and isolation.

£50

could pay for a trained instructor for an exercise or dance session giving older people the opportunity to share a fun activity whilst staying active and meeting others.



£150

could train a volunteer befriender empowering them to help reduce loneliness and isolation within their own community.



With your support we can help even more people like Lesley.

Your gift can enable them to meet friends and feel a part of their community.

Your support will make a real difference this Christmas.

For more information on how you can reach out this Christmas and beyond, visit mha.org.uk/Christmas, email fundraisingenquiries@mha.org.uk or call **01332 221641**.



Sending your card and gift to MHA

Residents and members like Lesley are grateful for all your cards and gifts, they are much appreciated by everyone and really do make a difference in reducing loneliness in later life.



It is a great way to share friendship with an older person this Christmas.

Instructions for return:

- 1** Collect the cards (in their envelopes)
- 2** Complete the form below and add this to the cards and envelopes
- 3** Attach your cheques with this form

MHA Christmas Friendship Appeal
Epworth House
Stuart Street
Derby
DE1 2EQ

Your details:

Name of Church/group:			
Name or number of circuit (if applicable):			
Enclosed: (please tick)	<input type="checkbox"/> Cards	<input type="checkbox"/> Donation	Amount £

We would like to thank you and your group for taking part in our Christmas Friendship Appeal. If you would like to be kept informed about our activities please complete below.

Name	
Address	
	<input type="checkbox"/> You may contact me by post
Email	<input type="checkbox"/> You may contact me by email
Telephone	<input type="checkbox"/> You may contact me by phone
Mobile	<input type="checkbox"/> You may contact me by text

If you would like additional information about how you can support MHA please select from the following.

- ☐ The work of MHA
- ☐ Volunteering for MHA
- ☐ Fundraising for MHA in my area
- ☐ Making a regular gift towards the work of MHA
- ☐ Taking part in fundraising challenge events to support the work of MHA
- ☐ Leaving a gift in my will towards the work of MHA

MHA will not pass your details on to any other organisation and you can opt out at any time by emailing supportercare@mha.org.uk or calling 01332 221641. Our Supporter Privacy Notice can be viewed online at mha.org.uk/privacypolicy or a copy can be requested from our Supporter Relationship Team using the contact details above.

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Thank you

