

Welcome to

MHA





We are a charity

that enables people to live later life well.

Methodist Homes (MHA) is a national charity that inspires the best care and support at every stage of later life, for people of all faiths and beliefs.

With over 75 years' experience, we put people at the heart of everything we do in all our 222 homes and schemes across Britain. Through a connected community of 90 specialist care homes, 70 thriving retirement living settings and 62 vibrant community groups, we enable people to live later life well.

All our donated income and any surplus we generate is invested into the services we provide. We have over 7,000 dedicated colleagues, who are supported by over 4,000 generous volunteers. Together, they help us to build connections with local communities, working alongside our intergenerational partnerships with nurseries, schools and youth groups, to forge links across the ages.



Care homes

We're dedicated to raising standards and committed to providing quality care for all. Our compassionate colleagues create safe, warm and welcoming environments that enable people in later life to truly feel at home.

We adapt our care and support to the needs of each individual, including residential, nursing and dementia care. As a charity, we're also able to provide a range of vital life enhancing services. These include chaplaincy support for residents, their families and our colleagues, and music therapy for those living with dementia. These services nurture the mind, body and spirit and are free for those who need them.





Retirement living



We believe retirement should enhance wellbeing and provide security and independence.

That's why all our retirement living sites are at the heart of local communities, offering residents a safe, friendly community to give peace of mind in later life.

Whether rented, purchased or part-owned, our retirement living strikes a balance between maintaining independence and accessing care if needed, along with enjoying the support and friendship that comes with being part of a community.

Live at Home



62

Live at Home
community
groups

Our Live at Home community groups are helping people in later life to maintain their independence by taking part, supporting or leading a range of different groups, clubs and activities in their local area.

Our community groups are funded by local grants, generous donations and surplus income we are able to generate. The activities offered are member driven, so every group is unique to

their community. Activities range from lunch and dinner clubs, craft groups, music sessions, aerobics, cheerleading, gardening and many more!

Our community groups also provide individual befriending services, which open up real opportunities to support and nurture companionship, helping to prevent loneliness and social isolation in later life.





Fundraising

As a charity, fundraising and donations are vital to MHA. They enable us to provide additional crucial services that can make a difference in reducing isolation and loneliness and enhance later life. These include:

- **Live at Home community groups** - providing fun, friendship, conversation and befriending support
- **Chaplaincy and spiritual care** - bringing comfort, peace and fulfilment in our homes and schemes
- **Music therapy for those living with dementia** - connecting them with memories and reducing symptoms of anxiety and agitation

To support our services that enable people to live later life well, visit mha.org.uk/donate

Chaplaincy

We're really proud of our dedicated chaplaincy service inspired by our Methodist roots. We place great importance on nurturing the mind, body and spirit of those we care for, their families and our colleagues, of all faiths and none.

There is a devoted chaplain in each of our care homes and in most of our retirement living communities, with the intention to expand this support to all our residents and members. Our chaplains provide one-to-one support, a sense of comfort and a listening ear to everyone who needs it. We believe this is a vital aspect of enabling people to live later life well.



We employ

140

chaplains





Music therapy

We are a leading provider of music therapy, with all our therapists qualified to Masters Degree level. Our award-winning music therapy one-to-one and group sessions have the sole aim of bringing peace and meaning to those living with dementia, through stimulating cognition. This helps to reduce symptoms associated with dementia including anxiety and agitation, and is provided through generous donations and surplus income.

Our music therapists work closely with our care home senior care teams to adapt sessions to suit each person's needs with the aim of nurturing their physical and emotional wellbeing. Music therapy enhances residents' quality of later life, offering a chance to re-connect with their feelings, emotions and memories. Our aim is to extend the vital service to all our residents and members living with dementia.



We employ

26

music therapists



Find out **more**

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To make a donation visit mha.org.uk/donate

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**Methodist Homes (MHA) is a registered charity in England & Wales
(no. 1083995).**

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