

Bradford and District Live at Home

Information for referrals

Help us support your community at your local Live at Home

We are MHA Live at Home Bradford & District, a community-based project part of the national charity Methodist Homes (MHA). Bradford & District Live at Home currently supports over 1,000 older people to live later life well across the Bradford District.

We are contacting local community workers, health professionals and other people working in the sector with older people who may be feeling lonely, have become isolated and have lost their confidence in leaving their home.

Our Live at Home community group provides a whole range of support and services that are available to older people across Bradford, including a wide range of social activities and events, supported holidays, befriending, interest groups, signposting and other services that enable older people to remain actively involved in their local community.

If you know of older people who could benefit from our services, we would like to encourage you to signpost our groups by passing on our details to them or with their permission, making a referral to us on their behalf.

You could also help us to inform people about the community groups we provide by displaying our leaflets on public information boards in your buildings, if you would like more copies please don't hesitate to contact us.

We have enclosed an introduction in this you will find:

- Leaflets about the services we offer
- Information about where services are available
- A referral form and information about how to make a referral
- Contact details for the scheme

If you would like any further information, or if you would prefer to make a referral via phone please contact the office on; 01274 397302 or email caroline.bebb@mha.org.uk

Thank you so much for your help
The Bradford Live at Home community group team



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Who are we?

We are **Bradford & District Live at Home scheme**, offering local Bradford based community groups, ran by the national charity MHA, an award-winning charity helping to improve the lives of over 18,000 older people across the UK every day.

Where do we operate?

Our community hubs are across Bradford, in the following areas; **Wibsey, Great Horton & City, Little Horton, Clayton, Allerton & Fairweather Green and Bolton & Undercliffe**. We can provide support with arranging transport to these areas, there is a hub activities list included in this document.

What do we do?

Our aim is to support older people to live independently in their own home, enabling them to live later life well.

How?

We do this a variety of ways through our community hubs. Older people can access support from one of our Community Programme Coordinators who will be able to provide tailored support to meet individual needs.

The types of service and support we offer puts members in control of their own support plan and members can choose the types of activities or services they would like, providing them with flexibility and variety.

We do this by offering different types of service that suit different wants and needs that members can access, picking and choosing from the whole range.

What services do we offer?

Building based supported activities

Day time activities are delivered in venues across the community like church halls or community centres. Sessions vary with most including refreshments, lunch and delivered activities such as gentle exercise, games and quizzes. There is support with transport provision for these activities.

User & volunteer led social and interest groups

These groups have been created for members who have a particular interest, such as painting, card craft, dance or exercise. The sessions are mainly led and delivered by volunteers taking place at different venues throughout the week. Members and volunteers can request support to set up new activities where and when needed offering members additional choices.

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Outreach community based activities

These activities include planned and coordinated group activities such as outings, community events and supported holidays, members can pick from a calendar of regular events. The outreach activities also include a wide range of coordinated micro-clubs, friendship groups and partnership matches where Community Programme Coordinators match members with shared interests together to share activities in the community or in each other's' homes.

In addition to social and interest activities, our Community Programme Coordinators will also provide one to one support through an assessment and review process. Members are encouraged to give honest feedback so any services and support needs not currently provided by the scheme can be identified and members can be signposted to additional support elsewhere. Community Programme Coordinators may also provide one to one support on a short term/occasional basis for example in a crisis or emergency.

Dementia activities

Our 'Dementia Adventure' project is designed to provide nature based activities both indoors and outdoors to members living with dementia and their carers. The project is delivered by a Community Programme Coordinator who has received specialist training to support people living with dementia to take part in the activities.

How do I refer somebody to the scheme?

First of all, seek permission from the person you are referring

Please seek the permission of the person you are referring before contacting us. Our referral process is easy to use and open to all. We receive referrals from family members health professionals such as GP's or district nurses, community workers, PCSO's, community wardens and from prospective members themselves.

Making your referral

You can make your referral by telephone on; 01274 397302 or you can also email us at caroline.bebb@mha.org.uk. We will take a few initial details over the phone including contact details for the person, DOB, any health problems they may have and contact details for Next of Kin. We will arrange a home visit to the person so please also let us know if there are any issues that we should be aware of.

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What happens next?

Initial visit

Once we have received a referral a Community Programme Coordinator will telephone the member or referrer, depending on whichever is appropriate to arrange a home visit. On the visit, we will introduce ourselves, tell them about what we do and give them an information pack. If the individual is happy to proceed we will then spend some time with them filling out a member assessment, this helps us to assess how we can best support the member and provides us with emergency information. The information is not shared with anybody outside the scheme and is kept in line with GDPR legislation.

Joining an activity

Once a new member has completed their assessment, the Community Programme Coordinator will need to make arrangements ensuring places are available, supporting the member with arranging transport and ensuring that staff and volunteers are prepared for any additional support needs a member may have. Once the arrangements have been made, the Community Programme Coordinator will telephone the member with a start date.

Follow up

If a member is referred to us by a health professional, statutory or voluntary service, with the individual's permission, we will let the referring agency know the outcome of the visit and the services we will be providing. We will not however be able to share any other information unless the member gives us permission to do so.

Review Process

To ensure that the member is receiving the support they require, we carry out regular six monthly reviews with the member. If there is a significant change in a member's life, meaning their needs may have changed, this will also trigger a review.

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Hub Planner for Referrers

For all services please contact the main office on **01274 397302**
or email caroline.bebb@mha.org.uk

Hub Location and area covered

Services offered/activities available

Hub Location and area	Services offered/activities available
<p>Wibsey Hub, Salvation Army building, Holroyd Hill, Wibsey, BD6 1NS.</p> <p>Covering BD6 Wibsey and surrounding areas.</p>	<p>Coffee morning and breakfast clubs Monday</p> <p>Paint and draw groups Tuesday</p> <p>Card craft group Tuesday</p> <p>Micro clubs including Woodwork, crochet and board games. All Tuesday</p> <p>Tea Dance Tuesdays</p> <p>Active Friday Circuit training Fridays</p> <p>St John's Coffee morning – Thursdays at St Johns Church, Cooper Lane, BD6 3NS</p> <p>Ladies' special day trips (times/dates vary)</p> <p>Men's special day trip (times/dates vary)</p> <p>Wibsey Walkers (times/dates tbc)</p> <p>Outings and supported holidays (times/dates vary)</p>
<p>Great Horton & City Hub, Ukrainian Club, Legrams Lane, Bradford, BD7 2EA</p> <p>Covering BD7 and BD1 and surrounding areas.</p>	<p>Lunch Club - 3 course meal & activities</p> <p>Tai-Chi Mondays</p> <p>Pool Club Pals Mondays</p> <p>Italian Seniors coffee & catch up Turls Green, Centenary Square, Bradford Wednesdays 11am-2pm</p> <p>Ladies' special day trips (times/dates vary)</p> <p>Men's special day trip (times/dates vary)</p> <p>Supported holidays and trips (times & days vary)</p> <p>Brackenhall Bingo – Lunch and Bingo every other Tuesday at Anchor housing, Brackenhall Court, Greenfield Court, BD7 4HL</p> <p>Shopping trips, supported holidays and trips (times/dates vary)</p>
<p>Little Horton Hub, St Matthews Church, Carbottom Road, Bradford, BD5 9AA</p> <p>Covering BD5 and surrounding areas</p>	<p>Tuesday lunch club 12pm-2.30pm</p> <p>Ladies Specials Day trips (times/dates vary)</p> <p>Men's specials Day trip (times/dates vary)</p> <p>Summer specials, shopping trips, supported holidays and trips (times/dates vary)</p>

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Hub Location and area	Services offered/activities available
<p>Clayton, Allerton & Fairweather Green Hub, Clayton Methodist Church, Clayton Lane, Bradford, BD14 6PA</p>	<p>Lunch Club - 3 course lunch & activities (Wednesdays and Thursdays) Transport provided Clayton Walkabout group (seasonal volunteer led walks in the Clayton area) Lidget Lunchers at The Flying Squirrel, Clayton Road, BD7 2SG (times/dates vary) Roots & Shoots pot planting pals (times/dates vary) Ladies Special day trips (times/dates vary) Men's special day trip (times/dates vary) Supported holidays and trips (times/days vary) Summer specials, shopping trips, supported holidays and trips (times/days vary)</p>
<p>Bolton & Undercliffe Hub, Upper Bolton Social Club, Idle Road, Bradford, BD2 4JN Covering BD2, BD3 and surrounding areas</p>	<p>Chatty Tuesday Lunch club 11-2.30pm Fit & Fun exercise and coffee morning to suit all abilities. Thursdays 10am-12pm Evening and weekend social activities, entertainment, live lounge and supper Games clubs, pool scrabble etc. (times/days vary)</p>

We offer transport or support organising transport for the majority of our activities. Where we are able to provide transport, there is a £1.50 charge each way. Alternatively, we can make arrangement for members to use to use local transport or we can organise private taxi hire to transport them to the activities (taxi travel charges are charged to the members directly).

To make a referral please contact julie.maude@mha.org.uk or caroline.bebb@mha.org.uk