



## Southwell & District Live at Home Scheme

Supporting independence for older people

*“This scheme is enabling my mother,  
and those like her, to continue leading a full  
and independent life in her own home.”*

Relative, MHA Live at Home Scheme member



## What is a Live at Home scheme?

It isn't hard to identify those 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. 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 Scheme is here 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 which can be offered in your home, and group activities - 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.

*“Staff and volunteers help with whatever I need – small jobs, or reading things I don't understand. I can't speak highly enough of what they do”.*

Member, MHA Live at Home scheme



## What services are available?

The Southwell & District Live at Home Scheme offers services in Southwell and the surrounding villages within a five-mile radius.

You can choose the services which best suit you. In addition, the scheme's staff and volunteers will always be here to help with questions and concerns.

The services available are:

- visits to members in their own homes
- lunch club every Wednesday and Thursday in Southwell
- coffee and friendship mornings, Tuesdays in Southwell
- social outings

- telephone support
- craft and activity sessions with occasional guest speakers and musical entertainment
- reminiscence sessions
- chair based exercise classes
- advice and information
- board games and bingo sessions
- informative newsletters

Most activities are free or may have a small charge.

*"Members get to enjoy a meal that they may struggle to prepare in their own homes. It is like having lunch with a big family."*

Assistant Scheme Manager,  
MHA Live at Home scheme



## 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:

- befriending
- help running activity groups
- administration

Training and support are offered to help our volunteers to find fulfilment in their role.

Above all, Live at Home staff and volunteers put the meaning back into the phrase 'good neighbours'.

*"... a dedicated and caring team who work their socks off to make a difference."*

Relative, MHA Live at Home scheme member

*"We so often wonder what we can do to make the world a better place. It makes me full of pride at the immense amount of dedication of those running this scheme."*

Supporter, MHA Live at Home scheme



## About Live at Home

Live at Home was established in 1989 by MHA, a charity providing care homes, housing and support services for older people throughout Britain.

Over 50 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 nearly 70 years ago, MHA now delivers a range of services to over 16,000 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
- 9,000 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 4,000 volunteers. Our mission is to improve the quality of life for older people, inspired by Christian concern.



## What to do next?

To find out more about MHA's Southwell & District Live at Home Scheme or to become a member or volunteer please phone us on:

**01636 816565**

If you are met with an answer phone, please don't be put off. Just leave a message and we will call you back.

Our office address is:  
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