

MHA COMMUNITIES FESTIVE ACTIVITIES



12 days of Christmas with MHA Communities West Yorkshire	Decorating Christmas trees with MHA Communities South Staffordshire	Tai Chi with an interview with members from MHA Communities East Hants	Christmas pass the parcel with MHA Communities South and West Birmingham	Singing for wellbeing and carols with MHA Communities East Hants	Pass the parcel with MHA Communities South and West Birmingham	Christmas Exercise Class with MHA Communities West London
Christmas quiz with MHA Communities North London	Line dancing to Christmas music with MHA Communities South Leeds	Take a look around MHA The Wilderness during the winter season	The benefits of telephone befriending at Christmas with our members	Love bingo? Join us for a festive themed game of bingo	Reflection on a Christmas memorial event with MHA Communities Teesside	Cheerleading with MHA Communities Test Valley
Laughter is good for the soul with MHA Communities Cornwall	Volunteering for MHA Communities at Christmas	Get in to the Christmas spirit with MHA Communities Cornwall and Midlands	Christmas baking with MHA Communities North London	Join our walking group virtually to see the Christmas lights at MHA Communities Winchester	Fun and merry exercises with MHA Communities Rothwell	Vintage Christmas Carolling with MHA Communities Wakefield
The impact of seated exercise with our members at MHA Communities Southampton	Interview with the University of Teesside around the importance of befriending at Xmas	Christmas Cracker jokes and festive elves at MHA Communities Bradford	Learn about giving a gift for a child in need at Christmas with MHA Communities Wakefield	Christmas baking with MHA Communities North London	Wreath making with MHA The Wilderness	The impact of volunteering with MHA Communities Winchester
Christmas Crafts with MHA Communities North London	Christmas quiz with MHA Communities	Cheerleading to Christmas music with MHA Communities Test Valley				