




## Hello!

Welcome to MHA Communities Hampshire (formerly known as MHA Live at Home). We have nine schemes across the county offering support and friendship to older people living in their own homes. We usually run a variety of social meetings, singing and music sessions, exercise classes, lunch groups, outings and so much more. We offer support with transport, at home befriending as well as signposting and advice. Currently we are unable to operate our face to face services so instead we are offering remote options instead. These include delivering shopping and prescriptions, providing telephone befriending and a host of remote activities as detailed in this booklet to help keep our members connected, active and entertained.

We have something for everyone whether you are interested in keeping fit, keen to chat or would like to learn something new, take a look through this booklet to find what suits you. The best part is there are options for everyone regardless of what technology you have available to you at home and you can try out the activities at a time to suit you. If you would like to find out more about an activity, how to access a service or register to take part then all you have to do is contact your local MHA Communities office, details can be found on the back page.

## How to join in

Format	Requirements	Access
<p><b>Group Phone Call</b></p> 	<ul style="list-style-type: none"> <li>Any land line or mobile phone</li> </ul>	<p>Phone number and password (detailed next to each activity in this booklet)</p>
<p><b>DVD</b></p> 	<ul style="list-style-type: none"> <li>DVD Player connected to TV or computer with DVD drive</li> </ul>	<p>Will be sent or delivered to you at home to use in your own time</p>
<p><b>Online Video</b></p> 	<ul style="list-style-type: none"> <li>Internet access via Smart Phone, Tablet, i-pad, Laptop or Computer</li> <li>Email address</li> </ul>	<p>Information will be sent via email every week. This will either be a link to YouTube or Facebook</p>
<p><b>Video Call</b></p> 	<ul style="list-style-type: none"> <li>Internet access</li> <li>Smart Phone, Tablet, i-pad, Laptop or Computer with forward facing camera</li> <li>Email address</li> </ul>	<p>Information will be sent via email with a link to join the call. All calls are password protected and are secure. Information will be sent via email</p>

## Weekly Themes

Every week we have a different theme which determines the content of our activities. The themes are detailed in our most recent newsletters which can be sent to you via email or post, just contact the MHA Communities office to receive one. Here you will also find additional services relevant to your location.

## Ways to get involved

Joining one of our new remote activities is really straightforward although we know trying new things can feel a bit daunting. Here is a guide to help you understand a bit more about the service, what the requirements are and how to get connected:

### Group Phone Calls



#### **Which activities can I take part in?**

My life Story (p8) and Minding Me (p10).

#### **I don't have an email address or internet access, can I still join in?**

Yes! You can still take part in group phone call activities using a landline or mobile phone. You can dial in at the specified time, enter the meeting ID and password and you'll be connected to everyone else on the call. You'll be able to hear everyone and they will be able to hear you too.

#### **How do I get involved?**

Get in touch with your local MHA Communities office (details on back) for detailed instructions on how to join in.

## DVD



We know not everyone has access to the internet but that there are plenty of people who want to continue with their exercise classes at home. As such we are currently putting together an 'Active' DVD which will contain sessions of each of the following classes: Seated Exercise, Standing Exercise, Cheerleading and Tai Chi. We are also putting together an 'Entertainment' DVD which will contain a variety of our videos including Mastermind Quiz, Fun Thursday, Crafts and Laughs, Singing for Wellbeing as well as a taster session of Minding Me.

## Online Video



If you have internet access and an email address you can watch each of our new videos every week at a time to suit you. This includes Seated Exercise, Standing Exercise, Tai Chi, Mastermind Quiz, Fun Thursday, Crafts and Laughs and Singing for Wellbeing. All you have to do is provide the MHA Communities office with your email address and let us know which sessions you are interested in and we will send you a link to the latest session as soon as they are available.

## Video Call



If you have an internet enabled device with a forward facing camera you can join in with our live sessions. These include our chat groups My Life Story (p8) and Minding Me (p10) as well as our live Cheerleading sessions Access details available from the MHA Communities office.

# Seated and Standing Exercise Classes

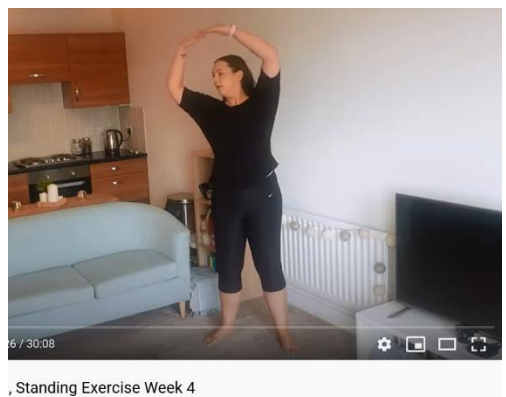
Time: 20 minutes each

Available: New video available online every Monday but available for viewing at any time

Format: Online video on YouTube and also available on 'Active' DVD



A separate standing and seated exercise video available each week one of our Community Programme Co-ordinators leading you in session similar to the ones they usually run in person. These sessions will help you exercise safely in your own home with clear step by step instructions. The moves are designed to improve strength, stamina, posture and balance.





## Mastermind Quiz



Time: 10 minutes

Available: New video available online every Monday but available for viewing at any time

Format: Online video on YouTube

also available on 'Entertainment' DVD



Put those brain cells to the test with a quiz to test your general knowledge skills. All you need is a pen and paper – the quiz is only 10 minutes long but you can pause and rewind the video so you can take as long as you need to think of your answers.





## Cheerleading

Time: 10am and 10.30am

Available: Tuesday and Thursday

Format: Video call and available on 'Active' DVD



Join an instructor for a fun live video class you can enjoy from your living room. Combining a variety of standing exercises with movement to music this is sure to get your feet moving. Cheerleading can be done in a seated or standing position and will help with building and maintaining strength, stamina and co-ordination.

No pom-poms required but if you want you can utilise a scarf, duster or anything else you have to hand.



## My Life Story

Time: 10am

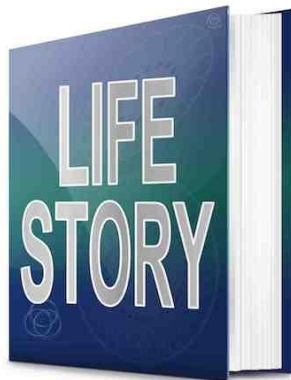
Available: Tuesday

Format: Video Call and Group Call



Put together your life story, either as a gift for your family to enjoy or something for yourself to capture your favourite memories. Everyone gets a template to fill in which can be emailed or sent to you in the post.

Each session will cover a different topic, e.g. 'school days' 'first job' – each person gets a chance to reminisce – you then fill in that section between sessions ready to move on to the next. At the end you have a special book as a keepsake or to gift to a friend or family members.





## Tai Chi



Time: 20 minutes



Available: New video available online every Wednesday but available for viewing at any time

Format: Online video on YouTube and also available on 'Active' DVD



Join instructor to find that moment of inner calm with a video class.



Tai Chi combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13th-century China, tai chi is now

practised around the world as a health-promoting, low-impact exercise, which means it won't put much pressure on your bones and joints. Studies have shown that it can help people aged 65 and over to reduce stress, improve posture, balance and general mobility, and increase muscle strength in the legs. No experience needed, can be adjusted to suit mobility needs

## Minding Me

Time: 11am

Available: Every Thursday

Format: Group phone call plus taster session will be available on the 'Entertainment' DVD



What techniques can we use to make ourselves feel good?

Join one of our Community Programme Co-ordinators to share ideas and learn new ways to look after your mental and physical health.

If you haven't tried something like this before we can send you a short taster session video via email or alternatively arrange for the group leader to call you for a one on one session to explain a bit more.



## Fun Thursday

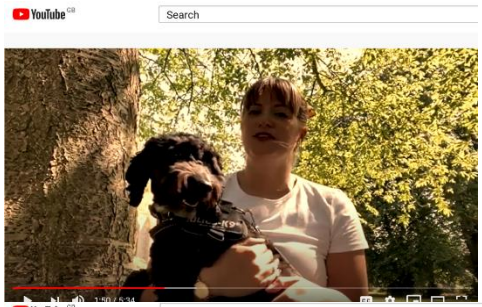
Time: New video available online every Thursday but available for viewing at any time

Available: every Thursday

Format: Online video on YouTube and some sessions also available on 'Entertainment' DVD



Enjoy our varied entertainment videos, alternate weeks will be a cooking demonstration by one of our team and other weeks will be music, magicians and more!



Down the rabbit hole - Poems from Wonderland

Fun Thursday 9th July 2020



## Singing for Wellbeing

Time: New video available online every Friday but available for viewing at any time

Format: Online video on YouTube/Facebook and some sessions also available on 'Entertainment' DVD



Join one of the team for a weekly sing-along of all your favourites. In the comfort of your own home you can sing at the top of your voice, exercise those lungs and express yourself. A great way to blow away the cobwebs.

## Laughs and Crafts

Time: New video available online every Friday but available for viewing at any time

Format: Online video and some sessions also available on

'Entertainment' DVD



Join on of our

Community Co-ordinators to make gorgeous homemade gifts from the comfort of your own home. These step by step tutorials will show exactly what you need to do to make something amazing from items you have at home

## Get in touch

If you know of anyone who would like to become a member or volunteer, would just like to find out a bit more about our organisation, or sign up to one of the activities listed please don't hesitate to contact us. If you are met with an answerphone please leave a message, we will call you back. Each scheme covers the whole of its district as defined by Hampshire County Council.

### **MHA Communities – Basingstoke & East Hampshire**

**01428 714444**

[BasingstokeandEastHampshire@mha.org.uk](mailto:BasingstokeandEastHampshire@mha.org.uk)

### **MHA Communities - Eastleigh**

**07989 710620**

[Eastleigh@mha.org.uk](mailto:Eastleigh@mha.org.uk)

### **MHA Communities – Gosport & Fareham**

**01329 234409    07720680507**

[GosportandFareham@mha.org.uk](mailto:GosportandFareham@mha.org.uk)

### **MHA Communities – Hart & Rushmoor**

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