

Heart & Soul



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Sam Monaghan,
CEO

Foreword,

Our new strategy launched in April this year, focuses on One MHA. It's about connecting our services and building stronger links in the community with partners such as the church and local agencies, to inspire the best care and wellbeing at every stage of later life.

In the articles that follow, you will read about some of our inspirational colleagues, residents, volunteers and supporters, who embody our values of respect, nurture, and inspire; values which have been at our core since MHA began over 75 years ago.

In my 18 months as CEO here at Methodist Homes (MHA), I have been blown away by the commitment shown throughout our organisation to enhance the later life of so many people. It can be seen across the breadth and depth of our homes and schemes, from community groups and befriending, right through to compassionate and respectful end of life care.

The variety of services we're able to offer, with the help of our colleagues, volunteers and supporters, is one of the many reasons which makes MHA such a special organisation to be part of. As the only specialist in later life care to offer support through all stages of retirement, we're able to put people at the heart of everything we do - from care homes, to thriving retirement living and vibrant community groups.

Our services are also bringing more of the community into our homes and schemes, and extending our work back out into other areas of the community, such as intergenerational work with parent and toddler groups and local schools.

We have recently spent some time exploring MHA and getting under the skin of who we are. What struck me throughout this process is that we are unwavering in our promise to do the right thing to help people in later life and protect their rights to receive the best care and support available.

We pride ourselves on delivering person-centred care, compassion and support of the highest quality, whilst providing value for money and support that nurtures the mind, body and spirit. As a national charity with no shareholders, we're proud that all fundraised, donated and surplus income is invested back into supporting people at every stage of later life.

This enables us to offer pastoral support through resident chaplains at all our care homes and most retirement living communities, to residents, their families and colleagues.

In addition, as the largest employer of music therapists, we can provide this vital service to

our residents living with dementia, to stimulate cognition and to help alleviate anxiety and depression. This is not a sporadic activity, but is consistently delivered across our services in Britain, some of which you will read about in this issue.

You may have noticed, we have made some changes to the look and feel of this edition of Heart & Soul. Over the last few months, we have been working with our valued networks to gather feedback around how we can communicate better. Thank you to our colleagues, residents, members, family members, volunteers, supporters and reps who were able to attend. We know it is important to listen to our audiences so we can continue to evolve over time and be relevant to all who engage with MHA.

Your feedback told us there is incredible value in who MHA is, but there is a need to refresh and modernise, whilst ensuring we still represent and respect our rich history and tradition. This slight tweak in our logo, colours and style of communications has been implemented to align to the One MHA strategy, and represents commitment to providing safe, caring and friendly support to all in later life who need it. This tweak will be implemented over a clear three year transition period, where materials will be replaced when required on a replenishment cycle, in order to ensure cost effectiveness across the organisation.

I hope you enjoy reading this issue.

Tackling loneliness through dining around the world

Stoke North Live At Home has recently added an evening diners club to their activities programme for their members who want to go out for dinner, but don't want to go alone. Each month, members are taken to a different restaurant offering a variety of foods from around the world. Rehana Iqbal, the community programme co-ordinator, has even added cultural activities and quizzes between meal courses, to create conversation and offer a fun learning experience for all involved.

So far, our diners have travelled from India to Italy and Poland, experiencing new cultures and cuisines, and creating new friendships on their journey.

In June they had an Eid experience to mark the end of the Islam festival of Ramadan, feasting on Pakistani and Kashmiri delights. Members have really enjoyed sharing the experiences of new cultures, and each hosting restaurant has gone out of their way to share the very best of their culture and food.

As well as tackling loneliness and providing a fun-filled evening enjoyed by all, these nights out have also raised around £75-£100

each month. This money goes back into the group, helping to cover running costs for the activities tailored to the members' needs.

Local restaurants have joined in the fun by providing our members with discounts to make the evenings even more accessible.

Rehana Iqbal showed her enthusiasm by saying,

“ I'm excited to take the members out for Christmas dinner as a few people haven't ever had a Christmas dinner, including me! ”

If you would like to find out more and support your local Live at Home group, visit mha.org.uk/liveathome



“ I never know what to expect but I'm always pleasantly surprised, we haven't had a bad meal yet! ”

Alan, Live at Home member

The diners club after enjoying another lovely meal together.

One MHA in action

A big part of our One MHA strategy is to bring our communities together. This includes integrating activity in our own services and strengthening relationships with partners such as the church, schools and other local authorities. The following pages highlight some of the fantastic work which is already underway to bring our communities together and enable more people to live later life well.

Wellbeing day

Our care home in Stoke, Claybourne hosted an MHA wellbeing day for residents and invited friends from Adlington House and Stoke North Live at Home members.

The event was a huge success with a variety of activities such as first aid demonstrations, dance and exercise sessions and of course, there were homemade cakes! The wellbeing day was not only fun, but highlighted the importance of wellbeing on physical and mental health in later life.

The aim of the day was to raise awareness of the importance of wellbeing whilst also offering an opportunity for MHA residents and local Live at Home members to come together, socialise and meet new people.



Colourful fun at Claybourne care home.

Country & Western open day

Mayfields care home have held a country & western themed open day, inviting local neighbours from The Hawthorns, Ellesmere Port & Neston Live at Home and volunteers to join in the fun.

The themed day kicked off with intergenerational activities as children from a local school came and sang country & western songs for the residents and members. The reception area was decorated with a country & western saloon theme, with staff and volunteers dressing up for the occasion in their cowboy hats, scarves and gingham.

One of our Mayfield's colleagues even dressed up in a pantomime horse costume, as they couldn't get a real horse for the occasion!

Ceri Rawson, our music therapist at Mayfields sang some country & western themed songs and everyone joined in with the singing and dancing.

The Mayor of Ellesmere Port attended the afternoon. He gave a speech and awarded thank you cards and gifts to our wonderful volunteers, celebrating the incredible work they do to help people to live later life well.

One MHA peace garden

As well as the country & western open day, the three services teamed together to create a peace garden for everyone to enjoy; made possible by a benefactor donation. The opening of the garden took place at the end of September, with a blessing ceremony involving Director of Chaplaincy and Chris Swift, and Wynne Davies, our chaplain from both Mayfields and The Hawthorns.

Although the garden is based at Mayfields, this special space has been created for all our local residents, members and their friends and family to enjoy a moment of peace.



Cowboy themed fun at Mayfields care home.

Better together

In 1943 members of the Methodist Conference agreed to setting up what later became known as Methodist Homes. Over 75 years later, at this year's Methodist Conference, we were proud to sign an Expression of Commitment with the Methodist Council stating our joint wish to continue to work in partnership to help people in later life across Britain.

Today we support more than 18,500 older people through our 90 care homes, 70 vibrant retirement living schemes and 62 community groups; showing how far we've come since our first home for 12 residents at The Ryelands in Surrey.



Jill Baker, Chair of the Methodist Council, and John Robinson CBE, Chair of Trustees for MHA signing the Commitment.

Rushden Park vow renewal

Earlier this year our chaplain Gillian Creaser held a vow renewal ceremony for Thomas, one of our residents at Rushden Park, and his wife of 58 years, Marie. Their family members attended the short ceremony and brought along cake and wine to celebrate. The happy couple cut the cake together. Gillian comments, "It was the most tremendous honour to be asked to lead this ceremony. The afternoon felt very special to everyone involved."



Our chaplain Gillian with the happy couple.

Team MHA goes the extra mile

Our own chaplain, Revd Crispian Acher, Head of Chaplaincy Central ran the Great North Run last month along with seven other MHA runners. Through our fantastic runners' efforts and our fundraising appeal, Team MHA has raised in total nearly £15,000 and we're still counting.

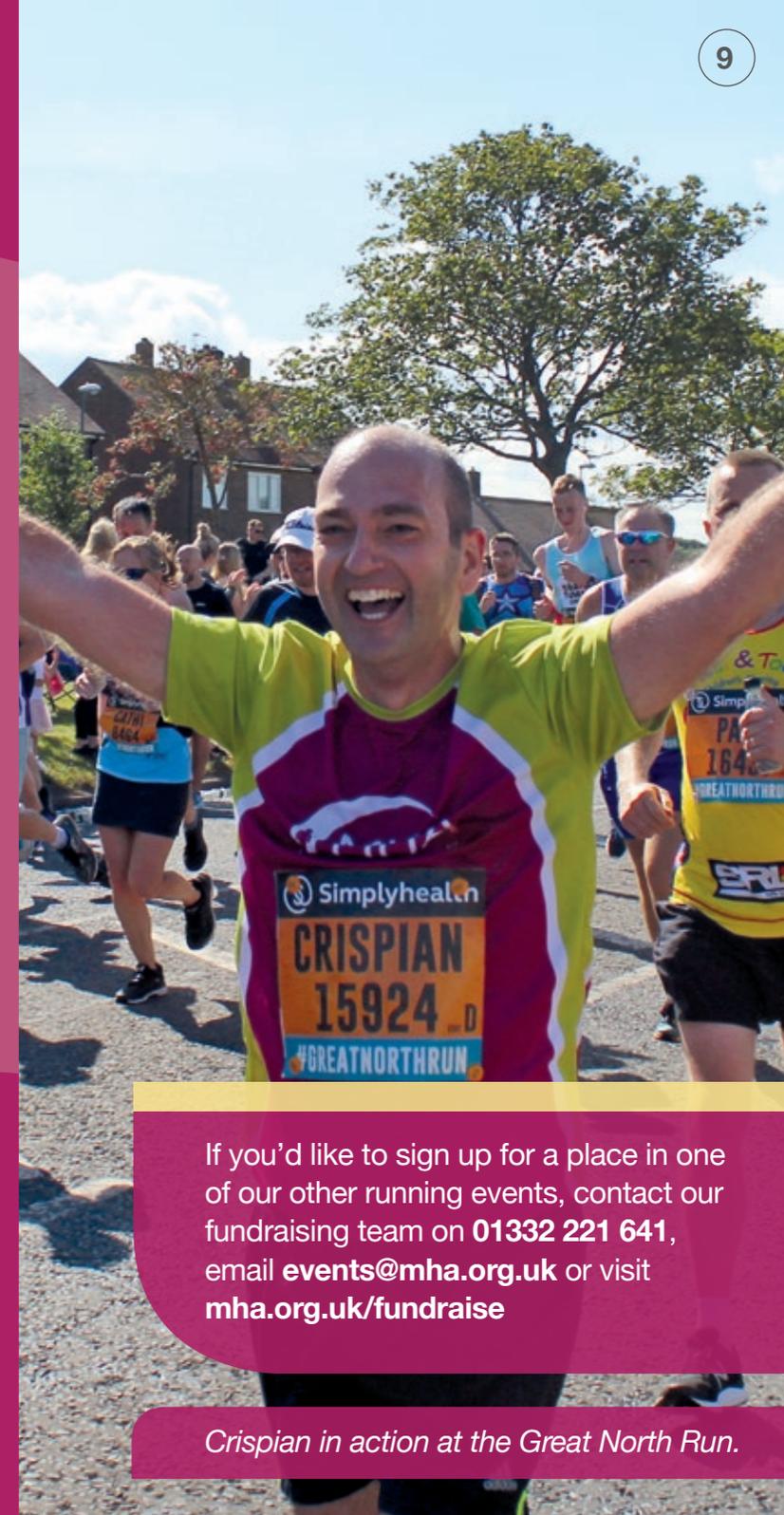
Crispian said,

"I want to keep running for as long as possible and raise money to support people in later life who are no longer able to run themselves."

At MHA, we are proud to provide pastoral care through our 140 dedicated chaplains. We place great importance on nurturing the mind, body and spirit of those we care for, their families and our colleagues, regardless of faith, background or belief.

Our chaplaincy service is provided free of charge. It is through donations and fundraising that we continue to offer this life enhancing service that enables people to live later life well.

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



If you'd like to sign up for a place in one of our other running events, contact our fundraising team on **01332 221 641**, email events@mha.org.uk or visit mha.org.uk/fundraise

Crispian in action at the Great North Run.

Connecting generations



Working together to solve a puzzle.

Huddersfield Live at Home has joined together with two local nurseries to provide intergenerational activities for their members, including arts, games and singing. Live at Home members are taken to the local nursery Toybox every week, where there is a difference of 88 years between the youngest and oldest taking part!

The Live at Home group has recently taken their portable 'magic table' which projects interactive light games that our members and children can engage with and have fun together. The games vary, for example, they can brush leaves away, chase fish in the ocean using their fingers, paint pictures and much more.

During these get-togethers, both the members and nursery children use the time together to interact, play and build friendships with each other.

These activities are so important as they help the children to grow in confidence, interact more and learn new things. For our members, it may bring back memories of their own childhood and grandchildren.

Huddersfield Live at Home manager Cheryl Flynn comments, "Working with the local nurseries has been great for our members. They really enjoy it and it feels like we're making a difference to the lives of the members and children. It's great to collaborate with the local community."

A huge thank you to the Longleigh Local Authority who have given a grant to fund the next three years, as this wouldn't be possible without their generosity. They've also been able to partner with local Brightstart Nursery with charitable help from One Community Foundation.

These fantastic sessions allow the older people to reminisce and access memories from the past, whilst enjoying activities with the children and catching some of their infectious energy!

Members have commented how much they enjoy their time spent with the children. One of the members, Diane said,

"I look forward to the group every Monday as it brings back fond memories of looking after my grandchildren and I enjoy helping the children learn and develop. I always leave with a smile on my face."



MHA People

Name: Chris Wilson

Job role: Music therapist

Interesting fact: I appeared in the BBC documentary *Our Dementia Choir with Vicky McClure* earlier this year.

How long have you worked at MHA? Nearly 10 years. Before working with MHA I worked as a freelance music therapist across the Midlands for various organisations and charities. I completed my Masters in Music Therapy at Anglia Ruskin University, Cambridge.

What does a typical day at MHA look like for you? I tend to do four or five one-to-one therapy sessions, which are typically 30 minutes long, depending on the needs of the individual. I also run an open group which usually lasts 45 minutes to an hour. In these, residents are encouraged to engage by singing and/or playing simple percussion instruments. I cover five care homes, spending a day in each, working closely with senior care workers and nursing staff.

What do you enjoy most about your job? Being witness to the power of music therapy first-hand, every single day, helping residents to have a better quality of life.

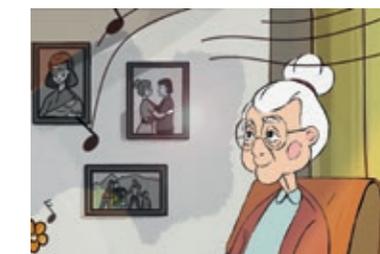
What is the biggest challenge in your role? I would love to see us access the funding to deliver music therapy to all our homes and schemes more than once a week. We currently have 26 music therapists working across the breadth of our services.

If you could choose something to represent you, what would it be? I would choose a butterfly as they are soft and gentle, happy and content but have gone through a lot of change and gone on a journey to get there.

If you'd like to find out more about MHA careers and see our current vacancies, visit mha.org.uk/careers

Moment of Joy

We were delighted to launch our Moment of Joy music therapy campaign on BBC Music Day on 26 September. The campaign, backed by former *Strictly Come Dancing* judge Arlene Phillips, highlights how our music therapy service helps bring moments of joy to people living with dementia in our care homes across the country. The campaign features an animation showing how our music therapy enhances the life of resident Sally.



To find out more, visit MyMomentsofJoy.co.uk



MHA OSCAR AWARDS



Every year we recognise colleagues and volunteers who go above and beyond through our OSCAR awards.

Resident/member choice award

Winner

Debbie McCarthy – Senior Team Leader, The Limes retirement living, Newport Pagnell

“Debbie has gone the extra mile filling the gaps when short on staff and arranging many new activities.”

Leadership award

Winner

Helen Nairn – Care Homes Area Manager

“Helen takes as many opportunities as possible to coach and mentor. She is totally focused on the needs of the residents in our care homes.”

Learning achievement award

Winner

Alan Roberts – Maintenance, Riverview Lodge care home, London

“Alan is always willing to help and goes to other homes in the London region when they require assistance.”



Making a difference in care award

Winner

Annette Clapham – Scheme Manager, Victoria Court care home Leeds

“Annette has helped raise the CQC Inspection outcome of Victoria Court from ‘Requires Improvement’ to ‘Good’ across all areas.”



Supporter of the year award

Winner

Marilyn Bowles – Aigburth care home, Leicester

“Marilyn has transformed the garden and won an award for the home, making us known locally. She works tirelessly... to boost the Amenity Funds.”



Making a difference in dementia care award

Winner

Carmel Collins – Activities Co-ordinator, Lawnfield House care home, London

“Carmel demonstrates sheer passion, enthusiasm and empathy in all she does.”

Resident/member excellent experience award

Winner

Sarah Crockett – Community Co-ordinator, Stratton House care home, Bath

“Sarah has completely transformed the activities we offer from the bingos and crosswords to hatching chickens, holding art exhibitions and more outings.”

Support services award

Winner

Johanna Lane – Brockworth House care home, Gloucester

“Jo is committed to her role and goes above and beyond in her duties. When the maintenance personnel were absent, Jo appeared at my office door one day wearing a tool belt and set about fixing what needed to be fixed.”

Project or innovation of the year award

Joint winner

Chopwell and Rowlands Gill ukulele and singing group

“One of our members has bought her own ukulele as she has enjoyed it so much and wants to practice at home... Our members are enjoying learning to play a new musical instrument and tell us that the singing really lifts their spirits and has a positive knock-on effect on their health and wellbeing.”

Project or innovation of the year award

Joint winner

Rita Thomas – Senior Carer, Hafan-Y-Waun care home, Aberystwyth

“Rita got many residents and the local community to commemorate the centenary. A total of 1,969 poppies had been knitted and displayed! It was a very beautiful way of getting people together.”

Team of the year award

Winner

Pennystone Court, care home, Blackpool

“The team at Pennystone Court are a true reflection of MHA and its values. Elizabeth has built a team of staff who strive to be the best they can be and provide the highest level of care for the residents and their families.”

Volunteer of the year award

Winner

Esme Mason – Penarth & District Live at Home, Penarth

“Esme is 90 years old and has been a volunteer for 50 years in December, the last 27 being for Penarth and District Live at Home. She is a true legend...she has a heart of gold with a true belief in commitment.”

Green Fingers!



Our residents and members across our services have been busy over the summer getting out in gardens and allotments - planting, growing, sewing and pruning.

Adlington House, Stockport

A group of residents were taken to a local allotment, they received a warm welcome from everyone there. Residents enjoyed chatting with people of similar age who were working on their allotments. The visit inspired them to start a 'grow your own scheme' at Adlington House. Residents were given rhubarb and seeds. Resident Dorothy was happy to receive the seeds as she said, "I want to have a natural area of wild flowers and mixed colours to look out on to from my first floor apartment."



Rhubarb crumble all round!

Adlington House, Rhos on Sea

One of our green fingered residents looks after the summer and winter plants at Adlington House Rhos on Sea, with a little help from David, from maintenance. The beautiful flowers are admired by all, well done Joan!



Joan and her lovely summer blooms.

Memorial garden

One of our volunteers Valerie Roscoe has set up a beautiful memorial garden in memory of her mother, a former resident at Avonleigh Gardens care home.

The idea for the memorial garden came from our very own colleagues Sarah-Jayne Clare, administration manager and chaplain Derek Barron. They saw potential in their garden to create a space specially for residents and their families to share a moment of peace and tranquillity.

Using donations from her mother's funeral, Valerie and her husband Gordan have worked hard planting and pruning, with scope for lots more plants to be added through further fundraising.

Valerie arranged for her local Brownie group to come along and help residents with planting new plants donated by a local district nurse. There is also another bench being funded by a resident's family and there is a plan to get a sign for the garden.



Memorial garden, Avonleigh Gardens care home.

An opening memorial service was held on a beautiful sunny day in July. The event was well attended by friends and relatives of residents who passed away during the previous year. No MHA event is complete without refreshments and homemade cakes!

The garden is open to all friends, family and residents of Avonleigh Gardens, providing them with a quiet place of contemplation and reflection whenever they choose.

Harwood Court, Middlesex

Colin, Head of maintenance at Harwood Court, showed his creative side by making a topiary train for resident David. David chose the idea of having a train. It became the main attraction at Harwood Court's 50th birthday celebrations in July.



David and Colin with the topiary train.

Enabling people live later life well

Your support will enable our critical, life enhancing services to continue, enabling people to live later life well.



One off donation

I would like to make a donation of £ to MHA today. **Please make cheques payable to 'Methodist Homes'.**

Regular gift

I would like to donate £ Monthly Quarterly Twice yearly Annually

When would you like to start your donations?

Date (please allow a start date at least six weeks from now)

'Help us to make a real difference'

Your account number Your bank sort code

Your bank name

Your bank address

If we need to contact you about your gift, please tick your preferred contact method.

Post Email Phone Text **This will be used to contact you about your gift only.**

I would like to Gift Aid my donation to MHA and any donations I make in the future. I am a UK tax payer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

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I would like to know more about leaving a gift in my Will.

Signature Date

Your details:

Title First name or initials(s)

Surname

Address

..... Postcode

Phone Email

If you would like to hear our news, have your say and/or support our appeals, please tick your preferred method of contact:

Post Email Phone Text

MHA will not pass your details on to any other organisation and you can opt out at any time by emailing supportercare@mha.org.uk or calling 01332 296200. **Without your consent MHA will not be able to contact you.** Our Supporter Privacy Notice can be found at mha.org.uk/privacypolicy or a copy can be requested using the contact below.

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