

Autumn 2017 – Issue 41

# Heart & Soul



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## MHA

Epworth House, Stuart Street,  
Derby DE1 2EQ  
Phone: 01332 296200  
Fax: 01332 296925  
[www.mha.org.uk](http://www.mha.org.uk)

MHA is a charity providing care, accommodation and support for older people throughout Britain and is one of the largest charities in the UK.

MHA delivers a range of high quality services to 17,600 individuals:

- 4,600 older people living in care homes – residential, nursing and specialist dementia care
- 2,500 older people living independently in a range of purpose-built apartments with flexible support and personalised care
- 10,330 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 5,500 volunteers.

Our mission is to improve the quality of life for older people, inspired by Christian concern. Methodist Homes (MHA) Registered as a Charity in England and Wales – No 1083995

Follow us on:



# Welcome from John Robinson

As I start to get to know MHA as its new Chair I am proud to be associated with such wonderful and vibrant communities we have across the country.

One of my reasons for joining MHA was because of the way in which the charity looks after the whole person, not just their physical wellbeing like many others do, but their spiritual health as well.

The articles in this issue of Heart & Soul really express how we go about making sure our residents and members have the best experiences possible alongside quality care and services. Our care homes, retirement living and Live at Home schemes are certainly places where older people live life to the full through trips out, events and activities.

Many of these events would not be possible without the time and efforts of our volunteers and supporters, and I thank them for all they do for our older people. In particular, this issue highlights how two Methodist circuits adopted MHA as their Charity of the Year – read about what they did and maybe think about making us your Charity of the Year shortly.

This issue of Heart & Soul is themed around living life to the full, whether that's in care homes, retirement living or through Live at Home. A fulfilling and satisfying life means different things to different people, but it is the ultimate in good care and support. In this magazine, you'll find just some of the stories of how MHA is enabling individuals to choose their lives for themselves as much as possible.

It's an exciting time to be joining MHA, as I can see so many ways in which it's benefiting older people and their quality of life. It's a delight and an honour to be part of it.

**John Robinson**  
MHA Chair

# Fun for all as residents 'seize the day'



**When Belvedere Manor care home resident Carol Parkinson was asked how she might 'seize the day', she knew her answer straight away – by riding the Big One at Blackpool Pleasure Beach!**

Carol's visit is part of MHA's 'seize the day' initiative, which inspires care home teams to help residents fulfil their ambitions.

Carol, who lives with early onset dementia, was keen to make sure she took on the 205ft roller coaster, while she is still able.

Belvedere Manor residents regularly visit the seaside town as it is close to the home in Colne, Lancashire, and Carol, who was one of the first people to ride Blackpool's Revolution ride in 1979, has always wanted to take on the Big One.



Meanwhile, residents at Willersley House care home in Hull had enjoyed a TV feature about the opening of 'dancing fountains' in the local Queen Victoria Square so staff seized the opportunity for a bit of fun

Resident Tilly Thornton, 93, said: "We had a chance not only to watch these amazing fountains but also to have a bit of a paddle in them. It was like a journey down memory lane – I loved to paddle as a little girl."

Activity Co-ordinator Anna Lovett said: "The fountains are stunning. Some of our residents said they'd like to go and see them, so we organised a trip on a gloriously sunny afternoon."

# MHA becomes heart and soul for older people in Hampshire

Even more older people are starting to benefit from our Live at Home services in Hampshire thanks to Hampshire County Council's commitment to grant nearly £600,000 over three years to our Live at Home schemes in the area. It means eight new schemes have been set up following the success of the established schemes in Fratton and Winchester – giving Hampshire a perfect ten!



It took only a few weeks for Edith, a member of the newly founded **Hart and Rushmoor** LAH, to have her life changed by her befriender Tracy Guscott, who is also the scheme manager.

Edith had been struggling after losing her partner and said that without the Live at Home scheme, life would be very lonely for her as it's helped give her a new purpose in life.

She said: "Tracy and I talk and chat – I've told her about my life as a senior technician in a laboratory that made foot and mouth vaccines.

"I'm sure the scheme is going to keep people out of hospital and in their own homes. It also means people won't be stuck at home not seeing anybody."

Hart and Rushmoor LAH launched with a coffee morning, and is setting up activities including outings, social gatherings and 'Singing for Wellbeing' sessions.

"A key part of our scheme is tackling loneliness and isolation," Tracy explained.

"People really do get health benefits from having company, conversation and friendship. That's why our befriending service, and all our activities, are so important. We're really glad that the community has been so welcoming."

Over in **Basingstoke**, Manager Claire McEnoy was rewarded by a rush of members when she launched their local scheme. One of them, Dot Telling, described the scheme as "just wonderful."



"I've been for a pub meal, a museum, and soon we're going to Southsea," she enthused. "It's all been very jolly, the company is just lovely. I didn't realise how lonely I must have been until I started Live at Home."

In **Eastleigh**, Manager Mark Kirby is fostering links with local churches and community groups.

He said: "It'll reduce loneliness among older people in the area. We're starting with befriending and 'Singing for Wellbeing', and there are outings planned for a garden centre and pub lunch."

Deborah Ward, Manager of the **Havant** scheme based at MHA's Wellesley Court in Waterlooville, conducted a survey to find out what people in the area want from their new service.

"Word has started to get around," she said. "We're having outings, shopping trips and an exercise class. I'm hoping to do some joint trips out with the Fratton scheme – I want us to fill coaches, not just minibuses!"

In addition, schemes have launched in New Forest, East Hampshire, Hart and Test Valley. And it's not just Hampshire. Over in Surrey, the new Banstead scheme has been created as a twin to Reigate & Redhill.

"There's definitely a need for LAH in this area to support older people," said **Banstead** Manager Tracey Baxter.

"I want to build this scheme with people here, based around what they want, to help build an even more vibrant community to support older people. I really believe that Live at Home makes a difference."

**If you want to know more about Live at Home, please call 01332 221929.**



**Tracy Guscott (left) with Edith**

# Light on their feet



Take a look at the photos and video at [www.nethanvaleretirementliving.org.uk](http://www.nethanvaleretirementliving.org.uk)

**Residents at Auchlochan Garden Village took to the floor for a traditional Scottish Ceilidh, showing that everyone enjoys a good dance!**

As well as an evening of entertainment at Auchlochan – which has retirement living apartments and care homes in its beautiful 50-acre setting – we took the opportunity to capture some photographs of the event.

As part of that project, we sent some drones up above Auchlochan to capture the fabulous village setting. And we think you'll agree how stunning the village looks.

## Roland's the star at The Paddock



**We've always known it but our homes are full of older people living life to the full.**

TV star Rowland Rivron confirmed this when he visited The Paddock retirement living community in Muswell Hill.

The presenter, actor, writer and musician was guest of honour at The Paddock's fundraising open day earlier this year, run around the theme of community engagement.

Addressing the gathering, the *Holiday* and *Radio Rivron* presenter and former winner of *Let's Dance for Sport Relief* said when residents and staff thanked him: "You have a great bunch of people at The Paddock."

Paddock Manager Simona Machavova said: "Community involvement is a really important part of living a full and happy life. We have a great community at the Paddock, and are an important part of the wider Muswell Hill community too."

# Circuit gaining

**Being chosen as Charity of the Year by two Methodist Church circuits has raised two important things for MHA – funds and awareness of dementia – and we can't thank them enough for their support.**

"Having MHA as our supported charity has been different to previous years as we took the opportunity to not only raise money but also awareness of dementia. Our first collection service raised over £7,000," said Rev Michael Webster, Chair of the Circuit Missions Committee in Thirsk and Northallerton.

The circuit held speaking events to discuss the medical and spiritual issues relating to dementia, including *Show Me That I Matter*, in which people learned about the Alzheimer's Society's Dementia Friends initiative.

"Learning about dementia really struck a chord with people," added Rev Webster. "There aren't many of us who haven't had some experience of it. It's given our charity support an extra dimension compared to previous years."

The Huddersfield Circuit also made awareness a priority when MHA was its Charity of the Year.

They created an information pack, Introduction to MHA, for all churches in the circuit and sent out a monthly bulletin of MHA's news.

Meanwhile, member Sue Taylor raised a fantastic £1,000 by completing the Great Manchester Swim at Salford Quays. "The water was choppy and I swallowed more than I wanted to, but I recovered well from the challenge," she said.

And knitting enthusiasts at both circuits got busy making Twiddlemuffs – soft hand muffs used as a sensory and stimulation aid for people with dementia.



If you want to adopt MHA as your Charity of the Year, please call **01332 221641** or email **fundraisingenquiries@mha.org.uk**

# Introducing Chris



**Chris Swift has become the first non-Methodist to hold the role of Director of Chaplaincy and Spirituality at MHA.**

Chris, or to give him his correct title of the Rev Dr Chris Swift, is a Church of England Priest with over 20 years' experience in chaplaincy. He has taken over the role of leading the charity's Chaplaincy service from the Rev Dr Keith Albans and joins us from Leeds Teaching Hospitals where he was Head of Chaplaincy Services.

He is a former President of the College of Healthcare Chaplains, and is also a Honorary Research Fellow at the University of Leeds and has another honorary post with Leeds Beckett University. Chris is the author and editor of several books and journal articles about chaplaincy.

Chris will be leading our 140 Chaplains, who are based in our homes and schemes, as well as having responsibility for our 5,500 volunteers.

He said: "I'm looking forward to making chaplaincy more visible and evidencing the contributions our Chaplains make to the lives of our service users, residents and their families.

"There is a lot of energy among our Chaplains to see their work better understood and recognised. There is no shortage of passion for the work we do at MHA.

**"I would like to see that Chaplaincy is not something peculiar to MHA but rather something which is associated with high quality care in general. Through spiritual care MHA can extend its role as a beacon of good practice across the sector."**

Chris doesn't see spiritual care at MHA as a nice 'extra' but rather as something integral to all that we do.

He said: "Some people might think of spirituality as the icing on the cake. I'd rather believe it's the yeast in the dough, not always immediately apparent but the ingredient that helps transform everything it touches. Excellent spiritual care is about the way we relate to one another. It honours the dignity of each person, whether a member of staff or someone in our care."

Chris added: "For MHA to succeed in its mission we need people to not only agree with our values but make them a part of daily life."

As Director of Chaplaincy and Spirituality he hopes to work with others to ensure that the spiritual dimension continues to be rooted in the life of MHA.

# Raising the roof at Oak Manor



**A new community will soon be taking shape at Shefford in Bedfordshire as our latest care home, Oak Manor, gets ready to welcome its first residents this autumn.**

Elizabeth Parker has been appointed as Manager at the home, which will offer 64 places for residential and dementia care, and which she says will be 'a real community, a proper home' as well as providing residents with Chaplaincy and music therapy services.

"We'll make sure to get to know each resident, their individual likes and dislikes, and their personal history," she added. "That way we can be sure of giving each person truly individualised care."

Shefford Mayor Paul Mackin was among honoured guests at the

recent celebration to mark the 'topping out' of Oak Manor.

Speaking at the roof completion ceremony, Julie Ogley of Central Bedfordshire Council said Oak Manor will "help meet the growing care needs of our older population.

"I'm reassured that MHA's expertise in dementia care and community presence will be increasingly important as we work together to provide the best care possible for our older residents."

To find out more about Oak Manor, call **01332 221 918** or email [oakmanor.shefford@mha.org.uk](mailto:oakmanor.shefford@mha.org.uk)

## Annie's story

**Thanks to Annie Ashby telling her story, we've been able to raise the profile and funds for our Live at Home schemes.**

Annie, who is a member at Northwood LAH, fronted our BBC Radio 4 Appeal which aired in July. While we don't have a final figure for the amount

raised yet, the response has been extraordinary.

Annie told listeners about her experience with Live at Home, and how the befrienders she has met have changed her life.

Thank you to everyone who donated, or who helped to share the story through our social media channels.



To find out more and donate, go to [BestForAges.com/r4appeal](https://www.bestforages.com/r4appeal)

# A smile, a laugh and a comforting word



**Sitting in her private room at The Homestead care home in Carterton, Oxfordshire, Helen is happy. Someone is admiring a picture she painted of a kookaburra that she saw in Australia, and the plants she tends that are blooming on her windowsill. Someone shares the passions of her life every day – Chaplain Jeannie Taylor.**

Jeannie is one of 140 MHA Chaplains that are based in MHA's care homes and retirement living schemes to support residents and their families. Because of the generosity of our supporters, the

Chaplaincy service is provided free of charge to our residents.

The role of a Chaplain is diverse, finding spiritual fulfilment in all its individual forms, and is for people of all faiths or none at all.

“People might just want to sit and hold your hand as comfort, or chat with you and share their stories or just sit with you and listen to music quietly,” Jeannie says. “We are there for them at any time, whether those are happy moments or sad times.”

Some residents like to attend Jeannie's weekly Sunday services, and the annual thanksgiving to remember everyone who has died in the previous year.

But her Tai Chi classes, birthday celebrations and participation in music therapy sessions are just as important to residents' spiritual fulfilment, enabling them to find both peace and joy every day.

“You arrive in the morning and residents will give you a welcoming hug,” Jeannie says. “If you are sharing friendship with them, you are sharing love and its actions and words that say this.

“We are there for all of our residents and their families, regardless of whether they have a faith or not.”

# Heather's made sure she's left a legacy for MHA

**Leaving a gift in your will is so simple, but can make so much of a difference to our residents and members.**

When Heather Titcomb and her husband John were considering changing their wills, they discussed leaving some money to a charity. Their choice was MHA.

"I've volunteered for MHA for more than ten years overall, currently being the Circuit representative for the West Norfolk Circuit," said Heather, from Dersingham in Norfolk.

"We were thinking of updating our wills and discussed who we might like to leave money to. We felt it would be lovely to leave a gift in our wills to MHA, as I have been involved with the charity for many years and it seemed appropriate."

And the process took no real effort, as Heather continues: "It was so easy to do. I just emailed MHA expressing an interest, and they sent me some details. I took these along with us to our meeting with the solicitor as we updated our wills, she took the information and that was it. It was done."

"I'm very pleased to have made this decision and it all comes from my experience of MHA's work. We've taken a couple from our church before to see the nearest MHA home to us, and in the process of taking them round, seeing the fantastic facilities and getting a really lovely feel for the spirituality of the place, we said to each other that if it ever came to it, it would be good to move into a home like this."

To find out more on leaving a gift in your will, please call Richard Sproson on **01902 751044** or email [giftsinwills@mha.org.uk](mailto:giftsinwills@mha.org.uk)



**Heather and John Titcomb**



All gifts in wills left to MHA go towards improving the life of our residents and members, whether it is through funding our Live at Home schemes, music therapy, Chaplains or life enhancing facilities at one of our care homes.

# Helping to create communities that care

MHA is a registered charity. Please help us eliminate loneliness and isolation by creating communities that care for older people across the UK. You really can help us make a difference today and anything you can give is very much appreciated. Thank you for your support.

*giftaid it*

## Want to make a one-off donation?

Yes, I would like to make a donation of £ ..... to MHA today. Please make cheques payable to 'Methodist Homes'.  
Alternatively, call us on 01332 221641.

## Would you like to give regularly to MHA?

I would like to donate £ .....

## How regularly would you like to make this donation?

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)

Your account number .....

Your bank sort code ..... Your bank name .....

Your bank address .....

Payable to: Barclays Bank plc, Midlands 1, 1 Churchill Place, Canary Wharf, London, E14 5HP

For the credit of: Methodist Homes – Charitable Income Account / Acc Number 10053139 / Sort Code 20-05-85

Signature ..... Date .....

## Your Details:

Title ..... First name or initial(s) .....

Surname .....

Address .....

..... Postcode .....

Phone ..... Email .....

I would like to Gift Aid my donation to MHA. 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.

I would like an acknowledgment of my gift

We would like to keep you updated about our work. You can choose how by ticking one or more of the following. MHA will not pass your details on to any other organisation and you can opt out at any time.

Email  Text  Post  Phone

No – I do not want any information

Please tell us what you would like to hear about.

Information about our work  How you can support our work

Heart & Soul magazine  Issues affecting older people

Please return this form to: MHA, Epworth House, Stuart Street, Derby DE1 2EQ

