

AUTUMN 2021

Digital Communities Edition

MHA Communities Newsletter



WELCOME TO THE AUTUMN NEWSLETTER

Welcome to the latest edition of our newsletter. As we head into the autumn months, it's a good time to think about how to keep busy during the colder days and the shorter evenings. So why not join the digital community at MHA to try some new activities and meet some other MHA members. There are lots of ways you can still feel part of a community without leaving your living room! Find out more about our online groups and activities inside.

IN THIS ISSUE

**FIND OUT MORE ABOUT
MHA DIGITAL
COMMUNITIES**

**MEET OUR DIGITAL
CHAPLAIN**

PUZZLES

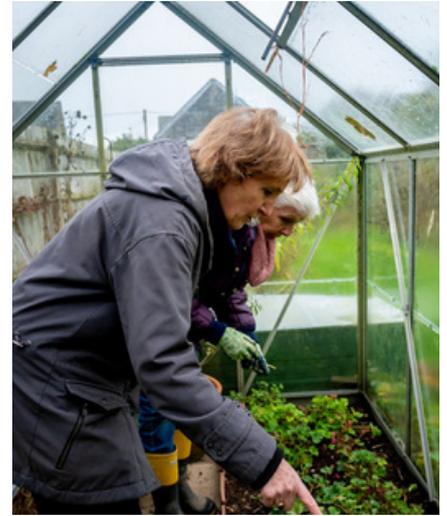
**GET INVOLVED - HOW
YOU CAN BE PART OF
OUR COMMUNITY**



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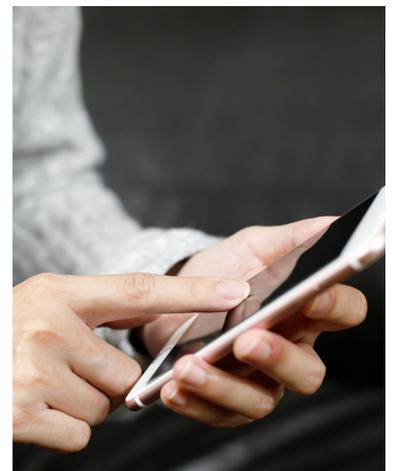


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We will continue to send you the MHA Digital Communities newsletters, ensuring that you are always kept up-to-date with what is happening in the scheme. Should you decide that you would no longer like to receive this newsletter, you can unsubscribe at any time. To do this just write to us, call or email via the contact details in this newsletter. For further information on how we keep your data secure, please contact us for a copy of our Privacy Notice.

AUTUMN EVENTS

World Alzheimer's Day takes place on 21st September as part of World Alzheimer's Month. This year the Alzheimer's Society is highlighting the importance of talking about dementia and raising awareness of how it impacts the daily lives of people affected by the condition and challenge the stigma that surrounds it.



MHA have produced special digital content for this event, so do visit <https://www.mha.org.uk/communities/digital/> to watch new videos from across MHA Communities.

For more information, visit <https://www.alzheimers.org.uk/get-involved/world-alzheimers-month>

BEFRIENDING WEEK



Befriending Week takes place 1st-7th November throughout the UK, raising awareness of befriending and the impact it has on individuals and communities in helping combat feelings of isolation and loneliness. If you would like someone to give you a regular befriending call, let us know on 07395 370016.

Read one member's story of how befriending helped her on page 5.

FUNDRAISE FOR MHA!

MHA will be fundraising at the following events this autumn - the Great North Run, the Virtual London Marathon, the London Marathon, The Royal Parks Half Marathon and The Great South Run! If you or anyone you know would like to take part and raise vital funds for MHA, do visit

<https://www.mha.org.uk/get-involved/fundraising/events/> to find out more.



MEMBERS' PAGE

The Befriending Team are always looking for fresh and exciting ways for our members to make new connections and are currently developing a peer to peer connections service.

MHA provide services in specialist care homes, retirement living and within communities across the country and are encouraging our residents and members to talk to each other and start new friendships with like minded people. If you would like to be introduced to new friends through our connections service, get in touch. We would love to get everyone talking!



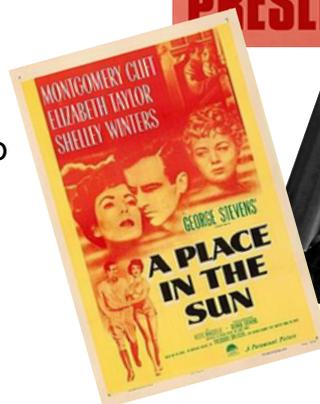
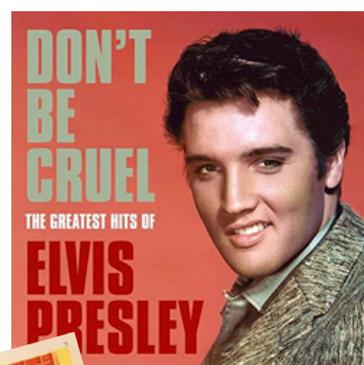
PENFRIENDS

Would you like to write to another MHA Communities member? If Zoom and Skype aren't your thing but you would like to make friends 'the old-fashioned way', then get in touch with us. We are hoping to start our penfriend project soon, but we would like to know how many of you would be interested. Just leave us a message on 07395 370016. The more the merrier!

A Trip Down Memory Lane

Every week MHA produces The Memory Lane Gazette - MHA's Weekly Reminiscence Newspaper. Each issue contains a look back in time to important events and news stories from that week. For instance, the latest issue features political stories from all over the world, royal stories, well-known faces who are celebrating their birthday that week, movies that opened at this time and songs that were topping the charts. There are also puzzles and quizzes for you to enjoy.

If you would like a copy of the newspaper, do let us know. Maybe you'd like one for the week of your birthday! Call us on 07395 370016 or email befriending@mha.org.uk to request a copy.



MEMBERS' PAGE

Evelyn was a member of Derby Live at Home Scheme and transitioned to the national MHA Digital Communities scheme last year. Evelyn lives with dementia and depression and was finding it difficult to cope day to day. Earlier this year she was matched with Hannah for weekly telephone befriending calls. Evelyn and Hannah hit it off from day one and Evelyn's daughters (who care for their mum) also reported that the calls supported them as well as Evelyn. Some days Evelyn wouldn't want to get out of bed or speak to anyone, but she would always speak to Hannah as they seem to have a special bond.

During their befriending calls, Evelyn told Hannah about her sister, Anne, who lives in Dorset and was also struggling with lockdown and a lack of social contact. Hannah contacted MHA to ask if she could also become a befriender for Anne. Although Anne was initially unsure about it, she agreed to give it a go. Hannah now speaks to Anne every week alongside Evelyn. The match not only reduces social isolation for both sisters, but it also gives them an additional connection. At a time when it can sometimes be difficult to find new things to talk about, Evelyn and Anne have a new avenue of conversation. We are also hoping to arrange a three way Zoom meeting between Anne, Evelyn and Hannah very soon.



Having a befriender has made a big difference to so many of our members.

Liz, Evelyn's daughter, wrote to tell us the difference it has made to her mum.

"My mum has a lovely new befriender from MHA. She makes mum feel respected and cared about and heard. She makes a big effort with our mum and pays great attention to detail and remembers things that are important and significant to mum. She is thoughtful and treats mum with dignity and genuine kindness. We feel very lucky to have her in mum's life and my sister and I look forward to her calls too."

Another befriender said of the member she calls, "It's lovely to chat each week. I gain as much as she does as she has lots to chat about and is a really interesting lady to talk to". And the member responded likewise, "It's nice to know that someone cares and that someone is thinking of me. I do have family but they live far away from me. My befriender is so lovely and really good at chatting to me. We get on really well. I am very grateful for her calls"

DIGITAL ACTIVITIES

Join MHA's Digital Community by visiting <https://www.mha.org.uk/communities/digital/>



Singalong With 'Kissing it Better'

A Message From Our CEO

Baking



Video Of The Week

Spirituality

Green Care



Past Events

Exercise

Sensorv

You will find lots of videos to watch and activities to join in with. Simply select and play! It couldn't be easier.

coming soon.....

Virtual Tours Group

Why not take a trip to the Tower of London? Or wander around New York? And all from the comfort of your armchair. Join our new group exploring the world and visiting special places whilst sitting comfortably at home. We are getting ready to take you on a trip of a lifetime. Just call or email us and we'll put your name down for the next trip.

For our first trip, we took a tour of the sights of Italy. We visited Rome, Florence, Venice, Naples and Sardinia. It was a lovely treat as the sun was shining in the video and Italy looked beautiful. It certainly cheered up a rather dreary British summer morning for all of us!



DIGITAL ACTIVITIES

Want to try our online groups but are unsure about Zoom?

Please don't let that put you off. Get in touch with us on 07395 370016 to join one of our "New to Zoom" sessions.

zoom



Join us for Coffee and Chat. We meet online 3 times a week, so you can pick and choose which day you attend.

Mondays 2pm - 3pm

Wednesdays 11am - 12 noon

Thursdays 11am - 12 noon



Creative Writing with Angela

Join our regular writing group on Friday mornings for an hour of creativity, conversation and sharing stories.

Fridays 11:00



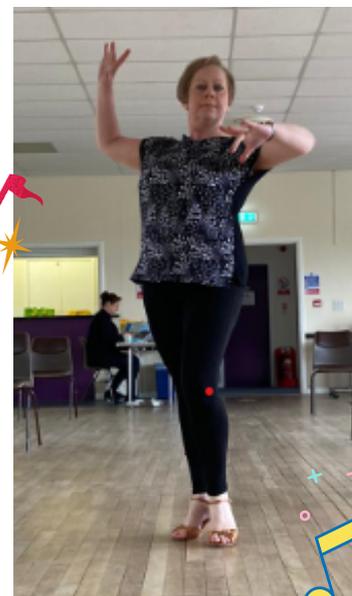
Dancing with Julie

Dance in the comfort of your own home with our qualified Dance Teacher, Julie! Our classes include Ballroom and Latin. Get your dancing shoes on and join her at <https://www.mha.org.uk/communities/digital/>

Love to Move

Love to Move is an age and dementia-friendly, seated gymnastics programme specially designed to get older people moving and functioning better. It is of particular benefit to those with dementia and mild cognitive impairment. But best of all it is FUN, so come and join Rachel, our trained Love to Move facilitator.

Thursdays 2pm - 3pm



DIGITAL ACTIVITIES



The Prince's
Responsible
Business Network



FRUSTRATED BY TECHNOLOGY?

GET **FREE ONE-TO-ONE SUPPORT** TO BUILD YOUR DIGITAL SKILLS



My Mentor was friendly and understanding and guided me in stages to help with my poor IT skills. I learnt how to set up Zoom, open up Spotify and access email on my mobile phone. Thank you so much.



About the programme

ClickSilver Connections provides trained business mentors to give you 1-1 support with your device to get, and make the most of being, online.

ClickSilver Connections mentors provide support virtually so you will need a phone line. Weekly support is provided over 4 weeks and sessions last 30 -60 minutes. Even if you don't have a device and want to feel more connected, then we may be able to support you too – just ask.

Suitable for participants over 18 who would benefit from:

- ✓ Finding your way around your smart phone or device
- ✓ Setting up and using an email account
- ✓ Online shopping
- ✓ Speaking to family and friends via Facetime, WhatsApp, Skype
- ✓ Accessing social and community groups
- ✓ Registering for online services

For more information or to apply please contact:

Telephone: 07720 681 006 or email: befriending@mha.org.uk



If you would like to join ClickSilver and learn more about getting online, do contact Rachel on 07395 370016 and leave a message. We have places available over the next few months, so you could be up and running this autumn. This year you could be buying all your Christmas presents from your armchair. We are here to help you every step of the way!



You may remember that we featured Lippy People in our last issue. Lippy People are a video storytelling charity supporting people to share their lived experiences, develop video storytelling skills and talk about their personal journey.

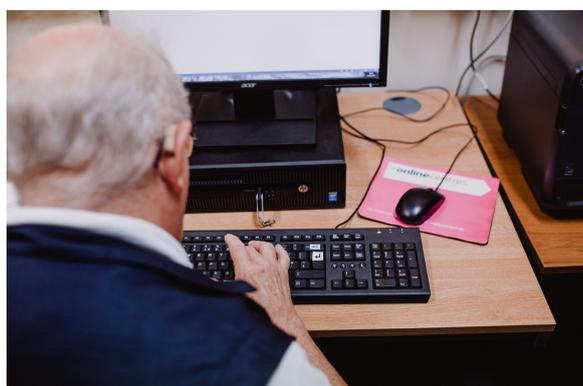
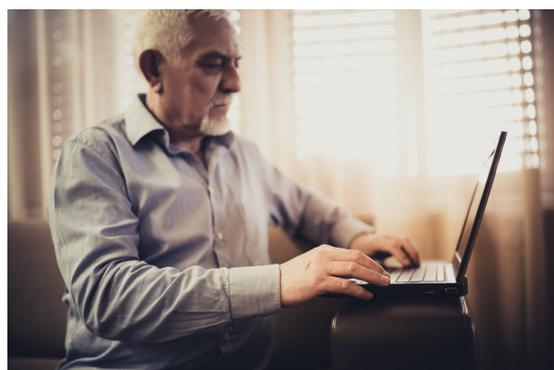
LIFE. LOSS. LEARNING. LEGACY.

'Life, Loss, Learning, Legacy' (4Ls) is a coaching and video-storytelling project that supports individuals whose lives have been affected by loss and bereavement. The project supports older men to connect with peers with similar lived experience.

Men work collaboratively within groups of peers (online) to share their stories and co-produce video stories to share with others. The 4Ls video story making processes are designed to be empowering, collaborative, co-produced, and build digital literacy and confidence.

The 4Ls project will enable you to:

- Join a sociable, relaxed, friendly and supportive digital group
- Meet other men
- Share your stories and listen to the stories of others
- Have REAL conversations about REAL life



MHA Communities have worked with Lippy People since 2019, supporting men who have experienced loss and/or bereavement.

We are starting a group in September for our members to join. We are aiming to begin on Monday 27th September with a view to meet every Monday from 10am to 12.30pm for the following 9 weeks (finishing on 22nd November).

If you would like to find out more about the group or would like to join us, please call the befriending team on 07395 370016 or email us at befriending@mha.org.uk and we will be happy to tell you more about this project.

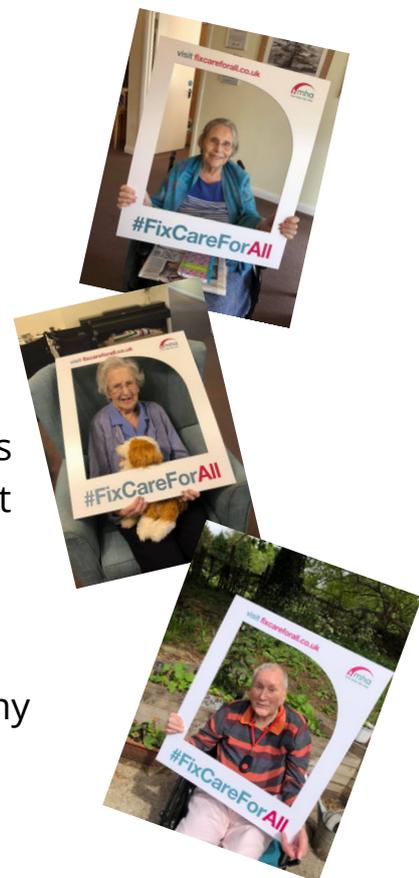
MHA CAMPAIGNS



#FixCareForAll calls on the Government to prioritise adult social care in the national recovery from coronavirus. Over the past 20 years there have been many promises to fix social care – unfortunately this has come to nothing, and one of the vital reasons the pandemic was able to rip through care homes as it did.

Take action at <https://fixcareforall.co.uk>

Almost two years ago on the steps of Downing Street, in his first speech as Prime Minister, Boris Johnson promised that he would ‘fix the social care crisis once and for all’ and has since promised to ‘fix the injustice of care home funding’. This hasn’t happened. This campaign calls on the government to fix care for my neighbour, for my dad, for my mum, for carers, for the future, for me, for you, for all.



MHA are highlighting to Government that reform requires:

1. A new social care system must be fully resourced with a fair price for care
2. A national workforce strategy that values our people
3. Transparency and accountability, delivered through financial regulation
4. Care which is co-produced and co-designed with older people and the sector
5. Seamless pathways and collaboration between health and social care



To find out more, please visit <https://action.mha.org.uk/>



MEET OUR CHAPLAIN

Methodist Homes (MHA) is delighted to announce the appointment of Eleanor Puttock as its first-ever Digital Chaplain in a role unique to a care provider.

The new role fits into MHA's positive approach to ageing, supporting spiritual well-being and living later life well, while embracing developments in the way interactions, relationships and communities are formed.

Chaplaincy services have always been a central pillar of MHA's care homes and retirement living services. With many of the support services for members of MHA Communities going online, the charity sought to create a Digital Chaplain role to help facilitate and develop content. The role of Digital Chaplain will enhance and support existing chaplaincy services, offering new ways for communities to interact, complementing existing skills and reaching audiences further afield.

The role is funded through charitable giving, most especially in 2021 through the charity's annual MHA Sunday. This year's event was held on 13th June and supported the work of MHA Communities, including the new offering of Digital Communities, along with the national telephone and digital befriending service and community groups across Britain.



Eleanor describes herself as a 'facilitator of information and people' and sees this role as combining her understanding of religion and digital communication with her personal vocation to chaplaincy. She brings experience from the Faraday Institute for Science and Religion (University of Cambridge) and the Diocese of Ely, where she supported the central team, clergy and parish churches to develop and sustain their digital presence and outreach. She will shortly complete her training to become a hospital chaplain through London South Bank University.

Eleanor said: "I see this role as creating content which can be accessed by a diverse range of people, from residents and members to relatives and colleagues. It will help upskill MHA's chaplains so they can use the benefits of digital media to complement their roles and therefore be able to help support more people. It is an exciting role and one in which I am looking forward to helping make a difference to the lives of the people MHA supports by listening to what their needs are and then creating content to meet this."

MHA Communities Development Manager, Beth Finch, said: "We are delighted to welcome Eleanor to the team. She will help enable us to bring the chaplaincy service to the people we support in the community, something we have wanted to do for a long time."



GREEN CARE



THE WILDERNESS PROJECT

MHA The Wilderness is a garden space accessible to older people living within MHA Hall Grange care home and the Croydon area, as well as those looking to visit a relaxing and scenic space. Find out more at www.mha.org.uk/get-involved/the-wilderness/ or email us at thewilderness@mha.org.uk to find out how we can support health & wellbeing through our Green Care activities.



MHA GARDEN WEEK JUNE 28TH - JULY 4TH

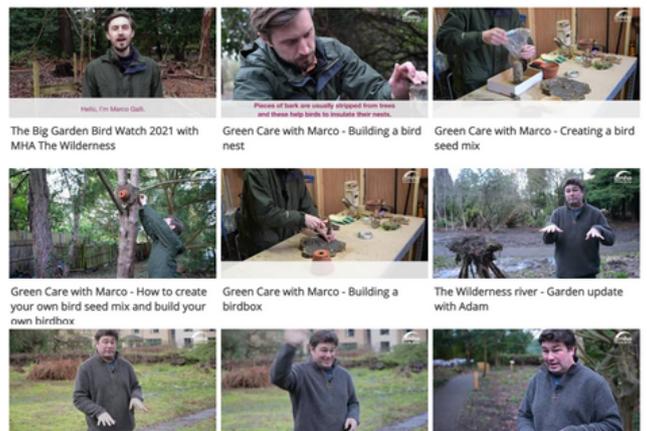


MHA promotes the benefits of nature wherever you are - from your gardens, patios or windowsills. Nature supports the mind, body and spirit of people in later life.

The residents from the Hall Grange Care Home had a whole day of nature with an amazing picnic prepared by Hall Grange chefs, and prayers and activities for a unique day in The Wilderness garden (pictured top right). Many MHA residents took part in Garden Week, including Weston House in Stafford where the residents took part in planting and craft activities. (pictured right).



Visit our website <https://www.mha.org.uk/communities/digital/> to watch videos with Marco, Community Co-ordinator at The Wilderness. You can choose from bird box building, insect art, creating a bird seed mix and lots more. Take a look and bring nature into your life with MHA.



Hi, I'm Marco Galt.

The Big Garden Bird Watch 2021 with MHA The Wilderness

Photos of birds are usually displayed from trees and these help birds to locate their nests

Green Care with Marco - Building a bird nest

Green Care with Marco - Creating a bird seed mix

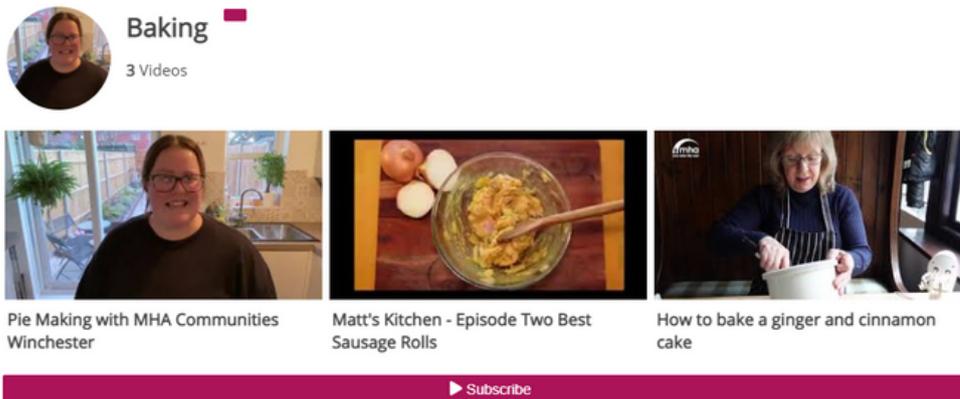
Green Care with Marco - How to create your own bird seed mix and build your own birdbox

Green Care with Marco - Building a birdbox

The Wilderness river - Garden update with Adam

COOKING WITH MHA

If you visit the MHA Digital Communities page on the MHA website (<https://www.mha.org.uk/communities/digital/>), you'll find cooking videos on a variety of culinary delights. Over the summer, we featured recipes for pies, sausage rolls and a ginger and cinnamon cake.



For those of you unable to access the website, here is the recipe for Ginger and Cinnamon Cake.

You will need the following ingredients:

- 250g soft butter
- 250g dark brown sugar
- 5 eggs
- 250g self raising flour
- 1tsp ground cinnamon
- 2tsp ground ginger

And for the icing:

- 400g icing sugar
- 200g soft butter



Pre-heat the oven to Gas mark 4 or 180C for electric ovens

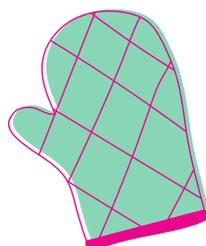
Add the butter and sugar to your bowl and mix together. Then add the eggs one by one as you continue to stir the mixture.

Gradually add the self raising flour to the bowl, blending it into the mixture until smooth and creamy. Add the ginger and cinnamon.

One final mix and then distribute the mixture evenly between 2 sandwich tins. Bake for 20-25 minutes.

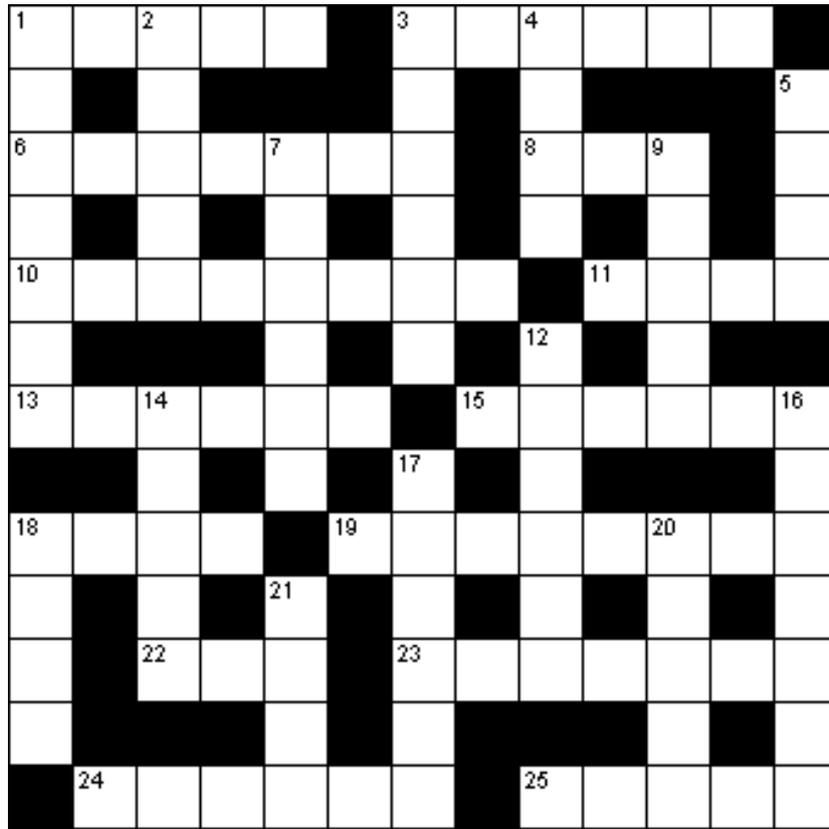
For the icing, simply mix together the softened butter and sieved icing sugar until creamy. You may need to add a little warm water as you stir.

Once your cake is cooled, smooth the icing across the top and in the middle. Enjoy!



New recipes are uploaded regularly to the page, so do check it out and see what new and tasty food you can try. The videos are easy to follow, step-by-step guides which should help even the most inexperienced of cooks create something special!

PUZZLES



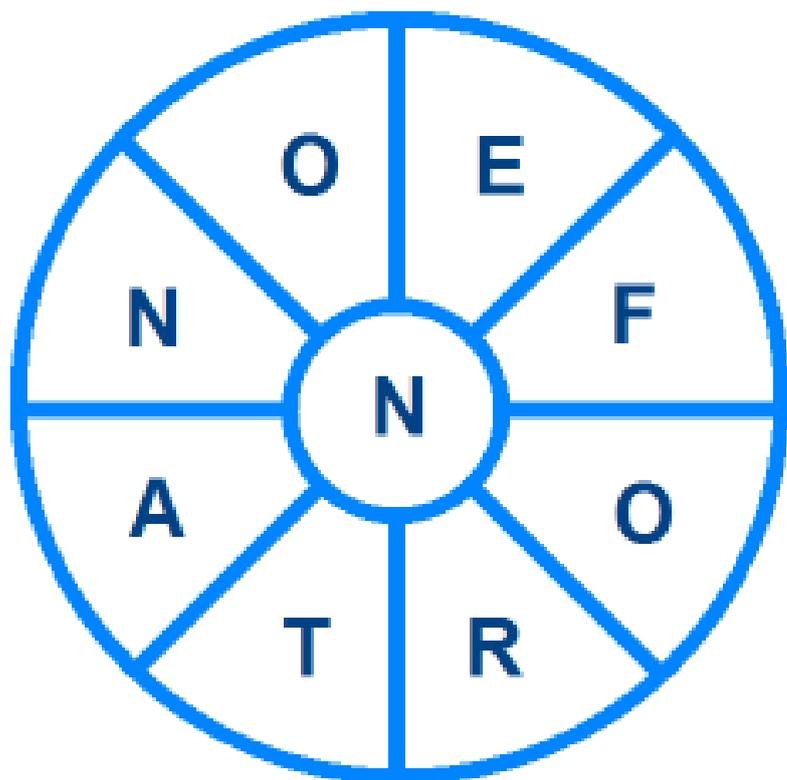
Across

- 1. Fruit (5)
- 3. Retail food seller (6)
- 6. Italian rice (7)
- 8. Consume (5)
- 10. Type of lobster (8)
- 11. Used to season and preserve food (4)
- 13. Sampled (6)
- 15. Pestle and ____ (6)
- 18. Aromatic leaves (4)
- 19. Thick syrup (8)
- 22. Cereal grass (3)
- 23. Pear-shaped tropical fruit (7)
- 24. Type of cake (6)
- 25. Very thin pancake (5)

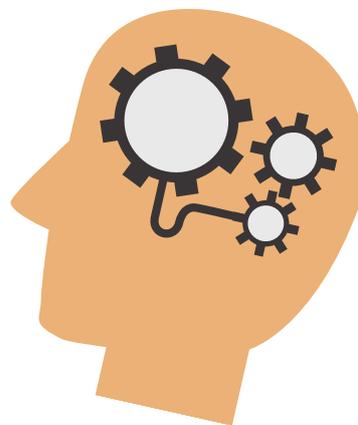
Down

- 1. Downy fruit (7)
- 2. Shaped and dried dough (5)
- 3. Game bird (6)
- 4. Kitchen appliance (4)
- 5. Open pastry with fruit filling (4)
- 7. Sticky candy (6)
- 9. Heated bread (5)
- 12. Edible tuber (6)
- 14. Sweetener (5)
- 16. Cooked meat or fish coated in egg and breadcrumbs and fried (7)
- 17. Thick soup (6)
- 18. Cook slowly in liquid (4)
- 20. Large edible ray (5)
- 21. Vegetable (4)

PUZZLES



How many words can you make from the letters in the wheel? Each word must contain the hub letter N. Can you find a 9-letter word and at least 25 other words of four letters or more avoiding proper nouns?



SOLUTIONS

A	P	P	L	E		G	R	O	C	E	R	
P		A				R		V				T
R	I	S	O	T	T	O		E	A	T		A
I		T		O		U		N		O		R
C	R	A	Y	F	I	S	H		S	A	L	T
O				F		E		P		S		
T	A	S	T	E	D		M	O	R	T	A	R
		U		E		P		T				I
S	A	G	E		M	O	L	A	S	S	E	S
T		A		B		T		T		K		S
E		R	Y	E		A	V	O	C	A	D	O
W				A		G				T		L
	S	P	O	N	G	E		C	R	E	P	E

Word Wheel

9-letter word - AFTERNOON

Some other words of four letters or more containing the hub letter N:

aeon, anon, ante, earn, fern, font, near, neat, neon, none, noon, note, oner, onto, rant, rent, roan, tarn, tern, tone, torn, atone, front, oaten, tenon, tenor, toner, tonne, ornate, tanner.

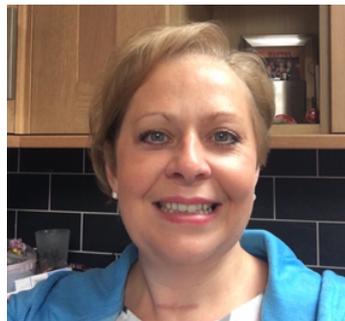
CONTACT US

MHA Digital Communities is currently working on matching members to befrienders, setting up digital groups and producing online content for you to enjoy.

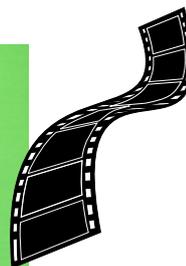
You can email the team at befriending@mha.org.uk or you can call us on 07395 370016 and leave a message. We look forward to hearing from you.



Sally Metcalfe is the Digital Befriending Manager and she is joined by three Befriending Administrators - Rachel Marshall, Julie Clancy and Sarah Carr .



Matt Edwards is the Digital Communities Manager and he is joined on his team by Joe Driscoll and Tim Sinfield, our MHA Media Producers.



Join our Community



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[www.Facebook.com](https://www.facebook.com) and search for MHA Communities



<https://www.instagram.com/mhacharity/>