

Autumn



Greenford Methodist Church, Ruislip Road, Greenford, UB6 9QN | 020 8813 0519 | www.mha.org.uk |

WELCOME TO OUR AUTUMN EDITION!



AUTUMN

UPCOMING EVENTS:

- September - Comedy Night
- October - Cooking workshop
- November - Cruise to Italy
- December - Christmas Motown night
- January 2019 - New Years event
- February - St Valentines Dance

We will continue to send you the Live at Home Scheme newsletters ensuring that you are always kept up to date with what's 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 at: Ealing Live at Home Scheme, Ruislip Road, Greenford, Middlesex, UB6 9QN or Call us on: 020 8813 0519.

For further information on how we keep your data secure, please just contact us for a copy of our Privacy Notice.

Autumn is Here

Autumn leaves
Red, gold and brown
Falling, swirling,
Drifting down.

Prickly conkers
Cracking, popping.
Branches snap,
Acorns dropping.

Picking pumpkins,
Juicy apples too.
Gathering blackberries
In hedgerows for you.

Foggy mornings
Damp, cold and grey.
Nature's blanket,
Clouding the day.

Swallows gather
Swooping up high.
Off they go
To Africa, they fly.

Hibernating hedgehog,
Finds somewhere to sleep.
Be sure it's not your bonfire
Or your rubbish heap.

Shorter days,
Frosty and wet.
Winter's round the corner,
But not quite yet.



WEEKLY ACTIVITIES SCHEDULE

| ACTIVITIES | | | |
|--------------------------|---|-----------------------|-------------------|
| DAY | Event Name - Venue | Start time - End time | Price |
| Tuesday | Light Zumba Class -Greenford Methodist Church | 10am-11am | £3.50 |
| Tuesday | Tea & Coffee - Greenford Methodist Church | 11am- 12pm | |
| Tuesday | Light Zumba Class - Pitshanger Methodist Church | 11.15am- 12.15pm | £3.50 |
| Wednesday | Friendship Group with tea, coffee and biscuits -Greenford Baptist Church | 11am- 2pm | Donations welcome |
| Wednesday, twice a month | Light Zumba class -Greenford Baptist Church | 11am-12pm | £3.50 |
| Wednesday | Light Lunch Club -Greenford Baptist Church | 12.30pm- 1.30pm | £2.50 |
| Thursday | Light Zumba Class - Greenford Methodist Church | 11am- 12pm | £3.50 |
| Friday | Light Zumba Class - Welshore Community Hub | 2pm-3pm | £3.50 |
| Friday | Light Zumba Class - Northolt Methodist Church | 11am- 12pm | £3.50 |
| Friday | Strength and Balance Class - Northolt Methodist Church | 12.15pm-1.15pm | £3.50 |
| Friday | Light Lunch Club - Northolt Methodist Church | 1.15pm-2.30pm | £2.50 |

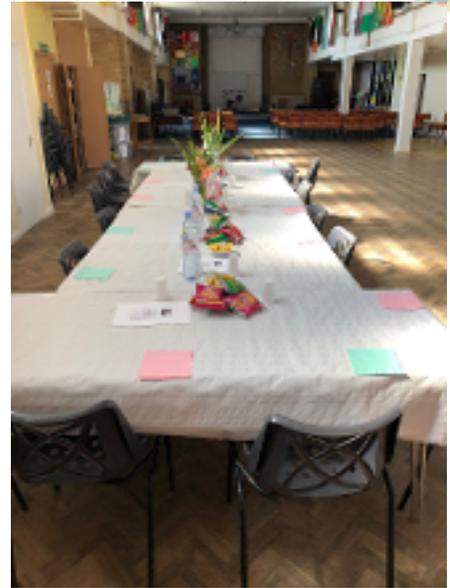
Please call either Trudi or Valeria on: 020 8813 0519 for more information, or to book your place on any of the above activities.



OUR SUCCESSFUL, SUMMER TEA PARTY!



In preparation for the tea party...



There was an array of sandwiches, cupcakes, fruit and biscuits for everyone to enjoy !



Our gracious members enjoyed a selection of tasty treats and tea! It was great seeing everyone coming together and socializing. We also had a raffle with all prizes won!



OUR ZUMBA CLASS AT NORTHOLT METHODIST CHURCH



Zumba classes, run by Amanda Coppin, are a great hit with members. With catchy music and light exercises, it's a great way to exercise, have fun and keep fit!



OUR ZUMBA CLASS AND FRIENDSHIP GROUP AT GREENFORD BAPTIST CHURCH



Members at Greenford Baptist Church can look forward to dancing, games and delicious treats!



Enjoying a game of bingo!



STRENGTH AND BALANCE- IN CONJUNCTION WITH STAYACTIVE4LIFE, AT NORTHOLT METHODIST CHURCH



Our Strength and Balance class, in conjunction with STAYACTIVE4LIFE, is a great programme for members looking to improve their strength and keep fit!



After the class, members are invited to stay for a delicious lunch, treats and refreshments. It is an excellent way for members to befriend each other and socialize!

Brain teasers

Mixed Up

These 10 nine letter words have been broken into chunks of three letters. These chunks have been mixed up, no chunk is used twice and all chunks are used. Can you determine what the 10 words are?

ely rec ant htn fer ort
 ent cer por sin lig ian
 lio row use rar lib ive
 tfo sca ing ing far eth
 som dif est dig imp mho

Next in Sequence

What are the next two letters in the following sequence?

Y B W D U F ?

Family Wordsearch

Find all the words listed!

| | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---------------|--------|
| B | Y | C | F | U | E | D | E | C | I | D | U | O | U | S | INSPIRATIONAL | FALLEN |
| I | R | J | O | O | R | N | R | J | C | G | F | F | E | G | MAGNIFICENT | CHILLY |
| R | N | E | X | M | R | A | J | D | O | R | R | R | A | O | HIBERNATING | BROWN |
| M | I | S | E | H | F | A | I | O | Z | E | E | O | R | L | CRACKLING | GREY |
| E | A | P | P | Z | I | O | G | N | Y | Y | S | S | T | D | ENCHANTING | COLD |
| Q | L | G | E | I | Y | B | R | I | Y | A | H | T | H | C | COMFORTABLE | COZY |
| F | V | V | N | I | R | B | E | T | N | C | B | Y | Y | R | BOUNTIFUL | RIPE |
| I | C | C | C | I | F | A | O | R | A | G | O | L | R | A | RELAXING | |
| R | H | O | H | C | F | L | T | U | N | B | N | L | E | C | ENJOYABLE | |
| E | A | L | A | O | H | I | A | I | N | A | L | G | D | K | FORAGING | |
| S | N | O | N | I | W | I | C | N | O | T | T | E | Y | L | FIRESIDE | |
| I | G | U | T | F | A | L | L | E | N | N | I | I | I | I | DECIDUOUS | |
| D | I | R | I | P | W | B | I | L | N | E | A | F | N | N | COLOURED | |
| E | N | E | N | B | R | O | W | N | Y | T | L | L | U | G | EARTHLY | |
| A | G | D | G | Y | R | E | L | A | X | I | N | G | R | L | FLANNEL | |
| | | | | | | | | | | | | | | | CHANGING | |
| | | | | | | | | | | | | | | | FROSTY | |
| | | | | | | | | | | | | | | | RAINY | |
| | | | | | | | | | | | | | | | BREEZY | |
| | | | | | | | | | | | | | | | FRESH | |
| | | | | | | | | | | | | | | | GOLD | |

PASS ON SOMETHING WONDERFUL AND HELP TO ANSWER SOME OF LIFE'S BIGGEST QUESTIONS



**REMEMBER A CHARITY
IN YOUR WILL WEEK**

10-16 September 2018

This September MHA will be helping to answer the world's biggest questions as part of "Remember A Charity in Your Will Week" (RAC), taking place from 10th - 16th September.

The week will see the launch of "Human", the world's first charity-powered search engine. "Human" is not an average search engine. People cannot look up day-to-day questions on it, nor find things a Google search might serve. Instead it is a search engine built entirely around the world's biggest questions from "What would you tell someone about to retire?" to "How can we improve the quality of life for older people?".

As well as finding out more by hearing directly from charities, their supporters and their beneficiaries about what we are doing to answer life's biggest questions, people can also choose to pass on something wonderful by helping to solve these questions through leaving a gift in their Will.

Last year gifts in Wills paid for over three quarters of MHA's charitable work – including funding its Live at Home schemes – and are vital to ensuring we are able to continue improving the lives of older people.

At MHA we are also inviting people to ask their own questions and to share their words of wisdom. Send us your questions and/or answers and we will feature the best ones on our website. All questions and answers will also go into a free prize draw with the winning entry drawn at random.

Richard Sproson, Legacy Development Manager, says: "We're taking part in Remember a Charity Week to help start conversations and raise awareness of charitable giving and the importance of gifts left in Wills. Whatever the amount we're extremely grateful for any gifts left to us as they will help us to continue our work – even a small amount can make a big difference."

Find answers to the world's biggest questions at: www.humansearchengine.org.uk/mha

To submit your own questions and answers or for further details about leaving a gift in your Will to MHA, including our Free Will service, visit www.mha.org.uk/giftsinwills or email giftsinwills@mha.org.uk or phone 01332 221651.

LIVE AT HOME TURNS 30



Lichfield Live at Home was the first scheme MHA launched back in 1988 and we recently celebrated it and Live at Home's 30th birthday. Founding members of Live at Home joined in with a party to mark the schemes 30th anniversary.

Around 100 older people who are members of the scheme, which helps combat loneliness and isolation among older people, came together to celebrate the milestone along with the founder of Live at Home schemes nationally Rev Peter Mortlock, the Deputy Mayor of Lichfield, Councillor Peter Hitchman and MHA's Chief Executive Sam Monaghan.

The party was entertained by students from The Friary High School in Lichfield.

Lichfield was our first Live at Home scheme and there are now 57 schemes across the country, supporting over 10,600 older people.

Guests at the party included Gillian Eggleshaw and Kathy Peat who joined the Lichfield scheme right at the beginning as volunteers when it was set up. 30 years on they are still involved with the scheme, as the organising committee's chair and vice chair.

Gillian said: "It was lovely to see so many members join us to mark our 30th anniversary. When myself and Kathy started volunteering back in 1988, we never thought that we'd still be going strong all these years later.

"Over the years we have helped and supported so many older people through the scheme and I am thrilled to still be able to be a part of it all these years on."

Live at Home schemes grew out of an idea by MHA after discussions on how the charity – which this year celebrates its 75th anniversary – could expand its services to support people living at home.

This was driven by the desire that people didn't want to just 'stay at home' they wanted to make sure they continued to 'live at home' and enjoy later life and so the schemes were born.

Peter Mortlock was on the Board of MHA at the time and was given the task of setting up the first scheme.

He said: "The need for a Live at Home scheme is as great today as it was when it was first started. The need to tackle loneliness and isolation among older people is still highly relevant today."

'CARE OF THE SPIRIT' SHOWCASES MHA'S CHAPLAINCY SERVICE



We've launched our new film showcasing the work of our Chaplaincy team.

['Care of the Spirit'](#) follows Richard Golding, chaplain at MHA Starr Hills care home in Lytham St Annes, and features interviews with residents, staff and family members about how his role helps support them.

Chaplains make sure that the spiritual needs of residents are met, as well as MHA meeting their physical and mental needs. They are there for people of all faiths and those who hold non-religious beliefs.

However, as the chaplain's role developed and their contribution to the lives of residents grew, they became paid-for roles, funded from charitable donations. Today MHA employs 140 chaplains across its 90 care homes and 72 retirement living schemes, providing 78,970 hours of support for residents, families and also staff, and is considered the leading employer of chaplains in the care sector.

Richard describes his role as 'to make sure there is a sense of community in the home, of togetherness, of belonging, of purpose, of pleasure, of fun, of joy, of support, of comfort and of healing'.

Another Chaplain talks about it being about 'enabling people to get to that place where they can feel calm and fulfilled'.

Director of Chaplaincy and Spirituality, the Rev Dr Chris Swift, said: "At MHA we are able to truly say we care for the mind, body and spirit of our residents and their families, something we are very proud of.

"Chaplains are there for everyone. They are good listeners and build effective relationships with residents, families and colleagues. They provide a reassuring influence in a home. They are there to support people, whether they have a religious faith or not."

STAYING WARM IN THE COLDER MONTHS



The low temperatures present in Autumn and Winter can cause a number of health problems for older people. Below are our practical tips to help you stay warm and comfortable this winter.

- If your home is cold, ensure you have plenty of warm, comfortable clothing. Wear multiple layers if necessary. Wool fabrics are great to wear as it can help maintain warmth.
- Wool duvets will keep you warm as it keeps body heat in and the cold out.
- Ensure your home is properly insulated to keep your home warmer for longer.
- Make sure you avail yourself of the free flu jab. Flu can lead to serious illnesses, such as pneumonia or bronchitis. You can get a free jab from the age of 65. Contact your GP for details.
- [Eating properly](#) will help keep your energy levels up during winter and fight infection.
- Consume plenty of [hot food and drinks](#).
- Keep your diet as varied as possible.
- Stock up on tinned and frozen foods, so that you don't have to go out too much when it's cold or icy.
- By controlling the temperature in your home, you can keep your home warm and lower your bills. Your main living room should be around 21°C, the bedroom 18°C and the rest of the house 16°C. To ensure the home is adequately heated set the heating to come on just before you get up and switch off once you're asleep.
- Close curtains and shut doors to keep heat in.
- Draw your curtains at dusk to help keep the heat inside the rooms
- Keep radiators clear of obstructions.
- The [winter fuel payment](#) of £200-300 is available to older people to help with fuel costs.

By following these tips you can stay warm in the cooler months.

SENDING OUR SINCERE THANKS TO THE FELIX PROJECT!

The Felix Project, based in Park Royal, West London is a charitable organization, which provides surplus food for our activities every week. With their ongoing generosity, we cannot thank them enough for how beneficial their food is for us!



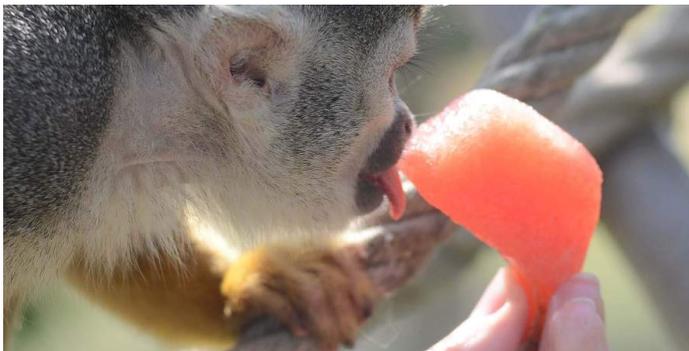
A snapshot of food collected from our weekly collection from Felix. With providing wholesome, nutritious food to tasty treats for the members, we are very thankful!

A SUMMER SCORCHER!



Who could forget the month long heatwave we experienced this summer?! It was the hottest heatwave on record since 40 years!

Created by a sweltering African plume, this monster heatwave was one we will always remember!



Animals at the London Zoo cooling off with ice lollies



Visiting the the Tower of London in July, it was evident to see the after effects of the long dry spell we experienced with the dry grass!



London baking in the heat!

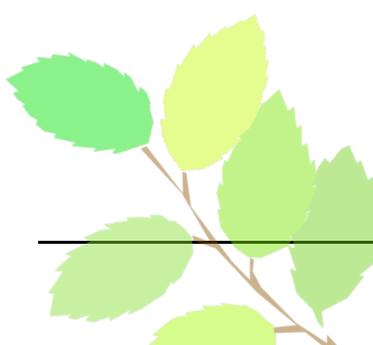


OUR ZUMBA CLASS AT GREENFORD METHODIST CHURCH

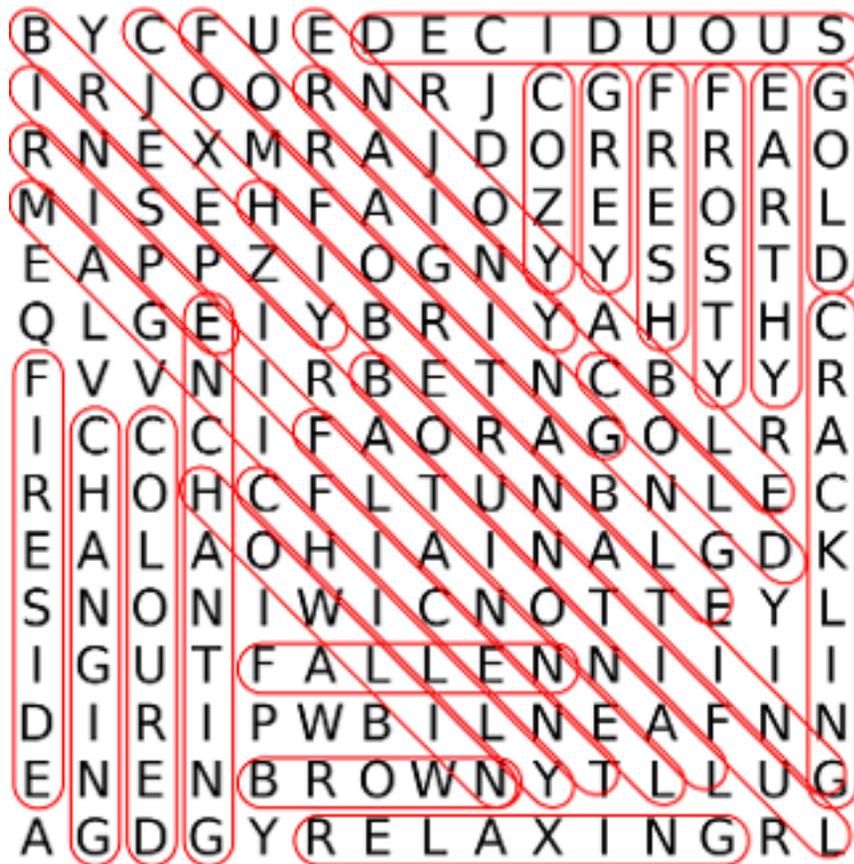


Members enjoying a Zumba dance class alongside catchy music beats!

Members can also relax and come together after the dance class, where they are provided with refreshments, biscuits and treats after the dance class!



PUZZLE SOLUTIONS

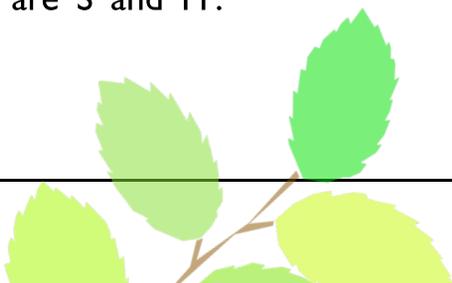


Mixed Up

dif + fer + ent = different
dig + est + ive = digestive
far + mho + use = farmhouse
imp + ort + ant = important
lib + rar + ian = librarian
lig + htn + ing = lightning
por + tfo + lio = portfolio
sca + rec + row = scarecrow
sin + cer + ely = sincerely
som + eth + ing = something

Next in Sequence

The next letters in the sequence are 'S' and 'H'.





NEWS

We would like to send a massive thank you to all our Members, Volunteers, friends and partners for their incredible, generosity, warmth and support!

Our volunteers, as always, are extremely supportive and a tremendous help to the MHA's activities and members. **A BIG THANK YOU TO YOU ALL!**

In particular, we wish to send a heart felt thank you to: Jeanne Deutrom, Janet Bettaccini, Margaret Moore, Violet Corden, Cathy Snow, Badia Mostafazi, Zabida, David Blackwell, Mary Mcqueen and Kathy Duncan. Last but not least, a **WARM THANK YOU** to Reverend Warren McNeil, Amanda Coppin and Arran Summers.

SAVE THIS DAY! Saturday 20th October, 5.30pm-9.30pm at Greenford Methodist Church Hall. A church member is holding a fundraising event, to raise funds for Ealing Hospital's Breast Cancer Unit and to mark the 70th Birthday of the wonderful NHS! Tickets will be available from Jeanne Deutrom, 07986325787.

THANK YOU FOR YOUR ONGOING SUPPORT!



Trudi Bedeau
Scheme Manager



Valeria Bramucci
Community Programme Coordinator

GET IN TOUCH!

MHA Ealing Live at Home scheme,
in C/O Greenford Methodist Church, Ruislip
Road, Greenford, UB6 9QN

Telephone:
020 8813 0519

Email:
ealing.liveathome@mha.org.uk

Opening hours:
9.30am - 5pm Monday - Friday

Visit us on Facebook!

