

WELCOME!

Greetings to all our members and volunteers!

Summer is finally here, the sun is shining and the flowers are in full bloom. We've been busy here at Ealing Live at Home and hope you continue to enjoy the groups and service we provide.

We've got lots to look forward to over the coming months, including an afternoon tea, an outdoor picnic, and a trip to Kew Gardens where we'll all be able to enjoy the glorious sunshine. We hope that you can join us!

As always, we'd like to say a special thanks to all of our brilliant volunteers - we really couldn't make this all happen without your help.

Cheryl has now officially joined the team and is doing a fantastic job. I hope you will join us in giving her a warm welcome.



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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, Greenford Methodist Church, Ruislip Road, Greenford 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.

UPCOMING EVENTS

| Ongoing Program for Ealing Live at Home | | | |
|---|---|-----------------------|-------|
| Date | 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 | Free |
| Tuesday | Light Zumba Class - Pitshanger Methodist Church | 11.15am - 12.15pm | £3.50 |
| Wednesday | Friendship Group with light lunch, light Zumba class twice a month - Greenford Baptist Church | 11am-2pm | £3.00 |
| Wednesday | Women's Friendship Club - Northolt Village Community Centre | 1.30pm - 3.30pm | £1.50 |
| Friday | Light Zumba Class - Welshore Community Hub | 2pm-3pm | £3.50 |
| Friday | Light Zumba Class - Northolt Methodist Church | 11am-12pm | £3.50 |
| Friday | Strength & Balance Class - Northolt Methodist Church | 12.15pm-1.15pm | £3.50 |
| Friday | Light lunch club - Northolt Methodist Church | 1.15pm -2.30pm | £3.00 |

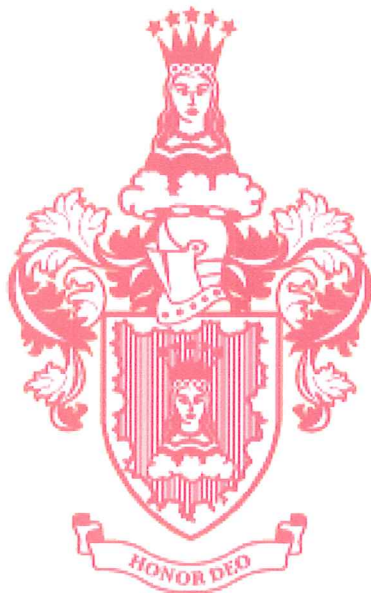
| Upcoming Events Summer 2019 | | | |
|-----------------------------|---|-----------------------|-------|
| Date | Event Name - Venue | Start time - End time | Price |
| 24th July | Outdoor Picnic - Northolt Community Village Centre | 2pm - 4pm | £5 |
| TBC | A day out at Kew Gardens, Richmond | TBC | TBC |
| 17th August | Afternoon Tea - Greenford Methodist Church | TBC | £5 |
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Please call 020 8813 0519 for more information or to book your place on any of the above activities.

Funding Update

We are using our funding, kindly given, from Mercers Foundation to help support our Northolt Village Friendship Club who meet weekly on a Wednesday (1.30pm - 3.30pm) and our Northolt Methodist Church Zumba Gold Class, Lunch Club and Strength & Balance Class. We're really thankful for their funding and it enables us to continue running these great activities and helps us to reduce loneliness and isolation amongst the older community of Ealing.

We are doing lots of outreach and publicity to try and expand and build on memberships in our scheme, so if you or anyone you know would like to become a member and join in our fantastic activities then please contact Trudi or Cheryl to find out more!



Zumba Gold @ Greenford Methodist Church

Our Zumba Gold class at Greenford Methodist Church meets every Tuesday between 10am - 11am. This class has become extremely popular with up to 20 active members a week which is great to see people enjoying themselves, keeping fit, and forming new friendships.

Our Zumba Gold instructor Anjli is absolutely fantastic and adapts her work out to ensure everybody can take part and feel involved in the class. She engages the members and understands their needs whilst adding a personal touch and going the extra mile to get to know each member personally so she can cater for their individual needs.

The class is a great way to keep fit, and works out every part of your body. Don't worry if you're new to Zumba Gold, Anjli will make sure she goes at your pace and soon you'll be an expert!



Wednesday Lunch Club

Our Wednesday Lunch Friendship Group has now returned to the Greenford Baptist Church, now that the building is back in use after some heavy flooding.

We would like to say a big thank you to Pastor Warren for continuing to offer us this space and working in partnership with MHA to reduce loneliness and promote what MHA Ealing Live at Home Scheme does for the community.

It's been really great to see some of Pastor Warren's congregation at our groups on a weekly basis. Eating together is really important as it helps to build friendships and conversations. Most older people tend to eat alone so they really look forward to our Wednesday club where they have built their own network and have formed lasting friendships.

We have now got 2 new volunteers Sandra and Arnold who support Cheryl to run this group and their help is much appreciated.



Office Renovation

The Ealing Live at Home office has recently undergone some renovations to remove the damp conditions.

We want to say a big thank you to Jan, Daniel, Kieran (workman who did the work) and Gill Borg who all helped to make this a very speedy process. Although we had to work over the Bank Holiday weekend to bring the office back into operation, it's really made a big difference and added a homely feel to the office.



Thank you Felix!

Thank you to the Felix Project for their ongoing support and generous offer on a weekly basis. They provide us with lots of yummy food and refreshments, along with some raffle prizes and flowers.

Their hard work continues to enable us to provide nutritious lunches for our members along with a Felix Share so that members can take away fresh fruit and veg on a regular basis. It's lovely to see the members sharing recipe suggestions and ideas on what they could cook with the produce they take with them.

Our long standing volunteer Jeanne always explains to members how to get the most out of the food at the Felix Share, for instance offering a recipe for Leek Soup or teaching members how to cook asparagus to mix up their weekly meals and try something new!



Thinking of you - Get well soon!

We would like to send our well wishes to Yvonne, Milly, Anne and Anna who have recently been unwell and haven't been able to come to the groups. We wish you a speedy recovery and hope to see you soon. Your cards are in the post!





Brainteasers

How many animals?

A farmer keeps three types of animals on his farm: cows, pigs and horses. Can you guess how many of each animal he has based on the following information?

- 1) Three of the animals are NOT cows
- 2) Four of the animals are NOT pigs
- 3) Five of the animals are NOT horses

Riddle

It belongs to you,
But others "use" it more than you do.

What is it?

Find all the words listed!

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- BIRDWATCHING
- CROSSWORDS
- PARK
- DRIVING
- HOBBIES
- PETS
- RIDING
- POLO
- TOYS
- PLAYING
- ENTERTAINING
- TALKING
- EXERCISE
- EATING
- FOOTBALL
- GOLF
- WALKING
- POKER
- CARDS

WE NEED YOUR HELP

With summer fast approaching and the night's becoming lighter, it's the perfect opportunity to get outside and enjoy the fresh air. But why stop there? We're looking for keen runners and cyclists to join team MHA, at one of our featured events to run down loneliness and isolation in later life.

The Community Fundraising team have limited places available in a number of exciting running and cycling events:

Prudential Ride London 100 (cycling) – 4 August 2019

Great North Run (Newcastle) – 8 September 2019

Royal Parks Half Marathon (London) – 13 October 2019

Great South Run (Portsmouth) – 20 October 2019

Brighton Marathon – 19 April 2020

London Marathon – 19 April 2020

Please help us to spread the word about our amazing events amongst your family and friends. By taking part, our participants will be supporting MHA run down loneliness and isolation in communities across the UK,

Participants can sign up for an event today at [BestForAges.co.uk/Events](https://www.BestForAges.co.uk/Events). We only have limited number of places in the events, so they are being offered on a first come, first served basis. They will be asked to pay a small registration fee and raise a minimum sponsorship amount, and this can be for your local Live at Home scheme.

As soon as someone registers for an MHA event Fundraising will be here every step of the way, providing you with a technical running t-shirt, training guide, sponsorship forms and on-going support all the way to the finish line.

Sound good? Visit www.BestForAges.com/Events to find further details and more events. For more information please contact Community Fundraising Officer Kirsty Millward.

Neighbourly Care & MHA Partnership Update

Now we have started working in partnership with Neighbourly Care Charity and so far it's been really positive and the members love the Friday group (Get up & go/exercise class and a lunch club). This group is attracting up to 25 members on a Friday and it's lovely to see such a diverse group of people engaging in conversation and building friendships.

We will continue to work with Neighbourly Care and explore new avenues following a very positive meeting with their CEO Andy and Nav.



PUZZLE SOLUTIONS

How many animals?

ANSWER: 3 cows, 2 pigs and 1 horse.

Riddle

ANSWER: Your name.

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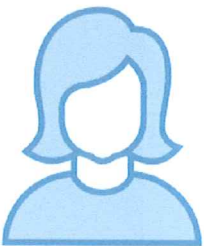
Thank you to our volunteers!

Since our last newsletter we have recruited 4 new volunteers; Daniel, Jaquelle, Sandra and Arnold. We really appreciate all the hard work they offer us on a weekly basis at a variety of activities and groups. We are both immensely grateful for their loyalty and commitment along with our other volunteers who enable the scheme to run so smoothly. Without all of your help we couldn't make this work possible. We celebrated volunteering week by giving our volunteers thank you cards and a small gift each as a token of our appreciation.

Thank you



Trudi Bedeau
Scheme Manager



Cheryl Benjamin
Activities Co-ordinator

GET IN TOUCH!

Ealing Live at Home

Address:

**Greenford Methodist Church,
Ruislip Road,
Greenford,
UB6 9QN**

Tel: 020 8813 0519

**Opening Hours: 9:30am - 5pm
Monday - Friday**