

WELCOME!

Christmas is almost here and we're busy getting ready for the festive season at Ealing Live at Home. We've had a wonderful year full of friendships old and new and lots of fun at our various groups and special events.

Christmas is a time for looking back at the great year we've had but also looking forward to all that will come in 2020!

We want to thank all of our members, volunteers and funders for making this year so special and we hope you will join us for more fun in the New Year too. We're rounding up the year with a very special Christmas party on Friday 13th December and you can find out more about this in our newsletter.



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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, UB69QN or Call us on 0208 813 0519.

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

UPCOMING EVENTS

Please call [phone number] for more information or to book your place on any of the following activities.

Regular Groups			
Date	Event Name - Venue	Start time - End time	Price
Tuesday	Zumba Gold - Greenford Methodist Church	10-11am	£3.50
Tuesday	Tea & Coffee - Greenford Methodist Church	11am - 12pm	Free
Tuesday	Felix Fruit & Veg Share etc - Greenford Methodist Church	11am - 12pm	Donations welcome
Tuesday	Zumba Gold - Pitshanger Methodist Church	11.15am - 12.15pm	£3.50
Wednesday	Friendship Group with light lunch, Zumba Gold 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	Zumba Gold Class - Welshore Community Hub	2pm - 3pm	£3.50
Friday	Zumba Gold 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
Friday	Get Up & Go Lunch & Board Games - Greenford Methodist Church	12-3pm	£2.00

Christmas Party

Join us on Friday 13th December at Greenford Baptist Church between 1-3pm for our Christmas Party. All are welcome £5 entry. Hope you can make it!

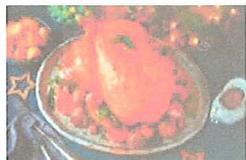


MHA Ealing Live at Home Christmas Party

Greenford Baptist Church Beechwood Avenue, Greenford, UB6 9UA

Friday 13th December 2019 1:00-3:30pm

£5 per adult £1.50 per child



Join us for our annual Christmas Party on the 13th of December at Greenford Baptist Church for an afternoon of festive food, fun and friendship. We'll have a raffle on the day where you can pick up some brilliant prizes just in time for Christmas. Gather your family, friends and neighbours or simply come along on your own as people of all ages tuck into a delicious lunch together! It's sure to be a great afternoon so get dressed up and come along.

Our scrumptious food will kindly be donated by The Felix Project and all donations will go towards Ealing Live at Home to help older people live later life well.

To reserve your space please contact Trudi

or Cheryl on **0208 813 0519** or email

ealing.liveathome@mha.org.uk



LIVE AT
HOME

www.liveathome.org.uk



A thought on love

Loving you, means giving yourself time to relax and take a walk in nature. See how the leaves change naturally. We are also a product of nature. Our DNA, allows us to heal, grow, change our ideas and perspective. It allows us to control our minds. Don't allow the media or others to make you lose touch with your inner being and the love of yourself.

Don't wait for someone to love you, before you love yourself. The beautiful baby that was birthed, is you. No matter the circumstance, yours was a blessed beginning. The gift of life that brought you to this place, is all you need to know about how much you are truly loved by The Creator. So laugh out loud at this beautiful, wonderful you.

You'll find an enormous change will occur when you begin to love yourself first. You won't feel the need to constantly look for approval from others. Loving yourself, will open up ways to improve on what you already have and know. Love is a rejuvenating, energising force. It makes you smile more, laugh more, love attracts love, so be prepared for a world of loving possibilities to open up for you.



International Older Persons Day

On October 1st & 2nd we celebrated International Older Persons Day. We had a fantastic turnout where lots of our members and friends came together to share in friendship and enjoyed each others company.

We all had a lovely meal together followed by a raffle where our lovely presents were kindly donated to us from The Felix Project. We were also joined by guest speakers from the CCG and NHS Powher who gave updates on access to information on health & social care alongside NHS complaints for the older community.

It was a free event and we raised £166 for the scheme which will go towards activities in the New Year and our Christmas Party which is really great. We would like to thank all those that came and our brilliant volunteers who also helped to make it happen. We will certainly be doing this again next year so keep an eye out for further updates.



PUZZLE PAGES

Brainteasers

Room riddles

I am a word of six; my first three letters refer to an automobile; my last three letters refer to a household animal; my first four letters is a fish; my whole is found in your room. What am I?

Rungs of a ladder

The rungs of a 10 foot ladder attached to a ship are 1 foot apart. If the water is rising at the rate of one foot an hour, how long will it take until the water covers over the ladder?

Wordsearch: Family

Find all the words listed!



ANGEL
BELLS
BLESSED
CAROLS
CHILDREN
COMFORT
DING DONG
FAMILY
FESTIVE

GLAD
GREETINGS
HOPE
JINGLE
JOLLY
JOYFUL
LIGHTS
MIRACLE
MUSIC

PEACE
REJOICE
SHINING
SINGING
THANKFUL

CHRISTMAS IS COMING



Why not share some Christmas joy and get involved with one of MHA's Christmas Appeals this winter.

- **The Christmas Friendship Appeal** involves writing an extra Christmas card for another MHA Live at Home member or resident and consider donating a cash gift to MHA. The cards will then be shared during December and we are aiming for every Live at Home member to be remembered this Christmas and receive an unexpected card from somebody they do not know.
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- **MHA's Yuletide Yodel** we are asking people in their local communities to get together to organise their very own Christmas Carol singing and collect donations for MHA. By holding a collection in aid of your MHA Live at Home scheme, you'll be helping your local scheme reach out to people and help enable them to live later life well.

Lesley a Live at Home member from the Eastleigh scheme has kindly shared her story for these appeals, look out for her in the packs! If you would like to find out more please download or order your FREE Christmas Friendship Appeal or Yuletide Yodel pack visit mha.org.uk/Christmas.

Christmas can be a lonely time of the year for some, especially those living on their own and in later life. This year's Better Together Christmas Appeal is aiming to highlight the debilitating effects loneliness can have and how Live at Home groups across the country are helping to combat it, enabling people to live later life well.

Meet the lovely Debbie from Horsforth and hear her story. Find out how the staff, volunteers and other members at the Horsforth Live at Home group helped support her. If you would like to support the Christmas Appeal call 01332 221 883 or email craig.burchell@mha.org.uk. You can also donate directly to the appeal at mha.org.uk/Christmas

Thank you to our Volunteers!

As we're rounding up the year we must not forget to say a special thank you to all of our wonderful volunteers who make the scheme happen week by week.

They put so much hard work and dedication into all of our activities and make sure everyone feels at home and part of the group.

Below are two of our volunteers who supported us on the International Older People's Day back in October and are just an example of all the great work that all of our volunteers do.

We want to thank all of our volunteers: Violet, Ade, Daniel, Jeanne, Ruby, Joyce S, Joyce B, Zabeeda, Jacqueline, Lemia, Sandra, Arnold and many more.



PUZZLE ANSWERS

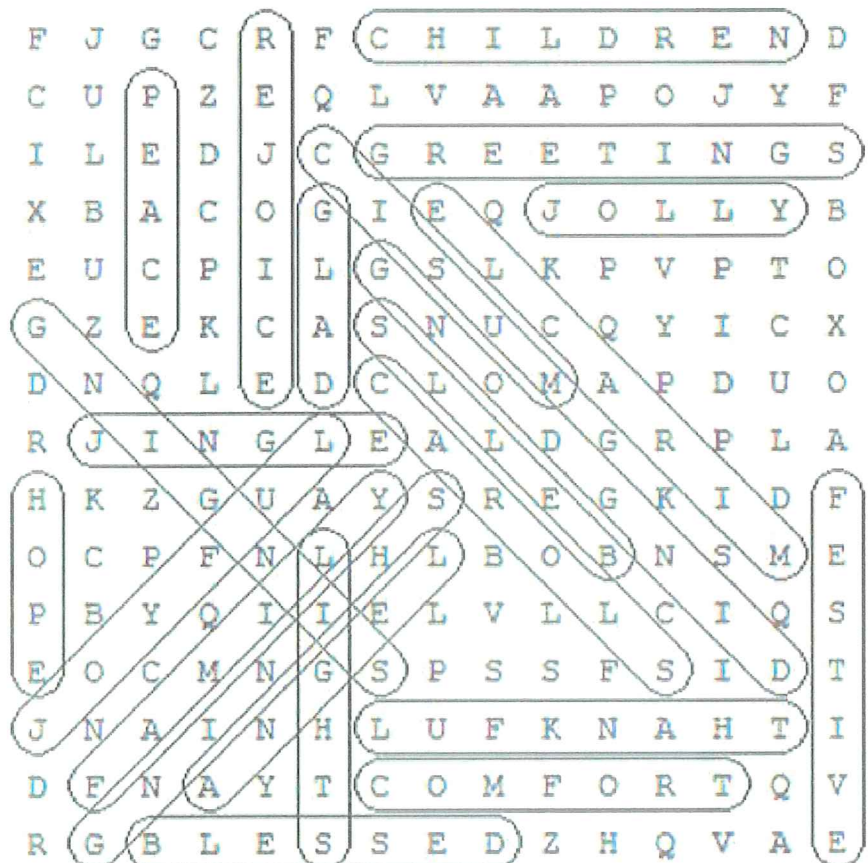
Room riddles

A carpet

Rungs of a ladder

It will never cover the ladder because as the water rises, so will the floating ship.

Wordsearch Solution:



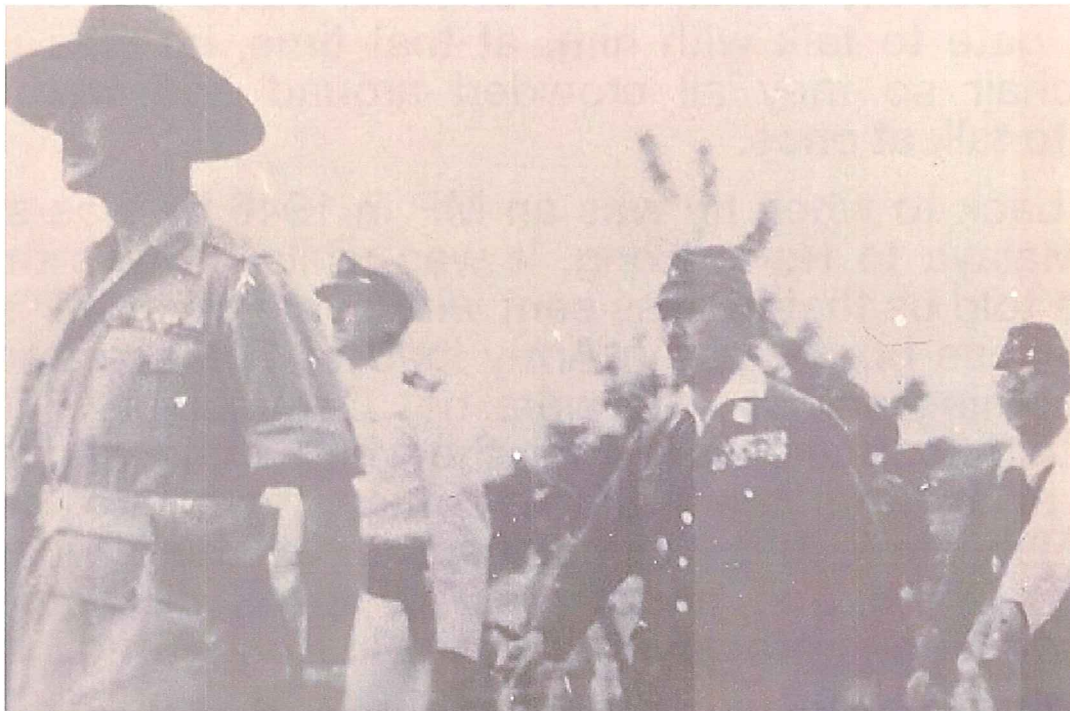
Billy's Story Part 2

We left Billy's story last where he was in Malaya and Singapore when WW2 had ended. As he was a MP he was also involved with prison camps where they kept the Japanese who had committed crimes during the war. The main one he was involved in was Taiping Prison, in Malaya. The prisoners were kept there while they waited to go to a military court to be judged and sentenced. This prison is one place that I took my father back to visit in the 2000's and when the Malaysian staff there heard about my father, a lot of them came out of the prison gate to talk with him. At that time, he was in a wheelchair so they all crowded around and were all trying to talk at once.

going back to when he was an MP in 1946 he was sent from Malaya to Hong Kong. It was while he was there that he told us that he was sent with some other MP's to the Chinese border as an Army load of Chinese troops were coming across who were not Communists'. They were told to make sure that they had their weapons taken away from them before letting them into Hong Kong. I'm afraid this did not happen as there was so many of them and nobody could speak each other's language. They were later disarmed in Hong Kong.

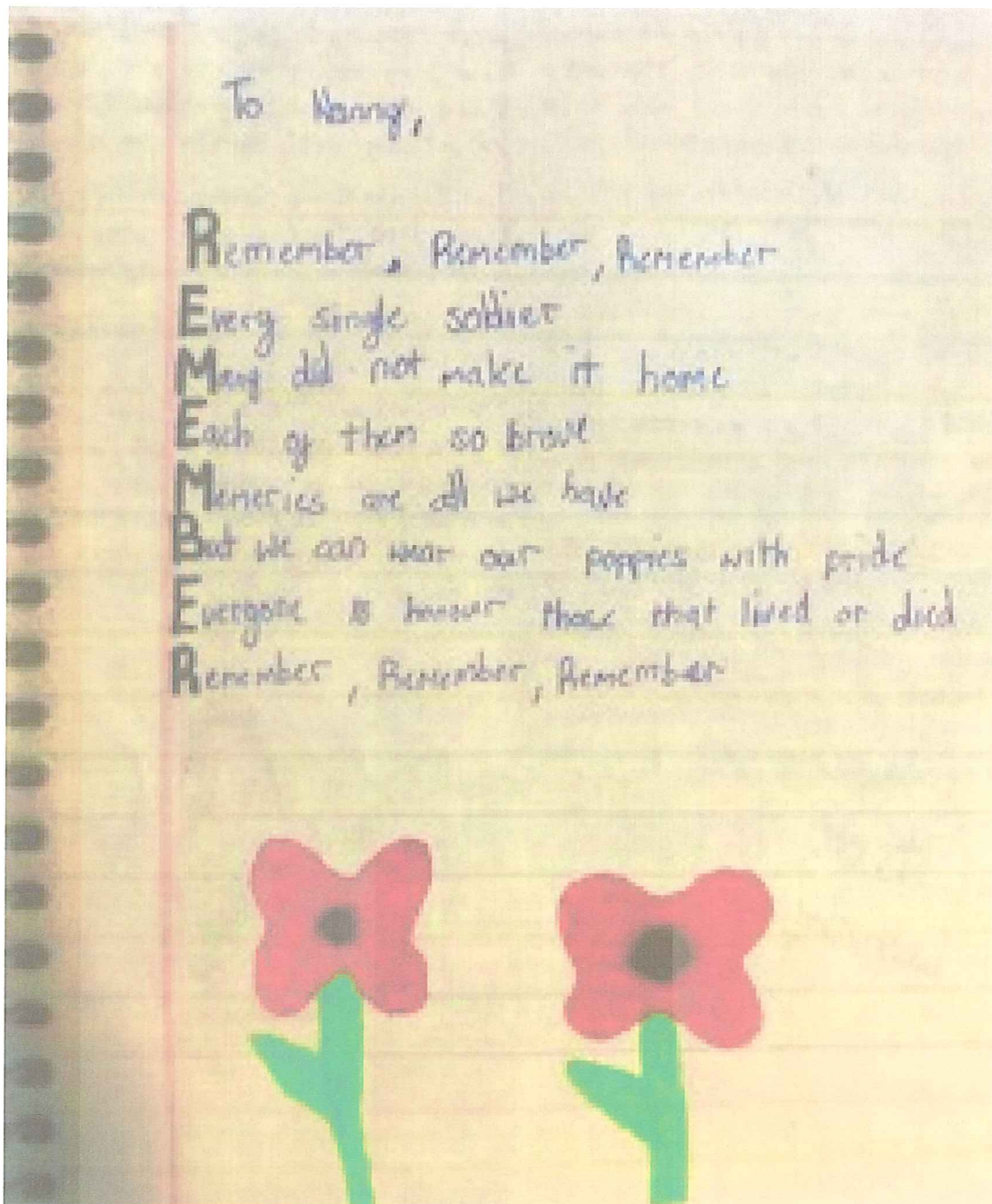
In 1979 I flew with my father on his very first flight in an aircraft and that was for him to return to Hong Kong. We landed in the old airport which is now closed and a new one built with a runway going out to sea. In 1979 his old Barracks was still there, although closed. I believe that it had been used to make a Hollywood film. One thing he told me when we were on the Ferry was, that he had been on the Hong Kong Ferry as the clock struck Midnight and that was when it was his 21st birthday, 10th December 1946.

We never returned to Hong Kong to stay, though we did land there a few times to change planes when we were going to and from, as it is now called Malaysia. My mother did not like flying, but got my father to go to Malaysia with friends from work after he had been on his first flight with me. He used to work for BEA since 1969 which was later called British Airways so him and his work mates for Staff Fare to fly. He made many trips to Malaysia in the 1980/90's and I made 23 trips with him in 16 years in the 2000's. Sadly he passed away in 2016, but a week before he died he said to me, I am still alright to go to Penang, Malaysia.



Please continue to send us your stories to be featured in our Newsletters.

A poem on remembrance



This poem was written by Audrey's grandson Noah to mark Remembrance Sunday. What a lovely poem! Well done Noah!

Welcome to our photo page!



Christmas Closure & Reopening

Over the festive period we will be closing on Friday 13th of December and will reopen on Monday 13th January.

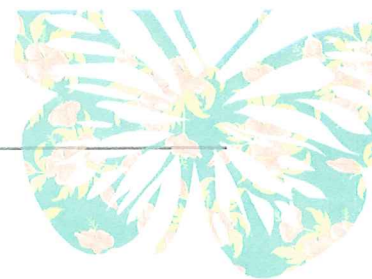
Below are when all the groups last sessions are:

- Northolt Strength & Balance/Zumba/Lunch - 6th December reopens 17th January
- Northolt friendship club - 11th December reopens 15th January
- Pitshanger zumba group - 10th December reopens 14th January
- Greenford lunch club - 17th December reopens 14th January
- Welshore zumba group - 17th December reopens TBC



We wish you all a Merry Christmas and a Happy New Year and look forward to seeing you in January 2020!





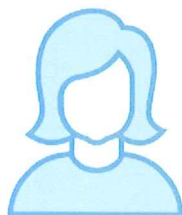
Thank you Felix!

We want to say a special thank you to The Felix Project for their continued support and donations to the scheme.

Below is a picture of some of the lovely food they donate to us for our Felix Share that we hold weekly on a Tuesday morning between 11am-12pm.



Trudi Bedeau
Scheme
Manager



Cherly Benjamin
Activities
Co-ordinator

GET IN TOUCH!

Ealing Live at Home

Address:

Greenford Methodist Church

Ruislip Road

UB6 9QN

Tel: 0208 813 0519

Opening Hours:

Mon - Fri 9:30am - 5pm