



## MHA – OUR JOURNEY

### Our pandemic journey – adapting during crisis

Firstly thank you for all the wonderful support from our friends within the Methodist Church, your tremendous dedication to MHA (Methodist Homes) during these unsettling times, and your overwhelming support of our mission, vision and values has helped our vital work helping those in later life live well.

Over the last year our care homes, retirement living schemes and communities have faced immense challenge. We have had to adapt and in doing so we found new ways to connect and support even more people in later life. Our Communities scheme, formerly Live at Home, has expanded its befriending service through Digital Communities.

We are incredibly proud of our volunteers and staff including our music therapists and chaplains who have gone above and beyond to find innovative and creative ways to meet the needs of residents, their families, staff and members.

MHA has been working hard to administer vaccines to residents, members and colleagues and are enjoying allowing visitors back into our homes. When not in an outbreak situation or under local restrictions, many of our care homes have been able to continue visits by relatives and friends as long as they are carried out in one of our specially-designed visiting pods or booths. These visits will continue as non-contact meetings without the need for visitors to have a LFD test, providing an additional alternative if homes are unable to facilitate the weekly contact visits due to capacity.

We have had one of the highest uptakes amongst care providers in a vaccination program to date\*, with almost all residents and colleagues in our care homes, retirement living and communities having had their first dose of the Covid vaccine.

Figures for first vaccine:

94% of care residents

77% of retirement living residents

87% of colleagues in care homes

74% of colleagues in retirement living

90% of colleagues in MHA Communities



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These figures give us tremendous hope for the future and we look forward to returning to a safe and positive normality.

### MHA Memorial Day

On Friday 4 September MHA held a Memorial Day to remember and pray for everyone who has passed away or struggled during the pandemic.

This beautiful and deeply moving service was attended virtually by residents and colleagues, all MHA sites received a candle and DVD of the service and held a two minute silence to honour those we had lost. You can still view this service on YouTube.

[www.mha.org.uk/memorialday](http://www.mha.org.uk/memorialday)

### Leave a Tribute - Memory Meadow

To celebrate the lives of those we have lost MHA launched Memory Meadow, a safe space for friends and family to celebrate loved ones in a peaceful and joyful way.

It's easy and free to partake. Whether sharing stories, adding photos and videos or lighting candles in remembrance, our tribute pages are a dedicated and loving place to bring comfort to those grieving and celebrate a life well lived. [www.mha.org.uk/tribute](http://www.mha.org.uk/tribute)

### Launch of MHA communities

MHA's community-based service for older people had a revamp in 2020 changing its name from MHA Live at Home to MHA Communities. Still providing the excellent service MHA is proud of the change encompassed how the scheme works across the communities it serves. Meaning that wherever you are you can be part of the MHA family downloading content for your wellbeing: mentally, physically and spiritually.

During the pandemic MHA Communities has been tackling loneliness and isolation by adapting the way it supports its members. Over the past few months, schemes have welcomed more than 550 new members, delivered at least 38,000 food parcels and deliveries to people shielding and made over 48,000 befriending and wellbeing calls along with many other services and fun activities. Due to the dedication of our staff and volunteers our befriending service has been a great success and will now be a permanent national provision [mha.org.uk/communities](http://mha.org.uk/communities)



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### MHA Sunday 13 June 2021

MHA Sunday 2021, our annual event, is an opportunity to come together and give thanks for the wonderful work that takes place and to remember and pray for all those in later life.

The theme for MHA Sunday 2021 is reducing loneliness and bringing hope, with a focus on community and supporting each other, inspired by the book of Mark 5:1-20, which is also the theme of Bible Month. Our service picks up the theme of loneliness and isolation, something that so many in our communities are still experiencing, we look at Jesus example in Mark's gospel and how we at MHA can continue to help reduce isolation and bring hope to all those in later life.

MHA Sunday will be held on 13 June 2021 however churches can hold a service whenever it fits with their calendar of activities. You can also join our online service broadcast on YouTube, 4pm on Sunday 13 June, featuring hymns, prayers and readings from our MHA family and special guest speakers.

To order Gift Aid envelopes and download additional free resources including children and youth resources, a video to show in your service, and an Order of Service go to [mha.org.uk/Sunday](http://mha.org.uk/Sunday)

### A BIG thankyou to YOU!

Thank you for your support and for your continued prayers for MHA.

May God bless us as we continue together to enable those in later life to live well.

With kindness and faith we are stronger together.

With every blessing

*\*figures w/c 01/03/21*