



## **MHA – Spring 2022 synod report**

Firstly thank you for all the ongoing support from our friends within the Methodist Church, your 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.

It has been a busy year for us at MHA. We have dealt with the ongoing impact of the pandemic on the day to day lives of those in our care, and on our services, with colleagues working tirelessly to deliver the best possible care in sometimes challenging situations. As well as this we have also been able to start focusing on the future again, refreshing our organisational strategy and launching three new specialist strategies to sit alongside our dementia strategy. These strategies are designed to ensure we are able to focus on the activities and moments that matter and give the best possible quality of life to those who use our services.

### **MHA's new spirituality strategy**

In November 2021 we launched our new Spirituality Strategy as well as our End of Life Care and Music strategies. The strategy outlines how we know that spirituality is important and everyone's spirituality is different. We treat every person as an individual, involving each person in shaping the way we support their spiritual wellbeing. We also recognise that people live connected to many different communities, not least the MHA service to which they belong. Alongside families and friendships, people are often part of social, religious and activity-based communities. MHA is one of few care providers that have a dedicated chaplaincy service, nurturing the spiritual needs of residents, members, families and colleagues. Our chaplaincy service aims to meet spiritual needs through one-to-one and group support, providing a sense of comfort, community and a listening ear to everyone who needs it. These services are for people of all beliefs. Although chaplaincy is often the most recognisable resource linked to spiritual care, all colleagues play an important part in supporting people's spirituality.

Our strategy outlines our four commitments to offer the best possible spiritual care and support:

1. We will ensure that the spiritual care we provide is person-centred and reflects the community in which it is provided.
2. We will ensure that colleagues understand how everyone can contribute to the way spirituality is recognised and supported.
3. We will train, support and resource chaplains, ensuring that they are best placed to model MHA values and be ambassadors for holistic care.
4. We will develop and encourage the role of volunteering within chaplaincy.
5. We will ensure that colleagues and family members have moments to reflect and the opportunity to express and explore their spiritual needs, as well as support those they care for.



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### MHA Sunday

MHA Sunday 2021 focused on the impact of our community services for those who are at risk of becoming isolated in their own homes, sharing the story of Anthony who has benefited from the support of our MHA Communities scheme in Birmingham. Through the generous support of the churches across Britain we have raised £136,926 from both MHA Sunday and wider support over the last 12 months. Thank you for all your support, it really does make a difference to the lives of lonely and isolated people in our communities. Please could we also make a slight plea, if you are sending us money as a result of MHA Sunday activity please do let us know when you send it in, as this helps us to best assess the impact of the appeal.

MHA Sunday 2022 will be focusing on the impact of gardens and outdoor spaces on the wellbeing of those in later life. It will be focusing on the story of John, a resident at MHA Aigburth in Leicester. His son Joe explains the impact being able to take him outside has on him.

“My dad’s faith is incredibly important to him, he regularly talks with the MHA chaplain Emma. The church has always been a massive part of his life so the Christian ethos of MHA appealed to us. Away from the noise and bustle of the home, dad can communicate more easily, he finds it relaxing, we can talk and listen to each other. It’s a very calming environment. Even in winter, I’ll wrap him up and take a walk in the garden to watch the change of seasons in the fresh air, afterwards, dad will say “thank you for taking me out, I enjoyed it.”

We’ll be hosting a webinar where you can learn more about the resources and how funds raised from the appeal will be used to enhance our outdoor spaces, further bringing joy and access to those in later life. The webinar will broadcast on 4<sup>th</sup> May at 7pm. To find out more please ask your rep or visit [mha.org.uk/Sunday](http://mha.org.uk/Sunday).

### Christmas

This year we took a slightly different approach to the Christmas Friendship Appeal, encouraging our services to set up a post box outside their front door so local supporters could drop them off in a safe way. Thank you to everyone who did this. As the activity was dispersed we do not have a total for the number of cards delivered but our residents and members were thrilled at the cards received and warmed by the kind words written.

Thank you to everyone who supported this campaign.

### Tea party

We’re looking to use the power of tea to bring ‘tea-gether’ communities across the UK. So get your friends and family, school, church, or wider community together and host your first



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MHA Communi-tea Party this March, to raise awareness and funds for MHA.

The official day will be 25 March, but feel free to do your events on days around then that suit you.

Download your Party Pack full of resources and ideas on how to host your event. Whether it's a bake sale, an afternoon tea, or a coffee morning - our printable pack has games, recipes, bunting, invites, and more to help you make your event a success!

Or if you would prefer a ready-made pack sent to you in the post, you can opt for a posted pack for a donation of £10 via our website (<https://www.mha.org.uk/get-involved/fundraising/teaparty/>)

### Fix care for all

This time last year we were preparing to bring forward our campaign to #FixCareForAll. With your help, we launched in May 2020 just before the Queen's Speech, and thousands took part to pressure the Government to address the issues in social care, once and for all. Because of us pulling together alongside organisations, MPs, and sector leaders, we were able to see proposals brought forward for the first time in decades. It's time to build on what we've achieved and continue to champion for the best adult social care sector there has ever been, one where people working in care are recognised for their great contribution and a less complex system for those accessing care when they need it. To achieve this, MHA will continue to campaign throughout the year with varied activities. You will be able to support through signing petitions, writing letters to your MP, sharing what's important to you and many other actions. If you too are passionate about positive change for the sector **join our campaign supporter mailing list** to be the first to know about how to support our other advocacy work.

Why not take part in our social media challenge by growing a plant in your home or garden. Snap a photo and post it on social media with a caption of your one hope for the future of adult social care. Don't forget to tag **@MHAaction** and use **#SocialCareWish**.

If you would like more information about these and other activities please do contact your MHA rep or email us directly at [fundraising@mha.org.uk](mailto:fundraising@mha.org.uk) or call **01332 296200**. The latest edition of Heart and Soul, is out now. If you have not received one, please do ask your rep for a copy, or contact us on the details above.