

MHA Communities South London Newsletter



Welcome to your August & September Newsletter

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Who we are....

We want to reduce loneliness and isolation amongst vulnerable older people aged 55 and over living independently in South London. We're trying to make things better for older vulnerable people including people living with Dementia and their carers, enabling them to remain active participants within their own local community.

We do this through initiatives like coffee mornings, lunch clubs, walking groups, bereavement support, gardening, mindfulness, exercise classes and more.

Here's a few updates and dates for your diary....



Activities Calendar

Important! Please reserve your place to our activities by confirming your participation via email or phone.

August 2022

Date	Event Name	Time	Price
Tuesday 2 nd	Local Support Group meeting	12.30pm – 2pm	N/A
Tuesday 2 nd	Games with Jo	2pm – 3pm	£2 suggested
Monday 8 th	OFF The Record plant fest	2pm – 4pm	Members only
Wednesday 10 th	Holistic Therapy Massage	11am – 1pm 2pm – 5pm	£15 Face £7 Hands & Arm massage
Thursday 11 th	Coffee and Conversation with Shirley South Neighbourhood Team (MET Police)	10.30am - 12pm	£2 suggested
Monday 15 th	Home-made Soup & Chat	12pm – 2pm	£2 suggested
Tuesday 16 th	Pilates In Nature with Sandra	11.30am – 12.30pm	£6
Thursday 18 th	Walking Group: Mindfulness & Wellbeing	10.30am – 12pm	£2 suggested
Thursday 18 th	Members get together: Pub Lunch at the Surprise Inn	12.30pm – 2pm	£8.50
Wednesday 24 th	Intergenerational Summer School Day with Croydon BME Forum	10am – 1pm	£3
Thursday 25 th	Coffee and Conversation with St Christopher's Hospice	10.30am - 12.30pm	£2 suggested
Friday 26 th	Big Bug Fun Hunt	10am – 12pm	£2
Friday 26 th	Gardening for Wellbeing	11am – 12.30pm	£5

September 2022

Date	Event Name	Time	Price
Monday 5 th	Walk & Talk: Dementia Café	11am – 12.30pm	£2 suggested
Tuesday 6 th	Games with Jo	2pm – 3pm	£2 suggested
Thursday 8 th	Coffee and Conversation	10.30am – 12.30pm	£2 suggested
Thursday 15 th	Healing Garden at Lewisham University Hospital visit	10.30am – 12.30pm	£12
Thursday 15 th	Members get together: pub lunch	1pm – 2.30pm	£8.50
Monday 19 th	Home-made Soup & Chat	12pm – 2pm	£2 suggested
Tuesday 20 th	Pilates In Nature To Be Confirmed	11.30am – 12.30pm	£6
Thursday 22 nd	Coffee and Conversation (bereavement support)	10.30am – 12.30pm	£2 suggested
Friday 23 rd	Gardening for Wellbeing with Lynette	11am – 12.30pm	£5

All our activities take place at the Wilderness garden, in Shirley, Croydon. The Wilderness is at 17 Shirley Church Road, Croydon CR9 5 AL, tucked behind MHA Hall Grange Care Home.

Please get in contact with us to attend our activities. Contact our Communities Manager for more information and to reserve your place at:

Email: southlondon@mha.org.uk

Tel: 07597 135 220

Intergenerational Summer Day

MHA Communities South London Members and Volunteers alongside Croydon BME Forum members are inviting young people to an intergenerational summer day on Wednesday 24th August at the Wilderness garden.

Are your children aged between 6 and 13 years old? Our expert team will be delivering intergenerational activities. The concept of our intergenerational workshop is to connect the old and young through activities, to build a bridge among the generations and also share their experience as well as recognizing and learning about the skills and insights of younger people.

Details of our intergenerational summer day:

Cost: £2 per children; £3 per adult age 55 or over

Capacity: 20 children and 20 old people (MHA Communities South London & Croydon BME Forum)

Time: 10am – 12.30pm

Location: The Wilderness garden, 17 Shirley Church Road, Croydon CR9 5AL

We have an exciting programme of activities to take part in. Join our Tales of two Tails; Games at the Outdoor Classroom; Wellbeing walks exploring the senses followed by a storytelling session. Young and Old people will come together and join our exciting programme of activities, learn from each other and share and listen to each other experiences.

Please reserve your place by Wednesday 17th September.

MusiCare project

The MusiCare project is about to start!

From early September, the MHA Music Therapy team alongside Anthony from Middlesex University will be running weekly Music Therapy sessions at MHA Communities South London.

Members taking part in this free sessions are invited to fill the register their interest by Wednesday 10th August

Once we have members registered, we will announce the starting day and follow up sessions.

Assisted Technology project

MHA Communities South London members taking part in this exciting project will have access to the use of technological devices for FREE!

We are recruiting 5 Members which will be provided with a range of Alexa-enabled and connected devices to support independent living and engagement. The array of technological devices also include Virtual Reality headsets which Members will be able to access and use. This provide opportunities to improve the quality and efficiency of supporting old people to live later life well.

Members will be supported through each stage of the project. Please speak to our MHA Communities Manager Marco Galli to find out more.

Kitchen Garden project

Join our growing community for a fantastic outing to one of the most beautiful garden of the country



At the beginning of May, MHA Communities South London volunteers got together to create a kitchen garden. They started with nothing but some compost and a pack of seeds. Since then, they worked very hard to support MHA Communities South London's aim at becoming more sustainable and to provide a space for the community to engage with nature whilst getting involved in gardening activities.



As of today, we are growing different varieties of vegetable and herbs: squash, southern kale, trail of tears beans, spring onion, chard and more but also fennel, parsley, coriander and more.

The development of the kitchen garden led to the creation of the Gardening for Wellbeing club where we help people living with Dementia, health and mental health conditions, and stroke survivors to access the benefit of gardening. What we grow get used to prepare a healthy lunch for our members.

We would like to expand our kitchen garden and grow more vegetables to provide a weekly affordable lunch to old people living in the community. We are looking for wood, containers, a glass house, polytunnel, anything that can help us develop our kitchen garden, generate more activities for those in need and provide support to our local community. Can you help us to help our local community?

MHA Communities South London at the Wilderness, 17 Shirley Church Road, Croydon CR9 5AL
Phone: 07597135220 - Email: southlondon@mha.org.uk

Local Support Group

Join our growing community and help us shape the work that we do.

Is the local community at the core of your initiatives? Are you passionate about supporting charities? We have established a local support group to listen more closely to the needs of the local community. We meet every two months to steer our initiatives to serve the needs of our local community.

Come and join us and be part of the change. Please email us at southlondon@mha.org.uk

The RHS Wisley visit in October

Join our growing community for a fantastic outing to one of the most beautiful garden of the country.

Following from our successful trip to the RHS Wisley garden in June, we have planned a second trip to Wisley to admire the change of season and discover more about Wisley. On Wednesday 12th October, we will also attend the Festival of Flavours, where we will browse seasonal produce, and taste tempting treats from more than 30 food stands. We will also be able to get expert advice from the RHS Edibles team at RHS Garden Wisley.

Fee: £25 include transport and refreshment

Date: Wednesday 12th October

Meet up: 9.45am at the Wilderness garden

Pick up: 10am from the Wilderness garden

Arrival: 11am (approx.) at the RHS Wisley Garden

Leave at 4pm (approx.) from the RHS Wisley Garden

Arrival at 5pm (approx.) at the Wilderness garden

Members only. To secure your place, please pay a non-refundable deposit of £18 by Wednesday 7th September which will allow us to reserve the transport for our outing. Please pay the rest of the fee by Wednesday 7th October.

Volunteering with us!

Join our growing community in South London and support MHA's aim at tackling loneliness and isolation in old people

- **Event Volunteer.** The ambition is that by supporting the delivery of our planned events, more people will be able to benefit from the service we provide. It's about offering something fun and memorable for the community and encouraging them to return and tell their friends about us. Learn new and current skills with our training opportunities!
- **Assisted Technology Volunteer.** You will help MHA deliver a wide-ranging programme of assisted technology initiatives. You will support MHA Communities South London members to use and access technology devices and learn together best practice. You will also be fundamental in supporting our evaluation and project's impact by working closely with our Communities Manager.
- **Car Driver Volunteer.** You will play a vital role to help vulnerable people and make a difference in your community. As a Driver Volunteer, you will assist members to access our activities at the Wilderness. Trip expenses covered in accordance with MHA's Expenses Policy.
- **Activity Volunteer.** Are you passionate about supporting members of the community and creating wellbeing spaces for people to enjoy? You will play a key role in supporting MHA members' wellbeing by taking part and supporting the delivery of wellbeing activities and outings. Join for the fun, join because it's matter!
- **Gardening Volunteer.** As a garden volunteer you will have the opportunity to work in one of London's most unique wild garden! Help us to grow vegetables and develop a kitchen garden to support local communities and to support old vulnerable people to access the benefits of gardening