

# MHA Communities South London Newsletter



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## Welcome to your December Newsletter

### 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.

### We have important information to share with you...



November 2022, Coffee & Conversation with MET Police, Violence Against Women & Girls Team

# Activities Calendar - December

All our activities are priced as suggested donation excluding the Pub Lunch. Please reserve your place by confirming your participation via email or phone our team.

Date	Event Name	Location	Time	Price
Monday 5 <sup>th</sup>	Dementia Café	The Wilderness	10.30am – 11.30am	£2
Thursday 8 <sup>th</sup>	Coffee & Conversation with Jwaad Hussain, Robotic Engineering Middlesex University	The Wilderness	10.30am – 12.30pm	£2
Monday 12 <sup>th</sup>	Music Therapy – open group session **	The Wilderness	11.30am – 12.30pm	Free
Thursday 15 <sup>th</sup>	Chair-Pilates with Sandra	The Wilderness	11.30am – 12.30pm	£6
Thursday 15 <sup>th</sup>	Walking Group	The Wilderness	2.30pm – 3.30pm	£2
Friday 16 <sup>th</sup>	Gardening For Wellbeing	The Wilderness	11am – 12.30pm	£5
Monday 19 <sup>th</sup>	Music Therapy – open group session **	The Wilderness	11.30am – 12.30pm	Free
Wednesday 21 <sup>st</sup>	Warm Wednesday: Christmas Together	West Croydon Methodist Church	2.30pm – 4.30pm	Free
Thursday 22 <sup>nd</sup>	Bereavement Café	The Wilderness	10.30am – 12.30pm	£2
Thursday 22 <sup>nd</sup>	Christmas Pub Lunch	The Surprise Inn	12.30pm – 2pm	£10
Wednesday 28 <sup>th</sup>	Warm Wednesday: New Year's Eve party	West Croydon Methodist Church	2.30pm – 4.30pm	Free

\*\*Please enquiry about Music Therapy

### **Chair Pilates in Nature with Sandra**

A relaxed Chair Pilates class to improve your wellbeing while being surrounded by the nature of the Wilderness Garden. Reserve your place by Monday 12<sup>th</sup> December by paying in advance.

### **Coffee and Conversation with Jwaad Hussain**

We will be joined by Jwaad Hussain from Middlesex University as he will introduce us to a project involving music and robotics.

### **Walking group**

Join our walking group for a relaxed walk around the Wilderness Garden. The Wilderness is a wheelchair friendly site with an accessible path and facilities on-site.

### **Christmas Pub lunch – Reserve your place by Friday 16<sup>th</sup> December**

**Please pay in advance by Friday 16<sup>th</sup> December to reserve your place.**

Menu meat: roasted turkey with a selection of roasted vegetables and 1 cold drink; Christmas pudding. Menu vegetarian: nut roast with a selection of roasted vegetables and 1 cold drink; Christmas pudding

### **Bereavement Café**

A monthly open space for reflections and to meet with others who are curious, passionate or connected to the themes of bereavement and loss. This is safe space where we listen to each other stories, memories and experience.

### **Gardening for Wellbeing**

A new winter programme of activities with our amazing Lynette. Gardening workshops accessible to all abilities. Activity led at the Wilderness centre. Spaces are limited to 6.

### **Warm Wednesday**

Our Warm Wednesday initiative aims to provide a warm and safe space where we offer hot drinks, cakes and biscuits, but also the opportunity to meet up with new people and organisations to help you with your life circumstances.

# Funding Awarded - Celebrate with us!



MHA Communities South London has been chosen to be part of the next round of the Co-op Local Community Fund. From October 2022 to October 2023, Co-op members can choose us as their cause. Please support us at your local Co-op!



The National Lottery Community Fund is giving MHA Communities South London £10000 to deliver Live Healthy Life Well – an intergenerational cooking project to bring together young and older people through the power of food!

Are you a secondary school and are interested in teaching students the importance of good food, intergenerational initiatives, and budgeting?

**We want to work with you!**

# Outing to the Parliament

Sarah Jones, Croydon Central Member of Parliament and Shadow Minister of State for Police and the Fire Service, invited MHA Communities South London members at the UK Parliament. We are extremely grateful for her time, and we can't wait to see Sarah again in 2023. Here are some photographs from our outing.



MHA Communities South London organises outings to discover beautiful places within and around London. Join our growing community and share with us your wishes. We will work hard to make them happen.

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

# Warm Wednesday

We started a new service at West Croydon Methodist Church to bring a new initiative in the heart of Croydon. During this challenging time of the year, it is important to broaden up our support to older people and to offer a safe space for conversation. We also invite local organisation to join us. In fact, Croydon Community Energy will join our December sessions to advice older people on bills and the current challenges we are all facing. In January, we will be joined by Croydon Healthy Homes partnership, an energy advice service to advise people on bills.



We have planned a great surprise for the December sessions with music and lots of food. Come and celebrate Christmas with us and connect with new and old friends.

# Befriending Service

Our telephone, online and face-to-face befriending services for older people across Croydon, helps tackle feelings of loneliness and isolation.



Befriending is exactly what it sounds like - getting people together to make friends. Register your interest with us to receive a call back from our MHA Communities South London Manager about the support and companionship our volunteer befrienders can provide.

We are currently able to offer telephone befriending in all areas of mainland UK. Face-to-face befriending can be available in areas in South London.

Many older people living in their own homes can become isolated and lonely, but with a regular weekly visit or telephone call, MHA Communities South London can help prevent this from happening.

Our trained volunteer befrienders are matched with MHA Communities members based on their interests and personalities.

**Help this Christmas a lonely older person!**

**Join our service as a volunteer befriender. 1 weekly hour of your time can change someone's life! Contact our team to become a volunteer befriender.**

# Referral Form

Referrer details:	Name:
Address:	Organisation / relationship:
email:	Telephone:
Reason for referral:	

Potential member details:	Title:
Address:	Full name:
	Date of birth:
email:	Telephone:
Is there any key information that we should know? Health / personal circumstances etc.:	

Next of kin / emergency contact details:	GP Details:
Name:	Name:
Relationship to person:	Surgery name:
Address:	Address:
Telephone:	Telephone:
Do you know of any reason / circumstance that would put our staff / volunteers at risk when carrying out assessments / visits? <b>Yes / No</b>	
If yes, please give details:	



## Get in touch

If you know of anyone who would like to find out more about MHA Communities South London and our current service, whether becoming a Member or a Volunteer, please do not hesitate to contact us.

MHA Communities South London office:

The Wilderness,  
17 Shirley Church Road  
Croydon  
CR9 5AL

Opening Hours: Monday to Friday 9:00am – 4:00pm

Email: [southlondon@mha.org.uk](mailto:southlondon@mha.org.uk)

Facebook: <https://www.facebook.com/MHACommSouthLondon>

## Meet the staff



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