

Dear members, volunteers and partners,

Welcome to our Spring newsletter as we start the new year of 2024. In the last twelve months we had about fifty new members and we have welcomed some new volunteers. We hope that the new year brings new beginnings and opportunities for you all be it in the form of new friendships, creating new memories and enjoying life as much as you are able.

As we look back on the end of 2023, we are appreciative of the way the community has supported our Scheme. Here are a few examples: the Co-op selected us as one of their local causes; Frithwood School were extremely generous in the gifts at harvest and fifty harvest bags were given to members; Fassnidge Trust donated 35 Christmas hampers; Northwood College continue to print and send out our newsletter; Bishop Ramsey and Northwood College both hosted members at Christmas events; Christmas cards were supplied by St Helen's Red Cross group; and London School of Theology continue to do a wonderful job catering for us.



We had a great time at the Royal Albert Hall for their Carols friendship matinee. The music and singing were wonderful, the Royal Albert Hall was beautiful and very atmospheric. The drive to and from was interesting with members recognising familiar places from the past.



The Christmas lunch and New Years lunch at London School of Theology were great fun, good food, company entertainment. At the Christmas lunch we had various singers some from LST, and a Ukelele band.



Bishop Ramsey School hosted a wonderful Christmas lunch with entertainment from the pupils, a raffle, cards and gifts for our members. A big thank you to them. Northwood College invited us to a Christmas performance with tea and mince pies.



Trudi organised a wonderful Christmas party for our Ealing members.



***Ruislip Methodist Church, Ickenham Road, Ruislip HA4***



***7BZ invites you to:***

**'Take yourself out Tuesdays'**

**10am – 12 every Tuesday**

**Drop in for a free cuppa and biscuit.**

**It's warm and friendly and open to all.**



<b>Regular activities January to April</b>			
Every Monday	<b>Meet and Mingle</b> Art and crafts, board games, hot drink. Northwood Methodist Church Oaklands Gate Northwood HA6 3AA	2.00pm-3.00pm	No charge
Mondays from <b>19 February</b> <b>Not 1 April</b>	<b>Friendship Group</b> Frithwood School, Carew Road, Northwood, Middlesex HA6 3NJ	10.00am-1.00pm	£8.00
Every Tuesday	<b>Indoor exercise class</b> Northwood Methodist Church Oaklands Gate Northwood HA6 3AA	11.00am -12.30pm	£5.00
Every Tuesday	<b>Zumba (Ealing)</b> Greenford Methodist Church, Ruislip Rd, Greenford UB6 9QN	12.00noon-1.00pm	£5.50
Every Wednesday	<b>Wednesday Lunch</b> Northwood Methodist Church Oaklands Gate HA6 3AA	12.30pm - 2.00pm	£10.00
Every Wednesday	<b>Friendship Club (Ealing)</b> Northolt Community Centre Ealing Road Northolt UB5 6AD	1:00pm-3:30pm	£5.50
Every Thursday morning	<b>Zoom exercise class</b> (contact the office 01923 842494 for details)	10:00am-11:00am	£3.00
Every Thursday morning	<b>Seated Yoga</b> –two sessions with time to socialise Northwood Methodist Church, Oaklands Gate, Northwood. HA6 3AA	10:00am -11:00am 11.30am-12.30pm	£5.00
Thursdays <b>8 &amp; 22 Feb</b> <b>14 &amp; 28 March</b> <b>11 &amp; 25 April</b>	<b>Soup, sandwiches, samosas and cake</b> Oasis Lounge, Northwood Methodist Church, Oaklands Gate Northwood HA6 3AA	12:30pm–2:00pm	£5.00
Fridays from February	<b>Singing together for fun</b> Northwood Methodist Church, Oaklands Gate Northwood HA6 3AA	11.00am -12.00noon Contact the office if you'd like to come	£5.00
Saturdays <b>10 February</b> <b>9 March</b>	<b>Ruislip Lido walk with lunch</b> Ruislip Lido Reservoir Road, Ruislip HA4 7TY. On the H13 bus route. Call Jean on <b>07902 134452</b>	11:00am -2.00pm Meet Jean by Willow Lawn station sign outside Lido.	Pay for your own lunch
Saturdays <b>10 February</b> <b>9 March</b>	<b>Lunch:</b> come to just the lunch if you are not up to a walk Water's Edge, Ruislip Lido. Let Jean know you are coming. <b>07902 134452</b>	12.30pm-2.00pm	Pay for your own lunch

<b>Special activities January to April</b>			
Monday 8 to Friday 12 April 2024	Isle of Wight Holiday to Sandown on the Isle of Wight. There may still be a few places available.	Speak to a member of staff if you are interested	£500.00

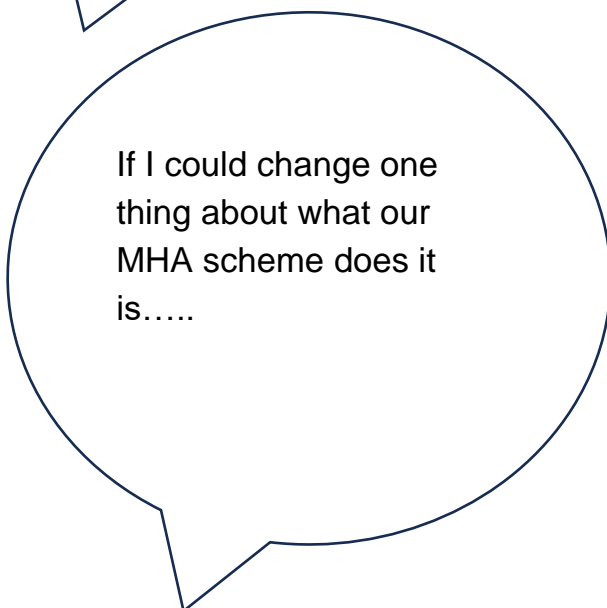
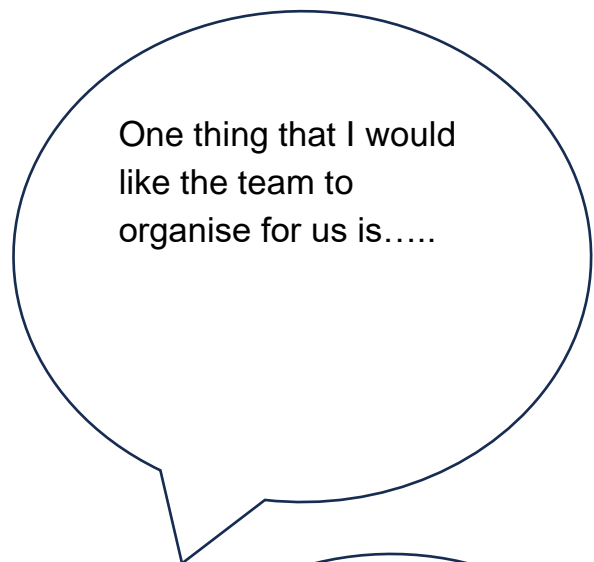
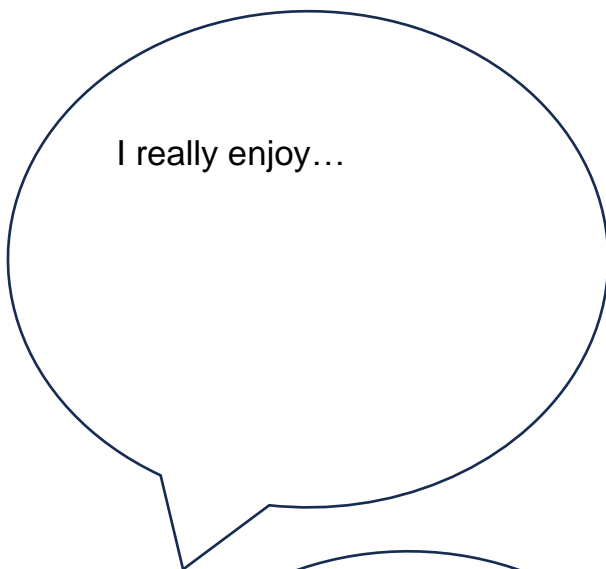
Thursday 25 April	<b>Community Afternoon tea</b> , Bishop Ramsey School, Minibus to collect from Northwood Methodist 11.15	12.00noon-2.00pm	No charge
Thursday 23 May	<b>Afternoon Tea with Andy Coomar</b>	Details to follow	

To book any activity or find out more about our services call the office on 01923 842494 and leave a message. Or email us at [WestLondon@mha.org.uk](mailto:WestLondon@mha.org.uk) You can also confirm with a staff member that you wish to attend.

For most outings we will need a minimum number to go ahead, so we ask you to book and pay in advance to confirm your place.

## 2024

As we enter 2024, we want to know what you want on the programme and any comments you have on what we are doing. Fill in the speech bubbles and complete the sentences and hand to a member of the team, you can just tell us if you prefer:



We do listen to what members are asking for so keep your suggestions coming.

## New for 2024

### Friendship Group

Yvonne is starting a new Friendship group on Mondays from 19 February at Frithwood school. It will include arts and crafts, the chance to meet and chat and a light lunch. Please contact Yvonne on **07720 680974** for more details.

### Meet and Mingle

Meet and mingle will be continuing on Mondays but without the school children for the time being. We will still meet with the opportunity for arts and crafts, board games and a chance to socialise over a hot drink and a biscuit. Please contact Angela on **07568 612131** for more details.

### Singing

First Friday in February and monthly thereafter a chance to enjoy favourite songs together, singing along and having a bit of fun. Jean will look after you with a nice cup of tea, coffee or cold drink from 11am – noon. Contact the office if you'd like to come. If anyone can suggest a catchy name for this, we'd love to hear from you.

### Afternoon tea and music with Andy Coomar

An afternoon of musical entertainment and a cuppa with Andy Coomar on Thursday 23 May. This will follow our regular Soup and Sandwiches session. Feel free to come to both or just join us for Andy. (More details to follow.)

Andy is a graphic designer by profession and has been playing the guitar since he was eight. He has toured with Helen Shapiro from 1993 to 2003 as a vocalist and guitarist.

### Musical Fundraising concert

This Spring London School of Theology and St Helen's School are working with us to organise a Fundraising musical concert so if you have family and friends who want to have a good evening of music and support us please encourage them to come. (Details to follow.)

### Reviews

We will be ringing members to ensure their contact details with us are up to date and to check out how they are feeling. Please let us know if your circumstances change especially if it would affect our ability to care for you in the event of an emergency.

**Meet the managers** – if you want to come in for a chat about our activities or just to share some good ideas about what we could consider offering to our members you are very welcome to make an appointment with Angela (Mon - Thursday) or Julie (Thursday or Friday). You can also make suggestions to any of the team when you see them at activities, we have regular team meetings when we plan the next programme so please feel free to make suggestions and we will follow up on ideas which seem popular.

## Spring Quiz

1. In Japan, which flower signals the start of spring?
2. Is spring the year's first, second, third or fourth season of the year?
3. Which spring month do butterflies hatch?
4. Why are daylight hours longer in the spring?
5. Why is Easter celebrated?
6. Which country did the Easter bunny tradition originate from?
7. To the nearest million, how many Easter eggs are sold every year in the UK?
8. What date is Saint Patrick's Day?
9. What spring flower is often associated with Wales?
10. How many months are female sheep pregnant for before they give birth to a lamb?



## Donations and legacies

Our members and volunteers too have been very generous in their support, in terms of positive feedback, giving up time to care for each other, and giving to our scheme financially. We received an anonymous gift of £500 which we put towards our trip to the Royal Albert Hall on 21 December for the Christmas matinee. Another member advised us of a legacy they have made in their will and said "Thank you for helping me to get my will sorted out".

MHA provides an on-line free will service:

<https://www.mha.org.uk/get-involved/fundraising/leave-gift-your-will/free-wills/>

If you are considering leaving a gift or legacy for MHA in your will, please ensure you stipulate it is for MHA Communities West London.

Another member gave us a £50 donation which we were able to reclaim Gift Aid for, making it £62.50. Please ask a staff team member if you ever want to complete a Gift Aid form.

Whatever the size of donations and gifts we want to say a huge thank you as we are dependent on charitable giving.

## Goodbye to Sejal and hello to Amanda

We want to wish Sejal(our yoga teacher) every success and she moves up North and to thank her for all the years she has worked with us to provide yoga sessions for those who find this helpful. We hope the new instructor settles in well and enjoys her time working with us.

This is the letter Sejal sent to say goodbye:

Dear All,

*As I take this moment to reflect, I find myself overwhelmed with gratitude and a sense of privilege for the time I've spent working with each of you at MHA West London.*

*Every interaction, every achievement, and every challenge we've faced together has been a testament to the incredible dedication and passion that defines MHA Communities. Your unwavering commitment to our yoga classes has been nothing short of inspiring.*

*MHA's West London does a profound job to make a meaningful difference in the lives of their members. Each yoga class, we've had fun touched hearts, brought smiles, and made an impact that goes far beyond the boundaries of any workplace.*

*I've been fortunate to witness the incredible progress, compassion, and resilience of the members. Your unwavering support and dedication to our yoga classes has made this journey an absolute privilege for me.*

*I want to express my heartfelt thanks to each and every one of you for your hard work, and your unwavering commitment to our yoga sessions. The memories we've created and the lives we've touched will forever hold a special place in my heart.*

*As I step into a new chapter, please know that the lessons learned and the experiences shared will stay with me. It's been an honour and an absolute pleasure to work with such a wonderful group of people.*

*Thank you for everything.*

*With deepest gratitude & Blessings 😊*

*Sejal.*

## **Welcome to Shola our new volunteer**

I am volunteering as part of placement for studying at the London School of Theology at Green Lane, Northwood.

I am a level 5 (2<sup>nd</sup> year) student looking forward to gaining experience in Pastoral Care. In my previous work experience I have held various administrative duties within the NHS, Banks, and other business organisations. I have also had some experience in support work within the care sector.

As a member of the Anglican Communion – Church of England. I have served at the St. Paul's Church in West Hackney, and am currently serving at the St Olave's Church, Hart Street EC3R, as a Reader, Intercessor, Volunteer Verger, and I am involved in Pastoral Care and am a member of the Parochial Church Committee. I am also strongly attached to my Nigerian Charismatic, Pentecostal Church (New Covenant) in Woodgreen, London N22. I look forward to becoming an ordained minister in Pastoral Care. I am in the office most Thursdays between 2-4pm please call and ask to speak to me if you want to chat.

**Shola 'Timilehin**

## Spring Quiz Answers

1. In Japan, which flower signals the start of spring?

**Answer: Cherry Blossoms**

2. Is spring the year's first, second, third or fourth season of the year?

**Answer: Spring is the first season of the year.**

3. Which spring month do butterflies hatch?

**Answer: March and April.**

4. Why are daylight hours longer in the spring?

**Answer: The earth tilts towards the sun.**

5. Why is Easter celebrated?

**Answer: To celebrate the resurrection of Jesus Christ.**

6. Which country did the Easter bunny tradition originate from?

**Answer: Germany**

7. To the nearest million, how many Easter eggs are sold every year in the UK?

**Answer: 80 million.**

8. What date is Saint Patrick's Day?

**Answer: 17<sup>th</sup> March.**

9. What spring flower is often associated with Wales?

**Answer: The daffodil**

10. How many months are female sheep pregnant for before they give birth to a lamb?

**Answer: 5 Months.**



### MHA Active

If you are unable to get out and about and still want to be creative or stay fit MHA active may be something that you would enjoy. You can download a free app and enhance your wellbeing through joining in activities specifically designed for older people.

<https://active.mha.org.uk/>



## Meet the Staff



**Angela Flux**  
**Scheme Manager**  
**07568 612131**



**Julie Nevitt**  
**Scheme Manager**  
**07542 856494**



**Yvonne Long**  
**Community Coordinator**  
**07720 680974**



**Laura Waller**  
**Community Coordinator**  
**07568 612129**



**Trudi Bedeau**  
**Community Coordinator**  
**07568 612012**



**Jean Belton**  
**Community Coordinator**  
**07902 134452**

We will continue to send you the MHA Communities Scheme newsletters, ensuring that you are always kept up-to-date with what's happening. Should you decide that you would no longer like to receive this newsletter, you can unsubscribe at any time. For further information on how we keep your data secure, please contact us for a copy of our Privacy Notice.

## **MHA Communities information for members and volunteers about our privacy notice**

**Welcome to our MHA Communities scheme.** Thank you for sharing your personal details in your assessment with us to enable us to send you information about our programme, to keep you safe, and to contact those who you nominate in an emergency.

By law every organisation since April 2021 has to make their privacy notice available and ours is available on MHA website ([www.mha.org/PrivacyPolicy](http://www.mha.org/PrivacyPolicy)) and if you want to receive a hard copy please ask a member of staff.

**We are a charity** and we need to fundraise. Our charity number is 1083995 and our Head office address is MHA Epworth House Stuart Street Derby DE1 2EQ. Our local scheme is West London and our office is in Oaklands Gate Methodist Church Northwood HA6 3AA. If ever you want to make a donation **our bank details are Account number 13998967**

**Sort code 20-05-85 MHA Communities West London.** You can also leave gifts in your will and MHA offers a free will writing service for those wishing to do this. If you do not wish to receive any fundraising information please let us know. Member contributions help offset some of our costs and we appreciate all gifts and donations which enable us to keep these as low as possible.

**All your information will be treated in confidence and only shared on a need to know basis.** For example if you need a lift we would need to give the driver your address or if you have a befriender they will need your address and telephone number.

**Please tell us if anything changes** so that we can ensure your records are accurate, especially your address, next of kin, GP or emergency contacts. We do try to review this with members regularly.

If you have any questions, concerns or complaints about how we use your personal information please speak to a member of the team or you can contact the [DataProtectionOfficer@mha.org.uk](mailto:DataProtectionOfficer@mha.org.uk). Address of Data Protection Officer is at the Derby address as above and the phone number 01332 221893

**We ask all new members to sign a photo consent form** We do need to generate publicity and articles for our newsletters. If you are the primary focus of any photos we want to use in publicity we will ask your permission. If it is a general photo of an outing or activity staff will let people move out of shots if they would prefer not to feature.

**We ask about allergies** as much of what we do involves eating together.

**We ask for safe to exercise forms** to be completed by those doing any activities involving exercise, please call the office on 01923 842494 or ask a member of the team.

**We conduct regular reviews** of what we do to try to ensure member and supporter feedback helps us to continuously improve, so your participation in surveys and discussion groups is really valued and your ideas and suggestions are always welcome. We try to capture and analyse what our members tell us and your feedback is really helpful.

**MHA Communities West London, Northwood Methodist Church, Oaklands Gate,  
Northwood HA6 3AA 01923 842494 [WestLondon@mha.org.uk](mailto:WestLondon@mha.org.uk)**