



MHA Communities Bradford
Rowanberries
Baldwin Lane
Bradford
BD14 6PN
Phone: 01274 397302
Email: Bradford@mha.org.uk
Website: www.mha.org.uk

Help us to help your community and say hello to your Local MHA Communities Scheme

We are MHA Bradford Communities Bradford, a local charity currently supporting over 900 older people to live happy, healthy and independent lives across the Bradford District.

We are contacting local community workers, health professionals and other people who, like you often work with older people in our community who may be feeling lonely, have become isolated and have lost their confidence, to let you know about how we can help.

MHA Communities Bradford provides a whole range of support and services that are available to older people across Bradford, including a wide range of social activities and events, supported holidays, interest groups, friendship matching, signposting and other services that enable older people remain actively involved in their local community.

We would like to ask you to help us to let those people who could benefit from our services know about how we can help by sharing this information, passing on our details to them or with their permission, making a referral to us on their behalf.

You can also help us to tell people about the services we offer by displaying our leaflets on Public information boards in your buildings, if you would like more copies please don't hesitate to contact us.

We have enclosed an introductory pack for your information, in this pack you will find;

- leaflets about the services we offer
- Information about where services are available
- Information about how to make a referral
- A referral form
- Contact details for the scheme

If you would like any further information about what we do or would like to make a referral by phone please contact the office on; 01274 397302 . You can also email for a ring back to; caroline.bebb@mha.org.uk

Care and support for older people

Chief Executive: Sam Monaghan

Chair: John Robinson

Methodist Homes, registered as a Charity – No. 1083995

Company limited by Guarantee – No. 4042124



MHA Bradford Communities Information for referrers

Who are we?

We are MHA Communities Bradford a local Bradford based charity working with older people in your area.

Where do we operate?

Some of the services we offer are available district wide however our building based activities are not currently available across the whole of Bradford, we do however provide support with arranging transport.

What do we do? Our aim is to support older people to live independently in their own home as long as possible, leading happy, healthy lives.

How?

We do this in a variety of ways and through our Community Hub's, older people can access support from one of our Community Programme Coordinators who are able to provide tailored support to meet individual needs.

The types of service and support we offer puts members in control of their own support plan and members can choose the types of activities or services they would like, providing them with flexibility and variety.

We do this by offering different types of service that suit different wants and needs that members can access, picking and choosing from the whole range.

What types of service do we offer?

Building based supported Activities

Designed to prevent social isolation and support members to stay healthy in both body and mind, these day time activities are delivered in Community venues, church halls or community centres and most include refreshments, lunch, delivered activities such as gentle exercise, games, quizzes and fun things to do. There is support with transport provision for these activities.



User & Volunteer led social and interest groups

Designed for members who have a particular interest such as painting, card craft, dance or exercise. Mainly led and sometimes delivered by volunteers, these take place at different venues throughout the week. Members and volunteers can request support to set up new activities where and when needed offering members additional choices.

Outreach Community based activities & Support

These activities include planned and coordinated group activities such as trips, outings, community events and supported holidays, where members can pick and choose from a calendar of regular events. The outreach activities also include a wide range of coordinated micro-clubs, friendship groups and partnership matches where our staff match members with shared interests together to share activities in the community or in each-others homes.

In addition to social and interest activities our staff will also provide one to one support through the assessment and review process during which any other services and support needs not currently provided by the scheme can be identified and members can be signposted to additional support elsewhere. Our Staff may also provide one to one support on a short term/occasional basis for example in a crisis or emergency.

Dementia Activities

This project 'Dementia Adventure' is designed to provide nature based activities both indoors and outdoors to members living with dementia and their carers. The project is delivered by a trained member of staff who has received specialist training to support members living with dementia to take part in the activities.



How Do I refer somebody to the scheme?

First of all, seek permission from the person you are referring

Our referral process is easy to use and open to all and we receive referrals from family members health professionals such as GP's or district nurses, community workers, PCSO's, Community Wardens and from prospective members themselves. Please seek the permission of the person you are referring before contacting us.

Making your referral

You can make your referral by telephone on; 01274 397302, you can also email us for a call back if you prefer. We will take a few initial details over the phone including contact details for the person, DOB, any health problems they may have and contact details for Next of Kin. We will be making a home visit to the person so please also let us know if there are any issues that we should be aware of.

What happens next?

Initial Visit

Once we have received a referral a member of our team will telephone the member or referrer whichever is appropriate to arrange a home visit. When we meet the person for the first time we will introduce ourselves and tell them a little bit about what we do and what we can offer. If the person is happy to proceed we will then spend some time with them filling out a member assessment, this helps us to assess how we can best support the member, and provides us with emergency information we need to keep them safe while they are attending our activities. The information is not shared with anybody outside the scheme and is kept in line with GDPR legislation.

MHA Communities Bradford & District **Activities List**

Day	Venue and Time	Description
Monday £6.50 session £3.00 transport	Ukrainian Community Centre, Legrams Lane, Bradford BD7 2EA 10.00am – 3.00pm	A full day activity that includes a three course, home cooked meal that is prepared onsite. Transport is available for this day.
Monday £10.00	Upper Bolton Social Club, Idle Road Bradford, BD2 4JN 1.30pm-4.00pm	Bingo bundles £10.00 for 17 games.
Monday £3.00 session	Wibsey Methodist Church, School Lane (Off High Street) Wibsey BD6 1QX 9.30am – 12.00pm	Community Hub including coffee morning, breakfast, and a wide variety of activities including: themed morning, guest speakers and quizzes. Chance to find out about trips, outings and other outreach activities in Wibsey, catch up with the neighbourhood wardens and find out what's on in Wibsey.
Monday £3.00 exercise	Wibsey Methodist Church, School Lane (Off High Street) Wibsey BD6 1QX 11.00am – 12 noon	An exercise session that is aimed at people aged 60 and upwards.
Tuesday £3.00 session	Wibsey Methodist Church, School Lane (Off High Street) Wibsey BD6 1QX 9.30am – 11.30pm	Craft and painting group that includes various art activities – painting, needle work, sewing and card making.
Tuesday £4.00 dance	Wibsey Methodist Church, School Lane (Off High Street), Wibsey, BD6 1QX 1.30pm – 4.00pm	A very lively Tea Dance for people of all ages who want to try out sequence dancing. Ideal for beginners or experienced dancers with tutors on hand to help.
Tuesday £5.00 session	St Matthew's Church, Bankfoot 11.30am – 2.30pm	A lunch club with a homemade 2 course meal. Transport is available.
Tuesday £5.00	Bracken Hall Court, Vicar Lane. Held Fortnightly as from 8/1/2019. 11.30am – 2.00pm	Light lunch and bingo club. Enjoy a homemade light lunch and games of bingo in a friendly atmosphere.
Wednesday £6.50 session £3.00 transport	Wibsey Methodist Church, School Lane (Off High Street) Wibsey BD6 1QX 10.00am – 3.00pm	Full day activity and lunch club which includes: a three course homemade lunch, various activities such as exercise, bingo, crafts and quizzes. Transport is available.

Wednesday	Turls Green, Centenary Square, Bradford, BD1 1HY 11.30am – 1.30pm	Pub Lunch.
Thursday £6.50 session £3.00 transport	Clayton Methodist Church, Clayton Lane, BD14 6PA 10.00am – 3.00pm	A full day activity with a homemade three course lunch and activities that include bingo, exercise and crafts.
Friday £4.00 session	Wibsey Methodist Church, School Lane, (Off High Street) Wibsey BD6 1QX 9.30am – 11.30am	Circuit exercise session. This lively exercise session is for anyone aged 50+
Friday £4.00/£5.00 light lunch £3.00 transport	Upper Bolton Social Club, Idle Road, Bradford BD2 4JN 11.30am-2.30pm	Lunch Club and Activities.

For further information please contact the team on; 01274 397302 or email;

Bradford@mha.org.uk

In addition to the building based activities we run a range of community based activities, small clubs and groups, outings and events. For our latest outreach and community activities please see the latest newsletter or telephone the scheme directly.

If you would like to sign up to receive our regular newsletters please email Bradford@mha.org.uk to be added to our mailing list.

Thank you.

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