

February 2024

Dear Sir/ Madam

Funding and donations request

In our local MHA Communities East & West Cornwall we currently support over 165 members living in their own homes, we know that this is a small proportion of the older people population, and that people are unable to access our support due to barriers such as transport and accessibility.

We know this because we have waiting lists for face to face and telephone befriending which we are unable to fulfil. We currently receive referrals from social prescribers, the NHS, G.P.'s, other local partners and self-referrals (or from family members, who may themselves be carers).

MHA Communities Cornwall is a locally funded charity that exists to help people live later life well and to prevent issues such as loneliness, isolation and increasing frailty becoming triggers for depression and lack of confidence, leading to illness and earlier than necessary admission to hospital and residential care.

About MHA Communities Cornwall

MHA Communities Cornwall is part of Methodist Homes (MHA) a registered national charity (1083995). All MHA services are impartial and are open to all, of any faith or none. Each MHA Communities scheme has their own independent accounts, are responsible for raising funds at a local level, have autonomy over provision and delivery of community services which is led by community demand, demographics and seeks to complement rather than compete with other local providers.

What we do

We provide a variety of services and activities which to improve well-being and reduce isolation. This is achieved through a programme of regular groups in various locations, newsletters, befriending (telephone and face to face), as well as signposting and advice. All our activities are fully accessible with suitable transport provided where necessary.

Our Impact

People are living longer and many live alone without a support network of friends and family. The percentage of older people in our communities are increasing at a time that statutory services are facing significant financial pressures. Our organisation exists to help maintain independence, improve well-being, encourage inclusion and reduce social isolation.

We collate evidence of the positive impact resulting from membership of MHA across areas of wellbeing. Our social return on investment results demonstrate that for every £1 invested in MHA communities in the South-West £3.11 of social value is created. The data collected as part of regular member assessments and reviews, evidences our impact on an individual level and helps to shape our business planning and direction. 85% of our members said that they feel more connected to their community, 78% reduced loneliness and isolation, 75% improved mental health, 73% improved physical health, 72% improved purpose and motivation and 71% improved overall confidence.

Members have told us:

"It has given me a purpose on the days we have activities and meetings. I look forward to talking to everyone."

"It gives me something to look forward to each week."

"I felt happy when I was attending the club as I was meeting my friends and had something to look forward to every week."

"[My befriending] phone calls are useful for getting ideas. I have out ... and sometimes talking about emotional subjects which I may be going through."

MHA Communities is supported through our dedicated volunteer base, we have a good track record of recruiting, training and sustaining volunteers who support our aims and in addition strengthens community resilience and citizenship. 77% of volunteers say they're proud to be part of something making a positive difference for people in their local community.

Volunteers told us:

"I am helping aged people which makes me feel good. I learn from the members. It is good to get out of my flat to help others."

Need for Fundraising

Over the last few years, like many charities, our funding has been impacted by the pandemic, increased competition, a reduction in availability of grants and a significant decline in personal donations. We are now faced with a cost-of-living crisis which impacts not only charities but our most vulnerable members of the community we are aiming to support.

We are seeking community grants and extra funding from Cornwall Parish Council's to enable us to reach out to people in rural communities who may be affected by transport barriers and whom we don't currently support. We know there is unmet need because we currently hold a waiting list of people wanting to access our services. We need to dedicate time and resource to recruit additional volunteers to support delivery and befriending. Our business planning for the coming financial year includes the development of transient services, in other words taking services to localities to reduce barriers associated with travelling and transport and increase the breadth of our provision across Cornwall and we are hoping that this approach is one that you feel you can support financially.

Where to find us online

- You can find us on Facebook <https://www.facebook.com/MHACommCornwall> (please give us a follow).
- Or search our local Cornwall schemes on the main MHA website: <https://www.mha.org.uk/communities/near-me/cornwall/>.

Our team contact details

Elizabeth Hewer, Scheme Manager 07547 657543
Tracy Beavill, Community Coordinator 07720 680989
Michelle Swann, Community Coordinator 07763 216405

We would welcome contact from you and would also be delighted to tell you more about the services we deliver, our aspirations, how we can support the communities which you serve, or to arrange a visit to one of our groups.

Yours faithfully

Elizabeth Hewer, MHA Communities Cornwall



Many of our members are not able to get out to group activities or outings but still enjoy being part of MHA Communities. Our trained staff carry out an assessment, support plan and reviews. All members receive a Welcome Pack, quarterly Newsletters, Birthday and Christmas cards (unless they opt out of any of these). Information signposting and referral to other organisations is available, also a Free Will service, MHA Later Life Hub information and basic access to the MHA Active app.

We also have volunteers who visit members on a regular basis, usually once a week for an hour or two. Just for some company, to share a laugh, have a chat or spend time with a hobby or interest.

All our volunteers go through recruitment and induction training and a DBS check is carried out.

Telephone befriending is also available, where staff or volunteers phone members on a regular basis just to check in, see that everything is alright, have a chat and help out where we can.

To find out more about joining or volunteering with MHA Communities Cornwall please contact us:
Burraton Church, Liskeard Road, Saltash,
Cornwall PL12 4RH

All Saints Church Community Centre, Church View Road, Tuckingmill, Camborne,
Cornwall TR14 8RQ

Telephone:

Scheme Manager: Saltash: 07547 657543

Community Coordinator West: 07720 680989

Email: cornwall@mha.org.uk

Facebook: @MHACommCornwall



MHA Communities is part of MHA (Methodist Homes), Head Office: Epworth House, Stuart Street, Derby DE1 2EQ
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Website: www.mha.org.uk

Registered as a Charity – 1083995

Company limited by Guarantee – 4043124

Cornwall



<https://www.mha.org.uk/communities/near-me/cornwall>

We run group activities providing friendship, fun and interesting activities. Why not come along and join us?

DECAF (Saltash Memory Café) – every 2nd and 4th Wednesday from 2pm to 4pm at Burraton Church, Liskeard Road, Saltash PL12 4RH. Supporting members living with dementia, everyone welcome to join in. Activities including: crafts, music, nature, animals, etc.

Music for Good – every 1st and 3rd Wednesday from 2pm to 4pm at Burraton Church, Liskeard Road, Saltash PL12 4RH. Supporting members living with dementia, everyone welcome. All abilities, come and join us for a sing-a-long.

All Saints Friendship Group – every Tuesday from 10am to 12 noon at All Saints Church Community Centre, Church View Road, Tuckingmill, Camborne, TR14 8RQ. Activities including: crafts, music, nature, animals, etc.

Carpet Bowls – every Tuesday from 1pm to 3pm at All Saints Church Community Centre, Church View Road, Tuckingmill, Camborne, TR14 8RQ. Support available to ensure everyone can join in.

Probus Group – every 1st Thursday from 10am to 12 noon at Probus Village Hall, Amelia Close, Probus, TR2 4TS. Programme of activities including: crafts, music, nature, animals, etc.

Outings - we arrange monthly outings for our members, leaving from Camborne and from Saltash. We use suitable minibus transport with rear tail lifts to enable our members to join us. You can either meet us at the leaving point or we can pick you up and drop you off at home. Staff and volunteers attend outings to ensure that our members are supported at all times.



A local place of interest, a great place for lunch, we have so many fantastic destinations to choose from in Cornwall getting out for a few hours and having some company to share the experience with is an opportunity to good to miss! Charges apply to support transport costs, please get in contact to find out where we are going next and come and join us!

Newsletters - We send out a quarterly Newsletter for all our members and volunteers with information, what's coming up, local information, subject articles and helpful advice for members as well as puzzles and activities.

Digital Communities – members have access to MHA Active – download from the app store to find lots of useful information, activities, etc.

Information & Signposting - We hold a wealth of information which is available to all our members on local activities, help and support in Cornwall and what we don't have we are happy to find out.

Saltash Fundraising Coffee Mornings Saltash Wesley, Glebe Avenue, Saltash PL12 6DN every 2nd Saturday of the month from 10am to 12 noon

Cornwall Quiz sheets are available from staff, either office or at any of our activities. Test your knowledge and see if you can finish the quiz!

We run fundraising activities throughout the year so please contact us to find out more.

*Charges do apply for group activities please get in contact to find the current rates.