

MHA Communities South London Newsletter



Welcome to MHA Communities South London January 2022 Newsletter

We wish you, your family and friends, have a restful and enjoyable festive period. December started on a distinctly cold, snowy and frosty note for most of the UK although sometime it was remarkably mild. At this time of the year, we like to cuddle up in the warm, but there are plenty of things to do at MHA Communities South London during the colder months.

We are looking forward to welcoming you to a 2022 full of activities; social events and workshops.



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Green Care activities – January 2022

During the cold winter weather, birds need high fat food and by keeping a bird feeder stocked with bird food, you can attract birds that will stay with you until spring. As part of our Green Care activities, older people living in South London are invited to attend on Wednesday 19th and 26th January a bird feeder making session. These sessions will be followed by a workshop on hanging baskets and how to grow garlic respectively.

Participants will be able to take at home with them a small plant potted on the day to take care and nourish. We particularly welcome people living with Dementia on Wednesday 19th January. Both sessions at the Wilderness starts at 2.30pm until 4pm. Please get in contact with us to confirm your participation.



BigGarden Birdwatch – January 2022

We are pleased to share with you our BigGarden Birdwatch initiative happening on Friday 28th January to welcome older people living in South London at the Wilderness garden. For this occasion, we will be joined by a bird expert and Wilderness volunteer to discover more about the birds populating the garden. For many of us, it is a great joy to watch and listen to our feathered friends. At this time of year, feeding birds will help them to get through the cold winter as food shortages can occur.

Please reserve your place by contacting our team. More info below on our Events Calendar.



Green Care Open Day in February

Visit us **on Monday 14th February from 11am until 2pm** at the Wilderness garden to discover more about our programme of Green Care activities. Local organisations, groups and members of the public are invited to discover more about MHA Communities South London Green Care activities and to experience our Social Therapeutic Horticulture initiatives.

In the last 3 years, MHA have been busy restoring the Wilderness garden thanks to funding from the National Lottery Heritage Fund. We delivered a ground-breaking project and created an accessible and wheel-chair friendly wild garden with facilities on site. Throughout the project, we have delivered Green Care sessions to MHA Hall Grange Care Home residents and evaluated the impact of nature on their wellbeing, particularly on those living with Dementia. Results are astonishing and nature can effectively improve participants' physical and mental wellbeing.

We use Nature and engagement with Nature to improve participants' wellbeing and to experience the benefit of being in a green space. By attending our Open Day, you are invited to explore the benefit of outdoor and indoor green care workshops: experiencing the sound of nature and how to connect with the outdoor, and a nature-based craft activity inspired by the season.

The Open Day is FREE but please RSVP to our invitation.



Through Winter 2022

We enjoyed welcoming many of you to the MHA Christmas Yuletide Yodel, and to cherish together while discovering winter colours, at the Wilderness garden. Thanks to Croydon local community's generous support, we have raised £500 for MHA Communities South London which will contribute to the provision of activities for older people living in South London.

In the meantime, this January in the Wilderness garden, daffodils are poking their flower heads up ready to show off their flowers in the coming spring. We will be able to experience this together with a programme of FREE activities at the Wilderness garden: soups & chats; coffee morning; wellbeing walks; green care and more!

On Tuesday 25th January, we have organised a Connecting Communities live Zoom meeting where local people and businesses are invited to attend and share their thoughts on how people through South London can live later life well. We want to hear from you! Email us to find out more about the event.



Volunteering with us is very simple, play your part to support a local charity.

A dedicated team of MHA Regional Volunteer Coordinators will assist and support you through each stage of your application. They are very helpful and informative and will make you feel part of MHA's family as soon as you step in. We offer great training opportunities and support your development through informal 1 to 1 with our MHA Communities Manager while guided by our Regional Volunteer Coordinator.

Join for the fun, join to help, join because you want to give something back to a local cause! Interested in active support and collect or deliver food? Join the fun in activities and events? We need your support. Email us southlondon@mha.org.uk or give us a bell at **07597 135 220**

Activities calendar

January			
Date	Event Name	Time	Price
Thursday 13 th January	Coffee Morning at the Wilderness garden	10am – 12pm	FREE
Monday 17 th January	Soup and Chats at the Wilderness garden	12pm – 2pm	FREE
Wednesday 19 th January	Green Care Community for people living with Dementia at the Wilderness garden	2.30pm – 4pm	FREE
Thursday 20 th January	Coffee Morning at West Croydon Methodist Church	10am – 12pm	FREE
Tuesday 25 th January	Connecting Communities Live session on Zoom	10am – 12pm	FREE –get in contact to receive invitation
Wednesday 26 th January	Green Care for all at the Wilderness garden	2.30pm – 4pm	FREE
Thursday 27 th January	Wellbeing Walk at the Wilderness garden	10am – 12pm	FREE
Friday 28 th January	BigGarden Birdwatch and Green Care at the Wilderness Garden	10am – 12pm	FREE
Monday 14 th February	Green Care Open Day at the Wilderness garden	11am – 2pm	FREE