

# Communities Newsletter

Summer  
2022



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**Welcome** back to the summer edition of the MHA Communities Newsletter. It's been a great few months here at MHA and we've particularly had a wonderful time hosting our first ever Communi-tea Party and seeing all of you enjoy the wonderful day. We've got plenty more activities and events taking place during the summer months and we would like to see you all coming along and joining in the fun.

Take a look inside for information about new services being introduced in all areas.

We also have a new staff member joining the team. Be sure to give her a warm welcome when you pop in.

Our reception is open from  
9am – 4pm  
Monday to Friday

# JUBILEE CELEBRATIONS

It was an honour to celebrate the Queens platinum Jubilee with our members and volunteers recently. All groups entered into the spirit and celebrated in a way that would make her Majesty proud.



Most of us look forward to the warmer weather and feeling some sun on our faces. But it's important to be prepared for hot weather as high temperatures can be dangerous to your health.

<https://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/staying-cool-in-a-heatwave/>



### Protecting your skin

Use sunscreen of at least SPF 30. Apply it generously and top up at least every two hours. If you've been in water, reapply when you are dry.

Apply sunscreen to any uncovered parts of your body. A hat will protect your head, face, ears and eyes.

Choose sunglasses that have a CE mark, UV400 label or a statement that they offer 100 per cent UV (ultraviolet) protection.

When the weather is hot, your skin may also feel drier than usual. Using moisturiser can help keep your skin healthy.

If you have moles or brown patches on your skin, they usually remain harmless. But if they bleed, or change size, shape or colour, show them to your doctor without delay. For more information visit the [Cancer Research UK website](#).



### Dehydration and overheating

It's easy to become dehydrated or overheat when it's hot outside.

#### How to avoid dehydration

Make sure you're drinking plenty of fluids. Aim to drink 6 – 8 glasses of liquid a day, and more if it's hot.

Eat a balanced diet to help your body replace any salt you lose by sweating.

#### Symptoms of overheating

Extreme heat and dry conditions can cause you to dehydrate and your body to overheat.

Watch out for certain signs – particularly for muscle cramps in your arms, legs or stomach, mild confusion, weakness or sleep problems. If you have any of these, rest in a cool place and drink plenty of fluids. Seek medical advice if your symptoms persist or worsen.



## Heat exhaustion

Heat exhaustion is fatigue resulting from prolonged exposure to excessive heat.

### Symptoms of heat exhaustion

The symptoms of heat exhaustion include headaches, dizziness, nausea or vomiting, intense thirst, heavy sweating and a fast pulse.

### What to do

If you have any of these symptoms you must, if at all possible:

find a cool place and loosen tight clothes

drink plenty of water or fruit juice

sponge yourself with cool water or have a cool shower.

Your symptoms should improve within 30 minutes. If you're feeling better but still have any concerns, call your doctor or NHS 111 for advice.

## Heatstroke

Heatstroke can develop if heat exhaustion is left untreated – it can also develop suddenly and without warning.

### Symptoms of heatstroke

The symptoms of heatstroke include:

confusion

disorientation

seizures

loss of consciousness.

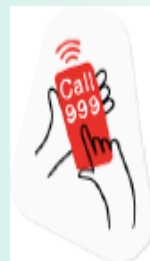
### What to do

Heatstroke is a life-threatening condition. If you or someone else shows symptoms:

call 999 immediately,

if you have a community alarm, press the button on your pendant to call for help

while waiting for the ambulance, follow the advice given for heat exhaustion but do not try to give fluids to anyone who is unconscious.





# What's New? - Lichfield

## Sporting Social

Join us for a range of games & sport related activities including:

- Indoor Curling
- Boules
- Bowls
- Boccia
- Board Games
- Cards
- Quizzes

Every Thursday

12pm – 2.30pm

Curborough Community Centre

£8 to include a two course meal

All activities will be age appropriate and can be enjoyed seated or standing.

No prior experience is needed.

Join us for a two course meal following the activity also.

**We will regularly have live musical entertainment as a variation**

**For more information or to book contact MHA Communities on 01543 674 257 or email [southstaffs@mha.org.uk](mailto:southstaffs@mha.org.uk)**





# What's New? - Lichfield

## Creative Curborough

### Craft group and lunch club

Participate in a range of activities and bring out your artful self at our new craft sessions.

- Craft activities
  - Embroidery
  - Colouring
  - Knitting
  - Card making
- Every Wednesday  
10:30am – 1pm  
Curborough Community Centre  
£3 per session  
£8 to include a two course meal

Items will be provided or you can bring your own crafty projects. Sit, chat and make friends

Join us for a two course meal following the activity also.

**We will regularly have live musical entertainment as a variation**

**For more information or to book contact MHA Communities on  
01543 674 257 or email [southstaffs@mha.org.uk](mailto:southstaffs@mha.org.uk)**



# What's New? - Burntwood

## Love to Move

Love to Move is an age and dementia friendly seated gymnastics programme aimed at getting older people moving and functioning better.

### **Low intensity Seated exercises**

Every Wednesday  
2pm – 3pm

The Old Mining College  
£5 per session

Suitable for beginners.  
All participants will need to complete a safe to exercise form.

## Reflexology for wellbeing

Reflexology is a 'massage-like' technique that applies gentle pressure to your feet to bring about a state of relaxation and help the body's own healing process

Starting 7<sup>th</sup> July

Old Mining College Burntwood

Thursdays from 11:30am

MHA Members & carers £10.00

Non MHA members £15.00

Your session will include a 10 minute initial consultation and a relaxing 40 minute treatment with a qualified reflexologist.

**Booking Essential**



# Coming Soon!

## **RUGELEY: Love to Move**

Love to Move is an age and dementia friendly seated gymnastics programme aimed at getting older people moving and functioning better.

### **Low intensity Seated exercises**

Every Tuesday  
10am – 11am  
St Pauls Church  
£5 per session

## **BURNTWOOD: Green Gym**

Age appropriate outdoor exercise programme aimed at older people who are more mobile and have a fair level of fitness.

### **Medium intensity Outdoor**

Every Thursday  
10am – 11am  
Chasetown Memoria Park  
£5 per session

Suitable for beginners. All participants will need to complete a safe to exercise form.

**Booking Essential - To register your interest contact  
01543 674 257 or email [southstaffs@mha.org.uk](mailto:southstaffs@mha.org.uk)**





# What's on in your area

## Driving Miss Daisy

Driving Miss Daisy are a companion driving service. Our Lichfield based service centre is an independent franchise partner, owned by a local couple and supports Lichfield and the surrounding areas. Bridging the gap between taxis, public transport and voluntary agencies.

Our companion drivers collect people from their door, drive them to their destination, provide whatever help they may require and take them safely back home.

- Helping keep you independent
- Meeting the client directly at their door, we will not just 'beep the car horn' and wait outside
- Settling them into their homes with a cup of tea/coffee or a snack if required
- Communicating with parents/carers that their child is safely collected and dropped off
- Assisting and accompanying vulnerable people to and from the vehicle, to and from their destination and, if required, staying with them for an appointment or a fun day out or activity.

# ST GILES – Bereavement support

The following face-to-face sessions are available. Plus, we have an **Online Bereavement Help Point every Wednesday at 2.00pm – 3.30pm.**

## **Mondays:**

- **St Giles Hospice, Lindridge Road, Sutton Coldfield:** 10.30am – 12.30pm
- **Uttoxeter Cares, Holly Road, Uttoxeter:** 2.00pm – 4.00pm
- **Vera Goode Suite, Pirelli Stadium, Princess Way, Burton on Trent:** 2.00pm – 4.00pm
- **St John's Community Church, Burntwood:** 2.30pm – 4.30pm

## **Tuesdays:**

- **The Community Church, Burton, 63 Main Street, Stapenhill, Burton on Trent:** 10.00am – 12.00pm

## **Wednesdays:**

- **Brown Court Community Room, Ashby de la Zouch:** 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month, 6.00pm – 7.30pm
- **Brown Court Community Room, Ashby de la Zouch:** 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month, 10.00am – 12.00pm
- **Friary Grange Leisure Centre, Eastern Avenue, Lichfield:** 1.00pm – 3.00pm

## **Thursdays:**

- **Sacred Heart Community Café, Silver Link Road, Glascote, Tamworth:** 5.30pm – 7.00pm

## **Fridays:**

- **Rugeley Community Centre, Burnthill Lane, Rugeley:** 10.30am – 12.30pm
- **Sacred Heart Church Community Room, Silver Link Road, Glascote, Tamworth:** 10.00am – 12.00pm

For more information about attending, please call **01543 434536** or email **sct@stgileshospice.com**

# MHA FOR RUGELEY

Relevant information specific to our Rugeley member base.

## Art Workshop

starting  
27th April

Wednesday  
1:30 - 2:30

Rugeley Community Centre

Contact Jennie to book:

jennie.moore@ihlmail.org  
07557430349

- Free: All levels welcome
- Enjoy a cuppa and get creative
- Learn art journaling, drawing and painting skills in a relaxed environment

Inspiring  
healthy  
lifestyles



Cannock Chase



Rugeley Community Centre, Burnthill Lane, Rugeley WS15 2HX

## K & D's Art Class

A social art group with a relaxed atmosphere

EVERY WEDNESDAY

10 AM TO 12.30 PM

AT  
RUGELEY COMMUNITY  
CENTRE  
BURNTHILL LANE  
RUGELEY  
WS15 2HX

For more information, why not call in for a chat?

# Activities and Services

## MONDAY:

### **BREAKFAST CRAFTS**

Burntwood Old Mining College, £3 at 10am -12pm

### **LOVE TO MOVE LICHFIELD** – Chair based exercise

Lichfield Methodist Church, £5 at 11:00am – 12pm

## TUESDAY:

### **GOOD COMPANIONS** - Lunch and social group

Rugeley St Pauls, £6 at 12:00am – 2:30pm

### **COMPUTERS**

Burntwood Old Mining College, £5, second Tuesday of the month at 2pm – 4pm

**IT BUDDY** - Electronic form completion, IT queries, device support. Burntwood Old Mining College, £5 per session, every 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month at 2pm – 4pm  
(BOOKING ESSENTIAL).

## WEDNESDAY:

### **FOCUS** – Dementia specific service

Burntwood Old Mining College, £30 at 10am – 2pm

## Activities and Services

**LOVE TO MOVE BURNTWOOD** – Chair based exercise  
Old Mining College, £5 at 2pm – 3pm

**BURNTWOOD FRIENDSHIP GROUP** – Lunch & social group  
Burntwood Methodist Church, £8 at 12.30pm -3.30pm

**Creative Curborough-** Lichfield Curborough Community  
Centre, £8 at 10.30am – 1pm.  
Includes craft, knit & natter and a two course lunch

### THURSDAY:

**GREEN GYM** - Burntwood  
Chasetown Memorial Park, £5 at 10am – 11am (registering  
interest now)

**SPORTING SOCIAL** – Lichfield Curborough Community Centre,  
£8 at 12am – 2.30pm. Games, activities & lunch club.

### FRIDAY:

**FOCUS** – Dementia specific service  
Burntwood Old Mining College, £30 at 10am – 2pm

**FANDANGO** - Dance Group  
Chase Terrace-The Scout Hut, £5 from 1:00pm - 3:30pm

To find out more or to book please contact MHA  
Communities on: **01543 674 257, [southstaffs@mha.org.uk](mailto:southstaffs@mha.org.uk)**



# SCHEME NOTICES

## RECEPTION OPEN

The MHA Reception office at The Old Mining College in Burntwood (Ron Bradbury Suite, first left through main doors) will now be manned Monday to Friday 9am – 4pm. A staff member will be available to answer queries, signpost and take payment for services.

If on the odd occasion reception is not open there will be a bell on the MHA reception door which will alert a staff member in the upstairs office to attend to your visit.

## NEWSLETTER DELIVERY

Do you have good mobility? Do you enjoy short walks?  
Would you be willing to deliver newsletters in your local area?  
We are looking for members and volunteers who may be willing to deliver a handful of newsletters in their local area.  
If you think you can help we would love to hear from you.

# Mini Trips

## Pub Lunch Toby Carvery Shenstone

BURNTWOOD: Tuesday 21 June  
Pick Up Point Old Mining College

LICHFIELD: Tuesday 5<sup>th</sup> July  
Pick up point Lichfield Methodist Church

**Pick Up TIME**

11:30am

**COST**

£6

## Longford House Beefeater

BURNTWOOD: Tuesday 19 July  
Pick up Old Mining College

LICHFIELD: TBC  
Pick up Lichfield Methodist Church

11:30am

£6



## Dobbies Shenstone Garden Centre

BURNTWOOD & LICHFIELD: Tuesday 23 August

Pick up Old Mining College  
Pick up Lichfield Methodist Church

10:30am BW

10am Lich

£6

# Mini Trips

## Horse & Jockey Pub Lunch

BURNTWOOD & LICHFIELD: Tuesday 13 September.

Pick up point Old Mining College  
Pick up Lichfield Methodist Church cost

11:30am

11:50am

Burntwood £6

Lichfield £4

## Tamworth Ventura Park Shopping

BURNTWOOD & LICHFIELD: Tuesday 20 September

Pick up point Old Mining College  
Pick up point Lichfield Methodist Church

10:30am BW

10:00am Lich

Burntwood £8

Lichfield £6

***Payment must be made in full to secure booking.  
£5 non-refundable deposit will be charged for  
cancellation.***

***Pick up from home incurs an additional £2.00  
charge.***

***Home drop off included if required.***

# Day Tripper

## Lincoln Shopping

Lincoln is a city in the English East Midlands. It's known for the medieval Lincoln Cathedral, Lincoln Castle and the Museum of Lincolnshire Life. It also has a bustling shopping area both in the City centre and at the Waterside shopping centre.

Tuesday 6 September

- Burntwood Old Mining College at 9:00am
- Burntwood Methodist Church at 9:10am

*Shuttles from Lichfield & Rugeley to pick up points available*

**COST £20**



If fuel prices continue to increase there may be a slight cost adjustment. A non-refundable deposit of £5 is required to secure your place. Full payment is requested by 15<sup>th</sup> August 2022.

For further details  
contact 01543 674257

## Volunteer Thank You Lunch

Thank you to those who attended our volunteer thank you lunch. We will be organising another similar event in Lichfield later on in the year. We hope to see even more if you then.



## Volunteer Cuppa & Chat Sessions

Join us for a cuppa and a chat, meet with other volunteers and discuss with staff any queries and concerns each month at MHA Communities South Staffordshire, The Old Mining College.

### **July:**

Last Thursday in the Month, 28<sup>th</sup> July 2022

### **August:**

Last Tuesday in the month, 23<sup>rd</sup> August 2022



# Volunteers Needed



## Drivers & Befrienders

As the need for MHA services continues to grow and the scheme endeavours to support as many older people as possible we have found a particular need for volunteer drivers and befrienders

### **VOLUNTEER BEFRIENDING**

To provide a social visit to an older person in their home for a weekly chat to reduce feelings of isolation and loneliness



### **VOLUNTEER DRIVING**

Using your own vehicle to transport members to and from group activities. Full mileage expenses will be paid



### **FRIENDS OF MHA COMMUNITIES**

Are you interested in fundraising and publicity?  
Would you like to help raise the charities profile locally and help us to secure much needed fundraising?  
If either appeal to you we would love to hear from you.

# Volunteers

## IDENTIFICATION

All volunteers are eligible to have an identification lanyard provided by MHA. All you need to do is email a head and shoulders image to:

[southstaffs@mha.org.uk](mailto:southstaffs@mha.org.uk)

As soon as your lanyard is produced and received we will contact you to arrange collection or delivery.

This form of ID is especially important in roles such as face to face befriending.



## FREE SINGING FOR THE BRAIN TRAINING

Would you like to learn a new skill and deliver singing for the brain to members of MHA?

If so then we have training dates coming soon.



Two day training via Zoom  
Friday 15<sup>th</sup> & 22nd July  
10am – 1pm

To register please contact:  
01543 674 257  
[southstaffs@mha.org.uk](mailto:southstaffs@mha.org.uk)

# FUNDRAISING

## Skittles night in aid of MHA Communities South Staffordshire

**FRIDAY 1<sup>st</sup> July**  
**7:30pm - Prompt Start**  
**£8 per person suggested  
donation**  
**Light supper included**  
**Ashmole Club**  
**Hammerwich**

**Contact 01543 674 257 to  
book**



## **RUGELEY – TESCO BLUE TOKEN SCHEME**

We are pleased to say that Tesco in Rugeley are currently raising money for Rugeley services via their blue token scheme.

If you shop there please consider dropping a token into our box.

**Thank you!**



# British Royal Family

H N X E N H T E B A Z I L E E A W  
 V P R I N C E Q P G T X Y K J G I  
 D R A W D E C I N L O J U B Q Q L  
 E W H L H G R U B N I D E L F W L  
 K J H D I X I O Y R R A H L K Y I  
 U Z L N J M C S A S S J S A E S A  
 L N P L O V S H F E E S G W E A M  
 P Y J X R E W N L M N S E N G N A  
 A W P R C B T R E A Q E O R D A K  
 K H T N L H A G I G U H R O I I F  
 B B I B D H H R M Q E C G C R D K  
 U R P N C A O R R K E U E A B T M  
 P O A R N T Z L G H N D X C M T X  
 X Y O J C A M I L L A N B V A D R  
 L Y X I P P I L I H P K A I C R Q  
 B A V N U Y N P C A T H E R I N E  
 Z P E A R G W A L B E R T M A U Z

princess	edinburgh	cornwall	cambridge	edward
albert	victoria	catherine	duchess	duke
prince	william	george	charles	camilla
diana	meghan	harry	philip	queen
elizabeth				

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

		7	4		9	5		
	2			7			1	
4								3
1				8				2
6			5		3			9
	5			2			4	
		4				6		
			2		8			
				5				

Find the ten differences between the two pictures.





We celebrated the Queen Platinum Jubilee in style this year and we were so grateful many of you could join us. Here is a recipe to keep you in the spirit:

## Platinum Jubilee gin punch

Serves 10, Makes 2 Litres

10 mins Hands on time – 30 mins Steeping

A knockout punch to celebrate the Queen's unprecedented reign. This summery cocktail is made with gin, an easy Earl Grey syrup, elderflower and nectarine. Cheers, your Majesty!

### Ingredients

200g Caster Sugar  
300ml Water  
4 Earl Grey Tea Bags  
500ml Gin  
75ml Elderflower Cordial  
1 litre soda water  
Juice of 3 lemons  
1-2 tsb of Angostura Bitters  
1 lemon cut into wedges  
4 nectarines cored and sliced  
Edible flowers to serve



### Method

1. Heat the sugar and 300ml water in a pan, stirring, until the sugar dissolves. Bring to the boil, take off the heat, add the Earl Grey tea bags, then steep for 30 minutes. Squeeze the bags, then discard.
2. Pour the cooled syrup into a bowl with the gin, elderflower cordial, soda, water, lemon juice and Angostura bitters to taste. Stir in the lemon wedges, sliced nectarines and lots of ice. Adjust to taste and scatter with edible flowers before serving.

For the original recipe please visit:

<https://www.deliciousmagazine.co.uk/recipes/platinum-jubilee-gin-punch/>

# Sensory Garden

We are delighted to announce the opening of a sensory garden onsite at the Old Mining College in Burntwood

A huge thank you to our members and volunteers who joined us on the day. We hope you all enjoyed the festivities as much as we did. A special mention to our group members at Fandango and Focus group who provided part of the entertainment on that day. You did a fabulous job!

## DONATIONS WANTED

**PLANTS ETC.** - Please send us any seed, plants, cuttings or other items you feel would help to enhance the area

**YOUR TIME** – We need volunteers to come in regularly and help us to maintain the space. If you have a keen interest in gardening this may be the opportunity for you.

**Contact 01543 674 257**



Try a new service for free during August.

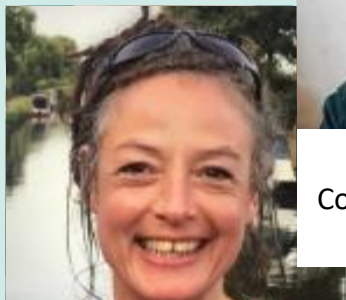
## JOIN US

During August we are offering all MHA Communities members the opportunity to try a **new** service completely free of charge. Just choose from one of our activities listed on pages 9-10, contact the scheme to book your place and try a session completely free, with no obligation.



*Offer subject to availability at groups and assessment of suitability for certain services. Booking essential*





Jayne Preece  
07568 612113



Caroline Bruno  
Communities Manager  
07720 680243



Clive Gunner  
07720 680444



Emma Stockton  
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Lisa Sharratt  
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# CONTACT US

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**[www.facebook.com/MHACommSouthStaffs](https://www.facebook.com/MHACommSouthStaffs)**



Follow us on Facebook, where we always keep our members and volunteers updated and informed (generating more awareness and guidance).

*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.*