

# MHA Communities Shifnal and District Newsletter



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**Welcome** back to the  
Winter edition of the  
MHA Communities  
Newsletter



# What's on in your area

*Current activities and services available to members:*

- Shopping Support • Prescription Deliveries • Telephone Befriending
- Monday Social Group • Mini Trips • Chippy Tuesday • Dementia Support Group • Exercise Class • Lunch Club • Social Group • Diners • Film Club

Contact the office to sign up or find out more about these services



As living costs continue to increase each year, we must make some unavoidable changes to what we charge.

Commencing in April:

- Monday Social group will be £6
- Chippy Tuesday will now be £8
- Telephone befriending will now be at a cost of £10 a month for which you will receive an invoice. If you are currently receiving calls, please let your befriender know if you wish to continue. This is also a service we can sign you up to if you are interested, so just let us know.



## ***Gift Aid Declaration***

**To: METHODIST HOMES**  
***(Registered Charity No. 1083995)***

I am a tax payer and wish the charity to treat all donations I have made in the last 4 years, and all donations I make from the date of this declaration, until further notice, as Gift Aid donations.

Title ..... Forename ..... Surname .....

Home Address .....

..... Post Code .....

Signature ..... Date .....

### **Notes**

1.	You can cancel this declaration at any time by notifying Methodist Homes.
2.	Please tell us if you change your name or address or if you cease to be a taxpayer.
3.	To qualify for Gift Aid, you must confirm that what you pay or will pay in Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) is at least equal to the amount of tax that all the charities that you donate to will reclaim on your gifts for the current tax year.



## Brain Teaser

1. What is the traditional fruit used in a Christmas pudding?
2. Which famous novel begins with the line, “It was the best of times, it was the worst of times”?
3. What is the name of the snowman in the popular Christmas song “Frosty the Snowman”?
4. Which country is known for the tradition of “La Befana” during the winter holidays?
5. What is the name of the famous ballet that is often performed during the Christmas season?
6. Which plant is traditionally used to decorate homes during Christmas and is known for its red and green leaves?
7. What is the name of the reindeer that leads Santa’s sleigh?
8. Which famous explorer is known for his expeditions to the South Pole?
9. What is the name of the holiday celebrated on December 26 in the UK?
10. Which popular Christmas beverage is also called "milk punch"?

Answers on page 6- don't peek!



# Finish My Christmas Phrase

Someone has been chosen as the answer key.  
Guess what word or phrase he or she will use to fill in the blanks.  
Answers must match exactly.

JINGLE	_____	NORTH	_____
JOY	_____	SNOW	_____
WINTER	_____	SANTA	_____
STOCKING	_____	GINGERBREAD	_____
CANDY	_____	MERRY	_____
GREETING	_____	JOLLY	_____
SILVER	_____	CHRISTMAS	_____
WHITE	_____	REINDEER	_____
NAUGHTY	_____	RED	_____
SILENT	_____	GIFT	_____
HAPPY	_____	TREE	_____

Can you match the phrases Jesse made? Bring your completed list to group to see how well you did!

1. Raisins or currants
2. "A Tale of Two Cities" by Charles Dickens
3. Frosty
4. Italy
5. The Nutcracker
6. Poinsettia
7. Rudolph
8. Roald Amundsen
9. Boxing Day
10. Eggnog

**HOW DID YOU DO?**





# CHRISTMAS CROSSWORD PUZZLE

USE THE CLUES TO COMPLETE THE CROSSWORD PUZZLE.

The crossword puzzle grid consists of white squares for letters and empty spaces. The numbered starting points are:

- 1: Top row, first square.
- 2: Top row, second square.
- 3: Second row, first square.
- 4: Second row, fourth square.
- 5: Third row, first square.
- 6: Third row, second square.
- 7: Fourth row, first square.
- 8: Fourth row, eighth square.
- 9: Fifth row, second square.
- 10: Sixth row, first square.

## Across

- One of Santa's Reindeer
- Santa's Helpers
- December 25th is \_\_\_\_\_.
- Christmas Drink
- The name of a popular snowman.

## Down

- Christmas Month
- He hates Christmas!
- You hang them by the chimney.
- On Christmas morning we unwrap our \_\_\_\_\_.
- \_\_\_ to the world!



[WWW.THRIFTYMMOMMASTIPS.COM](http://WWW.THRIFTYMMOMMASTIPS.COM)



# Signposting

Footman - David Williams  
07837743347

Non-Urgent Police – 101  
NHS– 111

Private Driver – Paul Jones  
01952 460456

Waste and Recycling  
0345 6789007

Pest Control  
0345 6789067

Severn Trent Water  
08007834444

National Gas  
0800111999

Plumber – Andy Watson  
01952 529765

Central Heating – Dave Marshall  
07968760189







### 1. BRIGHTEN YOUR HOME

Vitamin D from natural light can help to improve your mood. Make it a daily routine to open your blinds and curtains.



### 2. ANTICIPATE AN EVENT

Anticipate an upcoming event, or create something to look forward to such as inviting your grandchildren or friend to visit. This can create positive feelings and excitement.



### 3. STICK TO A SCHEDULE

Avoid the temptation to alter your schedule to avoid activities and socialization. Stick to your every day schedule.

## 7 TIPS TO BEAT THE WINTER BLUES



### 4. EAT A BALANCED DIET

Eating the right combination of proteins, carbohydrates, dairy, fruits and vegetables is a natural way to boost your mood and energy.



### 5. STAY ACTIVE

Exercise can be vital to lifting up your mood during the winter months. Stretching, walking and lifting light weights are a few ideas to get you started.



### 6. ACCOMPLISH A GOAL

Motivate yourself by adding a goal to your to-do list, big or small, and once it's finished, cross it off.



### 7. SOCIALIZE WITH OTHERS

Lift your spirits and shift your perspective by being around others. Attend a church service or volunteer in your community.

# Focus Group



The members at our focus group have had a wonderful time taking part in autumn crafts.



They made autumnal wreaths, hedgehogs and coloured scarecrows.



Why not set yourself a new years' resolution to come and try a group. Read through the newsletter carefully to get a feel for what we offer and call the office if you want any further details.

Members to come to groups always wish they had started sooner.

It's a great way to make new friends and stay active and busy.

We hope to welcome some new faces soon!

# Pantomime Trip

---



Get your names on the list if you would

like come along

25<sup>th</sup> January 2025

2:30pm

Minibus transport provided, with pick  
up and drop off at your door included  
in the price

£15



Fancy a night at the movies?

Join us for food and drinks while you enjoy watching a family favourite

The next available dates are:

**Tuesday 17<sup>th</sup> December**

**Tuesday 7<sup>th</sup> January**

**Tuesday 4<sup>th</sup> February**

**@ Shifnal Seniors Hall**

**4:00pm – 7:00pm approx.**

**£10 per person**

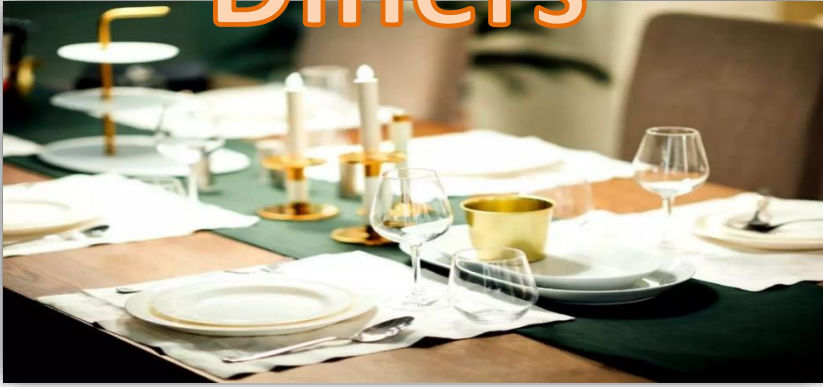
Transport can be provided, if necessary, enquire for more information

Please call Jesse to get your name on the list –

Details on page 30

**All payments must be paid a week before the  
film night you wish to attend**

# Diners



A 3-course restaurant worthy meal with drinks or all to enjoy.

**Friday 6<sup>th</sup> December**

**Friday 21<sup>st</sup> February**

**@ Shifnal Seniors Hall**

**11:00am – 1:00pm**

**We will be serving an amazing Brunch**

**£25 per person**

Please call Rachel to get your name on the list – Open to members and non-members, encourage friends and neighbours to join you.

Not a normal group, a sophisticated evening with good food and even better company.

**All payments must be paid a week before the date shown**

If there is anything you want to see in the newsletter, or you have any stories, poems, interesting hobbies, you wish to share please get in touch and you could feature in the next edition.



# What's Cooking?

## Winter Berry Pie

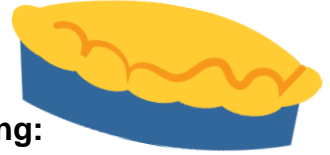
### Ingredients

#### For the pastry:

- 300g plain flour
- 200g cold butter, cubed
- 100g icing sugar
- 2 egg yolks
- 2-3 tbsp cold water

### Method

1. **Preheat the oven** to 200°C/180°C fan/gas mark 6.
2. **Make the pastry:** In a large bowl, rub the flour and butter together until the mixture resembles breadcrumbs. Stir in the icing sugar. Add the egg yolks and enough cold water to bring the dough together. Wrap in cling film and chill for 30 minutes.
3. **Prepare the filling:** In a bowl, mix the berries, caster sugar, cornflour, vanilla extract, and lemon zest. Set aside.
4. **Roll out the pastry:** On a lightly floured surface, roll out two-thirds of the pastry and line a 23cm pie dish. Trim the edges and chill for 10 minutes.



#### For the filling:

- 500g mixed berries (such as blueberries, raspberries, and blackberries)
- 150g caster sugar
- 2 tbsp cornflour
- 1 tsp vanilla extract
- Zest of 1 lemon

5. **Fill the pie:** Spoon the berry mixture into the pastry-lined dish.

6. **Top the pie:** Roll out the remaining pastry and cut into strips to create a lattice top. Place the strips over the filling, weaving them to form a lattice. Trim and crimp the edges.

7. **Bake:** Brush the pastry with a little beaten egg and sprinkle with sugar. Bake for 45-50 minutes until the pastry is golden and the filling is bubbling.

8. **Cool and serve:** Allow the pie to cool slightly before serving with cream, custard, or ice cream.





Our aim is to bring a sense of community and belonging to people who may have felt like they had lost that feeling, or can no longer access in the same way, parts of their community that they once could.

You can keep up to date with all our events and clubs by:

<https://www.facebook.com/MHACommShifnal>

Following us on Facebook



Visiting our website

<https://mha.org.uk/care-support/community-groups-activities/find-community-group/mha-communities-shifnal-district>



Being a member entitles you to discount at:

- Finest Feet Foot Care - offering a 10% discount
- Ableworld Newport



**Out & About** is a new service we hope you will all enjoy and reap the benefits of.

We plan to go somewhere new each time, perhaps to a restaurant or pub for a meal, theatre trip, garden centre visit, museum, shopping trip etc.

The outings may be an evening or weekend depending on the venue.

The idea is to **supply transport only**, using a reliable minibus with a friendly familiar driver. We will arrange trips to **places of your choice** and pickups and drop offs will be from your home, but you need to be **totally independent** please - able to access the minibus and **walk independently without assistance**. The trips are not supported by volunteers or staff.

All those taking part will pay a minimum **donation of £5** towards MHA. Any other cost you will cover yourselves on the day (unless tickets are purchased in advance, for something like the theatre perhaps).

To book onto a trip please call Hayley.

**Next Trip: McArthur Glen Designer Outlet, Cannock  
Wednesday 12<sup>th</sup> March  
£5**

The Church of  
St Andrew  
& Trinity  
Church  
Shifnal



# Christmas In Shifnal



## Christingle Service - Sunday 8th December 5:00pm

A joyful celebration to make our Christingles, share the light of Jesus and spread a message of hope.



## HeartSpace Christmas - Sunday 15th December 10:30am

Contemporary Praise worship at the Trinity Centre



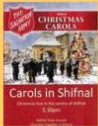
## Carol Service - Sunday 22nd December 6:00pm

Come and sing well known and much loved carols, and listen to the Choir.



## Crib Service - Christmas Eve 4:00pm

Excited children dressed up as nativity characters, our young choristers singing their hearts out, and a chance to come up to the crib to peer in and see the tiny Christ child.



## Carols in Shifnal - Christmas Eve 5:30pm

with Salvation Army Band in the town centre



## Trinity Centre Christmas Eve Communion 6:30pm



## Midnight Mass - Christmas Eve 11:30pm

The mystery & majesty of welcoming the new-born child into our world in the darkness of Christmas Eve



## Christmas Morning

8:00am Early Communion

10:30am - Family Communion

Bring a present to show and tell!

**Join us in Church or online**

# IMPORTANT NOTICE

Please remember we can raise funds from your unwanted items! Bag them up and bring them to group on **3<sup>rd</sup> October** or a collection will be available if requested

## Yes Please ✓

- > Clean Wearable Clothes
- > Paired Shoes
- > Bags

## No Thanks ✗

- > Duvets & Pillows
- > Workwear
- > Bathmats

\*Please do not bring clothing to us if it's damp, damaged, ripped, torn, dirty, stained or heavily worn as we won't take it from you.  
We only buy clean wearable clothing not rags\*

They will also accept:

Hats  
Belts  
Coats

Ask your family and friends to donate and work together to fill as many sacks as possible, all the clothes we donate go towards supporting people in need.

## Any Loose Change?



We concluded our August 2023- August 2024 drive for loose change and are awaiting a grand total to be revealed next quarter! Margret is keen for you to get saving again ready for August 2024- August 2025!

Thank you to all those who have managed to donate, every penny counts. Even the small amounts you save and donate can go towards meeting our donation target.

**Total for 1<sup>st</sup> August 2023 – 31<sup>st</sup> August 2024**  
**£204.94**

# IMPORTANT NOTICE

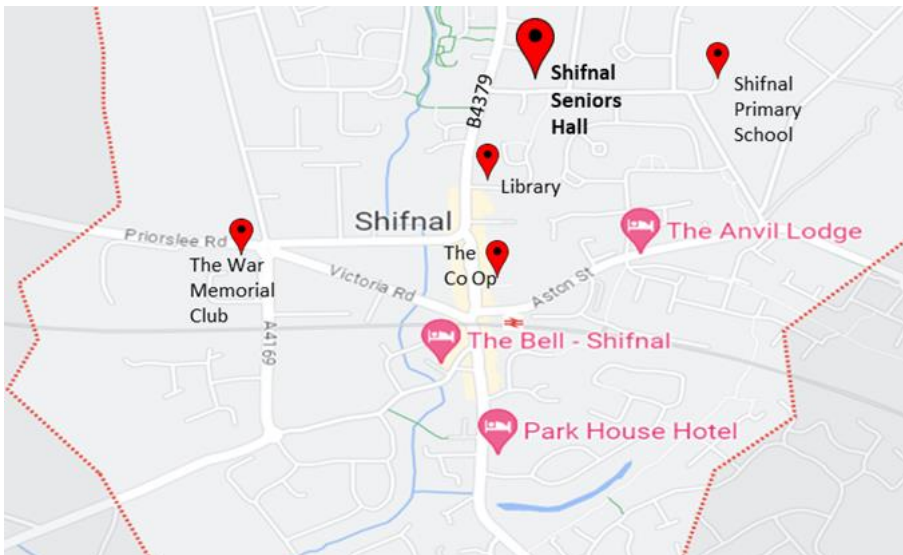
## Signing up to Trips

If a trip is not viable and does not draw enough attention it no longer goes ahead. This is why it is important to sign up as soon as possible. Please let the office know if you want to attend any of the upcoming trips and we can then add more or cancel trips accordingly.

Also remember unless we have a waiting list, we are unable to return trip money, and you will still be invoiced.

***We now have card machines to make taking payments easier without dealing with cash.***

## Where can we find you?



Our current home is Shifnal Seniors Hall, Curriers Lane, TF11 8EQ.



# IMPORTANT NOTICE

## Signing up to Groups

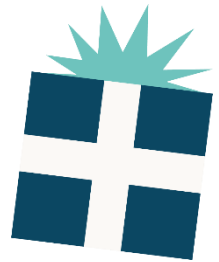
Please note that if you register for any of our groups, we will assume you are attending weekly, unless you let us know otherwise.

If you are unable to attend a group for any reason, please ensure you let us know so that:

We have catered correctly

We have set seating out correctly

Transport is organised efficiently



## Pension credit for winter fuel payment

The Winter Fuel Payment is an annual payment to help eligible people with heating costs during the colder months.

For winter 2024/25, the government has introduced means testing for this payment. To qualify, people must be of State Pension age, born before the qualifying date, and be receiving Pension Credit, Universal Credit, or other means tested benefits. However, it's estimated that up to 850,000 eligible households are not claiming Pension Credit, leaving £1.7 billion in unclaimed benefits.

The deadline for submitting a backdated claim for Pension Credit to receive the Winter Fuel Payment is 21 December 2024.

Please encourage those who you care for and support that may be eligible to apply for Pension Credit so they can receive the Winter Fuel Payment this winter.

For more information on Pension Credit, eligibility, and how to claim, visit: <https://www.independentage.org/get-advice/money/benefits/pension-credit>



## A Little Hug

A hug can say, I miss you or I'm thinking of you,

It can say your someone special or best of all I  
love you,

It can soothe a hurt, or can calm a fear, or  
cheer us when were blue,

It almost seems a miracle all the things a hug can do

***Emily Mathews***

## When Winter 's Here

I think the months of winter are the finest of the year,  
Snowy days, blowy days — Aren ' t you glad they ' re  
here?

Sleds go coasting down the hills, Snowmen stand and  
stare,

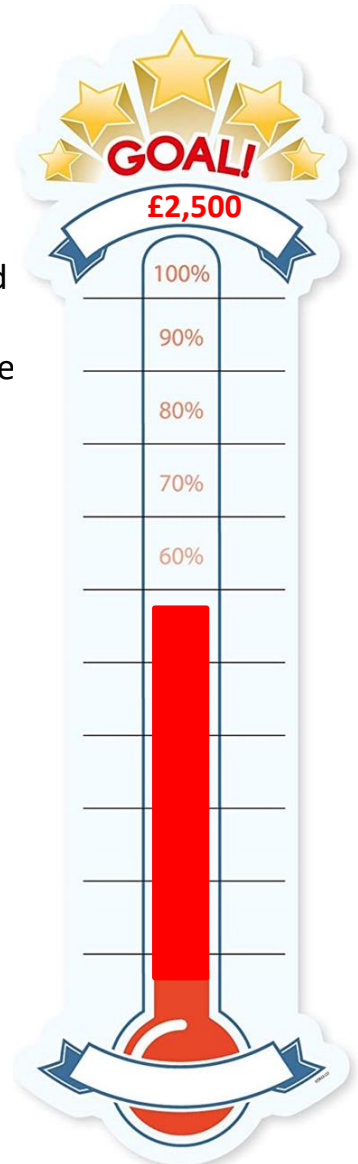
The pond is fine for skating, and snow is everywhere

# Thank You

As always, a huge thank you to everyone who has donated towards the scheme. With limited fundraising opportunities donations are paramount in order for us to keep providing the high standard of care and support that we do

Between April 2024 and April 2025 the scheme's goal total for donations is  
**£2500.00**

So far, we have a total of  
**£1222.28**  
woods



# Volunteer Zone

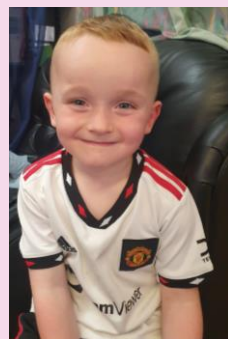
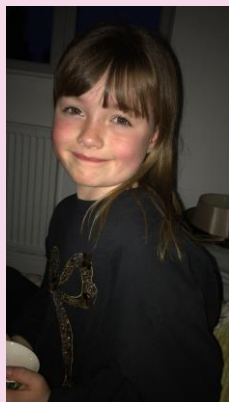
## Hello!

My name is Edie Walton. I do beavers at Shifnal Scout Hut. I am in blue lodge. I am a cheerleader at Cheer Unleashed Cheerleading squad. I just got my Level 1! Here are some of my moves: cartwheel, handstand, one handed cartwheel, handstand into bridge, bridge, front flip, and loads more. I love Italian food except pizza! My birthday is December 21<sup>st</sup> .  
My hobby is craft.

### Why I like volunteering at this club?

I like helping people make new friends at school so I thought I could be your friend while you are here having fun here.

Hi I'm Noah, Edie's brother. I am 5 years old. I have lots of friends at school and like to come to group with my nanny. I am always happy. I like helping at club by doing bingo and telling jokes.



# Volunteer Zone

**Do you want to join our wonderful community of volunteers and support MHA Shifnal?**

You may only have a few hours a week spare or the odd day, every little helps!

There are many ways in which you can volunteer whether that be your time, or expertise:

**Befriender**

**Driver**

**Personal Shopper**

**Deliveries**

**Supporting groups or trips**

**Supporting fundraising events**

**DIY**

**Guest Speaker**

**Group Entertainment**

*If you are interested and want to know more, please call or email the office – details on page 30*

# Staff Zone

**The 17<sup>th</sup> of December marks 1 year since Jesse received her double transplant.**

Jesse is a key member of our staff team and is with us today thanks to her strong will and recovery, following her kidney and pancreas transplant.



On dialysis



After the transplant



Now

Please join me in wishing her well

**Congratulations Jesse**

**Just shows you should never give up!**


# Christmas Closures



We will be running our groups as normal up to and including **19<sup>th</sup> December**

This will be the finale of our wonderful Christmas programme.

Our first group back is on **2<sup>nd</sup> January**.



Please note that as we approach the winter weather, we may need to cancel groups for safety.

I know you will miss seeing friends, but we must make your safety our priority.

We have a telephone tree that includes all regular attenders, to ensure information on closure is pasted to you.



**You are warmly invited to Christmas Dinner  
At The Trinity Centre, Shifnal  
25th December  
Serving at 2pm**

We can book you in if you contact one of us, otherwise book your place via phone number or email below. This is not run by MHA so no transport will be provided through us.

**[Christmasdaylunch@shifnalbenefice.org.uk](mailto:Christmasdaylunch@shifnalbenefice.org.uk)**

**07891077315**





# Activity Planner

Monday 12:30-14:30	02 Dec	Social	Light Lunch and cake	Home pick up between 11.30am and 12:00
Tuesday 10.30-13.30	03 Dec	DF Club	2 Course Light Lunch	10:30 Seated Exercise, 12:00 Lunch, 13:15 Activity
Thursday	05 Dec	Making Christmas trees	Lasagne	10:30 Seated Exercise, 12:00 Lunch, 13:15 Activity
Saturday	07 Dec	Diners	Brunch	11am
Monday 12:30-14:30	09 Dec	Party games	Light Lunch and cake	Home pick up between 11.30am and 12:00
Tuesday 10.30-13.30	10 Dec	DF Club	2 Course Light Lunch	10:30 Seated Exercise, 12:00 Lunch, 13:15 Activity
Wednesday	11 Dec	<b>Albrighton Garden Centre</b>		Home pick up between 10.30am and 11:30
Thursday	12 Dec	go to Sherifhales School	Liver Caserole	10:30 Seated Exercise, 12:00 Lunch, 13:15 Activity
Monday 12:30-14:30	16 Dec	go to Shifnal Primay School	Light Lunch and cake	Home pick up between 11.30am and 12:00
Tuesday 10.30-13.30	17 Dec	DF Club	2 Course Light Lunch	10:30 Seated Exercise, 12:00 Lunch, 13:15 Activity
Tuesday 4.00-7.00	17th Dec	Film Club	Pork baps and popcorn	Contact Jesse
Thursday	19 Dec	Carol Singing	Xmas dinner	10:30 Seated Exercise, 12:00 Lunch, 13:15 Activity
Monday 12:30-14:30	23 Dec	<b>No Group</b>		
Tuesday 10.30-13.30	24 Dec	<b>No Group</b>		
Thursday	26 Dec	<b>No Group</b>		
Monday 12:30-14:30	30 Dec	<b>No Group</b>		
Tuesday 10.30-13.30	31 Dec	<b>No Group</b>		

Thursday	2 Jan.	<b>Catch up and chit chat</b>	cottage pie	
Monday 12:30-14:30	6 Jan.	Social	Light Lunch and cake	Home pick up between 11.30am and 12:00
Tuesday 10.30-13.30	7 Jan.	DF Club	2 Course Light Lunch	
Tuesday 4:00-7:00pm	7 Jan.	Film Club	hot dogs and popcorn	4pm to 7pm
Thursday	9 Jan.	Reminiscing with Jesse's Grandpa	Sausage and Mash	10:30 Seated Exercise, 12:00 Lunch, 13:15 Activity
Monday 12:30-14:30	13 Jan.	Social	Light Lunch and cake	Home pick up between 11.30am and 12:00
Tuesday 10.30-13.30	14 Jan.	DF Club	2 Course Light Lunch	
Thursday	16 Jan.	Sing along with Tim and music	Gammon	10:30 Seated Exercise, 12:00 Lunch, 13:15 Activity
Monday 12:30-14:30	20 Jan.	Social	Light Lunch and cake	Home pick up between 11.30am and 12:00
Tuesday 10.30-13.30	21 Jan.	DF Club	2 Course Light Lunch	
Thursday	23 Jan.	Kiddleydivey	Corned beef hash	10:30 Seated Exercise, 12:00 Lunch, 13:15 Activity
Saturday	25 Jan	<b>Pantomime - Rapunzel at Little Theatre Donnington</b>		13:15 Pick ups 14:30 Pantomime
Monday 11:30-13:30	27 Jan	Social	Light Lunch and cake	Home pick up between 11.30am and 12:00
Tuesday 10.30-13.30	28 Jan	DF Club	2 Course Light Lunch	
Thursday	30 Jan	2024 Quiz	Pork Loins	10:30 Seated Exercise, 12:00 Lunch, 13:15 Activity

Monday 11:30-13:30	3 Feb	<b>Social</b>	Pre-order	Home pick up between 10.30am and 11:00
Tuesday 10.30-13.30	4 Feb.	DF Club	2 Course Light Lunch	
Tuesday 4:00- 7:00pm	4 Feb.	Film Club	Hot dogs and popcorn	4pm to 7pm
Thursday	6 Feb.	Fitness MOT	Lasagne	10:30 Seated Exercise, 12:00 Lunch, 13:15 Activity
Monday 11:30-13:30	10 Feb.	Social	Light Lunch and cake	Home pick up between 10.30am and 11:00
Tuesday 10.30-13.30	11 Feb.	DF Club	2 Course Light Lunch	
Thursday	13 Feb.	Craft afternoon	Chicken Pie	10:30 Seated Exercise, 12:00 Lunch, 13:15 Activity
Monday 11:30-13:30	17 Feb.	Social	Light Lunch and cake	Home pick up between 10.30am and 11:00
Tuesday 10.30-13.30	18 Feb.	DF Club	2 Course Light Lunch	
Thursday	20 Feb.	Half Term PE Games Session	Cottage Pie	10:30 Seated Exercise, 12:00 Lunch, 13:15 Activity
Saturday	22 Feb	<b>Diners</b>		11am
Monday 11:30-13:30	24 Feb.	Social	Light Lunch and cake	Home pick up between 10.30am and 11:00
Tuesday 10.30-13.30	25 Feb.	DF Club	2 Course Light Lunch	
Thursday	27 Feb.	Table-top box games	Sausages	10:30 Seated Exercise, 12:00 Lunch, 13:15 Activity

## Meet the Team



### **Rachel Powell**

**Scheme Manager**

07935202556

[Rachel.powell@mha.org.uk](mailto:Rachel.powell@mha.org.uk)

Available to contact:

Monday  
Tuesday  
Wednesday  
Thursday

### **Hayley Scott**

**Community Coordinator**

07720680569

[Hayley.scott@mha.org.uk](mailto:Hayley.scott@mha.org.uk)

Available to contact:

Monday  
Tuesday  
Wednesday

### **Jesse Thomas**

**Community Coordinator**

07521432573

[Jesse.thomas@mha.org.uk](mailto:Jesse.thomas@mha.org.uk)

Available to contact:

Monday  
Tuesday  
Thursday

# STAY IN TOUCH

If you ring and your call cannot be answered instantly, please leave your contact details, name, and a brief message very clearly.



If you have any feedback on this issue; suggestions or content for future editions, please get in touch with the team, we are always happy to hear from you.

# MHA Communities Shifnal and District Newsletter



We hope that we are doing enough to entice you all back to our groups. We love seeing you all and having a catch up



If you know of a neighbour or friend who might want to join, please give them our details or pass on your newsletter once you've read it.

***Thank you*** for being part of our MHA community

You can unsubscribe from this newsletter at any time. To do this just write to us, call or email via the contact details above. For further information on how we keep your data secure, please contact us for a copy of our Privacy Notice.