



Hello!

COVID Vaccine

Page 3

2021 Census

Page 4-5

Audio Project

Page 6-7

Transport

Page 8-9

Wellbeing

Page 10-11

Technology

Page 12

Services & Activities

Page 13-17

Activity Pages

Page 18-23

Meet the staff & Get in touch

Page 24

It's been a busy few months at MHA Communities Eastleigh and we are delighted to have a local student called Sian working with the team until the summer. She will be helping with our befriending calls and our phone groups, so you may hear from her soon. Sian can't wait to get involved. "Hi, I'm Siân and I am a social work student from the University of Winchester. I am currently in my second year of university and am completing my first placement of 70 days with MHA Communities Eastleigh. The majority of the experience I have in the past is within childhood settings so I am really excited to be able to gain new skills and develop my

continues overleaf

We will continue to send you the MHA Communities newsletters, ensuring that you are always kept up-to-date with what's happening in the scheme. Should you decide that you would no longer like to receive this newsletter, you can unsubscribe at any time. To do this just write to us, call or email via the contact details at the end of the newsletter. For further information on how we keep your data secure, please contact us for a copy of our Privacy Notice.

knowledge in a different area relating to the social sector.” We are excited to have Sian’s support and look forward to working with he in the coming months.

We have made a few adjustments to our Remote Activities program, the main one being that our Musical Reminiscence video will no longer be pre-recorded and instead will be a live interactive session with our instructor Heather on Fridays at 2pm See page 15 for details about how you can join in via computer or over the telephone and to request a song book.

The staff team are keeping well and were fortunate enough to be offered the opportunity to receive our covid vaccines in early February. We hope this is a very positive first step towards being able to resume some of our usual activities later this year.

It may have been a long and dark winter but spring is just around the corner and we hope as the weather improves and the restrictions are relaxed we will be able to reinstate some of our Walking Groups but we are also looking at other outdoor activities that we may be able to provide this summer too, so watch this space! If you are interested in walking and would like to walk 1to1 with another member or volunteer who lives alone please get in touch and we can introduce you to a walking buddy.

Sending warmest wishes, take care,

Mark and Hannah



COVID Vaccines

The NHS will let you know when it's your turn to have the vaccine. You may receive a letter from your GP inviting you to make an appointment, this can be done over the phone or online. If you are over 70 and have not yet been contacted about the vaccine please contact your GP. If you require assistance to make an appointment please contact the MHA Communities office for support. You may also receive a phone call, text message or email with information about appointment options. As GP's and local health centres are trying to arrange so many appointments as quickly as possible you may be contacted via a private or blocked number as calls are being made by volunteers and other health care workers. This can make detecting fraudulent contact more challenging. The main thing to remember is:

The COVID-19 vaccine is free of charge

Only available from the NHS

It is not possible to pay to receive one privately

The NHS will never ask for:

- your bank account or card details
- your pin or banking password
- copies of personal documents to prove your identity
such as your passport, driving licence, bills or pay slips

If you think you have been a victim of fraud or identify theft, report it to Action Fraud on 0300 123 2040.

2021 Census

census2021

What is the census?

The census is a survey that happens every 10 years and gives a picture of all the people and households in England and Wales. Local councils, charities and other organisations use census information to decide how to plan and fund services such as transport, housing, education and healthcare in different areas. To make sure this money is spent where it's most needed, it's important that the census counts everyone. It is a legal requirement to complete the census and it will benefit your local community in the future.

When should I complete my questionnaire?

Census day is Sunday 21 March 2021 but you can complete yours as soon as you receive your online access code in the post. Your answers should reflect who will be in your household on this date. Paper questionnaires will not be sent out as standard, digital completion is the primary option.

What if I cannot fill in my census questionnaire online?

There are other options such as completing your questionnaire over the phone or requesting a paper version to complete yourself. There will be more information in the Census letter you receive about how to complete the questionnaire but if you have any questions before then you can contact 01329 444972, Mon-Fri, 9am-5pm

Who runs the census?

It is run by the Office for National Statistics (ONS) which is the UK's largest independent producer of official statistics. Their main responsibilities are collecting, analysing and sharing statistics about the UK's economy and society, as well as organising the census. The ONS and the statistics they generate are independent from government. Although they report to the UK Parliament, their work is protected from political interference

Will my personal information be kept safe?

When the ONS publishes statistics from the census, they're completely anonymous. They don't include any personal information and you cannot be identified via census data. Your personal census information is protected by law. It is a crime for anyone to share it. Government departments dealing with any applications you've made, or any payments or services you receive, cannot see your census information. For example, it cannot be used to influence benefit claims, a residency application, immigration status or taxes. Private organisations and individuals such as landlords will not have access to your personal information. All information submitted via the census is securely stored and handled in accordance with the law.



Audio Projects



We are currently exploring the possibility of developing more audio based services such as a talking newsletter and potentially a podcast and we need your input and ideas to get started.

Do you currently listen to audio books, talking newspapers or podcats? If so we would like to hear from you to learn more about how you access this content. Do you go online, listen to DVD's, use USB sticks or do you have another type of equipment? We want to know what you have access to at home so we can produce our audio content in the most accessible format.

What is a podcast?

A podcast is very much like Talk Radio, the only difference is a podcast isn't broadcast live and can be listened to whenever you wish, much like an audio-book. Each podcast episode is typically 30-60 minutes long and will focus on a particular theme or topic, there are thousands of podcasts available currently, covering topics from Art History to Zoo's and everything in between.

Podcasts are traditionally listened to on internet enabled devices such as computers, tablets and mobile phones. However, we want to ensure everyone can listen so we are looking at options such as putting episodes onto CDs

Why are we making a podcast?

We want to ensure we are providing services that are accessible to everyone and this is a great way to reach all our members. We want to hear from you and what you have to say! We are very open to your thoughts and suggestions on what the content could be so let us know if you have an idea for an episode. This could be sharing knowledge on a specialist subject or hobby, ideas, tips and advice, storytelling, jokes or anything else you want to share!



How can I get involved?

As well as telling us your episode suggestions and listening preferences we are also very keen to have members take part in the creation of the podcast content (but we welcome your ideas even if you don't want to contribute verbally). Ideally we would record a podcast face-to-face but of course currently we will need to do this remotely - as such there's no need to worry about going anywhere, we can record audio in a number of Covid safe ways.

We'd also love to hear from any of our volunteers, perhaps you would like to host an episode, help with research, marketing or even in producing the podcast.

Please do get in touch if you are interested in taking part, call 01962 890995 or email winchester@mha.org.uk

Transport

Dial-a-Ride



Dial-A-Ride Services are continuing throughout this lockdown to provide transport to medical appointments and vaccinations. The services can be booked via the Transport Team at One Community (Eastleigh) on 023 8090 2400



(023) 80 666 666

**OVER 70?
OR VULNERABLE?
DUE TO BE VACCINATED?**

Radio Taxis are offering elderly customers over the age of 70,

FREE TAXI

journeys to Covid-19 vaccination centres in Southampton area*

CALL OUR TEAM TO BOOK

* Subject to availability and terms. Full Terms and Conditions available on our website.

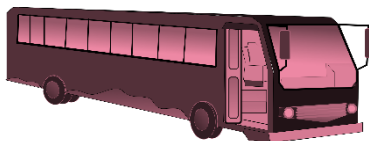


Extended times for free bus passes

Hampshire County Council is continuing to support older residents during the Coronavirus outbreak by removing the restriction on using free Older Person's Bus Passes before 9:30am. From Monday 25 January 2021, the start time restrictions will be lifted so people can use their bus pass at any time. This temporary change to the scheme is intended to continue until schools reopen to all students.

Cllr Humby, Deputy Leader of HCC, said: "We want to do all we can to help Hampshire residents take up COVID vaccinations when they're offered them. We understand these are difficult times for people and we are doing everything we can to help. I hope that extending the times people can use their free bus passes will help older people travel to early morning vaccination appointments, and to travel at quieter times for essential journeys such as those for food shopping. I would urge everyone to continue to travel as safely as possible when using public transport for essential journeys."

Residents who have a disabled person's bus pass can already use these at any time of day, any day of the week.



Your Wellbeing

Missing church services?

The Daily Hope Phone Line is a free national telephone line, which offers music, prayers and reflections as well as full worship services from the Church of England at the end of the phone. It is available 24 hours a day on **0800 804 8044** and has been set up particularly for those unable to join online church services.

The Samaritans

We've all heard of the Samaritans but do we really know what they do? You can get in touch about anything that's troubling you, no matter how large or small the issue feels. Whatever you're going through, call any time, from any phone, on

116 123

The Hampshire Coronavirus Support and Helpline

0333 370 4000

Open 9am to 5pm Monday-Thursday and 9am to 4:30pm on Fridays. We can signpost you to information, advice and relevant services to support you with a range of issues, including: Where to find help in your community, debt and money worries, mental health support, domestic abuse, bereavement, problems with drug and alcohol misuse and volunteering

MHA Chaplaincy

One of the distinctive things about MHA is the commitment to chaplaincy provision. Chaplains have been a key part of the MHA Care Home service model for many years and this is now being extended to include pastoral support to the wider MHA community. There is often a misconception that a person who is a chaplain at MHA has to be an ordained minister of religion. In fact, the key skills required for the role are pastoral care, sensitivity, and the ability to relate well to people whatever their belief, culture or background. In this way our Chaplains are able to support people from all walks of life to lend a listening ear, provide spiritual support or offer advice and guidance to those in need.

Islay Roberts joined the MHA Chaplaincy team in July 2017 as Chaplain to The Fairways Retirement Village in Chippenham, Wiltshire. In October 2020, Islay was appointed as an Area Support Chaplain with responsibility for all MHA Services in the South West.



When restrictions allow he will be out and about familiarising himself with all of the MHA services in the area. If you would like to be put in touch with Islay please contact the MHA Communities office.



Technology

**Struggling with your smartphone or computer?
Get free one to one support to build your digital skills**

ClickSilver

MHA have partnered with the ClickSilver Connections team who are able to match you with a mentor for four weeks of free one-to-one support over the phone.

Whether you need help navigating your mobile phone, setting up online shopping on your laptop or making video calls on your tablet they are available to offer individual support tailored to your needs. You will be matched with a mentor who will call you weekly over a four week period to support you whether you are just getting started or are in need of a few pointers. If after the four sessions you feel you still need additional guidance then MHA Communities will be available to support you on your digital journey.

AbilityNet

AbilityNet's ITCanHelp volunteers provide free IT support to older people and people with disabilities of any age. Volunteers can support people anywhere in the UK over the phone. All their volunteers are disclosure-checked and can help with all sorts of IT challenges, from setting up new equipment, fixing technical issues, showing you how to stay connected to family and use online services. Call the free-phone helpline on 0800 048 7642



Activities and Services

Shopping Support ~ Prescription Deliveries
Telephone Befriending ~ Monthly Activity Books
Remote Activities program (see overleaf for information)
Contact the office to sign up or find out more about
these or any of our services

Book Club

After the popularity of our book club group, we will be starting an online version in March. This will run alongside the book club when we are back together for groups to give members more ways to join in. First book and joining information to be sent out from 26th February. If you would like more details please get in touch.

New Facebook Page

Our old Facebook page was shut down in February to make way for our new MHA Communities – Eastleigh page. If you have not yet followed our new page please do so you can keep up to date with the latest news and information.

Easter Activities

Get in touch to request your Easter activity pack, full of games, crafts and competitions and much more!

In Memoria

We remember our members Joyce Buchan and Lesley Willis who have passed away in recent months. Our thoughts are with their families and friends at this sad time.

| Day Activity | Description | Time | Format |
|---------------------------------|---|-------------------------------|-----------------|
| Monday Exercise Class | <p>A separate standing and seated exercise video available each week with one of our Community Co-ordinators leading you in session similar to the ones they usually run in person. These sessions will help you exercise safely in your own home with clear step by step instructions.</p> <p>The moves are designed to improve strength, stamina, posture and balance and sessions last around 20 minutes</p> | You decide | Online video |
| Monday Mastermind Quiz | <p>Put those brain cells to the test with a quiz to test your general knowledge skills. All you need is a pen and paper – the quiz is only 10 minutes long but you can pause and rewind the video so you can take as long as you need to think of your answers.</p> <p>It's just for fun but why not see if you can beat your score the following week, get those brain cogs turning!</p> | You decide | Online video |
| Tuesday & Thursday Cheerleading | <p>Join an instructor for a fun live video class you can enjoy from your living room. Combining a variety of standing exercises with movement to music this is sure to get your feet moving.</p> <p>Cheerleading can be done in a seated or standing position and will help with building and maintaining strength, stamina and co-ordination. No pom-poms required but if you want you can utilise a scarf, duster or anything else you have to hand</p> | 10am (Tues) & 10.30am (Thurs) | Live video call |

MHA Communities / Newsletter Spring 2021

| | | | |
|--|---|-----------------------|---------------------------------------|
| Tuesday My Life Story | Put together your life story, either as a gift for your family to enjoy or something for yourself to capture your favourite memories. Everyone gets a template to fill in which can be emailed or sent to you in the post. Each session will cover a different topic, e.g. 'school days' 'first job' – each person gets a chance to reminisce – you then fill in that section between sessions ready to move on to the next. At the end you have a special book as a keepsake or to give to family members. Phone No: 020 348 152 40, Meeting ID: 951 537 4600#, Password: 525330 | 10am | Live video call or Group call |
| Wednesday Tai Chi | Join our instructor to find that moment of inner calm. Tai Chi combines deep breathing and relaxation with flowing movements. A health-promoting, low-impact exercise, which means it won't put much pressure on your bones and joints. Reduce stress, improve posture, balance and general mobility, and increase muscle strength in the legs. No experience needed, can be adjusted to suit mobility need | 1pm You decide | Live video call or Online video |
| Thursday Fun Thursday | Enjoy our program of entertainment videos: Beth's Bites, Poetry with Natalia, Laughs & Crafts or a themed film. See overleaf for details on what is happening each week. | You decide | Online video |
| ***NEW*** Friday Musical Reminiscence | Join Heather for a weekly sing-along of all your favourites. In the comfort of your own home you can sing at the top of your voice, exercise those lungs and express yourself. A great way to blow away the cobwebs. Contact the office for a copy of our song book. Phone No: 020 348 152 40, Meeting ID: 263 593 5311, Password: 715409 | 2pm | Live video call or Group call |

| Week | Theme | Fun Thursday |
|------------------------|-----------------|---|
| 1 st March | Pies | Beth's Bites |
| 8 th March | Women | A film from Hannah |
| 15 th March | St Patricks Day | Beth's Bites |
| 22 nd March | Poetry | Poetry Corner with Natalia |
| 29 th March | Easter | Laughs & Crafts: Egg painting Egg, needle, paints |
| 5 th April | Zoos | A film from Hannah |
| 12 th April | Space | Beth's Bites |
| 19 th April | Earth Day | Poetry Corner with Natalia |
| 26 th April | Superheroes | A film from Hannah |
| 3 rd May | May Day | Laughs & Crafts: Flower Cones Card / paper, tape, string, flowers! |
| 10 th May | Oceans | Beth's Bites |
| 17 th May | Bees | Poetry Corner with Natalia |
| 24 th May | Maps | Laughs & Crafts: Special places Maps, scissors, pencil, glue. |

Talking Pictures TV

An independent archive film and television channel
broadcasting content from the early years of visual media
You can watch Talking Pictures TV on Virgin 445, Freesat
306, Freeview/Youview 81 or Sky digital 328.

How to join in

| Format | Requirements | Access |
|------------------|---|--|
| Online Video | <ul style="list-style-type: none">• Internet access via• Smart Phone, Tablet or Computer• Email address | Information will be sent via email. This will either be a link to a YouTube or Facebook page |
| Live Video Call | <ul style="list-style-type: none">• Internet access• Device with forward facing camera• Email address | Information will be sent via email with a link to join the call. All Zoom calls are password protected and are considered secure |
| Group Phone Call | <ul style="list-style-type: none">• Any land line or mobile phone | Phone number & password available from the MHA Communities office |
| DVD | <ul style="list-style-type: none">• DVD player connected to a TV or DVD drive in a laptop/computer | Can be sent via post or delivered to you at home |

Exercise DVD's are available containing seated and standing exercise sessions. Entertainment DVD's are available containing sessions of Singing for Wellbeing, Mastermind Quiz, Minding Me and Fun Thursday videos.

Other online services can be found at
www.mha.org.uk/communities/digital

Contact the office to receive more information on how to join the sessions or to request a DVD

Activity Pages – answers on pages 23 & 24

Spring Word Search- Can you find all the words listed?

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| N | I | U | K | C | D | U | T | E | E | Z | E | U | N | O | W |
| G | H | C | T | A | H | D | N | Z | L | W | B | R | I | T | S |
| I | G | H | T | W | A | I | O | E | T | A | O | A | G | I | A |
| C | K | I | H | O | H | N | F | E | S | H | W | M | H | N | E |
| R | O | I | F | S | C | G | A | F | I | T | I | O | G | A | L |
| A | T | D | N | H | T | C | W | O | C | A | B | O | L | S | E |
| N | A | U | I | G | A | H | A | H | I | H | L | B | A | R | S |
| I | S | C | H | T | F | O | I | F | L | D | A | E | Z | E | E |
| W | A | K | R | B | F | I | H | O | F | F | O | F | L | W | B |
| O | B | L | O | O | M | E | S | I | G | R | W | A | F | O | O |
| B | S | I | O | W | E | D | N | H | I | T | G | M | F | L | W |
| E | H | N | M | A | C | C | U | C | E | N | E | B | N | F | A |
| R | I | G | A | S | H | K | S | O | I | R | A | F | E | F | G |
| O | Z | A | L | C | I | L | E | T | S | H | E | I | R | L | E |
| H | E | T | I | U | C | I | H | N | I | B | A | M | A | B | B |
| S | E | H | F | I | K | G | A | I | G | B | I | M | F | A | O |
| I | B | B | F | O | I | E | Z | E | E | R | B | O | F | W | O |
| F | U | T | L | N | G | O | I | K | U | S | T | A | L | E | T |
| A | R | A | I | N | B | O | W | C | H | I | N | N | R | A | B |

Bloom ~ Breeze ~ Chick ~ Chiffchaff ~ Duckling ~ Flowers

Goldfinch ~ Hatch ~ Kingfisher ~ Lamb ~ Nest

Nightingale ~ Rabbit ~ Rainbow ~ Sunshine ~ Thaw

Bird Words - Can you name all of the birds pictured?



C _ _ L _ _ _ O _ _



_ O _ I _



_ _ U _ _ I _



_ _ A L
_ _ T



S _ _ G _
_ A _ _ L _ _



_ _ U _ _
_ P _ _ _ O _



_ T _ R _ _ _ G



_ U _ _ O _ K



C _ _ F _ _ _ C _

Fidget Blankets for MHA Residents

Fidget blankets or quilts offer comfort for residents living with dementia in our care homes across the country and are laptop-sized, providing sensory and tactile stimulation for an individual. Our talented teams at MHA have been creating fidget quilts and blankets but the demand is more than we can keep up with so we are appealing for your help.

The quilts and blankets can be quilted, knitted or crochet blankets with different decorations to provide sensory stimulation for residents living with dementia. The blanket can also be plain, simply to provide, warmth and comfort. Blankets can be brightly coloured but we would suggest that the blankets are not too heavily patterned. They can be large to lay across a resident's bed or big enough to lay over a resident's legs.

You could decorate the blanket with ribbons, beads buttons, loops, zippers, buckles, pompoms, a pocket or two to put things in etc.

But keep it simple, too much could be scary or confusing for a resident. Very important, all decorating items should be securely attached so that residents cannot pull them out. Decorative items should be large enough so if residents do manage to pull them off they can't swallow them. If you would like to get involved please contact the MHA Communities office for more details.



Spring Flowers Word Scramble

Can you unscramble these ten Spring words?

- | | | |
|--------------|-------------|----------------|
| 1. LFADFDOI | 4. PODROWSN | 7. LMDAORIG |
| 2. TCHYHAIN | 5. PTILU | 8. LUBBLELE |
| 3. SSSRANIUC | 6. SIRI | 9. YRRAFILTIL |
| | | 10. KAPCSUHIIN |

Top tips to make your garden more hedgehog friendly

Link your garden

By making a small hole in garden gates or fences (around 6 inches wide) you can provide hedgehogs with a highway to travel around your neighbourhood. Hedgehogs can travel up to 2 miles a night in search of food, water and mates.

Create a wild corner

Let the plants go mad in a corner of your garden. If you don't cut them back in winter to will attract hedgehogs to nest there



Make your pond safe

Unfortunately many hedgehogs each year drown in our garden ponds because they fall in and can't get out again. By placing bricks in your pond it provide them with a safe escape route.

Deal with netting

Netting over ponds or plants can be lethal for hedgehogs. Check your netting regularly or even better, find an alternative.

Put out food and water

A popular misconception is that hedgehogs like milk and bread, actually these both make them very sick. A hedgehog's favourite food is cat or dog food – just make sure it isn't fish flavoured! Hedgehogs also like meal worms but this provides very little nutritional value. It would be like us eating a meal of Cadbury crème eggs, delicious but not very balanced

Stop using chemicals

Keep your garden chemicals to a minimum wherever you can to avoid the hedgehogs (or any other creatures) ingesting them.

Check before strimming

Hedgehogs love to nest in long grass so please check before mowing or strimming.



Build/buy a hedgehog house

You can make a hedgehog house or buy them from most garden centres. And place it in a quiet area of your garden deep at the back of your beds for example.

Build a hedgehog food buffet!

If you have the room you can build a bug hotel, here is a picture of one made out of some builder's pallets. Each layer could be filled with a different natural item e.g. sticks, cardboard, stones etc. Hedgehogs will love to nest underneath it, and use it as a handy feeding station to gobble up all those mini-beasts!



Virtual Tours – Travel the world from home

London Virtual Tour - Start at the London Eye and click to explore landmarks and museums around central London

<https://360.visitlondon.com/#>

Street Art - Audio visual tours of street art from around the world

<https://streetart.withgoogle.com/en/audio-tours>

US National Park Tours - Explore glaciers, volcanoes, caverns and shipwrecks

<https://artsandculture.withgoogle.com/en-us/national-parks-service/parks>

The Eiffel Tower - A 360 view of Paris from up the tower

<https://artsandculture.google.com/streetview/tour-eiffel/sAHt5Gv4YGH84Q>

Virtual Dives - See sea lions, turtles, shipwrecks and coral

<https://sanctuaries.noaa.gov/vr/>

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| N | I | U | K | C | D | U | T | E | E | Z | E | U | N | O | W |
| G | H | C | T | A | H | D | N | Z | L | W | B | R | I | T | S |
| I | G | H | T | W | A | I | O | E | T | A | O | A | G | I | A |
| C | K | I | H | O | H | N | F | E | S | H | W | M | H | N | E |
| R | O | I | F | S | C | G | A | F | I | T | I | O | G | A | L |
| A | T | D | N | H | T | C | W | O | C | A | B | O | L | S | E |
| N | A | U | I | G | A | H | A | H | I | H | L | B | A | R | S |
| I | S | C | H | T | F | O | I | F | L | D | A | E | Z | E | E |
| W | A | K | R | B | F | I | H | O | F | F | O | F | L | W | B |
| O | B | L | O | O | M | E | S | I | G | R | W | A | F | O | O |
| B | S | I | O | W | E | D | N | H | I | T | G | M | F | L | W |
| E | H | N | M | A | C | C | U | C | E | N | E | B | N | F | A |
| R | I | G | A | S | H | K | S | O | I | R | A | F | E | F | G |
| O | Z | A | L | C | I | L | E | T | S | H | E | I | R | L | E |
| H | E | T | I | U | C | I | H | N | I | B | A | M | A | B | B |
| S | E | H | F | I | K | G | A | I | G | B | I | M | F | A | O |
| I | B | B | F | O | I | E | Z | E | E | R | B | O | F | W | O |
| F | U | T | L | N | G | O | I | K | U | S | T | A | L | E | T |
| A | R | A | I | N | B | O | W | C | H | I | N | N | R | A | B |

Spring Word Scramble Answers:

- 1 Daffodil,
- 2 Hyacinth,
- 3 Narcissus,
- 4 Snowdrop,
- 5 Tulip, 6 Iris,
- 7 Marigold,
- 8 Bluebell,
- 9 Fritillary,
- 10 Puschkinia

Bird Words Answers:

1 Collar Dove, 2 Robin, 3 Blue Tit, 4 Coal Tit, 5 Sedge Warbler,
6 House Sparrow , 7 Starling, 8 Dunnock, 9 Chaffinch

Meet the staff



Mark Kirby Scheme
Manager



Hannah Shave
Community Co-ordinator

Get in touch

If you know of anyone who would like to become a member or volunteer, or would just like to find out a bit more about our scheme, please don't hesitate to contact us.

MHA Communities – Eastleigh,

St Andrews Church, Blenheim Road Eastleigh, SO50 5SD

Mark.kirby@mha.org.uk

07989 710620

Hannah.Shave@mha.org.uk

07568612044

Find us on Facebook search MHA Communities Eastleigh