

# Menu for care home providers

My Home Life England is part of an evidence-based international initiative. We promote quality of life and deliver positive change in care settings.

Four guiding principles are the foundations of our work:

Developing best practice together, Focusing on Relationships, Being appreciative, Having Caring conversations.

Thousands of care home practitioners use these principles to support their practice. We would love you to get involved.

## Long term bespoke programmes for individual teams and organisations

Work with us to build a programme together that supports your long term ambition. Learn from the pandemic, focus on resilience and build for the future. Consider together what you are really proud of, and what you want to build on to continue to support great quality of life for people who live, die, work in and visit care homes.

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## Online short course 'bitesize'

A practical and supportive introduction to our transformational programmes for groups of 6 people. In five two-hour sessions we cover each of the four My Home Life guiding principles and a session on technology. You will be in a confidential and collaborative learning environment, working with the same facilitator.

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## Intensive support for homes

A package of support for either an individual home or a small number of homes that are struggling to meet internal or external expectations in relation to quality. We use your systems, work with your people, building on what's working well and making things as simple as possible. We give immediate evaluation and plan together for change with ongoing support.

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## Free online resources

Sign up to our online newsletter for our regular updates about best practice and examples of how care homes support quality of life. Visit our website [www.myhomelife.org.uk](http://www.myhomelife.org.uk)

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For more information contact us on [mhl@city.ac.uk](mailto:mhl@city.ac.uk) or ring us on 0207 040 5776

My home life  
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[www.myhomelife.org.uk](http://www.myhomelife.org.uk)