

Mission Statement
Faith in Older People aims to celebrate the lives of older people and to support the spiritual care of older people and their families

Faith in Older People
Registered Company
SC322915
Registered Charity
SC038225

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Jewish Faith and the Elderly

Judaism is a faith based on action. Jews believe that by performing God's commandments called mitzvot, they connect to the Divine and bring holiness into the world.

These rituals cover all areas of life from the intimate to the political but the main issues Judaism impacts on in daily life concern food and time. Jews have a series of food laws called *Kashrut*, which in brief concern not eating certain animals, eating meat that has been slaughtered and prepared in a certain way and separating milk and meat. Keeping kosher, as it is called, is of importance to many Jews though levels of observance differ. The same is true for issues surrounding time, the Sabbath and the Festivals. Judaism sanctifies periods of time such as the Sabbath or *Shabbat* that goes from Friday evening to Saturday night. It also has many festivals with their different customs and rituals, often revolving around food. Again, while levels of observance may differ, these special times are important in the lives of most Jews.

This becomes especially true when people become older. Practices that were part of someone's childhood, which may have been discarded in their youth, often assume increasing importance as people age and contemplate their own mortality. Elderly Jews who may have not particularly observant for much of their lives, may want to make up for it in their old age. Freed from the pressures of work and often family life, they reconnect to the Jewish community and may become more observant of the Sabbath or seek to keep Kosher to a higher degree. For those who have been relatively observant all their lives, it often becomes important to be able to continue this observance into their later years. This is especially true

as their circumstances change and they may be forced to leave their own homes to enter care. Here Jewish observance becomes a link to their past life, even as it sometimes becomes more difficult in the context of non-Jewish institutions. In all these cases the Jewish community seeks to help older people to continue to maintain a Jewish lifestyle to the extent they wish to do so, and thus make their final years spiritually and culturally rewarding.

Rabbi David Rose



Our Founder, the **Reverend Malcolm Goldsmith**, died in July, shortly after our first Annual Malcolm Goldsmith Lecture.



The following was written for his funeral.

"Each of us holds a special memory that epitomises Malcolm. We would like to share with you a paragraph from his latest book which sums up the vision and compassion which became his driving force to set up **Faith in Older People** (FiOP).

"When I visit a care home and see 10-20 people sitting in a room ... what do I see? Certainly I see frail, vulnerable and elderly men and women, but I also see people who have endured a great deal, who have created much, who have loved and been loved: people whose lives have created the society in which I live, and for which I am grateful. These are the people who have maintained the fabric of this world, and perhaps for most of them, their daily work has been their prayer.

And what do I wish for these men and women?

My wish is that they can live their final days with a sense of dignity and honour, that they can find some form of meaningful relationship with others and with their own inner being.

My wish is that they may discover and maintain an inner peace and a sense of wonder, and that those who care for them engage with them in such a way that lives are transformed and that even the simplest and most mundane task can be, using religious language, "sacramental" although they do not need the religious language.

Spirituality is as relevant for the non-religious as it is for the religious because it is about the fundamental meaning of being human."¹

Drawing on his considerable skills of persuasion and determination Malcolm drew together a small group to form **Faith in Older People**. He recognised and appreciated the gifts and experience of old age, but also understood the losses that occur and how easy it is for congregations to lose sight of older members when they are no longer able to participate.

His vision, patience and inspiration has helped to establish what is still a young organisation. It is one which is growing in influence, providing innovative methods to encourage and support people to value the importance of the spiritual lives of older people in their care. Our aim is to share best practice with congregations and also with the wider sphere of health and social care.

Our small team is committed to make sure that the vision of our Founder, Malcolm Goldsmith, is made a reality. For many older people the end of their lives is spent in a 'strange land', be it as a result of dementia, or the need for care away from familiar surroundings. So the challenge to FiOP is to "help people discover how to live their lives with creativity and hope".²



Our definition of spiritual care is "what gives meaning and purpose to everyday lives" and lifts the spirit. Malcolm strongly believed that FiOP should be involved with those of faith and those with none and that the work should be open and embracing.

We work primarily with those who provide care, whether paid or unpaid, be they health or social care staff, hospital chaplains, volunteers or clergy.

To do this we offer a range of courses; hold conferences highlighting ideas and new work; organise debates and lectures to challenge thinking; provide mentoring and support and develop ways of worshipping with people who have dementia.

¹ *Spirituality and Personhood in Dementia. Malcolm Goldsmith, Ed Albert Jewell 2011*

² *In a Strange Land; Malcolm Goldsmith 2004*

The Festival of Spirituality and Peace

As always this Festival (August) provided a feast of stimulating ideas, conversations, music and time for reflection. Faith in Older People took an active part in various activities for which the recurring theme was the importance of discussion and conversation which was echoed in the closing service for the **Festival of Spirituality and Peace (FOSP)**. The theme for this year was "**Faith, Hope and reality**".

A workshop to discuss the **spiritual care of older people**, including those with dementia, was organised jointly with Alzheimer's Scotland. The session provided an opportunity for those attending to consider their own spiritual needs and how they were met as well as using elements from the jointly produced DVD '**Spirituality – have you found any yet?**' to discuss the impact that changes in health, social circumstances, loss and bereavement had on people's ability to sustain their spiritual lives. Relationships with family and carers played an important role, particularly in times of transition.

The emphasis of the discussion was on spirituality being as relevant for the non-religious as it is for the religious because it is about the fundamental meaning of being human.

The Rt Rev Brian Smith, Bishop of Edinburgh in his closing address to the Festival emphasized the value of conversation. The following is an extract:

"There are often three topics discussed at dinner parties in varying order. Some listed Religion Politics and Sex; others listed *Religion Politics and Money*. It was clearly important to know what the prevailing orthodoxy was at the dinner. (Were you to be ready with a joke about *quantitative easing*, or one about a *bishop and an actress*?) Such restrictions sought to prevent conflict arising across the dining table. No Edinburgh hostess would want her guests to come to blows over the macaroni and cheese.

Over the past 64 years, the number of Cafés, Restaurants, gastro Pubs etc. in the city has grown. People eat out far more. Today a comparable justification for such a restriction might be to prevent public order offences in our bistros.

But FOSP believes that any such restriction on conversation restricts the health of society. Rather than saying that such topics should be banned from conversation, FOSP says that these are among the most important topics for human beings to *learn to talk about*. Indeed violence more often results from an *inability* to understand and to talk such things over.

Faith Hope and Reality; There is something important about 'real' encounters. Those organising the EIF will say that there is all the difference in the world between listening to a recording of Beethoven, and listening to a live performance.

Those organising the Fringe will say that that there is all the difference in the world between watching a comedian on television, and being part of an audience caught up in an experience with him.

Those organising the Book Festival will say that there is all the difference in the world between reading a book and hearing the author expand on her subject.

So too with FOSP, there is all the difference in the world between reading of issues in the papers, and being part of a conversation with people caught up in them.

Conversation is particularly in our minds this year. 2011 is the Tercentenary of the birth of the Philosopher David Hume. Our Church marked that anniversary. In the University, Professor Emeritus Peter Jones gave a lecture, stressing the importance of conversation in Hume's life. Jones speaks of conversation being the "cement of society and that when we ... lose our capacities for (it) we are in peril".

For Jones: "*Conversation is a sacred and improvisatory practice in which the duty to listen precedes the right to speak.*"

By coincidence, Jones' lecture was delivered on 25 January - the birthday of Robert Burns.

Not long after Hume's death, Robert Burns himself visited this city, he briefly joined the conversational circle known to Hume.....the Economist Adam Smith, the Chemist Joseph Black, the Geologist James Hutton, and the Sociologist Adam Fergusson. Burns wrote in the year of that visit [April 1787]: "*I don't know how it is with the world in general, but with me making my remarks is by no means a solitary pleasure. I want some one to laugh with me, some one to be grave with me, some one to please me and help my discrimination with his or her own remark.....*"

He goes on to voice a wish that human beings might be "*capable of so intimate and cordial a coalition of friendship as that one man may pour out his bosom, his every thought and floating fancy, his very inmost soul, with unreserved confidence to another, without hazard of losing part of that respect which man deserves from man*".

Eight years later [1795] such thoughts on mutual **honest respect** found expression in the words we shall sing later. ["*A Man's a Man for a' That*"]

Conversation makes the world go round. If Religion, Politics, Money and Sex are not regular features of that conversation the world will begin to spin on some very strange axes.

Conversation was vital in the Scottish Enlightenment. Conversation is vital to today's culture. *Skills of listening and of speaking* in the more difficult areas of our life are needed if we are to lay foundations for peace."

Rt Rev Brian Smith, Bishop of Edinburgh

FiOP aims to educate and support those who care for older people so listening and conversations are a vital ingredient.

"CONVERSATIONS" ON SPIRITUALITY AND HEALTH.....

During the Edinburgh Festival of Spirituality and Peace over 80 people attended St. John's Church, for a "conversation" on spirituality and health, led by FiOP Trustee **Dr. Geoff Lachlan** and Lead Healthcare Chaplain for NHS Lothian **Rev. Sandy Young**.

By using examples from cutting edge science Geoff described spirituality as central to our understanding of the meaning of life and a core driver of our natural inner healing process, previously known as the "placebo effect". Studies using f-MRI scans of the brain have demonstrated the physical effects of healers sending prayers to recipient volunteers, whilst the neurophysiological effects of meditation on an individual have been similarly documented. Both of these effects have the ability to enhance our innate natural healing response.

Sandy described how he and his team work to support individual patient's spirituality within the busyness of Edinburgh Royal Infirmary. A lively discussion followed as several people asked searching questions. Discussions were continued informally after the conversation, which had obviously stimulated considerable interest.

The whole event was enhanced at the start and end by a guitarist beautifully playing moving and evocative music from Rodriguez Concerto d'Aranjuez and Hans Zimmer's The Gladiator.

FiOP commenced our **Mentoring Programme** for Care Home Staff which is being funded by the Esmée Fairbairn Foundation. This is the first year of a three year programme and staff from six care homes are participating. The following two years will enable a different group of staff to take part.

If you would like further information with a view to joining the next set please contact Maureen O'Neill info@fiop.org.

Further workshops to increase awareness of spiritual care have taken place in care homes.

If you would like to organise a session please contact us - info@fiop.org

The one day course on '**Creative Communication**' led by **John Killick and Kate Allan** was very well attended and the feedback very positive.

For information about courses, materials and other events please contact info@fiop.org.uk

Recommended Reading:

Creativity and Communication in Persons with Dementia - A Practical Guide - John Killick and Claire Craig (Jessica Kingsley Publishers 2012 ISBN 978 1 84905 113 2)

"This charming and erudite book presents a wealth of experience about the arts and dementia in a readable and helpful form...It is a treasure trove of ideas, suggestions and helpful guidance". (Mary Marshall, Professor Emeritus, University of Stirling)

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a FREE way to record the practical details of your life. You can record all sorts of useful details from who insures your car, to where you put the TV licence. Available in both booklet and computer versions. See website: www.ageuk.org.uk/lifebook



Group and Individual Work with Older People – a Practical Guide to running successful activity based programmes. Swee Hong Chia, Julie Heathcote and Jane Marie Hibberd (Jessica Kingsley 2011 ISBN 978 1 84905 128 6)

The book provides step by step instructions for a range of activities, including arts and crafts, music drama, reminiscence, relaxation and life skills.

Not Dead Yet – Julia Neuberger. (Published by Harper 2009 ISBN 978 0 00 722647 4)

Julia confronts the shameful treatment of older people and in doing so sets us on the road to change that will benefit us all.

Handwritten Bible Project

To celebrate the 400th anniversary of the publication of the King James Version of the Bible, MHA encouraged its residents to produce a new testament written entirely by hand.

Each home was invited to pen a few chapters, either individually or as a group. As Auchlochan has more residents than any other MHA development, I suggested that we could complete 60 chapters.

A large group of willing residents gathered in Auchlochan's Douglas Suite on the afternoon of March 7th 2011, bringing their favourite pens, and by the end of the allotted time the bulk of the work was completed. Individuals spoke warmly of the scriptures coming alive as they concentrated on forming each sentence and spelling each word.

Only when the sheets of writing were gathered in were we able to witness the miracle that had taken place. Each hand was so very different from the next, but every page fitted into the whole, in just the same way in which the bible itself was formed. Rarely is such evidence of diversity within community so clearly expressed during a group activity in which every member is working towards the same goal.

We look forward to seeing the finished article and giving thanks to God for the gift of the bible.



The Revd. Cliff G. Jackson, Chaplaincy Team Leader, MHA Auchlochan Garden Village, Lesmahagow

FORTHCOMING EVENTS

DECEMBER

Date Saturday 10th December

Event: Soil, Soul and Society workshop with Satish Kumar of the Schumacher Institute

Place Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh EH1 1EL

Time: 10.30 am - 5.30 pm

The future wellbeing of humanity and the earth is dependent on a new worldview in which the care of the planet, nourishment of the soul and the nurturing of the human community are integrated and seen as a continuum. As the trinity of égalité, liberté and fraternité, we need a new trinity for the age of ecology which has wholeness, integrity and cohesion. Satish proposes the trinity of soil, soul and society.

Cost: £50. For a Registration Form:

<http://www.eicsp.org/downloads-org/category/197-satish-kumar-visit-registration-form>

Contact: Neill Walker, mesp2008@hotmail.co.uk, 0131 331 4469.

Date Saturday 10th December

Event: Towards a Vision of Sustainability, Spirituality and Justice

Place Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh EH1 1EL

Time: Registration at 6.30 pm for 7 pm start
Chair: The Rt Rev Brian Smith.

Forum Panellists: Sister Candasiri of the Amaravati Buddhist Monastery; Kathy Galloway, Head of Christian Aid Scotland, former leader of the Iona Community, writer, theologian, campaigner; Alastair McIntosh, campaigning academic, speaker, writer, poet and broadcaster.
Event Description: The future well being of humanity and the earth is dependent on a new world view in which the care of the planet, nourishment of the soul and the nurturing of the human community are integrated and seen as a continuum. Our reverence for the earth, our care of the soul and a just order in society represent a vision of sustainability, spirituality and justice.

Cost: £10/£8 (Concessions).

Contact: Tickets Scotland Ltd, 127 Rose Street, Edinburgh, EH2 3DT. 0131 220 3234. 9am-6pm (8pm Thursday), 11am-6pm Sundays <http://www.tickets-scotland.com/>

Positive Ageing - A Scotland for All Ages Scottish Older People's Assembly 2011 webcast

This year's Scottish Older People's Assembly on 25 October 2011 was the first Assembly to use video conferencing. **You can now view the conference webcast:**

<http://www.beyongolia.com/2011/10/scottish-older-people-assembly/>

this includes videos of all the presentations and the question and answer sessions with Nicola Sturgeon MSP, Deputy First Minister and Steve Webb MSP, Minister of State for Pensions.

Please share this information with your networks of older people's groups and organisations, government and local authority contacts and all other contacts who may find this webcast of interest.

One of the aims of the Scottish Older People's Assembly Steering Group was to demonstrate that by using video conferencing and the webcast a wider audience could be reached involving those older people who were not able to attend on the day and sharing information about the conference as widely as possible.

Date 13 and 14 March 2012

Event: Spiritual Care and Health: Improving Outcome and Enhancing Wellbeing, International Conference

Place The Beardmore Conference Centre, Glasgow

This interactive conference is for healthcare researchers, educationalists and practitioners with an interest in spiritual care. You will explore how its delivery may enhance patient outcome and the wellbeing of patients, their carers, staff and organisations.

Aims of the Conference

1. share up-to-date, ground breaking research to inform spiritual care education and practice.
2. promote relationships between researchers, educators and practitioners in the field of spiritual care from all over the world.
3. promote spiritual care as being an integral part of quality holistic healthcare which is person-centred, safe and effective.

Conference Chair - John Swinton - Professor of Practical Theology and Pastoral Care, University of Aberdeen

Website <http://www.nes.scot.nhs.uk/media/522685/662-spiritual-care-abstracts.pdf>

**ADVANCE NOTICE
INTERNATIONAL
CONFERENCE**

7 – 10th July 2013

**Creativity, resilience and
spiritual care for older People**

To be held at John McIntyre
Conference Centre Pollock Halls
Edinburgh

Organised by FiOP in collaboration with
Methodist Homes Association

This conference would continue to
develop the themes from previous
conferences held in Adelaide &
Canberra in Australia, Durham in the
UK and recently in 2009 in New
Zealand.

**We will launch an official website to
register for this conference in January
2012.**

OUR NEW TRUSTEES

At our AGM in October Faith in Older People
elected two new Trustees:

Rt Rev Bruce Cameron

Elected Bishop of Aberdeen & Orkney (1992),
and Primus of Scottish Episcopal Church
(2000), after retirement in 2006 he was
Resident Scholar for a year in the USA. In
2008 he and his wife, Elaine, were Interim
Wardens at the ecumenical conference centre
– Scottish Churches House. Currently
Associate Convenor of Scottish Churches
Housing Action, and Convenor of Scottish
Friends of Ecumenism, he & Elaine live in
Perthshire & enjoy gardening, reading,
theatre and music.

Professor Mary Marshall

Mary is professor emeritus at the University
of Stirling where she was director of the
Dementia Services Development Centre until
2005. She employed our founder, Malcolm,
as a researcher and obtained a JRF grant for
him to research and write his important book
"Hearing the voice of people with dementia".
She is now retired but continues to write and
lecture on dementia care especially on design
and ethics.

WE NEED YOUR SUPPORT

FiOP is now four years old and carving
out a specific niche around ageing and
spiritual care.

The experience we have gained clearly
shows us that having a focus on the
spiritual care needs of older people,
wherever they are living, enhances their
lives.

We need to continue our work within faith
communities and health and social care
settings and to raise awareness of the
spiritual element in good person-centred
care.

FiOP **urgently** needs to raise funds to
sustain this work so that we do not lose
the momentum we have established.

PLEASE GIVE GENEROUSLY.

Your gift will be put to good use in
enabling the development of our
education and training programme, the
organisation of events and the ability to
produce Newsletters and other
publications.

✂-----✂-----✂-----✂

Thank you for your generosity

Gift Aid Declaration

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FAITH IN OLDER PEOPLE

Signed.....

Date.....

We celebrate ageing and faith

Developing an understanding of spiritual care of older people.

Encouraging people to celebrate growing older and

Recognising and affirming their gifts and experience.

We offer support and training to pastoral carers

and

ordained members on an ecumenical basis and amongst people of other faiths.

Supporting caregivers within health and long term care institutions to enhance the quality of life and wellbeing

by ensuring the inclusion of spiritual care for older people

Faith in Older People

Director
Maureen O'Neill

Training Officer
Mary Moffett

Administrator
Jean Myers

We are actively seeking further funding from a variety of sources and are particularly grateful to all individual donors.

***Can you help?
See previous page***

PROTECTING THE VULNERABLE

The Scottish Episcopal Church is committed to protecting the vulnerable and to ensuring the suitability of people working with or delivering services to them. Historically, the focus has been very much on child protection and, as a result, this area is very well-developed.

In contrast, vulnerability in older people is much less developed and, while recent Government legislation such as the Adult Support and Protection (Scotland) Act and the Protection of Vulnerable Groups (Scotland) Act addresses vulnerability in older people, the reduction in public sector budgets means that, in the next few years, services for older people will be under a greater degree of strain than ever before and the amount of support available for vulnerable older people, regardless of what that vulnerability is, will be very limited.

In the absence of statutory support from local social work, health and other services, it is likely that a significant burden will fall on the voluntary and third sectors and there is little doubt that churches will take on a larger role than present as a provider of such support.

In anticipating that, it is essential that those in the church who are working with and delivering services to older people are aware of what their legal responsibilities are and what the challenges that might face them might be.

This is an area that is still developing so it is not easy to give advice that covers every set of circumstances that workers might come across but a problem shared is a problem halved.

So, if you have a difficult situation and are looking for someone to talk to about it, I am as good a starting point as any. While I am not an expert, I probably know someone whom you might speak with. I am confident that, together, we will be able to develop appropriate solutions to any problems that arise.

Please take advantage of that.

Donald Urquhart, Provincial Officer for the Protection of Children and Vulnerable Adults, Scottish Episcopal Church.

Telephone – **0131-225-6357 / 07702793553**

E-mail - protection@scotland.anglican.org