

SEPTEMBER 2017 NEWSLETTER



2017

Celebrating 10 years

Faith in Older People Website

Welcome to our new website launched on 7 September 2017 as part of our 10th anniversary celebrations. We are grateful to The Graphics Co-op for all their work.



FiOP Board – Thank you, goodbyes and welcomes

FiOP celebrated its 10th AGM on 7th September. We were pleased to welcome present and past members of the Board and individuals who have

played a significant role in developing our work over the years.

We were sorry to say goodbye to Bruce Cameron our chairperson for the past six years who had completed his term of office along with Mary Marshall. We thank them for their significant contribution to the organisation. We are delighted to welcome Bob Rendall as our new Chairperson. He brings a wealth of experience to the role. In addition we also welcome two new Board members, Richard Baker and Cliff Jackson, who bring experience of working with older people and chaplaincy.

Our 10 Year Review and annual accounts 2016-17 are available to view – please click [HERE](#)

FORTHCOMING EVENTS

IDENTITY AND BELONGING

A collaborative one-day conference

Tuesday 17th October 2017

Registration 10.00am -Finish 4.00pm

Venue – Linlithgow Burgh Halls

£40.00

This conference will be held in collaboration with

- Interfaith Scotland
- Marie Curie
- Stonewall
- Edinburgh University School of Health and Social Science
- Edinburgh University Chaplaincy



Where does our sense of identity and belonging come from? How does religion, culture, sexual orientation, class and family influence our sense of being human and our attitudes to our society? Our conference aims to debate these issues and to consider what practical action different communities could take to engender a stronger sense of ourselves as members of difference communities and as citizens.

To book, click [HERE](#)

THE 10TH ANNIVERSARY MALCOLM GOLDSMITH LECTURE 2017

8th November 2017 at 10.00am

Methodist Halls, 25 Nicolson Square,
Edinburgh EH8 9BX

£10.00 including refreshments

We are delighted that **Angela Constance MSP Cabinet Secretary for Communities, Social Security and Equalities** has agreed to give this year's lecture.

The focus of her lecture will be on *'The role of the faith communities in supporting the well-being of older people and those with dementia'*.

Angela has been an MSP for Livingston since 2007 and has held several senior posts in the Scottish Government.

Further information will be provided to delegates later, but if you would like to book your place, please click [HERE](#)

FAITH IN OLDER PEOPLE AND CHURCH OF SCOTLAND GUILD A CONSULTATION ON THE ROLE OF THE CHURCHES IN COMBATting LONELINESS AND ISOLATION

This consultation was arranged to take forward a project supported by ACTS to look at the place of older people in the work of the churches and is intended to build on the work of Faith in Older People, the Church of Scotland Guild and others to consider how churches might develop their work with older people in terms of worship, prayer and action. A current key issue for both Government, statutory and voluntary organisations is that of loneliness and isolation which is a matter of concern to churches.

The conference report is available on the Faith in Older People website.

A second conference to share current work, to consider ideas and to make connections with other community initiatives is being held on 4 October 2017 at 121 George Street, Edinburgh – PLEASE BOOK A PLACE BY CLICKING [HERE](#).

FAITH IN OLDER PEOPLE ACTIVITIES

LONELINESS AND ISOLATION

The Scottish Government is currently developing a strategy on the issue so it is important that faith communities make their activities known and highlight issues that need to be addressed. Please contact Maureen O'Neill – email Director@fiop.org.uk

Helpful resources

Voluntary Health Scotland (VHS) brought together a briefing paper:

<https://www.vhscotland.org.uk/?s=VHS+Conference+briefing+on+loneliness>

<https://www.vhscotland.org.uk/?s=VHS+briefing+on+loneliness>

Spiritual Care in Care Homes



This project is supported by the Life Changes Trust and is progressing well. The survey of all care homes in Scotland to ascertain the understanding of spiritual care and what

education is undertaken has been completed and the outcomes will be disseminated in the autumn of this year. In parallel a series of workshops have been held for identified care homes to develop an approach to support the spiritual lives of people with dementia – the Purple Bicycle. Our project leads are Simon Jaquet and Harriet Mowat.

Just Festival – A Conversation

Faith in Older People was pleased to hold a conversation attended by 40 people as part of the JUST Festival in August. Chaired by the Rt Rev Bruce Cameron, the topic was 'Faith and Ageing' and our panellists were Rabbi David Rose, Asif Sheikh and Rev John Bell each representing a perspective of ageing from their faith.



There was a strong focus on the contribution made by older people to our society and the importance of respecting age and the wisdom and experience it can bring. We have to acknowledge that growing old does not necessarily make us benign or full of wisdom! There was a common theme of older people holding the stories of our communities and the ethics underpinning our society. It is important to get away from the negative conations of ageing but to focus more strongly on the reciprocal support that can be offered through the ages.



SPIRITUAL CARE MATTERS is for all staff and volunteers working in care homes, health and social care. It is an on-line learning course designed to promote, recognise, respect and support the spiritual well-being of older people. The course is an introduction to spiritual care, how it is defined, what it means in practice and why it is important.



The course uses the SSSC Open Badge to recognise learning for ongoing staff development and the link is :<https://www.badges.sssc.uk.com/badges/spiritual-care-matters/>



THE ANNUAL GUILD MEETING was held in Dundee following their theme of 'Go in Love'. Attended by over 2000 members of the Guild it was an enlivening and thoughtful day with plenty of singing and laughter.



The Guild members provide many services to the community and FiOP is pleased to be working with it on the theme of 'combatting loneliness and isolation'.

CREATIVITY AND CONNECTION IN DEMENTIA

As I read Philip Larkin's poem 'Solar,' hush fell. I looked round the group. Many had their eyes closed, faces turned gently upwards, smiling softly. Silence remained for several moments. Then, conversations flowed – one asked for a line to be read again, to revel in the phrase; others spoke of sunshine, or of summer days.

The group is called 'Lunch Breaks,' and is attended by people living with dementia, and carers. The programme offers a range of activities to suit varying interests. Connectivity grows over the shared meal; and the activities.



Creativity opens ways to connect. The 'Pocket Guide to Arts Activities for People with Dementia' notes: 'Research has shown that encouraging people who are living with dementia to take part in regular creative activities significantly enriches and improves their quality of life, helping many to live well with their condition.' Perhaps most widely known is how powerful music can be for engagement, joy and connection for people with dementia.

Poetry can bring such connection too. A rhythm felt; a sense experienced; a verse learned by heart long ago, recited; a response sparked by a word or phrase or metaphor, where imagination, memory or emotion lead, unfolding within the person exactly as they are, in the here and now. The poet Deborah Alma says, about her work with people with dementia: "Always importantly it [is] about the present moment."

Inspired by poet John Killick, who writes poetry with people with dementia, in Lunch Breaks we have written group poems. Participants loved putting their own ideas into poetry after Edwin Morgan's 'Foundation,' a wondrous poem imagining what to put into a foundation stone for future generations. 'Variation on Foundation' is made of the participants' own words, phrases, senses, memories, imaginations. With poetry, there are also often unspoken responses – perhaps tears; a smile; a

The exhibition 'Variation on Foundation,' showcasing creativity from the Lunch Breaks and Befriending groups at the ELC, will be part of Luminare, the Festival of Creative Ageing, during October 2017. Further information in the Luminare Programme. All welcome.

touch; a laugh; a spark of recognition; a sense of stillness.

The practical theologian John Swinton writes: "...the sacrament of the present moment...can be spoken in a myriad of different ways – through a touch, a gesture, a fleeting look...To be with one another in the present moment is to allow our souls to touch...to be open to surprise, new possibilities, and the kind of hidden experiences...vital in understanding the experiences of people with dementia."

The present moment is sacrament: creativity perhaps, another form of bread and wine.

Martha Pollard is Dementia Befriending and Carer Support Programmes Manager at the Eric Liddell Centre (ELC), Edinburgh.



OTHER INFORMATION



Good Life, Good Death, Good Grief is working to make Scotland a place where there is more openness about death, dying and bereavement so that:

- People are aware of ways to live with death, dying and bereavement
- People feel better equipped to support each other through the difficult times that can come with death, dying and bereavement

Good Life, Good Death, Good Grief brings together individuals and organisations that

share this vision. We are interested to hear from any person or organisation who wants to work with us to make Scotland a place where people can be open about death, dying and bereavement.

There is a small grant schemes to support organisations wishing to participate in this year's To Absent Friends festival.

IF YOU WOULD LIKE TO HOST AN EXHIBITION OF GLGDGG PHOTOS which are very thought provoking, please contact Robert Peacock on 0131 272 2735 or email robert@palliativecarescotland.org

Further information on the work and forthcoming events go to

<https://www.goodlifedeathgrief.org.uk/>

SCOTTISH CHURCHES DISABILITY GROUP: BREAKING THROUGH BARRIERS

Saturday 30th September 2017 – Registration 10.30am: Dalziel St Andrew's Church, Motherwell

The annual conference of the Scottish Churches Disability Group will focus on positive ways of breaking through barriers which sometimes prevent people with disabilities from full participation in worship and community life in churches. The format of the event will be a series of conversations with people with personal experience of learning disabilities, hearing and sight loss and other disabilities.

Mr Jeremy Balfour, MSP, who leads the Scottish Parliament's Cross-Party Group on Disability, will give an opening address. The conference will conclude with the AGM of the Scottish Churches Disability Group, to which all are invited.

For further information about the programme and a booking form, contact SCDG Secretary, Barbara Graham, at Barbara.graham74@btinternet.com or tel. 01563 522108. Further information on transport will be given to people who book places.



The Silver Line, Scotland

0800 4 70 80 90

Founded by Dame Esther Rantzen, The Silver Line is a simple concept – a free helpline for older people, available 365 days-a-year, 24- hours-a day, where you can ask about local services, talk in confidence, get some friendly advice, or simply have a chat.

Silver Line Founder Dame Esther said:

“Since the death of my husband Desmond Wilcox, I know what it is like to feel lonely – and so I also know what difference it makes to speak to a friendly voice.

Many of the people who call The Silver Line have led fascinating lives but now find themselves alone, often because they have lost a partner or loved one.”

“There is still a stigma to admitting you are lonely, but I believe we should all be honest about our loneliness, so that others can help”

Callers to The SilverLine can also choose to be matched to a Silver Line Friend, and receive a regular friendship call. They can match the caller to a volunteer who shares their interests to ensure they suit each other and there is no cost for the call.

Other popular services that are offered include

‘Silver Letters’ an exchange of regular letters and correspondence. This letter friendship service was created in response to the people who said they enjoy communicating with people by writing letters.

‘Silver Circles’ - a group call where people discuss things that interest them with a wider group.

‘Silver Connects’ – This team of experienced staff and volunteers provide support, advice and a voice for older people to express their views and challenge anything they are unhappy with.

Moira Gallagher Nations Manager, Scotland advised:

“Just under 70% of calls to the helpline are made at night or weekends when other services are often not available.

Since the helpline was launched in November 2013 we have received over 1.5 million calls from lonely or isolated older people, about 10% of those calls from Scotland and we expect, as word spreads, that the number of calls received will continue to grow year on year. The Silver Line already has over 4000 trained volunteers and further recruitment will commence later in 2017 with information on the website.

It is important too for older people to know that there is no cost to the caller, or to the volunteer, for any of our services”

Whether you are interested in using The Silver Line helpline, know someone who would benefit from it, or would like to support us by volunteering, or with a donation,

Call 0800 4 70 80 90 or go to the website www.thesilverline.org.uk to find out more.

SILVER SUNDAY on Sunday 1st October is fast approaching Our new website is up and running and you can add your events here. Whatever you can do, or are thinking about, it will be most welcome. Belly dancing, cheer-leading, knitting & art classes, tea mornings, hot chocolate evenings – the more we put on, the more we can help older people suffering from loneliness and isolation.

We ask that you continue to do all that you can to keep the momentum going this Silver Sunday and encourage others to do the same. We appreciate that not everyone can organise an event so even if you find that you can't, maybe you know someone who can, so please share our message. We really look forward to hearing from you and seeing your ideas on the website.

THE ALBERTUS ANNUAL LECTURE – 12 OCTOBER 2017

The first Albertus Annual Lecture will take place on Thursday 12 October at the Royal Society of Edinburgh, 22-26 George Street, Edinburgh EH2 2PQ, at 6.30pm. To mark the Luther Quincentenary, Professor Andrew Pettegree, FRHistS, Professor of Modern History at the University of St Andrews will speak on:

Print and the Reformation. A drama in three acts

The power of the printing press was a major contribution to the spread of the Reformation. The Reformation both revolutionised the market and stimulated crucial innovations in the design and selling of books. This began in Wittenberg, where the partnership of Martin Luther and Lucas Cranach played a critical role in shaping the Reformation pamphlet.

The event is being jointly hosted by the Royal Society of Edinburgh and will be chaired by Dr Brian Lang CBE FRSE, a former Chief Executive of the British Library and a former Principal of the University of St Andrews. Booking is through the RSE website www.rse.org.uk Please note there has already been considerable interest in this event and you are strongly advised to book early as places are limited.

The event is free but there will be an opportunity to make a voluntary donation to help cover costs.

ANNUAL CHRISTMAS CHARITY LECTURE – THE POWER OF PERSONAL MUSIC FOR DEMENTIA: A Personal Journey - Monday 11 December 2017 – 7.00pm - £Donation

Venue: Royal College of Physicians of Edinburgh, Great Hall, 9 Queen Street, Edinburgh EH2 1 JQ

Sally Magnusson found the charity *Playlist for Life* after caring for her mother who suffered from dementia during her final years. In this lecture Sally will talk about her experiences with the charity and the support and inspiration that they give to individuals with dementia. Providing a connection to lost memories and helping to restore a sense of identity, Sally will discuss how personal music can help to transform daily life.

For online booking click HERE.

FAITH IN OLDER PEOPLE is a small voluntary organisation which aims to enhance the quality of life and well-being of older people by working with those providing practical, pastoral or spiritual care. WE DO THIS THROUGH TRAINING, EVENTS, RESEARCH, PROJECTS AND CONSULTATION.

In addition to these events, we also offer the possibility of tailor-made courses.

IF YOU WOULD LIKE TO DISCUSS THIS, PLEASE CONTACT ME (Maureen O'Neill) at director@fiop.org.uk or telephone 0131 346 7981. All our events can be booked via our website www.faithinolderpeople.org.uk



Faith in Older People

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