

MARCH 2018 NEWSLETTER

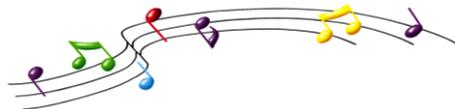


FAITH IN OLDER PEOPLE

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.

THE POWER OF MUSIC FOR PEOPLE WITH DEMENTIA AND THEIR CARERS

Venue – The Station Hotel, Perth
Date – THURSDAY 24 MAY 2018
Cost - £40.00



CREATING SINGING GROUPS FOR PEOPLE WITH DEMENTIA
A WORKSHOP LED BY DIANA KERR
DEMENTIA CONSULTANT, AUTHOR AND SINGING GROUP LEADER

PLEASE EMAIL US TO BOOK YOUR PLACE – info@fiop.org.uk

“Diana is very enthusiastic and engaging. She spreads her passion and others catch it.”

“Please can we come back next time?”

FAITH IN OLDER PEOPLE has always had a focus on the creative aspects which contribute to an individual’s sense of spiritual well-being. **“Spirituality encompasses wide ranging attitudes and practices which focus on the search for meaning in human lives, particularly in terms of relationships, values and the arts”.** The positive effects of music and singing are well documented.

BECOME A FRIEND OF FIOP

The past 10 years have been stimulating, fun and ambitious with a huge amount of learning as the charity developed and settled into its key role nationally. We have been fortunate to have worked with a tremendous team of associates who have brought different skills and experience which has enabled this incredible expansion of our work. Our growth has been enriched and complemented by opportunities to collaborate with organisations whose work also encompasses the spiritual dimension.

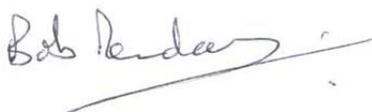
Keeping the spirit alive despite circumstances is fundamental to our well-being so we need to understand what matters to each of us as we age. Over the past 10 years we have had 3375 participants in our courses; held seven Malcolm Goldsmith Lectures with internationally renowned speakers; organised an international conference; undertaken six research projects and published a variety of articles and reports. We have responded to identified need with a range of projects and importantly collaborated with different organisations who bring experience and expertise. **See our [2017 ANNUAL REVIEW](#)**

The requests we receive to participate in events and the number of people responding to our courses and projects are testament to a growing awareness of the spiritual dimension and the work of our small team. It is included in Scottish Government policies and recognised by regulatory bodies but there is still so much more to achieve. We want to ensure that the spiritual dimension is well understood and that those providing care know *'what gives zest, energy, meaning and identity to the person's life, in relation to other people and the wider world'*.¹ This applies to those cared for and those providing the care.

We remain ambitious for the future, but we need and value your support. **Please become a FRIEND of FiOP.** An annual contribution of £25 will make an enormous difference to our small organisation. As a Friend you will receive our regular eNewsletter and invitations to our events. **Please request an application form from info@fiop.org.uk**. Find out more about our work on www.faithinolderpeople.org.uk

With all good wishes

Your sincerely



Bob Rendall
Chairperson



¹ Froggatt K. and Moffitt L. (1997) *Spiritual needs and religious practice in dementia care. State of the Art in Dementia Care*, London: Centre for Policy on Ageing (Ed. M. Marshall)

FORTHCOMING EVENTS



Watch out for **FAITH IN OLDER PEOPLE'S** future events

SAVE THE DATE – THE MALCOLM GOLDSMITH LECTURE 2018

Thursday 8 November 2018 – further details to follow

GUEST SPEAKER - *The Rev Canon Dr Joseph John Morrow CBE KStJ QC DL LLD*

St Mary's Cathedral, Edinburgh – Open Day 28 April 2018;

Music; Creative Days; Death and Dying (Clergy);

JUST Festival; Malcolm Goldsmith Lecture;

eLearning Launch; Roundtable – Theology of Ageing

DATES TO BE CONFIRMED

VISIT TO EDINBURGH BY ANDREW HARVEY – 2-DAY RETREAT:

HOPE AND SACRED ACTIVISM

SATURDAY 14-SUNDAY 15 APRIL 2018. Main Hall, City of Edinburgh Methodist Church, 25 Nicholson Square, Edinburgh EH8 9BX. Cost £100/£80 (concessions). Registration from 9.30am. Contact Neill Walker – mesp2018@hotmail.com 0131 331 4469.

SCOTTISH PARTNERSHIP FOR PALLIATIVE CARE is organising the following event:

Everyday Compassion Conference

This conference will bring together experts from across Scotland, the UK and beyond, to explore practical ways of encouraging a more open, supportive and compassionate Scotland in relation to death, dying and bereavement.

Plenary speakers include **Kerrie Noonan**, Director of **Australia's Groundswell Project**, **Professor Allan Kellehear** of Bradford University, and **Dr Libby Sallnow** of St Joseph's Hospice London.



Themes covered will include Compassionate Communities; Death Education and Bereavement Support in Schools; Socio-economically Disadvantaged Communities; the Role of Faith Communities; Media Campaigns; Community Development and Compassionate Workplaces. View the full programme here: [Everyday Compassion Conference Programme](#)

[NB Faith in Older People (FiOP) will be taking a discussion group on ‘The role of Faith Communities – the practical and the spiritual’]

The event takes place on **Wednesday 25th April 2018** at Renfield St Stephen Centre, Glasgow. Tickets, priced at £20, are available via [Eventbrite](#). – for more information please click [HERE](#)

PALLIATIVE AND END OF LIFE CARE TEAM - Further to the publication of *'Enriching and Improving Experience. Palliative and End of Life Care: A framework to support the learning and development needs of the health and social services workforce in Scotland'*. The framework is now available on NHS Education for Scotland TURAS Learn:

<https://learn.nes.nhs.scot/2452/palliative-and-end-of-life-care/palliative-and-end-of-life-care-a-framework-to-support-the-learning-and-development-needs-of-the-health-and-social-service-workforce-in-scotland>

If you require any further information, please contact pallcare@nes.scot.nhs.uk.



GOOD DEATH WEEK will take place across Scotland from **14-20 May 2018**. It is an opportunity for individuals and organisations to promote the positives of living in a society where people can be open about dying, death and bereavement. It replaces our annual 'awareness week', which in previous years has seen all kinds of events including death cafes, conferences, art exhibitions, information sessions, film screenings, craft workshops and before I die walls. Organisations are invited hold events to mark the occasion, as well as making a noise over social media. Anyone can get involved by organising an event. to chat through your ideas, [get in touch](#), and if you are planning to take part please let us know so we can help promote your event. For those looking for inspiration, the theme this year will be 'What does a good death mean to you?'



Don't delay – order your Dying Matters resources today



Dying Matters Week is approaching fast (14-20 May) and you're probably already planning your events and activities for the week.

We've got a wide range of resources and many fantastic value packages for you to take advantage of. With in-depth booklets and useful information leaflets, as well as t-shirts, pens, stickers and pull-up banners, we're here to help make sure your activities are a huge success.

All the resources are available in our [online shop](#).

SILVER SUNDAY

Silver Sunday is just seven months away - and we hope that **Sunday 7 October** is already firmly in your diary! If you are interested in taking part or have any questions at all please feel free to email us at info@silversunday.org.uk or call 020 7641 3609.



'PERSON CENTRED CULTURE – Removing the blinkers' Sharing the learning from the **Marie Curie Edinburgh Hospice**. Admission: **Free**. Tuesday, 24th April 2018, 12.30 – 4.30pm. **The Norton Street Conference Centre**

The Marie Curie Edinburgh Hospice would like to invite you to a free event to explore how strengthening a person centred culture can deliver positive change in care and support for staff, patients, families and carers.

Why should you attend?

'Person-centredness' is a topical theme for health and social care organisations, as they explore how patients, staff, families and carers can sit at the heart of care and decision-making. The Scottish Government is looking to ensure a person centred approach is taken in the design of care and support across health and social care settings. The principles and approach of person-centredness is central to the new Health and Social Care Standards which will inform the inspection framework.

The Marie Curie Edinburgh hospice can demonstrate some of the tools which have helped create real organisational change, and improved performance and quality of care as it has moved towards a person centred culture.

This is a practical, interactive conference based on active learning and sharing of knowledge and best practice. To read more about the event and sign up, click [here](#).

OTHER INFORMATION

COME AND SING CAFÉ Developed with support from the Life Changes Trust, this online resource shows how/why a group of churches in the east end of Glasgow have developed their 'Come and Sing' Café. [Cranhill, Ruchazie, Garthamlock and Craighend East churches, which are collectively known as the g.r.A.c.c.e grouping, run a Come and Sing café.]



It is available on-line

<https://www.youtube.com/watch?v=omdlRdaG8c&t=5s>

LONELINESS AND ISOLATION

Noted below is the link to the recently launched Scottish Government consultation on the draft strategy to combat loneliness and isolation. It would be helpful if you could let FiOP have a copy of your response as this would help us to continue to develop the work being undertaken by FiOP and the Church two meetings we held last year to the Scottish Government and other interested parties. <https://consult.gov.scot/equality-unit/connected-scotland/>

TO ABSENT FRIENDS

Over the years FiOP has had a focus on end of life issues. This has ranged from a Malcolm Goldsmith Lecture given by Rabbi Baroness Neuberger, civic cafe workshops to training for pastoral carers and for clergy. We stress the importance of having the 'conversation' about wishes for end of life from the practical to the spiritual and to find ways of remembering those who have died by way of celebrating their lives but also to provide comfort to those who are bereaved.

The Good Life; Good Death; Good Grief initiative from the Scottish Partnership on Palliative Care through its 'Absent Friends' programme provides illustrations of how conversations can be enabled.

Please give thought as to how your congregation or organisation might develop an event. https://www.goodlifedeathgrief.org.uk/content/resources/1521130354_TAF_2017_Final_Evaluation.pdf



HEART FOR ART

Dementia Friendly Art Classes organised by CROSSREACH (The Church of Scotland Social Care Council).

Have fun, make new friends and learn new skills.

[FOR FULL DETAILS OF CLASSES](#) CONTACT 01324 718674 or email heartfor.art@crossreach.org.uk

STRIDE FOR LIFE WALKS

Supported by Paths for All, the Stride for Life Walking programme throughout Perth and Kinross aims to develop our walking network to become more accessible to people living with dementia.

[FOR FULL DETAILS OF WALKS](#) CONTACT 01738 454628 or email camelville@liveactive.co.uk.

Just come along!



Spiritual Care Matters is a series of e-learning courses for front-line staff working in care homes, health and other care settings.

What matters most – for older people?

Supporting the spiritual needs of older people

This course will help you build confidence, skills and resilience to support the spiritual well-being of older people.

The course explores how spiritual care is defined, what it means in practice and why it matters to support the spiritual needs of older people.

What matters most – for care staff?

Looking after your own spiritual well-being

This course speaks directly to care workers and their need to develop tools for coping in emotionally demanding situations.

The course explores why it is important to look after yourself, builds your skills and confidence and will help you find support when you need it.

“It’s a good course – I developed skills and confidence to support residents.” Registered Nurse

“Looking after the spiritual well-being of the whole workforce means that staff feel respected, appreciated and trusted. It helps create a supportive atmosphere.” Care home manager

What’s involved?

The course involves five half hour ‘lessons’ that you receive in a daily email. You can access the course through a laptop, computer, tablet, smart phone. You’ll need an internet connection to receive the daily emails and the course materials.

Both courses use [Open Badges](#) to recognise learning for ongoing staff development.

“I liked the Daily 30-minute lesson – realistic, achievable and flexible.” Head of Care

How can I sign up for Spiritual Care Matters?

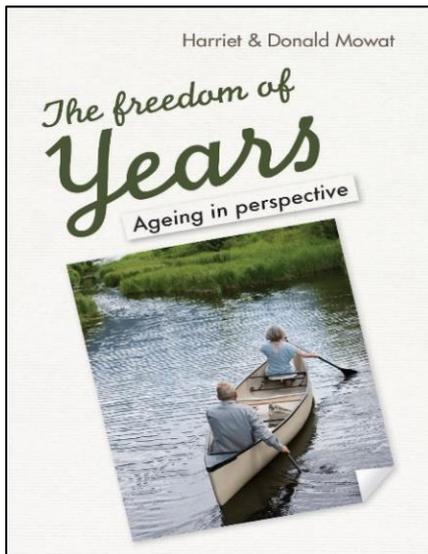
Go to the website www.spiritualcarematters.com to sign up. All we need is your name and email address.

Spiritual Care Matters was developed by [Faith in Older People](#)

For more information, contact: Maureen O’Neill, Director, Tel: 0131 346 7981, Email: director@fiop.org.uk



BOOKS



This positive and affirming book explores and reviews the meaning and purpose of our lives. Ageing gives us the opportunity to deepen and even transform our spiritual lives. *The Freedom of Years* helps those who want to undertake the journey by examining the ageing task, the inevitable changes and the possibilities of joy along the way. The book draws inspiration and insights from psychology, sociology, gerontology and the humanities. It is rich in references, whilst remaining highly readable and relevant to the everyday ageing experience. Published by BRF (Brf.org.uk); 16 February 2018; £8.99; ISBN 978 0 85746 506 1; available from Amazon.

COPIES (FREE)
AVAILABLE FROM FAITH IN OLDER PEOPLE
FOR THE COST OF P&P £1.50 (per copy)



MISSION AND OLDER PEOPLE:
A Study Guide. Published by The Church of Scotland. 2015. Includes a DVD.

This study guide to considering mission and older people is based on a video produced on behalf of the Church of Scotland Mission Forum. The video is introduced by the Revd Colin Sinclair.

PLEASE CONTACT ME (Maureen O'Neill) at director@fiop.org.uk or telephone 0131 346 7981 to discuss the possibility of tailor-made courses. All our events can be booked via our website www.faithinolderpeople.org.uk



Faith in Older People

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