

MARCH 2019 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.

Faith in Older people launches its new Learning Resource

ONE STEP AT A TIME

Faith in Older People has developed this learning resource for faith communities to affirm and develop their support for people with dementia and their carers. Many churches have already developed activities and others wish to. This resource builds on the important work that has been undertaken previously and is intended as a stimulus to

asking questions within congregations about knowledge and understanding of dementia; the suitability of buildings; what connections can be made and what sort of resources would be helpful. There are opportunities to share information about what has been done and how effective it is.

The development of this resource has been two years in the making during which we have consulted with a wide range of individuals and groups and drawn on the expertise of individuals who are very committed to the support of people with dementia. We hope that you find this resource of value and we would welcome your feedback and suggestions so that we can continue to develop the resource.

FiOP is indebted to Mary Marshall, Jenny Henderson, Faith Gibson and Lesley Greenaway who were the authors and editors of this resource. We thank all those who contributed through the discussion we had.

Our founder Malcolm Goldsmith wrote *"To face up to the presence of dementia within our midst is to discover opportunities for service and growth that are entirely consistent with the church's distinctive mission and role within our society"*. We trust that this resource helps you with this mission.

Download your free copy today from our website
<https://www.faithinolderpeople.org.uk/project/one-step-at-a-time/>

What have we been doing?

Faith in Older People and the Church of Scotland Guild held the third meeting of the ecumenical group it has established on the issue of Loneliness and Isolation. This was an opportunity to hear about the Scottish Government's newly launched strategy 'A connected Scotland' which was presented by Lawrence Mearns. We heard from Paul Okroj, Chest, Heart and Stroke Scotland and who is also the Convenor of Volunteering Network in Scotland, about the potential for volunteering and how this could be supported and also about the Strategy's implementation group. This will be an opportunity to feed in ideas, identify barriers and to create collaboration. Kiren Zubairi presented the findings of her report published by Voluntary Health Scotland which is a qualitative study of the loneliness and social isolation experienced by under-represented demographics in Scotland, who often face multiple triggers including socio-economic disadvantage, poor access to transport and a lack of places and spaces that encourage connectedness and foster belonging. The primary research was conducted with women from Black and Minority Ethnic (BAME) backgrounds, people living in a socio-economically deprived area, people living and working in rural communities, and paid and unpaid carers of people receiving palliative care.

The PowerPoint presentations are available on the FiOP website
<https://www.faithinolderpeople.org.uk/resource/a-connected-scotland/>

The presentations were followed with a stimulating discussion. There is clearly a great deal to achieve and as the Strategy emphasises it is important to work collaboratively to make a difference. The following is a brief summary of the discussion points:

THE DISCUSSION

- **How do we sustain volunteering?**
 - Formal v informal; training and support; volunteers from outside church?; role description; time limitation; selection/discernment process; gain a voice in national volunteering framework; know what we need; Cross Party Groups
- **How do we identify and reach people who may be lonely/isolated?**
 - Buddy approach; peer-volunteer; using networks/groups that already exist
- **How can churches work with/be aware of third sector organisations and statutory bodies?**
 - Find examples of good practice and routes of access; Acronyms explained! Find out what is being provided locally and the potential for collaboration

WHAT DO WE WANT TO FEEDBACK TO GOVERNMENT?

- **About the strategy? – welcomed it but important to ensure that there is more acknowledgement of the contribution of faith communities**
- **Involvement in implementation?**
 - The Minister to be invited to meet faith representatives. Make sure that faith communities contribute to the implementation group

LEARNING EVENT ORGANISED BY THE STIRLING PRESBYTERY AND THE CHURCH OF SCOTLAND CHURCH IN SOCIETY COMMITTEE

This conference, held in Stirling on 22nd March, was a great opportunity to hear about the different initiatives that congregations have been taking to support people experiencing dementia and their carers. It was very well attended and there was a lot of energy and enthusiasm amongst those present to consider ideas and to share their experiences. Our thanks to Bonnie McDowall and the volunteers for such an energising day. FiOP was pleased to contribute to the event with a quiz to highlight its new dementia resource.

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.

FOR FURTHER DETAILS GO TO -

[HTTPS://WWW.FAITHINOLDERPEOPLE.ORG.UK/PROJECT/SPIRITUAL-CARE-MATTERS/](https://www.faithinolderpeople.org.uk/project/spiritual-care-matters/)

THE ROLE OF THE CHURCH IN SUPPORTING PEOPLE WITH DEMENTIA AND AT THE END OF LIFE

Report from Barbara Davey, Society of Friends

For I was hungred, and ye gave me meat:

I was thirsty, and ye gave me drink:

I was a stranger, and ye took me in:

Naked, and ye clothed me:

I was sick, and ye visited me:

I was in prison, and ye came unto me

Faith in Older People is a Scottish organisation whose aim is ‘to enable a better understanding of the importance of the spiritual dimension to the well-being of older people’.

In October 2018 with the Church of Scotland Guild they hosted a small consultative conference **The Role of the Church in supporting people with Dementia and at the End of Life**. I attended the conference on behalf of Quakers in Scotland, and I thank Friends for this opportunity.

It was a rich day, exploring how we might nurture the spiritual life of older people, and how they might nurture ours. The three speakers all had professional/academic experience working in the field, as well as personal experience of being active members of their faith communities.

In the morning Mary Marshall and Jenny Henderson began by focusing on our perceptions of dementia - the fear, the shame, the avoidance and denial. We each need to find ways of talking about it, in language that’s appropriate and realistic, respecting issues of confidentiality, and coming from a place of compassion. We often fall back on reminiscence, but we were reminded that this isn’t always easy or

even a good idea - what about the life experiences that have left scars? This can be especially complicated for people with dementia. The speakers warned us also of the dangers of being sentimental and of making assumptions about family - not everyone has loving relationships.

There were stories of the positive part music and creativity can play, giving people an opportunity to express themselves and have pleasure, and how simple things like providing a quieter space for the post-service coffee can help (noise is often an issue for those living with dementia). We were encouraged to find ways of sharing the responsibility of looking out for those living alongside someone with dementia, again without making assumptions about what help might be required, listening instead with sensitivity.

Mary and Jenny spoke of a 'ministry of presence' and in the open discussion that followed, representatives were keen to hear about our Quaker sense of stillness and silence. The speakers raised searching questions about the nature of hope and identity, recognising that for most of us, there are no straightforward answers. We need compassion, patience, love. Faith communities can help us access these gifts, and can offer space, care, and time - to be heard and to honour our experiences.

The afternoon speaker was Scott Murray, Hon. Professor in Palliative Care in the Community at Edinburgh University, who began his talk with the words from Matthew quoted above. Work in Africa had brought him face to face with the different ways we culturally approach end of life matters. Here in the UK, medical and cultural developments have shaped society's current approach - we tend to die slowly nowadays, out of sight, out of mind.

Although a specialist himself, Scott stressed that death is not a subject for specialists, we all need to address it - 'life is a condition with a 100% death rate!' Speaking practically, he advised that preparation was all-important, and in terms of palliative care, he spoke about KIS - Key Information Summary - which Healthcare Scotland plan to introduce and which will provide an Anticipatory Care Plan.

Facing death makes us think about the meaning and purpose of life. This can deepen our understandings of being human and can enrich our experience of life. We can help each other reflect on these questions, and this in turn can strengthen and nurture our faith communities. I mentioned the recent Quaker Life *Love and Loss* leaflets which are an invitation to Friends and meetings to explore end of life matters, and representatives helped themselves to all the copies I had brought.

Scott described the four areas of need - Social, Medical, Psychological/ Emotional and Spiritual. In his life as a GP he encountered spiritual distress as a very real and common condition. It runs in parallel with psychological distress and can be similar for both the patient and those close to them. Research shows most people value the opportunity to have open conversations that allow them to touch on the multiplicity of what they are living through.

Again, the question of hope was raised, not as something vain or futile, but how, realistically, might we hope to die well. For Scott this was to do with being 'fit to die' - physically as well as we can be, psychologically not distressed, spiritually at peace. Some aspects of this are in the hands of specialists and professionals, and he also talked about the funding models required to provide 'good enough' care for all, and how this was an ethical imperative.

Faith communities have a wealth of gifts to offer. They can help us find strength to endure suffering and courage to face the passing. And there are so many ways we can share loving care one with another.

Barbara Davey
Society of Friends

FORTHCOMING EVENTS

UNLEASHING COMPASSION CONFERENCE 2019 –

communities innovating and supporting through death, dying and bereavement

Thursday 2 May 2019

Renfield St Stephen Centre, Glasgow

This major national conference will explore how to encourage open and supportive attitudes and behaviours relating to death, dying and bereavement in Scotland.

Keynote speaker: Dame Barbara Monroe

Organised by GOOD LIFE, GOOD DEATH, GOOD GRIEF. To book or for further information contact:

<https://www.alliance-scotland.org.uk/blog/events/unleashing-compassion-conference-2019/>



POWER OF MUSIC

Faith in Older People

FOR PEOPLE WITH DEMENTIA AND THEIR CARERS

MAY 24 2019- ABERDEEN
10:30AM REGISTRATION
11AM TO 3PM WORKSHOP
£40 (INC. LUNCH)

**AT MERCURE ABERDEEN CALEDONIAN HOTEL,
10-14 UNION TERRACE, ABERDEEN AB10 1WE**

RSVP INFO@FIOP.ORG.UK

To register for our next **POWER OF MUSIC** event in Aberdeen please visit our website:

<https://www.faithinolderpeople.org.uk/event/the-power-of-music-for-people-with-dementia-and-their-carers/>



WE NEED TO TALK ABOUT DEATH AND DYING – A WORKSHOP FOR CLERGY AND PEOPLE IN AUTHORISED MINISTRIES

This Workshop will offer support and tools to enhance confidence in having pastoral conversations about death and dying.

Using a model from the field of bereavement to explore emotional, psychological and spiritual responses and building on the experiences of the participants, the day will resource those who attend to go deeper in their pastoral encounters with people who are actively addressing their own mortality.

The day will be facilitated by the Rev Canon Dr Marion Chatterley. Marion currently works as a hospice chaplain and has many years experience of journeying both people who are dying and those who seek to support them.

The programme assumes a degree of personal sharing and therefore participation is restricted to clergy and others in authorised ministries within churches.

Tuesday 28 May 2019

Robertson House, 152 Bath Street, Glasgow G2 4TB

Registration from 9.30am – START 10.00am – Finish by 4.00pm

COST £40.00 – to book click on

https://www.eventbrite.co.uk/preview?eid=59453407743&internal_ref=login&internal_ref=login

or contact info@fiop.org.uk or telephone 0131 346 7981

OTHER INFORMATION

GOOD DEATH WEEK GRANTS – Good Death Week is coming up – 13 to 19 May. Could you host an event? There are many ideas for ways in which you can get involved – from death cafes to information days to practical workshops on end of life planning. Better still, we have a number of small grants of up to £50 to help you to cover the costs. You can apply for a grant -

<https://www.goodlifedeathgrief.org.uk/news/news/good-death-week-grants/>

EDINBURGH INTERNATIONAL CENTRE FOR SPIRITUALITY AND PEACE (EICSP) –

for full details of forthcoming events for 2019 contact – www.eicsp.org

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- ***Are you thinking about setting up a Meeting Centre in your community?***
 - ***Do you want to find out about the Meeting Centres Support Programme?***

Meeting Centres are an innovative way of supporting people with mild to moderate dementia and their families through an evidence-based, person-centred approach and offer an enjoyable, flexible and adaptive programme. They are a great low-cost community based way of supporting people living with dementia and their families that have been successfully implemented in the Netherlands for over 25 years and in the UK for over 3 years.

The University of Worcester is running national workshops; for dates and venues in Scotland, please contact m.watts@worc.ac.uk

Luminate – Scotland’s creative ageing organisation

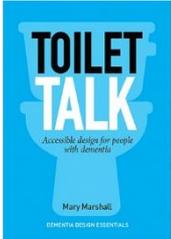
We’re gearing up for #LuminateFestival19

Visit our website for further information - <https://www.luminatescotland.org/>

Or email: info@luminatescotland.org

Or phone: 0131 668 8066

BOOKS



Toilet talk: Accessible design for people with dementia

Why are public toilets so hard to find and often challenging to use? It's a topic few people want to talk about but one that is vital to the dignity of many older people and people living with dementia. Professor Mary Marshall is one of the world's leading experts on design for people with dementia and she is alarmed by how little regard is being shown for accessible dementia design in the provision of public toilets.

In this brief ebook, Mary pushes past the 'anxious laughter' which often greets this topic, and speaks frankly about what good, accessible toilet and bathroom design looks like, and why it is desperately needed.

www.dementiacentre.com for free ebook.

PLEASE CONTACT ME (Maureen O’Neill) at director@fiop.org.uk or telephone 0131 346 7981 to discuss the possibility of tailor-made courses.



Faith in Older People

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Donations are always welcome – if you wish to donate please click <https://www.faithinolderpeople.org.uk/donate/>