

JULY 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.

FORTHCOMING EVENTS

FAITH IN OLDER PEOPLE & THE CHURCH OF SCOTLAND GUILD A Conference in collaboration with ACTS



Tuesday 17 September 2019 – 10.00am to 4.00pm

The Place, York Place, Edinburgh

Cost: £30.00 (concessionary places on application)

‘One Step at a Time’ – Building a supportive environment for people with dementia and their families in church communities

FiOP is delighted that so many people have downloaded the learning resource on this issue and working together we want to share an opportunity to hear about the various elements in the resource and to enable participants to bring their own experiences.

The conference will look at the key elements of supporting people, providing enabling spaces,

thinking about worship and pastoral care and singing. Speakers include Professor Mary Marshall, Jenny Henderson, Diana Kerr and Rev Canon Dean Fostekew.

We look forward to welcoming you to this event.

If you would like to speak about your work at the conference please contact Director@fiop.org.uk and/or to book a place click [HERE](#)

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“ and indeed I have downloaded and do refer to your excellent resource during the course of my work, not least because it is not afraid to go "back-to-basics" without patronising the target audience in the process.” URC Minister

Conference in collaboration with the Scottish Partnership on Palliative Care and the Church of Scotland Guild



Wednesday 27 November 2019 10.00am-4.00pm
Methodist Hall, Nicholson Square, Edinburgh
Cost: £30.00 (concessionary places on application)

'Building and Sustaining Compassionate Communities' – the role of churches in supporting people with end of life matters

When faced with the reality of deteriorating health, caring responsibilities, death or bereavement people need many things from the NHS and other formal services, and from their friends, families and communities.

Churches and faith communities have a key role to play in developing and sustaining compassionate communities and this conference will focus on the different aspects providing support to individuals- spiritual, practical planning and support for the dying and bereaved.

The aim is to share experience and ideas.

Speakers will consider why it is important to take action; resourcing the clergy, relationships between communities and hospices and practical planning. There will be time for discussion.

To book a place click [HERE](#)

JUST Festival 2019

The 2019 edition of JUST Festival is held under the theme '**Transitions**'.

There is a programme of performing arts events, conversations, talks and exhibitions that address an array of different transitional moments, incidents and processes in life. Be it ageing, resettlement, gender reassignment, socio-political changes, we want to explore what has an impact on our choices and well-being.

We are interested in the surrounding environments that determine who we are or how we perceive the world around us.

The 19th edition of JUST Festival will take place at St John's Church (Princes Street/Lothian Road) between 2nd and 25th August 2019.

<https://www.just-festival.org/2019-just-festival-programme> - for further information and to book tickets

Maureen O'Neill, Director of Faith in Older People will be a panel member in the following discussion which will be chaired by Professor Mary Marshall.



Professor Mary Marshall

Nearing Retirement:

JUST Festival at St John's Church,
Edinburgh
Tuesday 6 Aug 2019, 5.30pm

EDUCATION

SPIRITUAL CARE MATTERS - this is a series of e-learning courses for front-line staff working in care homes, health and other care settings.

<p>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.</p>	<p>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.</p>
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For further details, go to

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

“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

FIOP PUBLICATIONS

ONE STEP AT A TIME – A Learning Resource

This resource is available to download <https://www.faithinolderpeople.org.uk/project/one-step-at-a-time/> and to date has been downloaded 183 times. It is an introduction to dementia and aims to help clarify the range of language and terminology used, provides some key facts and signposts useful resources. It will affirm what you are already doing and assist in identifying some key area or issues for your faith community to work on.

FiOP was delighted that the new Moderator for the Church of Scotland, Rt Rev Colin Sinclair, praised the resource and you can see his response at

http://www.churchofscotland.org.uk/news_and_events/news/2019/moderator_highlights_new_resource_to_help_congregations_support_people_living_with_dementia

We would welcome your feedback on this publication so that we can continue to evolve it.

SPIRITUAL CARE FOR PEOPLE WITH DEMENTIA IN CARE HOMES

This project was funded by the Life Changes Trust and had two elements –

- a research project to explore the spiritual care of people living with dementia in care homes
- a programme of workshops on the ‘Purple Bicycle Project’ which is aimed at helping staff, family and friends to elicit the spiritual needs of people experiencing dementia

The reports of the two projects have now been published and copies have been circulated to all care homes in Scotland; we are enormously grateful to Scottish Care for their assistance.

As printed copies are limited, both reports can be downloaded from the FiOP website:

Spiritual Care for People with Dementia in Care Homes - The Purple Bicycle Project: Dr Harriet Mowat

<https://www.faihinolderpeople.org.uk/wp-content/uploads/2019/06/Spiritual-Care-for-People-with-Dementia-in-Care-Homes.pdf>

De-mystifying spiritual care: Simon Jaquet

<https://www.faihinolderpeople.org.uk/wp-content/uploads/2018/08/De-mystifying-spiritual-care-Jan-2018.pdf>

OTHER PUBLICATIONS

A Fairer Scotland for Older People: framework for action

This framework has been developed to challenge the inequalities older people face as they age and to celebrate older people in Scotland.

<https://www.gov.scot/publications/fairer-scotland-older-people-framework-action/>

BARRIERS TO BELONGING

An exploration of loneliness among people from Black, Asian and Minority Ethnic (BAME) backgrounds published by the Red Cross <https://www.redcross.org.uk/about-us/what-we-do/we-speak-up-for-change/barriers-to-belonging>

For more information please contact our media team on 020 7877 7557 / 07710 391 703 or press@redcross.org.uk

The British Red Cross and Co-op commissioned this research from the Centre for Loneliness Studies at the University of Sheffield and the Runnymede Trust, a race equality think tank. These findings draw on a survey of more than 950 people, predominantly from BAME backgrounds, as well as dozens of in-depth interviews.

DELIVERING FAIR DEMENTIA CARE FOR PEOPLE WITH ADVANCED DEMENTIA REPORT ALZHEIMER SCOTLAND <https://www.alzscot.org/fairdementiacare>

The report sets out a firm definition for advanced dementia for the first time. It also identifies the inequality people living with advanced dementia face in terms of access to health care. Through the report the Fair Dementia Care Commission calls for a number of reforms, including equal access to free healthcare for people living with advanced dementia.

The Carnegie UK Trust

The Carnegie UK Trust has published its new report, *The Practice of Kindness: Learning from the Kindness Innovation Network and North Ayrshire*, which explores the practical implementation of kindness in both communities and organisations.

The report brings together all that it has learnt through two collaborative projects – the Kindness Innovation Network and our partnership with North Ayrshire Council – and reflects the conversations and activities of hundreds of people who have contributed to these projects over the last 12 months.

The Practice of Kindness presents some practical examples of ways to create the conditions for kindness. However, it also highlights the barriers to relationships within organisations, and argues that radical kindness requires rethinking the systems and structures that currently govern our institutions. Some of these themes are also discussed in our short film, which we launch today alongside the report.

WHAT HAVE WE BEEN DOING?

Supporting people with dementia

FiOP has continued to meet with congregations to discuss issues around supporting people with dementia and to promote the learning resource and as previously highlighted we are pleased that there is a good take-up of the resource.

We were pleased to take a workshop for the Scottish Episcopal Institute for its Ordinands.

Death and Dying

There has been a further course for clergy on ‘death and dying’ facilitated by Rev Canon Marion Chatterley who will be taking another course on 15 October 2019 in Edinburgh. Information will be circulated shortly.

This is clearly a significant issue as we have been invited by ACTS to provide training to an ecumenical group of trainees.

Potential new areas of work

FiOP is also developing a theme around mental health and older people and the spiritual needs of older people in prison. We are at the exploratory stage so we would welcome feedback on issues you might have identified. Contact: Director@fiop.org.uk

Weathering-well into spiritual elderhood

This 8- session course facilitated by Nancy Adams has been very well received and there is potential to organise a further course. If you are interested, please contact Director@fiop.org.uk

“A challenge in the second half of life is to choose between weathering well into spiritual elderhood or simply ageing and becoming elderly.”

Elderhood is a state of consciousness where women and men intentionally make an inner shift towards seeking a more fulfilled and meaningful life, where they choose an on-going responsibility for helping maintain momentum towards a life-sustaining civilisation, and/or are willing to assume roles of mentorship and guidance within their communities” (Extract from ‘Weathering’ by Alastair Reid).

Developing singing groups for people with dementia

This course, facilitated by Diana Kerr, was held in Aberdeen and well received. It is gratifying to hear about new groups being set up and if you have set up one or know about one which has been stimulated by attending this course please do contact Director@fiop.org.uk

ARTICLE FROM ANDY WILEMAN, SALVATION ARMY

Later Life in All its Fullness

In 1917 King George V sent the first ever telegram to a Centenarian. It was written by hand and delivered by bicycle from Buckingham Place. In 2017 Queen Elizabeth II sent thousands of centenarian cards and now has a full time team of seven staff to administer it.

The world-wide Demographic shift towards older people is in full force and in 2020 for the first time in history we will see more people globally over the age of 65 years than those under the age of 5.

The slow onset of a changing ratio of older to young people will force us to review how we do our mission in view of being an increasingly 'Ageing Church'. Like almost all comparative Churches in the UK most Salvation Army has its largest cohort of members and congregations in the age bracket of 65 years plus.

However, what it means to be 65 years old is changing. In the 1950's a 65 year old woman in Britain could expect, on average, to live to 79 years. Today, the UK's office for national statistics outlines that the average 65 year old woman can look forward to a further 23.5 years, living to a possible 85 years. In fact, if current trends continue some of us living in the UK could spend a quarter of our lives retired.

Advertising feeds off the idea that we are in a constant battle against growing older. Broadcasters, the Arts and even Churches spend many hours worrying about how to reach more youthful audiences despite the fact that older people have more time, money and are growing in numbers, especially the 'young old'.

The Salvation Army Older People's Ministries Team are working across UK to challenge the stereotypes and prejudices we have about the 'old'. Too many Churches tell us 'Sorry, there is not a lot we can do.... we are just a Church of older people". We continue to persist with the view that youth, programme and energy over wisdom and maturity are much preferred.

If we are so negative and anti 'old' as a society and even as a Church, did God make a mistake when he designed old age? I offer a resounding 'No' to that idea. Our later years are here for a purpose. It was designed that way so that we would mature and become 'ripe' emotionally and spiritually. Ripe fruit yields more juice, contains more nutrients and is usually sweeter. The Amplified Bible mentions that people in later years "will strive and bear fruit and will prosper in old age, they will flourish and be vital and fresh" (Psalm 92)

However, let's be real. Lots of older people do not achieve this 'Ageing Well' utopia I outline. Of course approaching older age can trigger many fears for many people that we will become isolated, suffer from ill health and lose our identity and purpose. As our communities live longer those in later life who are poorer, less educated and in substandard housing are becoming 'old old' earlier than the richer, more educated and better housed ones. A University of Manchester research project in 2017 found that the 'inequalities gap' between the educated and richer old and the poorer old is widening.

I would argue these inequalities, of course are not just facing older people, but are one of the most important local mission and social justice issues of our time. The very DNA of the Salvation Army and the ministry of the gospel are intertwined in our response to this.

May I propose that making the most of our later years is a key objective both personally and should be intentionally reflected in our Mission planning as Churches across the UK? We need to grasp the new reality that many of our existing Over 60's clubs/Cameos/Silver Threads programmes are no longer the only effective or relevant descriptor and model for those in later years.

We need to stop lumping everyone together from the age of 65 to 105. We have extremely capable and vibrant Church members long into their 70's and 80's. In fact, many of our programmes are happening because of a volunteer base of 70 and 80 year olds doing wonderful ministry and service. In addition, our ministry to the very old and those who are house-bound or in the care system is a valuable and precious ministry in itself.

However, the extension of our 'younger old' means that many Churches are providing walking clubs, intergenerational projects bringing young and old intentionally together, community choirs, health and well-being programmes, discipleship programmes, hobby

based clubs, holiday at home schemes and projects such as Men's Sheds showing the diverse and vibrant ministries that can happen at the local level to involve those in later years.

I believe we should challenge the view that just sees the older people sat in our congregation and all we see are their deficits and not their characters. If we see with missional eyes that older people equipped on purpose by God for the elderhood in our Churches, then we see them as equals and not as a 'problem' to be endured but actively enabled to be all that God intended them to be. Psalm 78 talks about generation after generation telling the next generation about the things that God has done. Our Church

members living in later years have reservoirs of experience to share. In terms of our 'Ageing Army' in the UK and also right across Europe then please, let's stop apologising for being an 'Older Army'. Let's not assume that an older Corps (Church) is a failing Corps.

In our mission and calling to what God wants us to be in our local Corps settings, let us challenge our expectations of what life is for those people in later years and see 'Later Life in all its fullness' (John 10:10) as God's plan to do even more.

Andy Wileman
Assistant Director
Older Peoples' Ministries
Salvation Army UK and Ireland
May 2019

FRIENDS OF FIOP

As you are all aware, FiOP is a very small organisation of two part-time staff and an active Board of Trustees. We encompass a wide range of activities with the support of an expert team of associates who bring knowledge and expertise to the organisation. We wish to remain small and nimble but even this needs resources. We raise money from a range of sources but important to us is having the support of those who have shown themselves to be friends through attending events, asking for the Newsletter and using our resources to assist in their own work.

We are ambitious as there is much to do in supporting the spiritual needs of older people by increasing awareness of its importance; by providing educational resources as illustrated in this newsletter and in addressing different audiences.

PLEASE BECOME A FRIEND OF FIOP. An annual contribution of £25 will make an enormous difference to our organisation. Please ask us for a form. info@fiop.org.uk Thank you.

THE OLDER PEOPLES MISSION TEAM (OPM team) is running a training event on the 10th of July 2019. It will be at the Stirling Corps from 6pm to 8pm.

As some of you are aware, the OPM team has become involved with prison work down in England. In various prisons we are running empowerment groups as well as cognitive stimulation groups. The Scottish Government has acknowledged the growing issue of older people in prison, and older men are the largest growing segment of the prison population.



Here in Scotland we have been in conversation with both Shotts Prison and Glenochil Prison about offering support. We have had multiple meetings with Glenochil and I am looking forward to starting a CAMEO group this summer with older men in the prison.

On the 10th of July 2019 we will be doing an initial training that will look at: the needs of older

prisoners; the role of volunteers in working with older prisoners etc.

The event is open to representatives from other churches. We'd be happy to have pastors, employees, volunteers or parishioners interested in prison ministry and the empowerment of older prisoners

The location might be difficult for some people - so please keep in mind this is our first event and there can be others in the future. Additionally, while we are looking primarily at the Scottish context, we are aware that there might be staff in the Ireland division interested in this type of work and we will be addressing aspects of the Irish system.

Any and all questions welcome – [07495 981708](tel:07495981708)

VENUE - 19 Drip Road, Stirling FK81RA

Tamara Horsburgh



<http://www.scotopa.org.uk/>

The Scottish Older People's Assembly exists to give a strong voice to older people about their experience of life in Scotland, their challenges and concerns, and to celebrate the positive contribution that older people make to society.



Faith in Older People

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