

AUGUST 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



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

Tuesday 17 September 2019 – 10.00am to 4.00pm

The Place, York Place, Edinburgh

Cost: £30.00 (concessionary places on application)

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.

To book a place click [HERE](#)

or

visit www.faithinolderpeople.org.uk

email info@fiop.org.uk telephone **0131 346 7981**

“..... 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

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



Tuesday 15 October 2019
Methodist Halls, Nicolson Square, Edinburgh
Registration from 9.30am – START 10.00am – Finish by 4.00pm
COST £40.00

To book click HERE

or

visit www.faithinolderpeople.org.uk email info@fiop.org.uk telephone **0131 346 7981**

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.

THE PROGRAMME WILL INCLUDE THE FOLLOWING TOPICS

(there will be a break mid-morning and lunch will be at 12.30pm)

- **Introduction to the day (keeping yourself safe/taking risks)**
- **Input on bereavement theory/translation into discussion of diagnosis/change in prognosis/impact of illness in close friends etc**
- **Work on tables emerging from input**
- **Challenging deaths**
- **Self care**
- **A final discussion**

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



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

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

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](#)

or visit www.faithinolderpeople.org.uk, email info@fiop.org.uk telephone 0131 346 7981

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.

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/)

“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/>. 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.

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 - The Purple Bicycle Project: Dr Harriet Mowat

<https://www.faithinolderpeople.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.faithinolderpeople.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/>

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.

OTHER EVENTS



VHS ANNUAL CONFERENCE
RADISSON BLU . GLASGOW

Realising the Right to Health: VHS Annual Conference

Places are booking up fast for our annual conference on Tuesday 17 September.

Our keynote Speaker is Christina McKelvie MSP, Minister for Older People and Equalities and the conference will ask delegates to consider:

- What do we understand by the Right to Health?
- What efforts are being made to make the Right a reality?

Register now

SPPC Annual Conference 2019



Bookings are now open for Scotland's premiere event for anyone involved in the care and support of people reaching the end of life.

Provocation, innovation and eternal truths

Wednesday 18th September 2019
Royal College of Physicians Edinburgh

The quest to enable people to live well with serious illness and to die as they would wish is

being reshaped by social, demographic and financial change. This conference will engage delegates in considering these changes and explore ways in which as organisations and individuals we might respond.

Featuring a mix of high-quality speakers, extensive poster display, Arts Space and delegate interaction the event will provide delegates with:

- an opportunity for learning relevant to practice and workplace
- a chance to network, to share information and good practice
- challenging perspectives and energising inspiration

- For pricing information and to book a place, click here: [Bookings and prices](#)

INTERFAITH SCOTLAND

We were delighted with the enthusiastic response to our first public training courses earlier this year. We have now scheduled another seven public training dates over the coming months. We would appreciate any help you can provide in spreading the word among your contacts and communities. Just some of the feedback from our recent sessions:

- *Brilliantly delivered and thought provoking*
- *Very interesting and helpful, a very worthwhile course.*
- *Discussions were really meaningful and allowed for in-depth debates*

All the dates, course descriptions and booking processes are accessible here – <https://www.eventbrite.co.uk/organisers/interfaith-scotland-16811469249>

We are offering three different training courses now, each one a half-day session (3.5 hrs), and all still at the very low cost of £40 per person.

The three topics are:

1. Working with people from diverse religion and belief identities
2. Three mottos to guide our approach to equality,

diversity and inclusion
And our new offering!

3. Interpreting culture – improving cross-cultural communication

The courses will be delivered from our office in Springburn, Glasgow.

To book, or read more about the courses, please go the Eventbrite link above.

If you have questions that are not answered there, please contact Jamie Spurway at jamie@interfaithscotland.org or 07921 439952.

ARTICLES OF INTEREST

The following is an article published following the Voluntary Health Scotland Annual Conference

Sir Harry Burns on The Failure of Public Policy

Professor Sir Harry Burns talked to John Macgill of www.healthandcare.scot about the voluntary sector's role in tackling despair.

<https://vhscotland.org.uk/sir-harry-burns-on-the-failure-of-public-policy/>

Taking stock of human rights in Scotland

Written by: Lucy Mulvagh, Director of Policy and Communications, the ALLIANCE

An independent evaluation of the first five years of Scotland's National Action Plan for Human Rights has been published.

<https://www.alliance-scotland.org.uk/blog/opinion/taking-stock-of-human-rights-in-scotland/#expanded>

Helping neighbours

Purple Alert is a free community minded app that helps people look out for their neighbours. The app has 9,000 downloads so far and it has already helped to find people with dementia if they go missing.

[Read more](#)



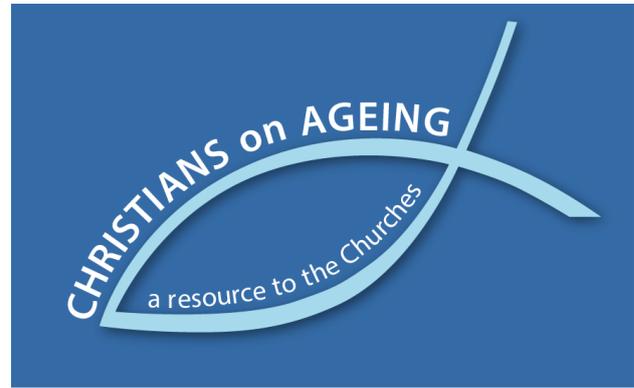
Supporting the emotional and mental health needs of people with cancer

How poor mental health, anxiety and depression can be prevented during and after cancer treatment by good support provision.

<https://www.cancersupportuk.org/>

AGEING WITH PURPOSE AND PASSION

Older people are in the news. We are used to being seen as a burden; now we are caricatured as unreasonably wealthy and pampered by the state to the detriment of younger people; benefits risk being withdrawn. In reality, older people are loved and valued within their families and localities; we have much to offer and much to think about – past, present and future. *Christians on Ageing* wants these issues talked about because they matter for the well-being of society.



Christians on Ageing info@coa.org.uk

Absent Friends grants

The grants, of up to £250, are to help support organisations to participate in this year's *To Absent Friends* which runs 1-7 November and creates public opportunities across Scotland to remember and share stories about those we love who have died. Events that people have previously organised include concerts, poetry nights, craft activities, memory sharing events, storytelling suppers and exhibitions, but there are lots more event ideas from the website.

Full details and application forms are [here](#). Deadline is **Friday 23 August 2019** so get your thinking caps on!

Margaret Stevenson – Previous FiOP Board Member

FiOP was very saddened to hear of the death of Margaret who had been a Board member for the first six years that FiOP was constituted. She was wonderfully supportive of the work and the staff team and was a great help at FiOP events. Our thoughts are with her family; she will be greatly missed by all her friends.

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.



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.