

APRIL 2020 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

NEWS UPDATE

We hope that you are keeping well and adjusting to new routines, working from home, skyping and zooming. All new ways of working and being. For many of us slowing down, actually taking time for our daily walk is a real privilege but we also think of those for whom IT is not a solution and that more isolation can be a crushing experience. We can see around us the way in which communities and individuals have come to the fore with kindness and solidarity. In my village the Community Resilience Team has let every house know how to get emergency care, who can provide and deliver food and make a daily contact. Churches are developing a call service to make sure people are kept in contact and services are celebrated on- line. Different and creative and judging from the number of YouTube posts many people are finding interesting ways of developing their new reality.

I hope we can appreciate the potential of slowing down when we can but also recognising that those in the NHS and care sectors are working even changing what they manufacture are who are keeping us safe, fed, and cared **new life, new hope and new ways of**



harder. Those providing food and doing the same. We applaud all those for. **It is spring and we see around us keeping our spirits alive.**

Usually we would be organising and delivering courses on a regular basis. However, we plan to do a regular eNewsletter with news and ideas. This one includes information on Covid-19 and the response from the Scottish Government including funding possibilities as well as ideas for activities from a range of organisations.

We invite you to

FiOP would also like to sustain its on-line blogs and we would like to invite you to send us your reflection of our times and how we can consider what really matters to us. **Please send your contribution of not more than 500 words to Maureen O'Neill at Director@fiop.org.uk. We would love to hear from you.**

Faith in Older People – April blog

RAINBOW

As I take my exercise walk around the almost deserted streets of Haddington, I cannot help but notice the pictures of rainbows, often drawn by children, and put up in the windows of people's houses. The sight of them makes me smile. The drawings are cheery and they remind me of the wonders of the world... of its colours, variety and diversity. It also makes me thankful of the blessings I have received and continue to receive every day (as long as I remember to look for them!).

The rainbow plays a crucial part in the story of Noah in the Old Testament. Noah is in the ark because of the continual rains... he has been afloat for days and days and he can't get out and about... he is stuck, cooped up, just him and his immediate family. He is not sure how long the flood will last or what will happen after it has abated. As the days pass, I expect his fear and uncertainty increase.



After 150 days (5 months!) the ark comes to rest on the top of a mountain and the waters begin to recede. Noah has to wait patiently but is eventually able to come out of the ark and release the animals and begin again. He knows that his life will now be different. He realises he will have learned much about himself, his loved ones and his relationship with God. And as Noah gives thanks for his safe arrival on the other side of the crisis, God places a rainbow in the sky: a rainbow as a symbol of covenant and hope. It is a sign that whatever disaster may come... whatever darkness may befall... God is there. God is and always will be faithful.

What a message for us today. We are in the middle of a crisis like no other. Our world has changed so quickly. And we are cooped up, isolated and afraid. We are uncertain and anxious about the future. With the help of the phone and whatever computer skills we have, we continue to connect with each other and build community. It is good - but it is not the same. It cannot completely replace physical interaction and personal relationship.

But the story of Noah and the rainbow tells us that in the midst of all this there is hope. There is hope for a better world *because* of what has happened. There is hope that we will get through this crisis and will have learned valuable lessons because of it. There is hope because God remains faithful to us and is with us whether we acknowledge God or not. There is hope because even through the darkness of these days, the brightness of goodness and love has continued to shine through. We see this in the dedication of the caring and nursing professions, in the self-sacrificial giving of time by so many volunteers; we see it in the increased contact with family and friends, in the smiles of strangers in the queue for the supermarket and in the feeling that we are all in this together.

As the days pass, continue to look at the pictures of rainbows – and perhaps place one in your own window if you wish. And remember God's promise that God is with us always and stands beside and with those who suffer. There is hope. Look for the rainbow.

Rev Liz O'Ryan, Rector, Holy Trinity Church, Haddington

Read all Faith in Older People's blogs at www.faithinolderpeople.org.uk

Let our care homes know we are thinking of them

It is important to keep the residents and staff in our care homes in our thoughts as well as our NHS staff. They provide so much great care and particularly in the current circumstances. Many residents will be confined to their rooms so do not see other residents and neither will they be able to have visitors who will also be feeling isolated from their family member or friend.

Could you send a card to your local care home so they know they are being thought about?

Below are some links to different denominations:

This is not an exhaustive list so please let us know if you have links to or resources you would like to share:

<https://www.churchofscotland.org.uk/worship/services-online>

<https://www.scotland.anglican.org/stay-at-home-with-online.../>

The Catholic Church asks people to contact their own church about live-streaming

<https://pray-as-you-go.org/> (<https://www.ignatianspirituality.com/>)

<https://www.quaker.org.uk/blog/living-adventurously-in-lockdown>

<https://urc.org.uk/worship-and-spirituality.html>

<https://edmosque.org/>

Other organisations offering help and advice:

Age Scotland <https://www.ageuk.org.uk/scotland/>

Scottish Partnership for Palliative Care - <https://www.palliativecarescotland.org.uk/content/coronavirus---latest/> which includes the following hard- hitting piece

https://inkvessel.com/2020/03/18/palliative-care-in-the-time-of-covid/amp/?_twitter_impression=true

I know many other organisations are offering support and we will follow up on these but again please let us know what you are doing by emailing Director@fiop.org.uk

OTHER INFORMATION AND LINKS

Help for Faith Communities

William Grant Foundation, National Lottery Community Fund and ourselves in FiCS have created a rapid response fund so that Scotland's faith group network can support people to maintain safe connections with loved ones during covid19. Please share as appropriate – info and application form on our website, and on our FB/Twitter feeds (@ficscotland)

<https://www.faithincommunity.scot/covid19info>

Third Sector Resilience Fund Launched

Applications are now open for the Third Sector Resilience Fund (TRSF).

Part of a £350m support package by the Scottish Government for the sector in response to the Coronavirus pandemic, the Third Sector Resilience Fund will support organisations across the third sector who are at risk of closure due to a sharp decrease in income or that are unable to deliver their services directly as a result of the Coronavirus pandemic. The fund's primary intention is to help these organisations to stabilise and manage cash-flows over this difficult period.

The TRSF is delivered by Firstport, Social Investment Scotland and Corra Foundation and it offers charities, voluntary organisations and social enterprises grants of £5,000-£100,000. In addition there will be up to a further £5m available in fully flexible, 0% interest loans starting at £50,000.

For more information and to apply, visit SCVO's **Coronavirus Third Sector Information Hub** which has lots of useful information on funding for voluntary sector organisations during the coronavirus pandemic.

Coronavirus Third Sector Information Hub

SCVO is managing the official **coronavirus information hub for the third sector**. We are constantly updating it with information, guidance and resources from official sources you can trust.

FOR INFORMATION, the Scottish Government's COVID-19 webpage is updated regularly and has important information. This is available here: <https://www.gov.scot/coronavirus-covid-19/>

The Scottish Council for Voluntary Organisations (SCVO) has a helpful list of available funds which can be accessed here: <https://scvo.org.uk/support/coronavirus/funding/for-organisations>

SCVO are also doing a COVID-19 bulletin which organisations can sign up to here: <https://scvo.org.uk/support/coronavirus/what-scvo-is-doing/bulletin>

LUMINATE - Today we're launching Luminat@Home, a new programme of short online films demonstrating creative activities for you to do wherever you are.

The activities will be presented by professional artists and will feature different arts forms including crafts, poetry, music and dance. We've developed the films in partnership with Scottish Care, and they are aimed at people living in their own homes, as well as care home staff who are looking for ideas of activities for residents.

Go to <https://www.luminatescotland.org/luminateathome> for details.

We understand that this is a worrying and difficult time for everyone, especially if you are having to spend the next few weeks isolated at home or in your care home, and we hope that you will find the activities enjoyable and engaging to do over the next few weeks.

Films will be posted every Tuesday and Friday at 2pm on our website and Facebook page as well as on our [Vimeo](#) and [YouTube](#) channels. Once posted, the films will be left online so you can access them at any time. **Enjoy the films and stay safe from all at Luminat.**

Digital Scottish Ballet Health Classes

NEW – DAILY LIVE STREAMS

In times such as these, it is even more important than usual to extend a hand to the community around us and find ways to share experiences and spark joy. In a regular week at Scottish Ballet, our Dance Health department run several classes for people living with Parkinson's, Multiple Sclerosis, and dementia, as well as classes for people aged 60 and over. These programmes have grown since 2012 to form the backbone of many people's exercise regimens and social calendars, which is why we are committed to offering a digital version during these challenging times of self-isolation.

From Monday to Friday, we're inviting everyone to join us on Facebook Live to dance together in our new SB Health digital dance classes!

SB Health classes will be streamed live to Scottish Ballet's Facebook at 11.30am GMT each day of the week. Click below to read more and view the full schedule of classes.

[DISCOVER MORE](#)



Whether you are confined, or working in difficult conditions, the whole team of the Foundation brings you the best of Europe again! Free documentaries, virtual tours of museums, concerts, kits for you and your children, we have found wonders. We will continue to send you other European surprises on a regular basis to share, with one click, without moderation.

Europe is so beautiful... <https://www.robert-schuman.eu/en/>

ACE IT - I.T Helpsheets now available

With many people in isolation and not able to see family, friends or do our usual day to day activities such as grocery shopping, ACE IT has created a series of I.T helpsheets which can be accessed and used to set up key tools to help us through this difficult time.

The following helpsheets are available:

- [How to set up Facebook](#)
- [How to set up video calling](#)
- [Accessing medical advice](#)
- [Online shopping](#)
- [Shopping on Amazon](#)

Please click the links above to download the helpsheets to your computer. If you have difficulty downloading these links, please email us and we can email you a copy as an attachment.

ACE IT are able to make extra helpsheets for any special requests, so please get in contact with us via phone or email if you have something in mind. Also, just a reminder that our coaching helpline is open, so you are welcome to call us for any help via the phone if you are having difficulties. You can contact us via: Email: info@aceit.org.uk or Phone: 07737 738551

ACE IT



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