

MAY(b) 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

FiOP hopes that you and your family and friends are keeping well, physically, mentally, and spiritually.

Here we are still in a state of lock down. For many it is a wearying experience of being shut in and alone. Food is vital but human contact is essential to our well-being. This strange experience has highlighted the complexity of being in lock down but also the disparity between different geographical locations, job security, ability to work at home, ability to care for people with dementia or disabilities and to cope with bereavement and loss.

Residents in care homes must be confused and anxious as they are not able to see family and friends and perhaps technology does not quite bring the human touch. It is difficult to understand the person behind the mask especially if you are deaf and used to lip reading. It is hard for care home staff to be anxious about the virus and their own family and friends and wanting to provide the love and support that is so needed for the residents. The recent focus on the value of our care home and care at home staff is really important as they bring qualities to care which are appreciated but have been undervalued in our society which perhaps also reflects on our attitudes to ageing.

This is a precious workforce and when the crisis has passed the 'new normal' must not be the same as the 'old normal'. We have learned lessons, and these must be a catalyst for change. We have seen imaginative responses from many organisations and individuals, and these must not be lost, particularly the strength in different organisations working together. Will integration, partnership and joint working become a new real and comfortable norm?

Let our Care Homes know we are thinking of them

Could you send a card to your local Care Home, so they know they are being thought about?



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.

Locked-in, lucked out....

Since the start of the lock-down we've had a special kind of music in our house.

Not special because of its genre or style. Not reliant on well known composers, singers, or instrumentalists. Not emanating from the stages of respected concert halls or clubs. But a type of music that springs effortlessly from the often prosaic realities of everyday life, as they draw you gently towards the numinous.

On a typical morning, I can hear my son's slightly muffled tenor voice bouncing effortlessly off the walls of his bedroom. He is probably keeping up his commitment to his friends and fans by recording a 'cover' a day of a song released at some point over the last 50 years. His musical blog 'Jaquet in Quarantine'

(<https://www.instagram.com/jaquetwilliam/>) embraces a disturbingly varied mélange of musical talent from the Kinks and Dylan to the Dixie Chicks, Rachel Stevens, and the Stereophonics. He's done 50 of them - so patently no slouch! Alternatively he might be creating original songs for his Manchester based band 'Big Society' (<https://www.facebook.com/thebigsocietyband/>). These gems radiate the concerns, dreams, hang-ups and hopes of the scions of the baby-boomer generation. I've seen him perform in Hyde Park supporting Mr R Zimmerman, so I'll brook no argument about quality...

Further up the stairs in her attic bedroom at the top of the house (or sometimes downstairs in the family sitting room, whenever her native hegemonic instincts are in the ascendant) you will find my daughter. The give-away is her clear mezzo soprano voice - often wrapped instinctively and effortlessly round a blues number or a Scottish ballad. She is arranging material for the Love Music choir (the largest community choir in the UK (<https://www.lovemusic.org.uk/>) where she is completing a year's internship. Or maybe her talents are being deployed in the creation and planning of a session for her weekly singing group for folk with Parkinson's and those who care for them. (<https://www.youtube.com/watch?v=RRrL10FQpHo>). We attended one of her (pre lock-down) sessions in the new town, and were blown away by her skill, sensitivity, and energy.

As the afternoon comes to a balmy close, my wife is sitting in her own sun-drenched corner of our bedroom where she is writing either a lock-down poem, story or song. Following the now emerging family tradition, she adopts the discipline of manufacturing one of these every day. While the world outside remains an uncertain environment, she stirs the creative juices every day with a title generated by one of the 26 letters of the alphabet. She has already lapped herself.

Then there's me.... I sit in awe at the maelstrom of musical creativity that is my family, and frankly feel a little inadequate. My own musical roots go back to

childhood spent in a rambling vicarage in Kent. This very Blyton-esque eyrie was the setting for the launch (and very occasional public performance) of 'The Challengers' - a little known musical outfit, formed with my sister when we were eight and ten (and didn't know any better). It can claim the responsibility, amongst other triumphs, for my lifelong obsession with playing the mandolin.

As the lock-down persists, our church in Leith, like many others, is exploring the delights and dangers of church by Zoom. On the plus side, these include being able to share worship with folk from the other side of the world (Canada and Cambodia in our case). At a slightly more egregious level, there is endless scope for mistimed comments to be broadcast unwittingly to the whole community, when the finer functions of the 'mute' button have not been grasped.

This brings me back to the special kind of music currently being brewed in our household. On a couple of occasions, our family have been asked to lead some of the singing at our Sunday morning virtual service. We have duly dusted down the skills of the Von Jaquet Family (pace Julie Andrews and co), and practically for the first time performed together as a family. It's been something of a revelation that we could produce four harmony vocal parts with a minimum of internecine warfare. Other church members have been unusually generous in their praise.

I remain unclear where my children sit on the doctrinal map of faith (although I have a pretty good idea). I'm not even sure I could accurately represent my wife's position (probably heading somewhere towards the intersection of the humanity index with cradle Catholicism, with more than a nod to political radicalism and the crochet club).

As for me, I tend to follow my father's maxim (we don't know if he coined it or borrowed it): 'The older I get, the less and less I believe - more and more strongly'. If I'm less than completely sure about much of the infrastructure of faith, I'm enjoying the music, the thinking, and the passion that emanates from my family during these

strange days we're living through.

Maybe the faith and the music aren't so separate from each other as I once thought.

Simon Jaquet, Director, Simon Jaquet Consultancy Services Ltd

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.**

MENTAL HEALTH

There is a strong emphasis on the impact of the lockdown resulting from the coronavirus on our mental health. FiOP is a member of Voluntary Health Scotland and together with Support in Mind and other colleagues is working to highlight the issues for older people which are often not recognised or just put down to 'growing old'.

Our mental health

There are things we can do to look after our mental wellbeing during this time. On this page, we are gathering the information, links and resources that we can, to help keep you informed and protect your mental health.

MENTAL HEALTH AWARENESS WEEK 2020 is a chance for the UK to focus on mental health

This year's theme of kindness is being promoted by the Mental Health Foundation and many organisations have a specific focus to support individuals.

The focus on kindness is a response to the coronavirus outbreak, which is having a big

impact on people's mental health.

Some people have **mental health** conditions like **depression** or **anxiety**, which means they have feelings that won't go away and which start to really affect day-to-day life.

Mark Rowland, chief executive of the Mental Health

Foundation, said: "We want to use Mental Health Awareness Week to celebrate the thousands of acts of kindness that are so important to our mental health. And we want to start a discussion on the kind of society we want to shape as we emerge from this pandemic."

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Rethink on Mental Health

Advocates for wider community support for people experiencing severe mental illness can provide an opportunity not just to survive, but to thrive.

Access to the best possible treatment, at the right time, is crucial. But, this on its own, does not deliver a good quality of life. Housing, employment, finances and support networks all play a

crucial part. The future of mental health care is community-based and locally focused. It meets all the needs of those of us living with mental illness.

That's why we will be raising awareness of the six key components needed for a world-leading [community model of care](#) for people living with

mental illness during Mental Health Awareness Week.

Those are:

- Social connectedness
- Physical health
- Housing
- Finances & employment
- Volunteering
- Access to clinical services

https://www.rethink.org/get-involved/awareness-days-and-events/mental-health-awareness-week/?gclid=CjwKCAjwh472BRAGEiwAvHVfGvk-l2zOLEasG-PoWcKqkxBseS6lZcqEry4SWdPprWtDfpwm1-s8pBoCawAQAvD_BwE

SAMH –

<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub>

CLEAR YOUR HEAD CAMPAIGN These are worrying and uncertain times. The coronavirus outbreak has changed daily life for us all in Scotland and has had a real impact on how many of us are feeling. It's ok to not feel yourself right now, and we have some great tips to help get you through it. The Scottish Government's together with other organisations has developed the **Clear Your Head** Campaign has produced animated films now showing on TV plus social media lines and images to use. The campaign gives people tips to help get through the crisis. For information and advice visit www.clearyourhead.scot

SCOTTISH MENTAL HEALTH ARTS FESTIVAL GOES ONLINE

The Scottish Mental Health Arts Festival places focus on kindness this week, with three short films embracing the subject of kindness available to watch free as part of their online festival. Join their informal Zoom discussion on Thu 21 May at 8.30pm to chat about the shorts!



[**FIND OUT MORE**](#)

FALLING OFF A CLIFF AT 65: DISCUSSION PAPER AND EVIDENCE

The issues which are being explored by VHS and its members include under-diagnosis, under-provision, poor transitions from 'adult' services to 'older people' services, discrimination and flouting of human rights.

It is said that for some people with serious mental health issues, their 65th birthday is like 'falling off a cliff' in terms of service provision. We have been gathering evidence in order to raise awareness of the issues faced by people and to try and improve policy and practice.

The background briefing can be found on the VHS website: <https://vhscotland.org.uk/falling-off-a-cliff-at-65-discussion-paper-and-evidence/>

Stirling University is launching a new study into how the covid-19 pandemic has affected the wellbeing of older people.

Professor Anna Whittaker will lead the project that hopes to provide a crucial understanding of

the negative impacts of social distancing in people aged over 70 in Scotland, as well as strategies to combat them.

<https://healthandcare.scot/default.asp?page=story&story=1689>

HEALTH AND CARE

Inequalities in health highlighted by the pandemic

A recent survey carried out by VHS of its member organisations and regular engagement with the voluntary health sector has shone a light on these inequities and the impact of the social distancing measures on people's health and wellbeing. We are hearing of the impact on people's mental health with an increase in fear and anxiety in those with existing mental health conditions but also increasing poor mental health for people who are normally emotionally resilient.

<https://vhscotland.org.uk/covid-19-a-pandemic-in-the-age-of-inequality/>

We would welcome hearing from you about your experiences of the lockdown – good and difficult. Write to Director@fiop.org.uk

SOURCES OF HELP AND ADVICE

How RNIB can help during the current Coronavirus situation:

<https://www.rnib.org.uk/scotland/how-we-can-help>

RNIB Helpline The [RNIB Helpline](#) is available on 0303 123 9999 from 8am to 8pm weekdays and from 9am to 5pm on Saturdays. Our advisors can give advice and information and referrals to other services.

RNIB Connect Radio [RNIB Connect Radio](#) will continue to broadcast information and entertainment programmes aimed at people with sight loss, available on Freeview 730, online at www.rnibconnectradio.org.uk and on 101FM in Glasgow.

RNIB Talking Books library [RNIB's Talking Books library](#) can still post or download the thousands of titles we have available in audio and other formats.

DEAF ACTION – MAKING A DIFFERENCE

The following link provides information about the Corona virus and services for people who are deaf <http://www.deafaction.org/coronavirus-info/>

SCOTTISH PARTNERSHIP OF PALLIATIVE CARE

The Scottish Partnership for Palliative Care (SPPC) brings together health and social care professionals from hospitals, social care services, primary care, hospices and other charities, to find ways of improving people's experiences of declining health, death, dying and bereavement. It works to enable communities and individuals to support each other through the hard times which can come with death, dying and bereavement. **Below is the link to information and resources** relating to the CoronaVirus: <https://www.palliativecarescotland.org.uk/content/coronavirus---latest/>

Hourglass, the only UK-wide charity dedicated to calling time on the harm, abuse and exploitation of older people. We provide the only national helpline for people concerned about or experiencing abuse. Our experienced helpline Information Officers can help you make the best choice to keep yourself safe and put you in touch with the appropriate agencies. It's entirely confidential, free to call from a landline or mobile and will not appear on your phone bill.

Call our Helpline on: 0808 808 8141 – Monday – Friday, 9am to 5pm

AGE Scotland

Age Scotland has compiled advice for older people and their families on how to avoid exposure to the virus, as well as actions we can all take to help each other.

<https://www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/coronavirus/>

The Age Scotland helpline is a free, confidential phone service for older people, their carers and families in Scotland. Our team provide information, friendship and advice.

Our helpline is free to call and available Monday - Friday 9-5pm. Call us today on 0800 12 44 222.

ALZHEIMER SCOTLAND



Call our Helpline on 0808 808 3000

During these uncertain and worrying times, we want to reassure you that we're here for you.

Our 24 hour Freephone Dementia Helpline is available for you whether you are looking for information, emotional support or just need someone to talk to. We have a team of dedicated and experienced volunteers willing to listen, many of whom have personal experience of caring for someone with dementia.

The Silver Line operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week, 365 days of the year. We also offer telephone friendship where we match volunteers with older people based on their interests, facilitated group calls, and help to connect people with local services in their area. **The Silver Line Helpline – 0800 4 70 80 90**



Scottish Government
Riaghaltas na h-Alba
gov.scot

For information which clarifies some of the basics of data protection, and gives established community groups, services and charities clarity on how to apply the law in this extraordinary time, please see the below link to a blog from the Information Commissioner:

<https://ico.org.uk/about-the-ico/news-and-events/blog-community-groups-and-covid-19/>

Please feel free to circulate to your networks.

Age Equality, Older People Policy | Age Equality, Older People and Social Isolation & Loneliness Team | Equality Unit | Scottish Government | Area 3H North | Victoria Quay | Edinburgh | EH6 6QQ | email: Rachel.Smith@gov.scot

SCOTTISH GOVERNMENT CONSULTATION ON REFINING/REDUCING THE CURRENT LOCKDOWN ARRANGEMENTS

The Scottish Government Covid-19 Committee has opened a consultation on refining or reducing the current lockdown arrangements. The consultation is open until Friday 29 May 2020: <https://www.parliament.scot/parliamentarybusiness/CurrentCommittees/115116.aspx>

CHEST, HEART AND STROKE SCOTLAND – advice line 0808 801 0899

<https://www.chss.org.uk/coronavirus/i-need-help/>

We want to reduce isolation and loneliness to people in Scotland. We have over 4,000 volunteers who can call, collect shopping, dog walking and pick up prescriptions. **We are flexible when we do the calls and shopping so this can be done at evenings and weekends.**

A CHARITY IS ENCOURAGING OLDER PEOPLE TO REMAIN ACTIVE THROUGHOUT LOCKDOWN SO THEY CAN STAY FIT AND CONFIDENT

Older adults in Scotland are being encouraged to keep active during isolation so they remain fit, well and able to get out and about again once restrictions are eventually lifted. A new Stay Mobile Stay Connected campaign video, made by people in their 70s, 80s and 90s, is being launched by ROAR Connections

for Life reminding older people to get up and get moving while they're stuck inside for weeks on end.

The two-minute video "LOCK DOWN NOT SIT DOWN", featuring five Scots aged from 79 to 92, launched this week on social media and opens with the

line: "Don't just sit there. Get up and get moving!"

Paisley-based charity ROAR, whose mission is to reduce loneliness and social isolation in older age, is sharing a programme of simple exercises through local media, on social media and by distributing exercise booklets by post.

http://thirdforcenews.org.uk/tfn-news/lockdown-doesnt-mean-sit-down?utm_medium=email&utm_campaign=TFN%20digest%20Friday%201%20May%202020&utm_content=TFN%20digest%20Friday%201%20May%202020+CID_a78bcdcfab541bd66988222581e2edb&utm_source=Email%20marketing%20software&utm_term=Lockdown%20doesnt%20mean%20sit%20down

THE ALLIANCE

Recommendations published by the ALLIANCE to improve guidance on social care during the pandemic.

The ALLIANCE has published a series of recommendations on how to better respect, protect and fulfil human rights in social care during the COVID-19 pandemic. Reviewing social care assessment guidance and an ethical framework published by the Scottish and UK Governments, the ALLIANCE has noted the disproportionate impact of COVID-19 on specific groups of people, including people with long term conditions, disabled people and unpaid carers.

<https://www.alliance-scotland.org.uk/blog/news/social-care-assessment-covid-19-human-rights-concerns/>

ALLIANCE
Live

[ALLIANCE Live - Health and Social Care Alliance Scotland](#)

ALLIANCE Live is an information and learning portal connecting audiences to a range of experts from across health and social care. Guests are invited to use the power of story to bring their work or lived experience to life, describing the success and challenges that come with any endeavour including living well with a long-term ...

Continued

www.alliance-scotland.org.uk

A CHANCE TO SEE CULTURAL OPPORTUNITIES IN OTHER PARTS OF EUROPE VIRTUALLY

www.robert-schuman.eu

THE HATE CRIME BILL

The Hate Crime and Public Order (Scotland) Bill Call For Evidence has now been issued by the Scottish Parliament. **If you wish to make a written submission please visit the Scottish Parliament website for further details.**

The Scottish Government has now produced eight topical notes covering the main provisions of the Bill in more detail. These can be found on the Scottish Government's [hate crime webpage](#).

The Scottish Government welcomes your views on any aspect of the Bill as it begins its passage through Parliament. Please send any queries titled 'Hate Crime Bill' to ConnectedCommunities@gov.scot.



EIFA has been doing a series of talks about faith and other things during the lockdown.

https://www.youtube.com/watch?v=ndP1y75J98c&feature=youtube&fbclid=IwAR1osy8C-IPkiwLAnEfHilLZAwNHZ0eo2yjGbeH1bfugei51tKZjs8UxbQc&mc_cid=fe5bc1dff&mc_eid=72722a224e

National bereavement support service launched



Marie Curie has started a new helpline for those who are dealing with the loss of a loved one during lockdown **Marie Curie Support Line is free to call and open 7 days per week. Call 0800 090 2309.**

NEW FILM BY BRITISH DEAF ASSOCIATION SCOTLAND - GRIEVING & BEREAVEMENT

British Deaf Association Scotland has released a new film focusing on the feelings of grief and bereavement someone who cares for a person with dementia might experience. **Watch it here**

**SCOTTISH EPISCOPAL CHURCH INSPIRES –
ONLINE MAGAZINE (May 2020 – Extract)
Growth in Online Worship**



The buildings may have been closed but the church was very much open during Holy Week, with thousands tuning in to the various broadcasts of online worship made available through the Scottish Episcopal Church website.

During Holy Week, a range of broadcasts was available on Palm Sunday, Maundy Thursday, Good Friday, Holy Saturday, Easter Sunday and Easter Monday. We are pleased to report that these attracted 16,500 views across various platforms, with website traffic doubling year-on-

year. This uplift applies to many areas of the website, including our online daily resources.

In addition to this, almost one-third of Scottish Episcopal churches have been offering their own form of online worship to their congregation and beyond since the coronavirus pandemic required the closure of places of worship until further notice.

It was encouraging to see that BBC Scotland News picked up on this growth of online worship, focusing on the success at St Paul's and St George's in Edinburgh. You can read their story here: <https://www.bbc.co.uk/news/uk-scotland-edinburgh-east-fife-52262025>

'The Blessing' sung by churches across the UK <https://www.youtube.com/watch?v=PUtil3mNj5U> The UK Blessing, a song of hope and encouragement, has 'gone viral' and attracted almost one million viewers within 48 hours of being posted on the YouTube website. At the time of writing, the number of views had passed 1.5 million.

Bringing the Galleries to you – National Galleries of Scotland

It's not easy for us to get outside much at the moment, so we are taking solace and inspiration from the amazing art of Richard Long, who uses his experiences of travelling the world to create incredible work. <https://www.nationalgalleries.org/art-and-artists/artists/richard-long>



Faith in Older People

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