

JULY 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

As we slowly and carefully begin to come out of Lockdown and see family and friends again, we do so, in a world that has changed considerably for all of us. Many of us will be thankful that we have managed to escape the worst horrors of the pandemic while trying desperately to see those that we love outside between the rain showers of a Scottish summer. Yes, coming out of Lockdown, however small the steps we are enabled to take in confidence, is a joyful experience.

The sense of 'survival' that we have is appropriate and we give thanks to those who have done their best to guide us through, for the many experts, medical, nursing and caring staff who have worked so tirelessly to ensure our safety in the present moment. We can only say 'in the present moment' because we know that Covid-19 continues to stalk all of our lives, hoping to turn our joy to sorrow and our new sense of freedom to dust.

The thought of Covid-19 is a burden that we will all have to carry for some considerable time to come.

There are those in our midst whose lives have been drastically and permanently changed. Families have lost loved ones in the most distressing circumstances, long dreamed-of retirements have been stolen in the blink of an eye, gran or grampa will never attend family gatherings again. Our thoughts and prayers have reached out across the miles to friends who have gone through weeks of turmoil as they video watched their loved one in hospital unable to hug and hold them at the end, bereft, not only of their loved one but also of the consolation of being surrounded by the comfort others bring at funerals.

We are aware not only of our own burdens but the burden that others carry. In his second letter to the Corinthians, Paul says:

'What a wonderful God we have—he is the Father of our Lord Jesus Christ, the source of every mercy, and the one who so wonderfully comforts and strengthens us in our hardships and trials. And why does he do this? So that when others are troubled, needing our sympathy and encouragement, we can pass on to them this same help and comfort God has given us'. NIV

Regular readers will know that Faith in Older People has built up a formidable body of work related to Care Homes throughout Scotland, many care staff have benefitted from participation in courses organised by Faith in Older People and continue to do so through two online courses specifically designed to support their personal development needs. At Faith in Older People, we are deeply aware of the worries that many care staff have been carrying during Lockdown as they have worried about the elderly people in their charge as well as their own families, whether spouses,

children or elderly parents. We know that this all takes a toll.

Care staff, whether they work in care homes or provide care at home, have been at the front line of the nation's fight against the pandemic. Many will have lived through the agony of seeing people they have grown to love, die well before their time. Others will have isolated themselves from family members to ensure that there could be no cross-infection and will feel that they have missed so much in the growth and development of their children.

The pandemic has put an enormous strain on staff as they have dealt with unprecedented situations which have left many of them feeling vulnerable and perhaps fearful of their particular situation. Sometimes it is hard to talk about how you feel when surrounded by trauma and anxiety.

Faith in Older People has set up **'LISTENING AND CARING IN CONFIDENCE'** – a free on-line service for care home staff and care at home providers.



The wellbeing of staff in our care homes and care at home must be a priority; their health and resilience are essential in supporting those vulnerable older people who are dependent on their care. We believe that it is **'Okay not to be Okay'** and the opportunity to talk can help to prevent anxiety. This free service is independent and there is no monitoring or reporting except for the numbers of people who use the service. The aim is to provide an oasis of time for staff to simply off-load.

Our **'Listeners'** are all experienced and qualified and are giving their time on a voluntary basis. Self-compassion and kindness are important to enable you to care for others and **'Listening and Caring in Confidence'** is a way to help all staff continue to do this.

We would encourage our readers to help by sharing information about this important new service so that our vital carers can be supported and encouraged through this excellent new venture.

To access the service please use the following link: <http://faithinolderpeople.org.uk/listening-service>

**Bob Rendall, Chairperson,
Faith in Older People**



SCOTTISH GOVERNMENT COVID-19 News

[Coronavirus \(COVID-19\): Scotland's route map - indicative dates for the remainder of Phase 2 and early Phase 3](#)

This publication sets out indicative dates for amendments to current restrictions planned for the remainder of Phase 2 and early in Phase 3, to assist businesses, individuals and organisations to prepare.

[Scottish Government releases summary of health services that can resume in Phase 2](#)

Patients will be [able to access](#) additional healthcare services as Scotland moves into Phase 2.

A [summary](#) of which services are likely to be resumed before the end of July, broken down by territorial health board, has been published.

The Government has warned that patient experience may be different and there may be delays due to safety measures including reducing numbers in waiting rooms, cleaning and PPE use.

A Perspective from America

Dear Scottish and English friends, I am so grateful to Maureen for giving me this chance to share some thoughts about the James Houston Center for Faith and Successful Aging (www.jameshoustoncenter.com) but before I do, I want to take this opportunity, during this season of caregiving amid the COVID-19 pandemic, to thank Maureen and Jonathan and Bob Rendall (prior CEO of the Eric Liddell Center) for their abounding hospitality to me during my most recent visit to Scotland when I experienced a severe bout of insomnia complicated by jet lag. At trip's end, I learned what it is like to be the recipient of Samaritan-like care; and, most importantly, I gained deeper friendships with my 3 hosts. As we might say in America, Maureen, Jonathan, and Bob don't just 'talk the talk' but they also 'walk the walk!' Like the grace of God, their kindness came freely, and now I have lasting memories of sumptuous meals, warm times of fellowship, and long walks down Scottish country lanes laced with wild blackberries and raspberries.

Our Center/Centre is named in honour of Scottish-born, Dr. James Houston. At 98, Jim embodies the successful aging senior. Over his lifetime, he has done his utmost to avoid disease and disability, maximize his cognitive and physical fitness, while remaining actively engaged in purposeful, resilient living. Forever joyful, he remains committed to lifelong learning. Jim's biography is characterized

by spiritually inspired, sacrificial living. His remarkable career includes deep friendships with CS Lewis and other Christian leaders spanning 80 years. Jim benefited from his friendship with Lewis, which grew from a small, weekly group that met for over 4 years, until Lewis moved to Cambridge and Jim left for Canada to start Regents College in Vancouver. Jim values his friends and inspires them by example to greatness in Christ.

Having said these things about Jim, he would be the first to criticize a false form of Western-American spirituality, which seemingly is engrossed with personal efforts to grow spiritually and with acquiring virtue through human effort alone, almost as if we were engaged in a "religious muscle-building program." Together, Jim and I would say that genuine faith starts with God, not self. For "He first loved me." Rather than emphasizing what "I" do, I should be attentive to what God is doing providentially in my life. Fortunately, Christian spiritual maturity is not achieved by our own efforts alone but by the work of the Holy Spirit, recognizing that our bodies are temples of the Holy Spirit. We are to seek ye first the kingdom of God. In so doing, we can display the same sporting spirit that the natural man does. I recognized by His grace that if I was going to do anything, I must be prepared to risk everything. And so I share the following story of one's example of God's providential guidance to a new adventure and professional calling. So, trusting in God

becomes a vital element of my own spiritual growth.

I became interested in aging when my father became seriously ill, and I found myself woefully unprepared to meet the challenges of elder caregiving. After my father's death and funeral, I returned to my overseas position with 7th Medical Command. I was at the apex of my career, serving as the Drug and Alcohol Consultant to the commanding general of 7th Medical Command, which included my oversight for 6 in-patient programs, 95 outpatient clinics, 37 adolescent programs, a drug testing lab, and 5 counsellor training programs in Munich. I also served as a member of a Crisis Action team that was involved in hostage release missions into Lebanon and Syria.

My brothers and sisters in uniform held a memorial service for my father, and I learned that many of them faced aging parent issues as well. These experiences prompted me to pursue post-doctoral study in aging, a direction that required additional assistance. The University of Michigan offered a National Institute of Aging (NIA) Post-Doctoral Fellowship Program, but in order to attend, I would have to secure permission from the Army Medical Department for long term civilian training. Once the Army and the University of Michigan selected me, I was told later by my colleagues in psychiatry that we are a "young Army," and they planned to recommend that I complete a child and family fellowship at

Walter Reed. I declined and was promptly told my career was in jeopardy. Someone suggested I talk with my boss, a two-star general who was at the time in charge of all medical care for Desert Storm.

The General had the weight of the world on him for he was responsible for providing all medical care to the American military in the first Iraq War. Sensing spiritual direction, I scheduled an appointment. During the first few minutes, he mirrored the words of my colleagues. Then he asked what I planned to do at Michigan, and I told him that I wanted to help military families with aging parent issues. If we require soldiers to complete a family care plan prior to deployment (i.e., they may not come back), so we need to help soldiers get ready for caring for their aging parents. His entire countenance changed. He shared how he had just received a call from his family priest. "I just came from your mother's home," the priest said, "and she didn't know the gas on the stove was on. What do you want me to do?" The general looked at me and said, "I didn't have a clue what to tell him, but you tell those people that are opposing your assignment to the University of Michigan after the war that I support you." I never told anyone anything, but the next day my colleagues congratulated me for "sticking to my guns." So, after the war, I was reassigned to the University of Michigan and my professional life changed dramatically. After completing the fellowship program, and later, after completing other

duties with the military, I felt God's prompting to transition from a military to an academic research career in the field of aging. I joined the faculties of two major universities, and, after a few years, the Gerontological Society of America selected me as a Hartford Foundation Geriatric Scholar. Through these marvellous programs and opportunities, I became personally linked to leading scholars, like Jim Houston, across the world in the field of aging.

Our Center's overall mission is to enhance the spiritual, emotional, economic, health & well-being of elders, their caregivers and their grandchildren through congregations and faith-based organizations. As a Center, we "think global and act local" by promoting vetted, efficacious faith-based programs like *Faith in Older People*. We take a cradle to grave, intergenerational perspective that is promulgated through our interdisciplinary team of partners, their ministries, and our own unique set of programs that we offer or encourage (e.g., regional faith and successful aging conferences, purposeful ministries from seniors, disaster planning and assistance for vulnerable seniors and disabled persons, support of underserved congregations, dementia caregiver respite programs, duelling choir programs, the parent care readiness program that evaluates and improves the readiness of adult children to care for aging parents, life review programs aimed at capturing the life stories of older persons, grandparent support programs, aging veteran

initiatives, widow / widower support programs, aging in place initiatives, aging prisoner programs and more).

Our Center is squarely behind the promotion of successful aging, which includes the concept of resilience. Some scientists in the Behavioural and Social Sciences, are shifting their perspectives from successful aging to "optimal aging," though both are related to the concept of resilience. While some of the research emphasizes the relationships between value of healthy lifestyles, longevity, and a higher quality of life, other experts focus on genetic and socioeconomic backgrounds that work against successful aging. Given the realities of person's situation, some face unavoidable risk. As Silverstein (2019) puts it in a publication of the Gerontological Society of America 's *2018 Trends in the Behavioural and Social Sciences*, "You can be dealt a bad hand of cards but have the playing skills to make the most of it. These skills provide the basis for resilience, a trait that modulates the dichotomy between success and failure. You can be successful in your aging relative to both the challenges encountered and the resources at your disposal. It comes full circle back to resilience." Our longitudinal research with 1,000 community dwelling seniors in Alabama has affirmed repeatedly the importance of healthy spirituality as a core resource for many successful agers. The spiritual faith of many older persons helps them find late life purpose and courage in facing the COVID-19 pandemic, chronic

disease, dying and ultimately death.

Older people have little to no control over the rate at which they age, and they may also have fewer resources available to help them adapt to chronic diseases and other late life challenges. Despite these limitations, our Center believes that it is very empowering to recognize that we have some control of what we eat, how we choose to exercise, what we believe spiritually, how we exercise our faith, and how socially engaged we are in helping others and living life courageously. Approximately 80 percent of older persons in America belong to congregations, and their involvement in these congregations helps to buffer many of the negative aspects of aging. Most of us grew up in an age-graded culture that essentially says: we go to school, then we go to work, and then we retire. In contrast to this common cultural perspective, we argue that we go to school our entire lives, we work our entire lives, and, if we are wise, we learn to take respites along the way.

We are helping leaders in congregations ask a different set of questions grounded in their religious faith: “What is needed in the community that could not be accomplished unless the local church helped?” “How does a congregation learn to deal with Alzheimer's in a constructive and supportive way?” “What can we

do as a church about the isolation and loneliness brought about by COVID-19, dementia, and other pressing concerns?” Even health professionals such as neurologists, who specialize in the treatment of dementia, are acknowledging that faith-based (volunteer) respite care programs are an invaluable support to dementia patients and their family caregivers. What are we doing to support older people of colour, who might be disproportionately impacted by this outbreak? And why does COVID-19 disproportionately impact the health of older people of colour and their paid caregivers, their direct care workers?

Since our first book, *A Vision for the Aging Church: Renewed Ministry to and from Seniors*, we have received thousands of messages, and multiple requests to speak at Christian and professional conferences, hundreds of phone calls, and multiple site visits from pastors, faith-based gerontologists, and business leaders. We have worked with national and international Christian ministries and military chaplains, conducted elder care research and training at the US Air and Army War Colleges (the senior leadership schools of the Army and Airforce), helped two churches evaluate an elder care training program, organized multiple successful aging conferences with Protestant and Catholic congregations, presented plenary addresses on

faith and successful aging to a broad range of faith-based communities and organizations, met some remarkable elders (oaks of righteousness) and, most encouragingly, have seen signs of great progress by the church, faith-based organizations, Christian volunteers, and seminaries since our last book was published. Additionally, we have been able to come along side some wonderful, sustainable, state-wide, national, and international, practical ministries that meet genuine human needs related to elders and those who care for them.

Despite these successes, we have been challenged to write a less academic book on ‘wisdom and aging.’ I recall a wonderful telephone conversation I had with an 81-year old, lively gentleman from Chicago, who had captured the essence of what we were trying to say in our first book: “I want to be a part of that army of senior saints you talked about ... I want to turn the world ‘upside down’ with the love of Christ too!” But then he quickly added, “I didn’t understand half what you and Dr. Houston said in your book. What do I need to do now?” Using the title of a book written by a friend and geriatric psychiatrist, *Dear Old Man*¹ we want to say to all who could not understand what we wrote, we hear you loud and clear! Our aim in this book is to see the journey, not from the balcony, but from

¹ *Letters to myself on Growing Old*, C. Wells, 1995, Backbone Press, Nashville, TN

being on the road of life ourselves.

With the current apocalyptic event of the Coronavirus (COVID-19) pandemic, it is easy to be distracted from ordinary, everyday living. Hopefully, by the end of the year (2020), we will be back to more normal living. But our new book and Center are NOT just about what is normal or even what is being called now the “new normal;” instead, it is much more about discovering the extraordinary in the normal.

We agree with C.S. Lewis, who certainly viewed every ‘normal’ person as an ‘eternal being.’ Though growing old is a part of normal living, we aim to address the uplifting truth that the older we grow, the more different and wiser we ‘can’ become, so that we are prepared to face whatever the future brings. We do not want to be tempted to believe that there is no ordinary living. But, as C.S. Lewis exclaimed in a wonderful service that Dr. Houston was privileged to hear one Sunday morning at

Great St. Mary’s Church in Oxford, “There are no ordinary people.” Created in the ‘image and likeness of God,’ we are destined to live eternally in an unimaginably glorious future. Lewis’s extraordinary comment left Dr. Houston standing in awe and wonder of all his human companions, both living and deceased. For our incentive to be wise is not just for this world, but also for the life to come. Serving together,



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INFORMATION AND REPORTS

LONELINESS AND ISOLATION

Key Messages: Keeping the Conversation Going: Loneliness and Social Isolation

VHS ran a meeting on the 1st of July in collaboration with members of Arts Culture Health and Wellbeing Scotland to shine a spotlight on creative responses to loneliness and social isolation at this time. We explored the essential role arts and health organisations and practitioners have been playing during the COVID-19 pandemic and will continue to play beyond it.

<https://vhscotland.org.uk/wp-content/uploads/2020/07/Key-Messages-Creative-Responses-to-Loneliness-and-Social-Isolation-23-June-2020.pdf>



LONELINESS AND ISOLATION - Thousands of people with dementia dying or deteriorating – not just from coronavirus as isolation takes its toll | Alzheimer's Society

<https://www.alzheimers.org.uk/news/2020-06-05/thousands-people-dementia-dying-or-deteriorating-not-just-coronavirus-isolation>



An Epidemic of Loneliness

New research has shown almost three quarters (71%) of over-55s have struggled with the lockdown, prompting Age Scotland to raise concerns about how older people are coping. The study from Santander found that four in 10 adults in the UK (38%) have noticed a deterioration in the health and wellbeing of their older and vulnerable relatives since the start of the lockdown. More than half of older people say they have heard less from their friends and family in the last few months, while one in five (21%) have been drinking too much alcohol to cope with feelings of isolation.

http://thirdforcenews.org.uk/tfn-news/epidemic-of-loneliness-in-scotland?utm_medium=email&utm_campaign=Weekly%20Third%20Force%20News%20-%20health-and-social-care&utm_content=Weekly%20Third%20Force%20News%20-%20health-and-social-care+CID_2d1d31c2c3c631c78cfd44174453ef33&utm_source=Email%20marketing%20software&utm_term=Epidemic%20of%20loneliness%20in%20Scotland



NHS SCOTLAND

The **Test & Protect National Mailing** should have been delivered to every home across Scotland. The NHS Scotland Test and Protect service has been introduced to control the spread of coronavirus as lockdown measures are eased. We are working with partners and stakeholders to get this vital message out to everyone across our communities.

This mailer is a key communication tool for Test and Protect and will provide every household with detailed information they need to understand the process and to undertake the steps which may be required if they need to isolate. This includes:

- A letter from the First Minister
- An infographic explaining the Test and Protect Process
- The Test and Protect information leaflet

The Test & Protect Mailing has been translated into the following languages and accessible formats: **Arabic, Audio MP3, BSL, Easy Read, Farsi, Gaelic, Large Print Format, Hindi, Hungarian, Latvian, Lithuanian, Polish, Punjabi, Romanian, Russian, Simplified Chinese, Slovakian, Traditional Chinese and Urdu**. Digital versions of the leaflet in these languages and formats will be available online at www.gov.scot/test-and-protect

We have created a **Test and Protect Process Video** including audio and subtitles explaining the 9-step process, which you can find here: https://youtu.be/nPN_CoSTwQM

Our partners at Minority Ethnic Carers of People (MECOPP) have also produced a voiced over version of the **Test & Protect Process Video in Cantonese**, you can find these here: <https://youtu.be/5Rm4P9snXw0>



COVID19 IMPACT ON VOLUNTARY SECTOR ORGANISATIONS

This report compiled by the **Association of Chief Officers Scottish Voluntary Organisations** sets out the challenges faced by chief officers in responding to the pandemic and the impact on their organisations. <https://www.acosvo.org.uk/sites/default/files/Covid19%20Impact%20-%20Case%20Studies.pdf>

How has COVID-19 impacted young and old?

[Responding to the ONS reports](#) on the social impacts of COVID-19 on younger and older people published earlier this week, ILC Global Policy and Influencing Manager Lily Parsey [argues](#): “[These figures] show that both our experiences of the pandemic and our priorities coming out of lockdown vary based on our age.” “But while our priorities might shift in different stages of our lives, our overarching aims seem to stay very much the same, to support those most at risk, to restore our economy and to overcome this virus.” “So, let’s not pitch young against old. If this pandemic has shown us anything, it’s that policy works best when it’s designed for all ages.”



The ALLIANCE has just published two more papers that readers might be interested in - a briefing in response to an inquiry from Scottish Government about shielding - <https://www.alliance-scotland.org.uk/blog/news/next-steps-for-people-who-are-shielding/> - and another about the resumption of day care services - <https://www.alliance-scotland.org.uk/blog/news/reopening-social-care-day-services-during-covid-19/>.

Finally, our Humans of Scotland contributions have continued to come in - <https://www.alliance-scotland.org.uk/humansofscotland/> - so if anyone in the wider FIOP network would like to share their experiences, they can contact Humans@alliance-scotland.org.uk or call us on 0141 404 0231 and ask to speak to Angela Millar.



PALLIATIVE CARE INSTITUTE LIVERPOOL AT THE UNIVERSITY OF LIVERPOOL is conducting the following study in collaboration with the University of Sheffield - [you are invited to consider participating in the COVID-19 Online Survey](#)

[Click to enter the COVID-19 Online Survey](#)

We are inviting you to consider taking part in an open, online survey. This survey will ask you to provide information on your experiences of end-of-life-care during the COVID-19 crisis. This study is being conducted by the Palliative Care Institute Liverpool at the University of Liverpool and in collaboration with the University of Sheffield.

Who can take part?

We would like to hear from anyone who

Do we need specific human rights for older people?



The COVID-19 pandemic has raised many questions about how we treat people based on their age. In this video, ILC Chief Executive Baroness Sally Greengross OBE discusses whether we need specific human rights for older people. Take a look at all our [latest videos](#) and subscribe to our [YouTube channel](#).

THIRD FORCE NEWS – the voice of Scotland’s third sector

To read the report “Human Rights concern over Covid-19 care home response” click [HERE](#)

LET CARE FLOURISH – Reflections on Primary and Social Care

A link to the blog from Donald Macaskill, CEO of Scottish Care

<https://scottishcare.org/let-care-flourish-reflections-on-primary-and-social-care/>



AN EXTRACT FROM A LETTER FROM Dr Margaret Whoriskey, Head of Technology Enabled Care and Digital Healthcare Innovation

Near Me Public Engagement | 29th June to 24th July 2020

The use of video consultations in Scotland has rapidly escalated since the Covid-19 pandemic started. Prior to March, there were around 300 appointments using the Near Me system, by June, there were over 17,000 every week, with over 150,000 in total.

Building on this and looking to the future the Scottish Government has produced a vision that all health and care consultations in Scotland are provided by Near Me whenever it is appropriate.

To raise awareness about the vision this week an engagement exercise is underway across Scotland. The purpose is to find out what people think about having their appointments by Near Me and how it might be improved for the future. We already know quite a lot about the experiences of people who have used Near Me, but we are less certain as to why some people have not used this free and confidential service.

The engagement will include inviting the public to take part on an online survey

<https://www.nearme.scot/views> or the option to phone or email their views to the National Near Me team.

If you require further information or wish to discuss, please contact Maimie Thompson – who is overseeing the public engagement and survey on my behalf; by emailing her direct to [mntompson@btinternet.com](mailto:mnthompson@btinternet.com) or by phone on 07522 516 043.



Following the launch of the [Hate Crime and Public Order \(Scotland\) Bill](#) there has been considerable public debate about hate crime and claims about what the new Bill will do and will not do; therefore the Scottish Government has published a [blog](#) and [supporting tweets](#) with a view to alleviating any possible concerns or misunderstandings about the Bill.

We have also published an Easy Read version of our General Overview Note which can be found on the Scottish Government’s [hate crime webpage](#) along with eight topical information notes on some of the Bill’s provisions.

To note, the Bill’s *Call for Evidence* will close on **24 July**. If you wish to make a written submission please visit the [Scottish Parliament](#) website for further details. It is possible to ask for an extension to this date. 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

Coming soon - a new series of films from the Scottish Older People's Assembly



Older People – a bonus not a burden

A new SOPA campaign - coming soon!

For some time, we at SOPA have been very concerned about the way in which Older People are regarded by others.

In the coming weeks, we will be showcasing the views of Older People in 'doorstep interviews' filmed during 'lockdown'.

As someone who also supports the voice of Older People, we hope you will support this campaign. You can:
follow SOPA on Facebook and Twitter
like and share the interviews
bring the interviews to the attention of your family, colleagues, and networks
contact SOPA if you would like to arrange an interview about the films or a screening of the films.
We hope you enjoy our films and they will give you something to think about.

Older people – a bonus not a burden is a project of the Scottish Older People's Assembly
Facebook <https://www.facebook.com/scotopa>
Twitter <https://twitter.com/Scotopa>
Website www.scotopa.org.uk



LIFE CHANGES TRUST

Please see the undernoted link to *Dementia: A Whole Life Approach resource* which was launched recently and may be of interest.

The resource pulls together learning from all of the work funded by the Trust's dementia programme as well as drawing on other dementia related work in Scotland.

<https://www.lifechangestrust.org.uk/dementia-whole-life-approach-resource-creating-better-lives>



Scottish Fire & Rescue Scotland (SFRS) aimed at people over the age of 50, who smoke and either live alone, have mobility issues or use medical oxygen. Make the Call is an appeal to carers, family, friends and of those who are at risk of serious injury or even death because of an accidental fire in their home.

The latest statistics show that more than 20 people who are over the age of 50, smoke and also either live alone, have mobility issues or use medical oxygen have already been injured, some seriously, by such fires between January 1 and April 30 this year. Tragically, 12 of those people sadly died. SFRS is now appealing to communities across Scotland to help save a life and consider home fire safety when checking in on vulnerable neighbours, patients, friends and family members during lockdown and to put them in touch with SFRS wherever possible using the free Home Fire Safety Visit phonenumber.

Anyone who wants to book a free Home Fire Safety Visit can call 0800 0731 999 or text 'fire' to 80800.

Silver Sunday, The National Day for Older People - SAVE THE DATE: 4 October 2020

As we all emerge blinking from the coronavirus lockdown, we'd love you all to start imagining what you can do for our National Day for Older People, **Silver Sunday** this year.

These past few months have been particularly difficult for older people as coronavirus took its hold over loved ones as well as daily life. We also know how much of a difference Silver Sunday provides as a day to look forward to, for opportunities for connection and reciprocal acts of kindness and gratitude. Silver Sunday provides a silver lining of hope and happiness to those for whom worry, isolation and loneliness can be a daily challenge. So, whilst doing everything we can to protect our vulnerable older population we are calling on kind partners like you to do what you can to make a difference around the UK this October.





Faith in Older People

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