

# NOVEMBER 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

### **This week's blog ...**

I am sitting writing this reflection at Arpafeelie, the small settlement where I live. Arpafeelie consists of an Episcopal Church, the former rectory, which is now Bishop's House, a small office building in the old stables, and I have two neighbouring houses, one being the former Episcopal Primary School. It sounds idyllic and it has always been a place of respite for me in a busy and far flung ministry. That is until March when I had to issue the most difficult letter to the Province. "All our Churches shall close until further notice" It was a day when I thought my heart would break. My diary instantly emptied, cancelling visits, trips to other provinces and regular meetings, I found myself trying to live and work in this isolated spot while every fibre of my being was wanting to carry on sharing my faith and ministry in Scotland and across the Anglican Communion. My beautiful peaceful corner of the Black Isle began to feel more like a prison, and I like so many others began to struggle emotionally with all that was happening.

Thankfully for me, life got very busy again very quickly, online meetings, and online worship. It is remarkable how quickly we adapted to online worship. My first attempt was the Provincial Eucharist on the first Sunday of Lockdown, my mobile phone held in place with a piece of Tac, the Provost of the Cathedral holding it in place as I squeezed into the small chapel in my office, it did work and I learnt a very valuable lesson, eye contact, I realised that I would only be able to communicate if I treated the lens of the camera as the faces of the people I was trying to

speak to, less concern about getting it right more about talking directly to the people in their homes who were struggling just as much as me.

I now have so many stories about trying to record or live stream worship, lighting and relighting the Easter fire in my garden, extinguishing the paschal candle as it hit the roof of my chapel as I declared "Christ is Risen" and laughing as things went pear shaped and having to retake again and again. The problem is I am a story-teller, and I want to gather people around me to tell those stories and so it was

so good to be able to gather in church again.

The reopening of Places of Worship has caused its own problems, I remember a conversation in the run up to reopening in which someone was asking how we would keep the elderly and the vulnerable out, I must have looked very shocked because the person flinched. I simply said "You may have the courage to ask long standing members to leave, I won't do that because I know what I would say to anyone who tried that on me."

I have also heard wonderful stories of from people who have been rediscovered by the church, those who have been housebound for years or because of difficulty with some of our buildings unable to come to church. Suddenly the church in providing online worship, became alive to them, they could join in, they could comment to friends, I really enjoy reading some of the comments on screen before the services start. "Good morning from Auchenshoogle, are well Jeannie, good to see you are on here with me". We as church will need to keep doing what we are doing, and I realise we should have been doing it long before we were forced to by the Virus.

I had the pleasure of Confirming a member of the Church last Sunday, the service was great, and the church was filled to its present capacity, we live streamed so those who aren't able to come because of concerns about health could also join in, we of course miss singing and socialising, but we were worshipping, we were giving thanks and we were welcoming.

I know that for many this is a difficult time, I too miss the company of my family, I miss calling in on friends and I miss the opportunity to sit in someone's kitchen and listen to their stories, yet I also know that I am never alone, because as I work through this Pandemic, trying to guide and love my Church, I know that I too, like you, am loved by God.

**Most Rev Dr Mark Strange**  
**Primus of the Scottish Episcopal Church, Bishop of Moray, Ross and Caithness**  
**November 2020**

## Thinking about seasons

For many people, the time we are living in is very challenging, frustrating, and bleak. I was reminded of an international conference which FiOP was pleased to organise some years ago.

We planned an activity in which everyone could participate the creation of a quilt depicting the tree of life. The quilt embodied creativity, companionship, and change. It also represents continuity as the quilt now moves from one international conference on

spirituality and ageing to the next.

Trees, with their constantly changing colours in autumn bring to mind the circle of life and a sense of hope. The beautiful leaves will eventually fall, and the trees will be left bare.

This is perhaps how many people see their life at the moment if they are without family and friends, not joining in and feeling needed nor

feeling energised to do something new.

Perhaps thinking about the seasons will provide an opportunity to use different ways of thinking about change – the glory of autumn, the starkness of winter, the growth in spring and the sunshine of summer with each season bringing a sense of hope; a time to reflect on past achievements; a fulfilled life or to express sadness at things unfinished.

"Winter, while dark and cold, and sometimes hazardous, is also a time of hibernation for recharging us. Outwardly it looks like not much is happening, and inwardly we might feel we have become sluggish, uncreative, and dull. But almost secretly winter works away in and around us as a time of germination, so that with the spring new shoots appear. Winter is a good metaphor for helping us through bleak times; the cold, bleak and seemingly lifeless season is necessary for bringing forth possibilities that we had not even imagined" (Harriet Harris; Maureen O'Neill 2016 Retreats).

With trees in mind these images bring warmth and hope for change and growth.



The blazing bush is in the garden of Peace and Friendship at Vogrie Country Park and the crooked tree is a good metaphor for our tangled times, but we keep growing and adapting.

**Maureen O'Neill**  
**Director, Faith in Older People**  
**November 2020**

## FAITH IN OLDER PEOPLE PROJECTS

### ONE STEP AT A TIME



FiOP developed this free learning resource to assist faith communities to build a more supportive environment for people with dementia and their families.

Our handy quiz on *“How Dementia Friendly is your Faith Community”*, is available on our website along with the resource. FiOP was delighted that Dementia Advocacy Canada has adapted this resource to the Canadian context as a joint approach.

**Download the resource from:**  
**<https://www.faithinolderpeople.org.uk/project/one-step-at-a-time/>**

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>

## SPIRITUAL CARE MATTERS

**FiOP** developed this free eLearning resource for all staff and volunteers working in care homes, health and other care settings.

People who will be interested in the course include care assistants, health care staff, home care visitors, activity coordinators, catering staff, administrative staff, carers and anyone with a role in supporting older people. It provides an opportunity to consider your own spiritual needs

as well as helping you to enable the spiritual needs of others to be met.



Download the courses from:

<https://www.faithinolderpeople.org.uk/project/spiritual-care-matters/>

## SCOTTISH GOVERNMENT

The Scottish Government recently launched the **Self-Isolation Campaign**, which is looking to reinforce its importance in stopping the spread of coronavirus. This campaign is running for 3 weeks across TV, radio, press and digital. [View the Self-Isolation TV Ad Here](#)

The **Self-Isolation Stakeholder Toolkit**, includes links to the most recent materials for Self-Isolation, September Restrictions and Stop the Spread campaigns. We would very much appreciate if you could share this with your audiences.

### Key Campaign Messages

The Self-Isolation Campaign focuses on the following key messages:

- You should self-isolate straight away if:
  - You or someone in your household has symptoms
  - You have been abroad and need to quarantine
  - You have been advised to do so by the NHS or the through the Protect Scotland App
- Don't go for one last shop or wait for a test result to decide
- If you don't have help nearby, you can call the Freephone National Assistance Helpline on 0800 111 4000

### Campaign Assets

- ∅ [Download Self-Isolation Campaign Assets via WeTransfer Here](#)
- ∅ [Download Self-Isolation Campaign Assets via DropBox Here](#)
- ∅ [Access Assets via NHS Inform Communications Toolkit Here](#)

*Nicole Ronald*

The Scottish Government | Disability Equality and Older People Age Policy | Equality and Human Rights Division | Area 3-H (North), VQ | Tel: 0772 932 3761 @scotgovequality



Scotland believes in equality.

Visit [onescotland.org](https://onescotland.org) and share your support for the campaign on Facebook and Twitter



[onescotland.org](https://onescotland.org)



### CARE HOME VISITING

Please find below, a link to the latest Scottish Government update regarding Care Home visiting guidance.

<https://www.gov.scot/publications/coronavirus-covid-19-adult-care-homes-visiting-guidance/>

## SCOTLAND'S SOCIAL CARE SECTOR

A plan outlining steps to prepare and support Scotland's social care sector through the winter has been published

<https://www.gov.scot/news/supporting-those-who-receive-and-provide-social-care/>

Karen Mechan, Team Leader Age Equality, Older People and Social Isolation & Loneliness  
Equality and Human Rights Division

Scottish Government, Area 3H North, Victoria Quay, Edinburgh, EH6 6 QQ

BLACKBERRY: 07787 272 383 EMAIL: [karen.mechan@gov.scot](mailto:karen.mechan@gov.scot)

## FACE COVERING EXEMPTION CARDS

Scottish Government developed a digital and physical face covering exemption card for those who are exempt in the regulations and guidance. We're delighted to inform you that these cards are available for people to request from Thursday 29 October. The cards will be delivered by Disability Equality Scotland (DES) on behalf of the Scottish Government and are accessible at

[www.exempt.scot](http://www.exempt.scot) or via the free helpline on **0800 121 6240**.

**Jolanta Lisicka** | Participation Policy Manager

Participation Team | DHQI: Planning and Quality, 07919 565 295

**SEASONAL FLU CAMPAIGN- carers are entitled to free flu vaccinations, paid or unpaid.** If you can please share with your networks.

<http://www.healthscotland.scot/media/3300/flu-campaign-digital-toolkit-briefing-for-people-aged-65-and-over-2020.pdf>

## OTHER INFORMATION



**The First Minister of Scotland**, Nicola Sturgeon, has released a video message thanking the faith Communities and local interfaith groups of Scotland for the 'massive contribution' they make to Scottish Society.

In her message the First Minister highlights that this contribution has been 'especially evident' during the current pandemic and demonstrates the core values of solidarity, compassion and love.

The message was released on the first day of Scottish Interfaith Week and the First Minister highlighted the importance of the week and

spoke movingly of the theme of the week 'Connecting', speaking of how critical this has been during these challenging times.

Across Scotland faith communities, local interfaith groups, organisations and individuals are making a huge effort to continue 'connecting' and the events featured on the online festival are creative, spiritual, fun, informative and educational.

Don't miss your chance to take part 8-15 November - [www.scottishinterfaithweek.org](http://www.scottishinterfaithweek.org).



First Minister of Scotland, Nicola Sturgeon, thanks faith communities and local interfaith groups for their 'massive contribution' to society.

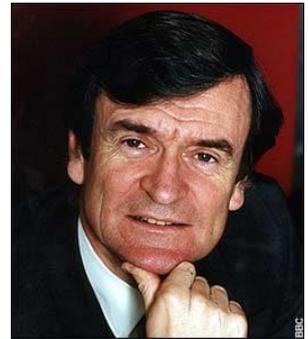
Don't forget to keep an eye on our websites and social media channels to find out what is happening during #SIFW2020.

## ICN

Doctor Anthony Clare, a psychiatrist who did the BBC programme 'In the Psychiatrist's chair' was once asked "How can we be happy?" He gave seven tips. Number One: Cultivate a passion. It is important to have something that you enjoy doing and gives you life.

**Click the link below for more tips:-**

<https://www.indcatholicnews.com/news/40807>  
[www.indcatholicnews.com](http://www.indcatholicnews.com)



## PLAYLIST FOR LIFE

Here is some information about an upcoming webinar from our friends at **Playlist For Life**:

**Share the power of personal music for people living with dementia**  
**Free webinar opportunity - Tuesday 17<sup>th</sup> November 11am-12.15pm**

Playlist for Life has developed a webinar to help you share the power of personal music with the people you support. With a particular focus on using music to tackle social isolation, the session will provide you with the knowledge and skills to help people with dementia and carers make personal playlists.

You will learn:

1. How music can help people living with dementia and carers
2. How to use Music Detective skills to track down the best music for a personal playlist and how this can open up conversations
3. An introduction in how to get music to someone living with dementia and how they can listen to their playlist

*'Our members are thrilled with their playlists. This not only benefits the person*

*living with the dementia but also their caregiver as the music takes them back to happy memories whilst enhancing quality of life and wellbeing.'* Michelle Candlish, CEARTS - Life Changes Trust Grant Holder

If you would like to attend or have any questions please email [rebecca@playlistforlife.org.uk](mailto:rebecca@playlistforlife.org.uk) stating your organisation and role.

Rebecca Kennedy, Communities Officer –  
 Playlist for Life  
 Switchboard: 0141 212 9600  
[www.lifechangestrust.org.uk](http://www.lifechangestrust.org.uk)

**PLEASE NOTE OUR NEW POSTAL ADDRESS:**  
 Life Changes Trust, Unit 49500, PO Box 26965  
 Glasgow G1 9BW



**To Absent Friends** gives people an opportunity, a reminder and an excuse to take time out to remember and celebrate the people we love who have died, whether

recently or long ago. This year it offers different ways to participate as below

- [To Absent Friends Cookbook](#)
- [Remembrance Playlist](#)
- [Tribute wall](#)
- [Other ways to remember](#)
- [Show support](#)

## INTERGENERATIONAL CHURCHES

For information, here is an interesting article on intergenerational churches and a webinar. Here's the link

<https://www.churchofscotland.org.uk/news-and-events/news/2020/Church-of-Scotland-Youth-worker-shares-key-ingredients-for-intergenerational-church>

## AGE SCOTLAND

Our recent newsletter indicated that we have two upcoming meetings for our Technology sub-group, where we will be following up on the topics raised at our technology meeting in August. The meetings are for people living with dementia and unpaid carers, and we'll be looking to define the priorities and areas of focus for the sub-group. We'll be bringing the discussions from each meeting together for joint work going forward. More details are below:

### Technology meeting for people living with dementia

- **Tuesday 17 November, 10:30am - 11:30am, via Zoom**
- People living with dementia are best placed to guide the development of the technology that they use, and we want to hear from you about your experiences, the differences that you would like to see, and what areas of technology you think we should focus on together.
- [Click here to access the event page for further details.](#)

### Technology meeting for unpaid carers

- **Thursday 19 November, 11:00am - 12:00pm, via Zoom**
- Talking to carers about the existing tech that works for you, ideas for tech that could help to support you, and the improvements you would like to see in the future that we can work towards.
- [Click here to access the event page for further details.](#)

Both meetings are free to attend and will take place via Zoom. However we understand that people may want to contribute to the conversation in other ways, and we are very happy for people to be involved in a way that works for them – for example, we can set-up phone calls to speak to people individually, or talk over email or Zoom text chat.

**Adam Huntley**, Resource and Administration Officer, About Dementia



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**Email:** [adam.huntley@agescotland.org.uk](mailto:adam.huntley@agescotland.org.uk) | [www.agescotland.org.uk](http://www.agescotland.org.uk)

**Age Scotland**, Causewayside House, 160 Causewayside, Edinburgh EH9 1PR

**THE TACKLING LONELINESS NETWORK** is made up of organisations who care about, and provide services for, people in later life. We want to know what challenges individuals, volunteers and organisations are facing now, and what they are worried about over the next couple of months. Particularly how the latest, restrictions are impacting people, bearing in mind many have already been shielding for several months.

I wondered if there were any groups or networks, we could share the survey with? This survey will continue to run until December, but I am keen for opinions on the current mood to feed into the interim report. One survey is for individuals/volunteers and the other is for organisations. Let me know if you have any questions, I am happy to have a brief call if needed and explain more about the network if you would like to get more involved?

*Independent Age and the Alzheimer's Society are the co-chairs of the Department for Digital, Culture, Media and Sports' Loneliness Network - Older People Task and Finish Group. This group is made up of organisations who support, and care about, people in later life.*

*The task force is investigating how the pandemic has affected services to combat loneliness for those in later life, and the people who use them or volunteer for them.*

*We have two surveys which will help us gather information to inform our recommendations.*

- *The first asks about people's personal experience of the COVID pandemic and whether it has affected their feelings of loneliness. It also later asks for anyone with volunteering experience during the pandemic to share their thoughts: <https://www.surveymonkey.co.uk/r/96MNVDK>*
- *The second seeks views of organisations who deliver services to people in later life which aim to combat loneliness: <https://www.surveymonkey.co.uk/r/V27VWX5>*

*If appropriate we would appreciate someone at your organisation completing the second one from your perspective. We would also value anything you can do to share the second survey on your public facing channels and with people who use your services and your volunteers.*

**Emma Bould, Programme Partnerships Manager, Alzheimer's Society, 43-44 Crutched Friars, London EC3N 2AE Direct line: 07986902288 [emma.bould@alzheimers.org.uk](mailto:emma.bould@alzheimers.org.uk)**

### **SCOTTISH OLDER PEOPLES ASSEMBLY**

SOPA commissioned a series of films "Older People - A Bonus not a Burden" which was very successful. In case you missed them please see the links below. A reminder you can find six original films on SOPA's Facebook, Twitter pages or Youtube  
[https://www.youtube.com/channel/UCZkEktQXGBKa\\_2TB3NHrKhA](https://www.youtube.com/channel/UCZkEktQXGBKa_2TB3NHrKhA)

### **PROSPECT ACROSS SCOTLAND**

The latest newsletter is available here

[https://www.prospectsacrossscotland.org.uk/assets/uploads/docs/No\\_36\\_Autumn\\_2020.pdf](https://www.prospectsacrossscotland.org.uk/assets/uploads/docs/No_36_Autumn_2020.pdf)

**Jennifer Maden, Administrative Assistant, Prospects Across Scotland**

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## PALLIATIVE HUMANITY: LIVING THROUGH DYING A BLOG FOR WORLD HOSPICE AND PALLIATIVE CARE DAY

Donald Macaskill - Chief Executive Scottish Care

*“Without the skill and quiet professionalism of the palliative care nurse none of us would have got through what we have just experienced.”*

The whole article can be found at the following link

<https://scottishcare.org/palliative-humanity-living-through-dying-a-blog-for-world-hospice-and-palliative-care-day/>

## FOOD TRAIN

The Food Train Charity calls for step-change to tackle malnutrition among older Scots. The Food Train and University of Glasgow study has highlighted the critical role played by third sector in identifying older age adults at risk of malnourishment and food insecurity

<https://tfn.scot/news/charity-calls-for-step-change-to-tackle-malnutrition-amongst-older-scots>

## ACTION ON POVERTY

Religious Leaders in Scotland come together to call for action on poverty

<https://tfn.scot/news/faith-leaders-call-for-action-on-poverty>

## DEMENTIA FRIENDLY FIFE PROJECT

Dementia Friendly Fife is promoting two new resources created as part of the Dementia Friendly Fife Project. **One is a DVD** which takes the form of a "virtual" dementia friends training session. Normally I would offer this face to face in groups, but the world dominated by COVID makes that an impossible ask. It is a particularly powerful piece of film as the key points are made through the stories of three people living with younger onset dementia.

It needs a bit of time commitment as it takes an hour. I think it is well worth it for the messages it gives out. You can access it on You Tube on: <https://youtu.be/TdTGx1axALw>

**The other resource** is called Recipe For Life. This is a booklet that has been created by members of a peer support group called STAND. The group is for people living with younger onset dementia and their families and friends. The booklet has poems, recipes and personal stories of the contributors. The main message it wants to give is that a diagnosis of dementia does not have to be the end of the world. Here is the electronic version of the booklet.

I have physical copies of both resources. If anyone would like any please ask them to e mail me on [Ruth.McCabe@fife.gov.uk](mailto:Ruth.McCabe@fife.gov.uk) and give me a postal address.

## IMPACT ARTS

Impact Arts' East Coast Co-ordinator is organising a series of creative activities in Edinburgh. In September our [Creative Café](#) –a relaxed craft café for over 60s- went back to physically distant face-to-face delivery. I'm aware that at the moment a lot of activities for over 60s are put on hold, so I'm just reaching out to organisations and groups to make sure they know this opportunity is still available.

Our sessions are very informal and led by an art therapist. We can accommodate up to four people at a time and have a very person-centered approach. We host the café near Cameron Toll Shopping Centre every Thursday and Friday, with both morning and afternoon sessions.

Do get in touch with :  
**Victoria Briones**  
 East Coast Co-ordinator



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