

## FEBRUARY 2021 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

### **FAITH IN OLDER PEOPLE BLOGS**

**Our regular blogs can be read on our website at [www.fiop.org.uk](http://www.fiop.org.uk) - here is one of our latest:**

#### **Learning more deeply to recognise and serve the community**

Last year, when we thought we had seen the peak of the pandemic, I chose to leave my job in teaching and start a new vocation as a full-time priest. I had been a principal teacher for over 10 years and for the past five years I had also been working as a priest in my local church in Central Fife.

Keeping my very high standards of professionalism for my pupils while not letting the pastoral demands of being a priest interfere or being ignored couldn't have been done without the understanding, encouragement and support of my congregation. As a congregation we are made up of mostly retired people but that doesn't mean we have

finished with working, quite the opposite.

Like many retired people, most of the congregation support their families with childcare, others make a point of visiting elderly and/or lonely, some work in the foodbank, others are part of the elderly forum - while some in my congregation have worked closely with the Community Fund of the National Lottery for the past six years and have secured hundreds of thousands of pounds to transform our modest little church into a community hub build with the needs of the whole community! It is true to say that we are a small congregation, and elderly, but we punch well above our weight, so to speak!

Supported and encouraged by the wonderful people of this congregation, you can see why quitting my teaching job and being their full-time priest was so attractive. Being able to develop our relationships and getting to know more about them has been a delight. The many hours of packing the contents of the church and cleaning everything as we put it in storage. The honour of supporting some as they got progressively ill, visiting them at home or in hospital, learning from their wealth of experience about how to plan their funerals with them and supporting their loved ones after their funeral. Leading the worship in church, crematorium and graveside in a sure and certain faith that we are moving on with life, and death in a proper and

loving way, well, it really is humbling.

During the lockdown we have talked often, zoomed, skyped, and tried to remind each other that during this time we are all still here for each other. It has been a challenge; when one lady in the church declined a digital device; she told me, "it will just sit in the corner mocking me because I can't operate such things"! You learn to accept that some will not feel able to move on so easily as others have and to make sure there is no guilt or obligation to be challenged beyond what they are willing.

Throughout my first months they have blessed me with such grace and patience that we are all learning to live closer and more joyfully.

Quite early on I was approached, out of the blue, by a movie producer, who asked for my help in supporting a hermit with whom she is filming a documentary. I immediately accepted and with all appropriate permissions I was able to visit Ken, the hermit, in his home. Sitting with Ken listening to his views on the world, nature, life and death for hours and hours, with the

sound of the rut, the hoots of owls and the flicker of candles was enchanting. It is remarkable how well my congregation in Central Fife had prepared me for this unique experience, maybe I'll tell you more about that next time?

Stay safe,  
Peace & Blessing

Fr Gerry

**Rev Gerry Dillon,  
St Luke's Scottish Episcopal  
Church, Glenrothes  
With St Margaret, Leven and  
St Finnian, Lochgelly**

## **FAITH IN OLDER PEOPLE ACTIVITIES** **SAVE THE DATES**

**Tuesday 11 May 2021**

**THE MALCOLM GOLDSMITH LECTURE 2021 to be given by  
Dr Donald Macaskill, Chief Executive Officer, Scottish Care**

### **The fullness of humanity: human rights and spirituality**

This lecture will explore the relationship between human rights as a moral and legal framework and the world of spirituality. It will advocate a positive potential relationship between human rights and traditional spiritual belief and religious traditions both in practice and in thought. It will approach the subject with particular reference to care and health.

**REGISTRATION IS VIA EVENTBRITE**

**TO BOOK YOUR FREE PLACE, PLEASE CLICK [HERE](#)**

**Thursday 20 May 2021 (in two sessions) and Thursday 14 October 2021**

**WE NEED TO TALK ABOUT DEATH AND DYING**

**Rev Canon Dr Marion Chatterley, Vice-Provost, Cathedral Church of St Mary's  
Edinburgh (Scottish Episcopal Church) and Associate of Faith in Older People**

**Two workshops designed specifically for clergy and people in authorised ministries**

These Workshops will offer support and tools to enhance confidence in having pastoral conversations about death and dying. Using a model from the field of bereavement to explore emotional, psychological, and spiritual responses and building on the experiences of the

participants, the day will resource those who attend to go deeper in their pastoral encounters with people who are actively addressing their own mortality.

***The programme assumes a degree of personal sharing and therefore participation is restricted to clergy and others in authorised ministries within churches.***

**20th May 10-3 (split into two sessions)**

**14th October 10-3 (format to be agreed)**

**REGISTRATION IS VIA EVENTBRITE**

**TO BOOK YOUR PLACE FOR THE MAY 2021 workshop PLEASE CLICK [HERE](#)**

**COST 30.24**

## **FiOP's Plans for 2021**

FiOP's Board has recently discussed the action plan for the organisation for 2021-22. Fundamental to all our work will be spiritual care education as it is encompassed in the key themes of mental health and wellbeing; end of life matters and combatting loneliness and isolation. The pandemic has underscored the importance of all these themes and FiOP will continue to offer its 'Confidential, Free, Caring and Listening Service' for carers wherever they are - Listening and Caring in Confidence ([faithinolderpeople.org.uk](http://faithinolderpeople.org.uk)).

We will continue to work collaboratively with a range of individuals and organisations to raise awareness, take practical action, and to share knowledge and resources.

### **Mental Health, Older People and Faith Communities**

Faith in Older People has agreed that a key theme of its work over the next 1-2 years should be around mental health and older people and the understanding and support provided by congregations to individuals experiencing mental health problems. The issue has become more acute because of the pandemic and the importance of sustaining mental wellbeing in the face of increased isolation, fear of Covid and managing existing mental health challenges.

FiOP was one of the organisations which Voluntary Health Scotland (VHS) brought together to discuss the issue of mental health and older people before the pandemic struck as we were aware that older people often 'fall off a cliff' in relation to the services that they had received or should be able to access. The group included representatives from the voluntary and public sectors as well as psychiatrists. The report of our discussions together with research provided through old age psychiatrists and Knowledge Scotland highlight the deficit in mental health care for older people. The link to the report is [Falling Off a Cliff at 65: Discussion Paper and Evidence \(vhscotland.org.uk\)](#)

We were also aware of the work undertaken by Inclusive Church and its publication Mental Health: The Inclusive Church Resource which considers the practical impact of mental health problems and the theology of being alongside those experiencing problems.

Faith in Older People has worked for the past few years in drawing together a resource to support congregations in developing the inclusion of people living with dementia and we will continue to develop and promote this resource. But mental ill health affects a significant proportion of older people. In a 2010–11 UK survey measuring national wellbeing across people aged 16 and older depression or anxiety was noted to be highest among those aged 50–59 and those of 80 years and older. The Royal College of General Practitioners reports that fewer than one in six older people with depression discuss their symptoms with their GP, Furthermore, only half receive suitable treatment, across the UK.

We are aware that many churches do consider mental health issues and it is important to bring this experience together to share knowledge and practical action.

### **Book suggestion:**

#### **Mental Health: The Inclusive Church (Darton, Longman and Todd 2018)**

Personal experiences, theological and practical resources with a chapter on the theology of mental health by Jean Vanier and John Swinton

To begin to bring together this experience and to consider the way forward, FiOP will be holding a series of free zoom-based talks to highlight different perspectives.

### **ZOOM based seminars**

**The first seminar will be given by Professor John Swinton**

**Tuesday 16th March 2021 at 4.30 via Zoom**

**Title:** The role of faith in the lives of Christians living with mental health challenges

**REGISTRATION IS VIA EVENTBRITE**

**TO BOOK YOUR FREE PLACE PLEASE [CLICK HERE](#)**

### **Future sessions:**

**Tuesday 13<sup>th</sup> April 2021** - will address understanding mental health problems

**Wednesday 5<sup>th</sup> May 2021** – The Rev Canon Dr Marion Chatterley will consider the impact of death, dying and bereavement on mental health

**June (date tbc)** in partnership with Interfaith Scotland will look at the perspectives on mental health from different faiths

### **Spiritual Care Education**

Faith in Older People has just completed this scoping review to examine pre- and post-registration education in spiritual care for nurses and allied health professionals, excluding medicine and chaplaincy, in Scottish Higher Education Institutions (HEIs) March - September 2020 Ruth E Aird QGN ONC MSc Ed and Maureen O'Neill BA(Hons), DMS

This project was funded and supported by NHS Education and the full report is available [HERE](#)

FiOP is delighted that NHS Education has agreed to fund a complementary study in Further Education Colleges offering SVQs to health and social care staff.

## Do you have caring responsibilities? .....

### LISTENING AND CARING IN CONFIDENCE



### A FREE, CONFIDENTIAL, ON-LINE SERVICE FOR CARE HOME, CARE AT HOME STAFF and FAMILY CARERS

With our 'Listening and Caring in Confidence' on-line service we want to offer the opportunity to all those who have caring responsibilities **to have an oasis of time for themselves** as new challenges emerge but with the potential of the vaccine making change.

*Consider your own needs and wellbeing so that you can continue to support those for whom you care.*

Our experienced listeners are here for you:

<https://www.faithinolderpeople.org.uk/listening-service/>

## GENERAL INFORMATION

### SCOTTISH GOVERNMENT

**Key links for the COVID-19: Stay at Home guidance**, a summary of key information now available which you may find helpful. Please feel free to share this information with your internal/external audiences.

[Click here to access the Stay at Home Infographic](#)

As a reminder, the full guidance information can be found here: [Coronavirus \(COVID-19\): stay at home guidance - gov.scot \(www.gov.scot\)](#)

Please note we are progressing Easy Read, Audio and BSL assets just now, and these will be made available on gov.scot when they are ready.

## SHIELDING SURVEY

We conducted an online survey for people who have previously been asked to shield between 20 December 2020 and January 2021. The purpose of the survey was to understand the views and experiences of individuals on the shielding list, and focused on areas such as returning to work, vaccination and what support could be offered to those at the highest risk in the future. We have now completed our analysis on the response we received, and a report outlining our findings has been produced. Below are some of the key findings:

In total we had 4,590 responses to the survey. Of these 2376 responses were received through organisations such as charities and local authority promoting the survey to their networks.

- 86% of respondents planned to get the vaccine when it was offered to them
- 55% of respondents did not feel safe returning to work after a workplace assessment
- 96% of respondents were aware of the additional guidance for those at higher risk
- 8% of respondents had asked a third sector organisation for support since July 2020. Of those who had received support (*n*543), **58%** found it either very or somewhat helpful.

## SELF ISOLATION INFORMATION AND SUPPORT FACT SHEETS

Please find below links to the accessible versions of the self-isolation information and support fact sheets. If you have any questions, please contact Victoria Lopez ([Victoria.Lopez@gov.scot](mailto:Victoria.Lopez@gov.scot)).

We have an update for you on the **Self-Isolation Information and Support available in additional formats**, and we were hoping you could share this across your relevant networks. The existing **Self Isolation Fact Sheet** was updated to reflect the change in self-isolation guidance from 14 days to 10 days. You can access the updated Self-Isolation Fact Sheet here:

<https://www.gov.scot/publications/coronavirus-covid-19-self-isolation-factsheet/>

This information is available online in the following accessible formats and languages:

**Accessible formats:** Audio MP3, Easy Read and Large Print Format

**Languages:** Arabic, Bengali, BSL, Bulgarian, Chinese Simplified, Chinese Traditional, Farsi, French, Gaelic, Hindi, Hungarian, Kurdish Sorani, Latvian, Lithuanian, Polish, Punjabi, Romanian, Russian, Slovakian, Somali, Spanish, Urdu and Vietnamese

## Self-Isolation Video Assets

Please see below additional for the video assets available for your audiences:

[View the Self-Isolation TV Ad Here](#)

[View the Self-Isolation TV Ad – BSL Version Here](#)

We have also been working in partnership with MECOPP, who have created additional language versions of the Self-Isolation TV Ad in [Arabic](#), [Cantonese](#), [Gujarati](#), [Hindi](#), [Polish](#), [Romanian](#) and [Urdu](#).

## Self-Isolation Information Text and WhatsApp Copy and Images

Consideration has also been given to the individuals who may not have digital access, and we have created a document (attached) with key information that can be used to provide information via text and WhatsApp. A copy document is attached, and supporting images are available to be used alongside these text, and can be downloaded below:

[Download the Text/WhatsApp Text and Images Here](#)

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

## SCOTLAND'S WELLBEING: THE IMPACT OF COVID-19

We would like to share the links to the report and blog posts related to the work on *Scotland's Wellbeing: the Impact of COVID-19* from the Scottish Government's National Performance Unit.

Thank you again for contributing to '[Scotland's Wellbeing: The Impact of COVID-19](#)'. We've had a lot of interest in the report already, but we published just as people were starting to take time off for Christmas, so thought it was worth a second round of promotion. To support engagement with the report, we've summarised the main messages in [this blog post](#), and added some prompt questions to encourage readers to think about the findings. We're promoting through our networks, and would be very grateful if you'd forward on the blog post to any stakeholders (internal or external) who it might be of interest to. You may also want to share this [blog post about the report](#) published by SPICe on Monday.

**Lesley Thomson**, Engagement Lead, National Performance Unit

2W St Andrew's House, Regent Road | Edinburgh | EH1 3DG [lesley.thomson@gov.scot](mailto:lesley.thomson@gov.scot)

## CORONAVIRUS AND OLDER PEOPLE

The Coronavirus and Older People page on the Scottish Government website: [Coronavirus \(COVID-19\): older people - information - gov.scot \(www.gov.scot\)](#) contains information and available services, including helpline numbers that older people will find valuable

You may have also seen the Clear Your Head advert that was published in December and is targeted at the 65+ audience, containing a series of tips that were felt to be most relevant to the older adult demographic. More Information is available on the Clear Your Head website: [Home | clearlyourhead.scot](#)

### These tips include:

1. **Keeping in touch** – whatever works for you – phone, digital, post, a walk outside. Say hello and smile when you're out. Even with a facecovering, it shows in your eyes.
2. **Get sun** – it's especially important during winter to help keep your body clock right, ideally in the morning. There is sunlight even when it's cloudy. While out, notice the things you see – like birds or trees, and try to identify them.
3. **Eat well and drink enough fluids**. It can be tempting to have lots of cakes and savoury snacks – but that can make you feel

sluggish. Give an old recipe a go, or swap food ideas with others.

4. **Get Involved with Meal Makers** – our volunteer cooks make a tremendous difference to the lives of older people.
5. **Be kind** – a single thoughtful gesture can make someone's day. If you'd like to do more, why not offer to lend a hand or share your expertise with someone trying a new hobby?
6. **Plan something you enjoy**, an activity you used to do, or a new one. Maybe start a jib saw, knit, read a book, sing along to the radio and dance in the kitchen. Or make a movie/music playlist with a friend.

We've also developed some shorter clips of the film for sharing on social media. They highlight the following:

- What is a close contact (and what is not)
- How to know if a call from a contact tracer is genuine
- Pick up the call if you see a number from our 0800 number on your phone

The video clips, as well as social media assets for you to use on your local platforms, can be found in the WeTransfer link below: [Download the videos and social media assets via WeTransfer here](#)

Feel free to share this information/assets with those in your networks who may find them of use.

**CHRISTIANS ON AGEING  
TUESDAY 16 MARCH –  
10.30 am**

**Are we dispirited? Older  
Christians and mental health  
at the start of 2021.**

*2020 has brought with it multiple stresses: the spread of Covid 19 – illness, hospitalisation for some, and deaths. Restrictions designed to reduce the spread have deprived people of the chance to meet for normal comforting behaviour. Faith communities have not been allowed their usual freedom to worship. Extremes in politics around the world have added to uncertainties. Surveys find higher levels of anxiety and depression than is normal. What is the situation for people of faith? Can we encourage hope?*

The session will be led by **David Jolley**, Chair of Christians on Ageing and a retired psycho-geriatrician.

**TUESDAY 20 APRIL - 10.30 am  
Valuing the narratives of older  
people**

*"There are attributes that can only be possessed in old age, and that therefore older people have something irreplaceable to offer society as a whole". Thus argued **The Dignity of Older People**, drawn up by the Pontifical Council for the Laity of the Catholic Church in 1998. How can we pay due respect to the riches which older people bring to faith life and the work of faith communities? First let us listen. Then help make use of what is learned.*

The session will be led by **Graham Hawley**, a retired Methodist minister, who is actively engaged in research and also serves as a Vice-President of *Christians on Ageing*.

Conference Calls are open to all and there is no charge for taking part. If you would like to join one or all of the new series just write to David Jolley using the e-mail link [discussion@ccoa.org.uk](mailto:discussion@ccoa.org.uk) You will need to be able to access Zoom but there is no

need to take out a subscription; use your search engine to learn about how to do this if you have not tried this new technology already. You will be sent an e-mail with a link allowing you to join the discussion nearer the time of the Call.

Each session is led by someone with knowledge of the subject who will usually give a short introduction to the theme. Numbers for each session are limited to around a dozen in order to allow meaningful discussion. A report is produced and is circulated to all participants before publication on our website.

Please ask any more questions when you register your interest.

**Register your interest for the next series by e-mailing [discussion@ccoa.org.uk](mailto:discussion@ccoa.org.uk)**

Thank you for your interest in our work. If you want to know more about our organisation you will find lots of information and other links on our [website](#)

## Age Scotland News

### Age Scotland launches The Big Survey

Age Scotland is seeking the views of older people in the first comprehensive survey of what it is like to grow older in Scotland.

The Big Survey explores all areas of life for older people including health and wellbeing, housing, media representation and the impact of Covid-19.

The national charity hopes to gain a better insight into what older people think, experience and care about. Survey responses will help prioritise its future campaigns and shape policy.

The Big Survey launches after an exceptionally challenging year for older people. This was the age group most severely affected by Covid. Older people were asked to shield, the overwhelming majority of deaths took place among the over 75s and care home residents faced months of separation from family and friends.

Lockdown has contributed to soaring levels of loneliness and the absence of regular exercise activities and sports has had an impact on physical fitness.

Age Scotland wants to hear from as many older people across Scotland as possible to find out what their lives are like now, what issues are

important to them and their expectations of later life.

**Brian Sloan, chief executive of Age Scotland, said:**

"We are pleased to be launching The Big Survey at such an opportune time. This has been a tumultuous time for older people and undoubtedly the past 12 months have had a profound impact across society.

"We want to hear how older people's lives have been affected by Covid, what their expectations are now, how they want to live and what their requirements are for enjoying a fulfilling and happy later life.

"I would urge as many older people as possible to take part. Each and every response will be considered and they will help shape our policies and our work in the coming years.

"So please take the time to share your views and help us be there to support older people throughout Scotland in ways that make a real difference. We look forward to hearing from you."

Find out more, including how to take part here at [The Big Survey](#)

### Age Scotland's top tips for staying warm and well include:

- ❖ **Keep moving** – Sitting still for too long can be bad for you. If you can, try to move at least once an hour. [Our Around The House In 80 Days](#) challenge is a series of short, fun videos to help you stay strong and flexible at home.
- ❖ **Eat well** – it's definitely not the season for salad fresh from the fridge, but eating a healthy diet will help boost your energy and mental health. Check out our [Eat Well](#) guide for information and ideas about food, and who can help if you have problems with eating a balanced diet. Make sure you are getting enough vitamin D; the sunshine vitamin is in short supply in winter.

- ❖ **Stay connected** – Lockdown restrictions have left many of us feeling cut off from family and friends – and loneliness can seriously affect our mental and physical health. Our Friendship Line is available weekdays from 9am to 5pm on 0800 12 44 222 for a friendly chat or information about local services.
- ❖ **Keep up with medical appointments** – While coronavirus has affected some NHS services, don't neglect health problems or long-term conditions. Make sure you stay as well as you can be by attending routine appointments or having vaccinations.
- ❖ **Remember to wash your hands regularly**; we've been told this a hundred times, but it is excellent advice!
- ❖ **Stay cosy** – it is tempting to turn down your heating to keep your bills down, but being too cold puts you at risk of colds, flu and hypothermia. Living areas should be heated to 21 to 23 degrees Celsius, and wearing layers can help you stay warm. [Home Energy Scotland](#) has more information on saving money on energy bills and help that is available.
- ❖ **Stay stocked up** - there is always peace of mind from having a well-stocked cupboard but it's more important than ever when any of us may need to self-isolate for a while. Our Eat Well guide has suggestions for basics for every kitchen.

## AGE SCOTLAND AND SOPA CALL FOR A Scotland-wide rollout of Older People's Champions

AGE Scotland and SOPA are partnering to campaign for an Older People's Champion in every local authority in Scotland.

We are calling on all of Scotland's 32 local authorities to create the role to ensure that older people's voices are heard, their interests catered for and their concerns addressed.



The campaign has been launched and is already making an impact. **Please help to promote the campaign by sharing on social media, adding to your organisation's newsletters, or just telling your friends and family!**

You can also see more on our website <http://scotopa.org.uk/news.asp> and Facebook page <https://www.facebook.com/scotopa/>

## The International Foundation for Integrated Care (IFIC) & Scottish Older People's Assembly (SOPA)

is co-hosting a webinar Age Friendly, Healthy Connected Communities on Wednesday 17th February.

More details and how to register can be found at [IFIC Scotland Webinar: Age](#)

[Friendly, Healthy, Connected Communities \(activehosted.com\)](#)

Don't worry if you can't make it along to the webinar you can also register to have the materials and the recording sent to you afterwards. If you have any questions or need assistance to register, please contact Marie Curran at [IFICScotland@integratedcarefoundation.org](mailto:IFICScotland@integratedcarefoundation.org)

## **National Intergenerational Week** (8 – 14 March 2021)

This year GWT is excited to be leading the National Intergenerational Week in partnership with Linking Generations Northern Ireland, Bridging the Generations, Wales and The Cares Family, England. In its second year, the campaign is about celebrating those ideas, moments and opportunities local to us where different age groups come together and intergenerational friendships are made! It gives us a chance to consider planning for the future and developing new themes such as developing spaces and places. Opportunities for generations to connect will become even more important as we emerge from the current pandemic, so we aim to inspire more people to build relationships between different generations!

Show your support for all things intergenerational by adding your company logo to the National Intergenerational Week website at <https://generationsworkingtogether.org/national-intergenerational-week>. Join us on #IntergenerationalWeek as we say no to the age gap.

## **National Intergenerational Conference**

Generations Working Together is hosting its annual Conference online, over three days from the 8th - 12th March 2021. This year, we will host six Zoom webinars covering topics including: housing, ageism, faith communities, food, research and innovation, each lasting one and a half hours. Prices start at £10 per day for members/£15 for non-members, or you can book a week's pass for all three days costing £25 for members and £38 for non-members. GWT's Excellence Awards will be celebrated during the week and presented during some of the webinars. Please note membership is free to everyone living in Scotland and to International students. To find out more, visit our website here at: <https://generationsworkingtogether.org/events/national-conference-2021>

## **GWT Excellence Awards**

Over the past year individuals, volunteers and organisations have responded to the pandemic with resilience and innovation, finding new ways of connecting with people.

Generations Working Together encourages you to consider nominating your intergenerational activities for an Excellence Award. There are four categories available:

- Innovation in the community
- Digital innovation
- Tackling ageism
- Creative ways to connect after Covid-19

If you've run or know about a project that has connected people across generations, please consider and encourage them to [find out more](#).

**Alison Clyde, Chief Executive Officer, Generations Working Together, M: 07769629988**

## RESOURCES



[What's new? Read our February 2021 e-bulletin \(vhscotland.org.uk\)](http://vhscotland.org.uk)

*Welcome to our February 2021 E-bulletin: sharing news and views from the VHS network and updates from Scottish Government and the NHS affecting the voluntary health sector. If you would like to join the VHS network - Get Involved [here](#)*

### UNIVERSITY OF THE 3<sup>RD</sup> AGE (U3A)

**U3A** has created access to online groups on many interesting topics. Now that lots of **U3A** groups are being run online via video conferencing, it will not matter where you live as they are opened up to all **U3A** members in Scotland. Please see the leaflet attached or follow this link.

[www.u3asites.org.uk/onlineacrossscotland/welcome](http://www.u3asites.org.uk/onlineacrossscotland/welcome)

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**..... AND FINALLY, it's not too late - if you haven't already, we'd like to ask you to become a FRIEND OF FIOP.** An annual contribution of, say, £25 would make an enormous difference to our small organisation.

Over the years, we have been fortunate to have worked with a tremendous team of associates who have brought different skills and experience which has enabled this incredible expansion of our work. Our growth has been enriched and complemented by opportunities to collaborate with organisations whose work also encompasses the spiritual dimension.

Keeping the spirit alive, despite circumstances, is fundamental to our well-being so we need to understand what matters to each of us as we age. We remain ambitious for the future, but we need, and would value, your support.

**Please become a FRIEND of FiOP.** As a Friend you will receive our regular eNewsletter and invitations to our events. **PLEASE FIND APPLICATION FORM ATTACHED.** You can find out more about our work on [www.faithinolderpeople.org.uk](http://www.faithinolderpeople.org.uk)

### OUR GRATEFUL THANKS TO THOSE WHO PREVIOUSLY SIGNED UP



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