

APRIL 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 - here are two of our latest:

Death and dying – how much information can people stand?

At work, I think about death and dying a lot. I'm not a clinician or a carer - I don't work with people who are ill or frail - I wouldn't have a clue what to do with a dose of medication or a bedpan.

But I work for an organisation (the [Scottish Partnership for Palliative Care](#)) that brings together professionals from the NHS, social care, charities and government to try to improve people's experiences around death, dying and bereavement.

And everyone I work with agrees on one thing - planning ahead for ill health and death is important.

Planning ahead is important

Making plans when you're healthy means there is less to think about if you get ill. Everyone (no matter their age) should think about granting a [power of attorney](#), [making a will](#) and completing and [advance directive](#).

People who have reason to believe their health is likely to become worse should talk to the people close to them about what matters most to them, and speak to healthcare staff about making an [anticipatory care plan](#).

[Planning ahead](#) makes it more likely that someone will get the care they'd choose. It also makes the financial, legal and practical consequences of illness and death a little easier to cope with.

'the general public'

One of the key questions that keeps cropping up is 'how do we get members of the public to plan ahead for ill health and dying'?

We talk about potential barriers... superstitions and reluctance around discussing death... misunderstandings and fear... costs attached to legal planning... limitations brought by healthcare culture, communications, resources and systems. And we talk about potential answers... awareness

campaigns... public education...cutting out jargon... making planning seem more normal and less scary.

There are lots of things to take into account, and I don't think we've solved it yet.

But for me, one thing is clear – if we want people to be able to plan ahead for serious illness and dying, there needs to be good information available for people who want to know more.

The truth is out there

Lots of information is already out there - various organisations provide information in leaflets and websites. Increasing amounts of information are available through blogs, social media and films that have been made by people with personal experience of illness and care. [Demystifying Death Week](#) attempts to raise awareness of the importance of these issues.

However, a [recent UK review by Selman et al](#), found that there are some key weaknesses in the public information available about planning ahead for ill health and death: “existing guidelines and resources are to a major extent clinician-focused; there are few video- and web-based Advance Care Planning resources for the public and those that exist are scattered and piecemeal. This is a concern given good quality evidence that online and video ACP interventions are beneficial, particularly among people with limited English proficiency, poor health literacy and/or from otherwise disadvantaged communities.”

Reading these conclusions reinforced some thoughts I'd been having for a while. It isn't good enough just to have information 'available'. We need information that:

- People can find
- People can understand
- People can trust
- Answers people's questions

The Truth! You can't handle the truth

I've noticed that the provision of public-facing information about serious illness and dying is often guided by a desire to protect members of the public from anxiety. You can see this through the use of indirect language or euphemistic content. Sometimes the information you're looking for (information that might be seen as negative) is either hard to find or not there at all.

In other words, a desire to protect people from distress can result in information about ill health and dying that isn't clear, isn't comprehensive, and doesn't answer the questions and worries people have.

The desire to shield people from unwelcome information, and to avoid creating unnecessary worry is understandable. But is it helpful?

Can we do better?

Over the last year, illness, death and bereavement have been on everyone's minds. Daily, we hear about the death toll due to covid-19. We hear about the problems caused by Long Covid. For a year we have stayed away from the people we love in the hope it will keep them alive.

After the year we've had, is there still a need to protect people from thinking about serious illness and death? Or do people actually want more information about these topics? For many people the facts may be less worrying than whatever they are imagining.

Communicating sensitively is paramount when providing potentially unwelcome information, but this is not the same as limiting exposure or sugar-coating facts. It is possible to provide comprehensive, accurate information that acknowledges uncertainties, while maintaining a tone of kindness, empathy and respect for the reader.

Learning that someone will not get better, or that the ideal support services are not

available, or that the end of life is close, will likely always be difficult. Yet, without honest information, individuals and families are ill-equipped to make decisions or plan ahead.

Links to further information

Hoping for the best, planning for the worst: information for people in Scotland who may be worried that they, or someone they care about, is at increased risk of getting seriously ill and potentially dying from COVID-19. [Good Life, Good Death, Good Grief :: COVID-19: hoping for the best, planning for the worst \(goodlifedeathgrief.org.uk\)](https://www.goodlifedeathgrief.org.uk/good-life-good-death-good-grief-covid-19-hoping-for-the-best-planning-for-the-worst)

Scottish Partnership for Palliative Care: [Scottish Partnership for Palliative Care | Welcome \(palliativecarescotland.org.uk\)](https://www.palliativecarescotland.org.uk/)

Power of attorney: [Good Life, Good Death, Good Grief :: Granting a power of attorney \(goodlifedeathgrief.org.uk\)](https://www.goodlifedeathgrief.org.uk/good-life-good-death-good-grief-granting-a-power-of-attorney)

Wills: [Good Life, Good Death, Good Grief :: Making a will \(goodlifedeathgrief.org.uk\)](https://www.goodlifedeathgrief.org.uk/good-life-good-death-good-grief-making-a-will)

Advance Directives: [Good Life, Good Death, Good Grief :: Advance directives \(goodlifedeathgrief.org.uk\)](https://www.goodlifedeathgrief.org.uk/good-life-good-death-good-grief-advance-directives)

Planning Ahead: [Good Life, Good Death, Good Grief :: Planning for the future \(goodlifedeathgrief.org.uk\)](https://www.goodlifedeathgrief.org.uk/good-life-good-death-good-grief-planning-for-the-future)

Anticipatory Care Planning: [Good Life, Good Death, Good Grief :: Making an Anticipatory Care Plan \(goodlifedeathgrief.org.uk\)](https://www.goodlifedeathgrief.org.uk/good-life-good-death-good-grief-making-an-anticipatory-care-plan)

Demystifying Death Week: [Good Life, Good Death, Good Grief :: Demystifying Death Week \(goodlifedeathgrief.org.uk\)](https://www.goodlifedeathgrief.org.uk/good-life-good-death-good-grief-demystifying-death-week)

What enables or hinders people in the community to make or update advance care plans in the context of Covid-19, and how can those working in health and social care best support this process? Lucy Selman et al, 2020: [ACP-in-COVID-review-17.8.2020.pdf \(cebm.net\)](https://www.cebm.net/ACP-in-COVID-review-17.8.2020.pdf)

Rebecca Patterson
Director of Good Life, Good Death, Good Grief

The wisdom of letting go

May the Spirit of Love be within us and between us and in these words, Amen.

Here we are more than two weeks into the letting go of Lent and another two weeks into this long, complex, and wounding pandemic. There have been gifts, for sure, and I would not be without them, but this week I am heartily, heartily weary of so much waiting, lack of choice and uncertainty.

We are being asked to dig deep, especially at this stage in the pandemic.

But what are we digging deep for? And how are we doing with that? And can today's readings – about foolishness and wisdom, and Jesus turning tables in the temple - help with any of this?

Here's a favourite quote of mine from Cynthia Bourgeault -

Wisdom is not knowing more - it is knowing with more of you, knowing deeper.

What a challenge to someone like me who loves to learn, to understand, to know. And what a challenge to all of us in these times when living with

'not knowing' is such a hallmark of these days and now to nearly year.

God's foolishness is wiser than human wisdom.

The wisdom of living Christ crucified is beyond human understanding.

Let's go into our own reflective space with one or two questions that might help connect to the wisdom already planted in you.

Wisdom is not knowing more - it is knowing with more of you, knowing deeper.

**What 'tables' are being turned over in *your* life?
How is it for you to live with 'not knowing?'**

What is your experience of these chaotic days?

When I prayed imaginatively with the temple story, the clatter and shouting and roughness that I saw was too much, 'no more Jesus' I said, 'I can't do this and I don't want it' - and I could see myself hunched up in a corner of the temple trying to shut out the chaos, the emotional demands of life... feeling I *had* to stay, *should* stay, but not knowing how I could. I was surprised when Jesus came over and he said 'leave, its ok, leave'. Jesus gave me the choice to leave that scene, with all my mixed emotions. On this occasion not mine to fix, or even actually engage, quite a surprise not to have to stay. So in my mind's eye I left the temple and edged outside.

What is Jesus saying to you in your experience?

There's been a lot of talk of *trauma* and covid. Being trapped by something out with our control and feeling

powerless to do anything about it, the two hallmarks of traumatic experiences – stuckness and powerlessness. In my experience of overwhelm in the temple/life - Jesus gave me a *choice* I did not otherwise see. Nothing suddenly changed as I left the temple and I wondered 'was that it'!? And then outside the temple... Jesus came to *be with me*. And 'being with' is THE thing that changes everything. In overwhelm, in trauma we become separated from ourselves and others – in connection we can be seen and heard and begin to heal. *Being with*.

What kind of God is here with you?

If we are in one of those places where choice seems non-existent; if digging deep is just not possible any longer at this stage in the pandemic; if we can't sense the movement we would like, can we *sit* with ourselves – *be with* - our sorrow. For trauma and overwhelm requires kindness... *so much kindness*. Jesus' kind of kindness.

As the poem The Invitation says:

I want to know
if you can sit with pain
mine or your own
without moving to hide it
or fade it
or fix it.

Perhaps this *is the* greatest wisdom. A 'sitting with' that carves us out with a depth that also paradoxically holds us. Carves me out to *know* with more of me.

What is your response to life at the moment? Talk with

Mother God, Father God, Jesus or Spirit about whatever has struck you in these minutes. And allow Kindness to sit with you. To know Kindness and wisdom more deeply.

God, grant me the serenity to accept the things I cannot change,
courage to change the things I can,
and wisdom to know the difference. [Reinhold Niebuhr]

Elizabeth White

A Reflection given to - St James Church Leith 7 March 2021

FAITH IN OLDER PEOPLE FORTHCOMING EVENTS

MENTAL HEALTH AND FAITH COMMUNITIES

FiOP has held two seminars in its planned series. Professor John Swinton gave a thoughtful and stimulating talk on 'Spirituality and Mental Health' and Professor Austyn Snowden gave an insightful presentation on mental and spiritual distress and the importance of the chaplaincy in the NHS. The presentations are available, and the recordings of the sessions will be made available in due course.

The two sessions were well attended and FiOP welcomes any feedback or suggestions for further sessions following the next three planned seminars below.

Thursday 6th May 2021 at 4.30pm – The Rev Canon Dr Marion Chatterley will address 'Whole person care in the final chapters of life: exploring the impact on mental health of facing one's mortality'.

NB we will normally send the ZOOM joining link the day before the event

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

Tuesday 18th May at 4.30pm - presented by Dr Gill Yellowlees. Numbers are limited for this workshop to allow for whole group discussions. Understanding mental illness is more about asking questions and having a willingness to listen, than it is about knowing the answers. This workshop is an opportunity for people involved in pastoral care work to reflect on our own experiences of walking alongside others who are suffering with mental illness, with a particular emphasis on the needs of older people. There will be more of a focus on illnesses such as depression, anxiety and psychosis, than on dementia.

The workshop will be interactive and will include time for small group discussions in breakout rooms. Participants will need to have a basic level of confidence in using Zoom (e.g. mute/unmute, gallery/speaker view and the chat function), and a device which will allow for seeing at least 16 frames on screen.

***** Please note that this workshop is now fully subscribed. If you would like to attend a future event, please contact info@fiop.org.uk**

June Seminar (date tbc) in partnership with **Interfaith Scotland** will look at the perspectives on Mental Health from different faiths.

Book suggestions:

Mental Health for All -Community Well-being and the Church
Lorna Murray – Published by Handsel Press Ltd (2020)

Finding Jesus in the Storm – The spiritual lives of Christians with mental health challenges.
John Swinton (2020) Wm B Eerdmans Publishing

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

Dr Macaskill's 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

NB we will normally send the ZOOM joining link the day before the event

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

Thursday 20 May 2021 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.

REGISTRATION IS VIA EVENTBRITE

NB we will normally send the ZOOM joining link the day before the event

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

COST £30.24

SCOTTISH GOVERNMENT

NHS Lanarkshire Videos on vaccinations

NHS Lanarkshire worked with members of the local community to answer questions about the covid-19 vaccine. These videos include a community pharmacist / Islamic teacher / A&E consultant / consultant psychiatrist / carer organisation to help address some of the questions and myths that are out there about the Covid vaccine.

www.youtube.com/playlist?list=PLmgTOJmBpGB7TIX4reN3KC0eMgS7fey1P

Videos on the play list are in English, Urdu and Punjabi

It's time to roll up our sleeves

Vaccinations for COVID-19 are underway



COVID-19 Vaccination Communications Note – Issue 2 - 8 March 2021

Since December we have been in touch with key partners and stakeholders sharing information, messaging and translations relevant to COVID-19 vaccination communications. Our last

communication was on 3 February where we shared the first issue of this vaccine campaign update in support of the national marketing campaign – Roll Up Your Sleeve – encouraging all adults in Scotland to get the vaccine when offered it.

We would like to take this opportunity to thank you for

your continued support in sharing messaging far and wide and communicating it to your communities and audiences through your social channels.

We are working to provide further communication assets that you can use on an ongoing basis. With this in mind please see below an update with new assets and a reminder of where to find all key information in relation to the COVID-19 vaccination programme.

We will build on each note so that you have all links and

relevant information in one place with updates to information available highlighted.

Website:

www.nhsinform.scot/covid19vaccine

National COVID Vaccination Helpline: 0800 030 8013 (8am - 8pm 7 days a week)

Covid Vaccine Dropbox: [Access via Vaccine Dropbox Here](#)

NHS Inform

www.nhsinform.scot/covid19vaccine remains the main hub

for COVID-19 vaccination information. The site is continually updated with relevant information around vaccinations and it now also houses an online rescheduling tool, where people can input a unique username provided to them in their letter, register, then access and rearrange their appointment, or opt out of the vaccination programme altogether. This tool will eventually become available to everyone in Scotland, however there is a gradual approach, so people should follow the guidance in their own personal letter if they need to rearrange or opt out.

Information Available

Additional information, materials and social media assets can be found in [the Covid Vaccine Dropbox](#) and for those who do not have access

to drop box a transfer link will be sent.

1. Scottish Government National Vaccination Marketing Campaign Updated Assets

At time of sending the following assets have been added/updated and are available for use. If you have access to Dropbox please check in on a regular basis for updated assets.

[Access updated generic campaign static social media assets and a 65+ asset here](#)
[Access new roll up your sleeve video edits for social media here](#)

[Access a PHS video with information about what people can expect when attending an appointment at a very large vaccination centre here](#)

[Access suggested posts to go with the new social media assets here](#)

[Access an updated leaflet with information about the COVID-19 vaccine and pregnancy here](#)
[Access updated versions of the TV advert here](#)

The [Roll Up Your Sleeve campaign video](#) is also available in additional languages: [BSL](#), [Arabic](#), [Cantonese](#), [Gujarati](#), [Hindi](#), [Polish](#), [Romanian](#) and [Urdu](#).

2. Information Leaflets Available

COVID-19 vaccine leaflets in translated and accessible formats are available for the following information:

Adults

- Healthcare workers
- Social care workers
- Pregnancy advice
- What to expect

Leaflets in English and other languages, for informed consent and for post-vaccination can be found here:

<https://www.nhsinform.scot/covid19vaccine-leaflets>

Easy read and large formats can be found here:

<https://nhsinform.scot/covid19vaccine-easyread>

<https://nhsinform.scot/covid19vaccine-largeprint>

BSL formats can be found here:

<https://nhsinform.scot/covid19vaccine-bsl>

Audio formats can be found here:

<https://www.nhsinform.scot/covid19vaccine-audio>

3. Available Toolkits

Also, please find the available toolkits below. All three toolkits listed below provide key information on the vaccine, safety information and benefits:

Care Home COVID-19

Stakeholder Resources

Healthcare Worker COVID-19

Stakeholder Resources

Social Care Worker COVID-19

Stakeholder Resources

The [Roll Up Your Sleeves campaign video](#) is available in additional languages: [BSL](#), [Arabic](#), [Cantonese](#), [Gujarati](#), [Hindi](#), [Polish](#), [Romanian](#) and [Urdu](#)

Special thanks to @MECOPP for partnering with us on the campaign and doing translated voiced over versions of the ad in 7 community languages. If this is shared via social channels, please include the #MECOPP hashtag.

If you need further information, please let Victoria Lopez know: Victoria.lopez@gov.scot

Dr Heather Mole | Policy Manager | Older People and Healthy Ageing

Equality Unit | Equality, Inclusion and Human Rights |

3-H North Victoria Quay, Edinburgh EH6 6QQ Mobile 07721 238225

GENERAL INFORMATION



Did you miss the event?

[The recorded session of the event is now available.](#)

Please share the link with your networks and anyone who may have missed the event. You can auto-translate the event and enable captions in your own language, which we hope will facilitate greater access to the global conversation we kicked off yesterday.

[Access the event recording](#)

The All-Party Parliamentary Group on Loneliness, supported by the British Red Cross & Co-op and chaired by Neil O’Brien MP, has published its new report [A Connected Recovery: Findings of the APPG on loneliness inquiry](#).

The APPG is calling on the Prime Minister to commit to a “Connected Recovery” from the Covid-19 pandemic, recognising the need for long-term work to rebuild social connections following periods of isolation and the importance of connection to resilience to future shocks.

To achieve this, the APPG sets out a roadmap, calling on governments to [adopt 15 recommendations](#), designed to:

- **Tackle loneliness through national leadership**, including

re-establishing the cross-Government approach to tackling loneliness, long-term funding and improving the evidence base.

• **Translate national policy into local action**, including incentivising local authorities and their partners to develop local action plans to tackle loneliness.

• **Invest in the community and social infrastructure needed to connect**, particularly in areas with higher levels of deprivation. This should include a long-term investment in the voluntary, community, faith and social enterprise sector to realise the full potential of social prescribing – a flagship of the Government’s original loneliness strategy.

• **Loneliness proof all new transport and housing developments and close the digital divide by increasing digital skills and confidence.**

Key inquiry findings:

- There are too many barriers preventing people from connecting – such as a lack of safe, welcoming and accessible green spaces, parks and gardens, public toilets, playing areas, local bus services, and ramps for people with disabilities.
- Too many people face barriers to digital connection because of a lack of access to mobile technology and the internet, as well as a lack of digital skills and confidence.
- Poorly designed or unsuitable housing and neighbourhoods can make it hard for people to meet each other, maintain social connections and develop a sense of belonging.
- Some communities and groups face particular disadvantage in relation to transport and mobility, including older and disabled people.

Charity launches free Will writing service

- There could be a million adults in Scotland without one



Age Scotland, the national charity for older people, has launched a free Will writing service in partnership with Solicitors for Older People Scotland. With the launch of this new service, people over the age of 50 will have the opportunity to make a new Will or amend their existing Will for free with Solicitors for Older People Scotland, a group of Scottish law firms dedicated to providing legal services to older people in a caring and sensitive way. It understood that more than half of all adults in the UK don’t have a Will. A previous survey of older people by Age Scotland as part of its “Money Matters” financial wellbeing roadshow highlighted that 62% of respondents had not yet set one up. The partnership aims to provide peace of mind for both individuals and their loved ones by supporting them to plan ahead.

Brian Sloan, Age Scotland’s chief executive, said:

“Age Scotland encourages and supports older people to ensure their financial affairs are in order and a key part of this is having an up-to-date Will. But there could be around a million people over the age of 50 in Scotland without one. Many people may put this off as it’s not the most pleasant subject to think about but planning ahead can save unnecessary distress at an already difficult time.

We’re delighted to be partnering with Solicitors for Older People Scotland on this new service and would encourage anyone over 50 and living in Scotland to get in touch and take advantage of the free Will writing offer. It’s so important, not just for you but for those you leave behind.”

Vivienne Malcolm of Solicitors for Older People Scotland (SOPS) said:

“SOPS solicitor firms are delighted to support this service. We hope our firms and our clients, through this project, will produce increasing income for Age Scotland to help the charity continue with its provision of invaluable support and assistance for older people throughout Scotland.” Service users are encouraged to leave a gift in their Will to Age Scotland in lieu of a solicitor’s fee. Visit www.age.scot/FreeWillService or call Age Scotland on 0333 323 2400 to find out more.

Older People’s Strategic Action Forum -

Three updates and a reminder about examples of Intergenerational Practice.

1 Health and Social Care for Older People - Statement of Intent

Today the Cabinet Secretary for Health and Sport and the Cabinet Secretary for Social Security and Older People published their Statement of Intent. The statement sets out the Scottish Government’s strong intent to make a significant difference to how we approach older people’s health and social care in Scotland. <https://www.gov.scot/isbn/9781800047952>

2 National Dementia Strategy and Covid-19 Action Plan Equality Impact Assessment

As you will be aware Scottish Government published the National Dementia and Covid-19 Action Plan on 22 December 2020. Please be aware that the EQIA to accompany and support the plan has now been published. You can find this by clicking here. I’d like to also draw your attention to both the Audio and Easy Read versions of the Action Plan. Accessible versions of the EQIA will be made available soon, and we will circulate links to these when available.

3 Organ and Tissue Donation Law Change

An update of the Organ and Tissue Donation Law Change, which is taking place on Friday, 26th March. We have updated the assets with new ‘OD Facts’ graphics that address common questions regarding the law change that we’ve started to see appear online. These include:

- What the law means if you do nothing.
- Clarifying there is no need to re-register your decision if you have already done so.

You can download these along with the other new infographics and suggested accompanying social copy.

Campaign Assets organ donation

You can access the campaign assets via the resources section of the website and Dropbox, and find more general information on the law change, including FAQs here.

Facts social media assets:

<https://wetransfer.com/downloads/ec3ba26bff95241fd9645a543c544fb920210319115419/fce48e>

Website resources: <https://www.organdonationscotland.org/resources>

Dropbox: https://www.dropbox.com/sh/c6ckbceamz9h1tg/AAD4ZmdAn3xEBzOux1_cHgclLa?dl=0

FAQs: <https://www.organdonationscotland.org/about-donation/truth-about-organ-and-tissue-donation>

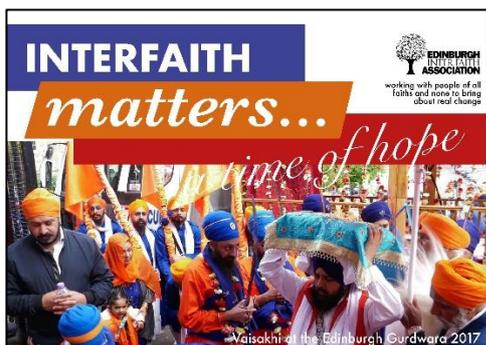


An update from Henry Simmons

This month Henry reflects on a year since the country went into lockdown and shares his optimism for the coming months. He also talks about the reopening of our day services, and gives an update on the Action on Rights team and our National Counselling Service. Finally, Henry talks through the Fair Dementia Care pledge campaign and our ask of all local candidates ahead of the Scottish General Election on Thursday 6 May. [Read the update from Henry](#)

Edinburgh Interfaith Association

For many faith communities we are about to enter or have just celebrated a period of great celebration with Shab-e-barat (Islam), Passover (Judaism), Palm Sunday (Christianity) Holi (Hinduism), Easter (Christianity), Ramadan (Islam) and Vaisakhi (Sikhism). The first four of which were celebrated only last Sunday.



These festivals always bring us great hope for better times to come.

Many people were delighted that they could join together and formally worship together at the government guidelines were changed to allow up to 50 people to congregate together

while observing the 2m social distancing rule. While we must remain vigilant against the virus and take every precaution necessary to suppress the virus it is hopeful that as more people are becoming vaccinated we will soon be able to join with others in community and the virtual hugs can be replaced by in person. The latest guidelines can be found here:

[Coronavirus \(COVID-19\): guidance for the safe use of places of worship](#)

In April we will continue to bring you online events: the hope-filled and thought provoking Interfaith Insights ([Facebook Live](#) every Tuesday at 1); and to help us to stay connected, join us on the 14th of April for the next in our Reimagine series: Reimagining a Healthier, Better You (April 14th, [Zoom Registration](#)).

For now I wish you and your families to stay safe and well and remember to keep the faith
Iain Stewart, Executive Director
Edinburgh Interfaith Association



What's new?
Read our April 2021 e-bulletin
Download it [here](#)



Access to Healthcare services

SOPA has established a health and wellbeing group and they want to hear the views and experiences of as many older people across Scotland as

possible. Please complete the online survey and circulate to your networks - the more responses we have, the stronger our voice!

The survey should only take a few minutes to complete and is designed to get an overview of people's experience of accessing health care services during the pandemic. The

results will be used to highlight issues to the Scottish Government and NHS Boards with the aim of supporting change and improving services.

<https://surveyhero.com/c/393be181>

Find out more at www.scotopa.org.uk

THE EDEN PROJECT

The Big Lunch is about celebrating community connections and getting to know one another a little better. This year, there are more reasons than ever to get together as **The Big Lunch kicks off a Month of Community**, friendship and fun with a truly moveable feast! While the official Big Lunch weekend is June 5-6, this year the Big Lunch is a moveable feast. We're encouraging people to celebrate whenever works for them.

<https://www.edenprojectcommunities.com/the-big-lunch>



The Alliance has just published a summary report from its Community in Action Project

<https://www.alliance-scotland.org.uk/blog/news/community-in-action-publishes-learning-report/>

Strathclyde's Centre for Lifelong Learning

Live and Online with the Age-Friendly Academy – Thursday 20th May 2021

Registration is now open for '**Live and Online with the Age-Friendly Academy**' – a free online event to give attendees a flavour of what Strathclyde has to offer for older adults across Scotland and beyond. The online event will take place via Zoom on **Thursday 20th May 2021 from 10.30am – 2.45pm** as part of Engage with Strathclyde week. Kicking off the free event will be guest speaker, [Gavin Esler](#), journalist, writer and broadcaster who will give his own take on lifelong learning and how it has shaped his career. This will be followed by short presentations from Strathclyde researchers on aging-related research. Participants will then have the chance to take part in a 'live' online class taster session to get a flavour the full Strathclyde learning experience, followed by an engaging Health and Wellbeing talk.

You can review the full agenda and register for this exciting event here:

<https://www.engage.strath.ac.uk/event/793>

RESOURCES

FREE BOOKS OFFER

Greetings from north Kent!

I've much missed visiting Scotland over the last 12 months – before the pandemic I would regularly head north of the border at least twice a year, usually staying with an old friend in the west of the city and, over the last 15 years, carrying out research for a book called *How to Handle Later Life*, which was published in 2017. In its 1,000 pages, I explore the main choices people face as they grow older and the ways in which they can avoid potential problems in fields from transport and healthcare to social contact and end-of-life care.



Marion Shoard

Reviewing my book, Eric Midwinter, a founder of the U3A movement, wrote:

It would be difficult to visualise a more complete and wide-ranging compendium than this on how to cope with the pressures and perils of later age. ... Health, with more than 200 pages, housing, legal matters, finance and all other facets of later life are comprehensively and sympathetically treated, with a user-friendly structure and presentation. There should be a copy in every library, council office, doctor's practice, MP's surgery, Citizens Advice Bureau, Age UK office, if not in every household.

Although aimed mainly at older people themselves, professionals from nurses to ministers of religion tell me they have also found my book invaluable. Thus in his review

in the *Methodist Recorder*, The Rev Albert Jewell, the former head of pastoral care at Methodist Homes, wrote:

Shoard addresses in a thorough-going and balanced manner the biggest concerns and decisions people face as they grow older... Reliable and comprehensive... It should be found in every public library... As someone who has been involved in dementia care and research over the years, I find the author's chapter on this subject particularly impressive. Its 25 pages are essential reading.

Over the last twelve months, the pandemic has taken away opportunities to sell my book, whether at speaking events, conferences and exhibitions or in bookshops. My publisher has retained some copies for sale, but I have taken others which it would otherwise have pulped to reduce storage costs, and am offering them free to individuals and groups in churches with a special interest in engaging with older people. If any readers of this newsletter, lay or ordained, involved in work with older people within churches and/or their wider community would like a copy, do drop me a line at PO Box 664, Rochester, Kent ME1 9JB with your name, address and a cheque made out to me for £3.70 (to cover postage and packing). **If you have any questions about my offer, please email me at marion@marionshoard.co.uk.**

Although written from England, my book explains in detail differences in Scotland where they are significant (for instance in the funding of social care and the procedures around the granting power of attorney). You can see several sample chapters, the table of contents, introduction and reviews on [Amaranth Books' website](http://amaranthbooks.co.uk/titles/how-to-handle-later-life) (at amaranthbooks.co.uk/titles/how-to-handle-later-life). [My own website](http://marionshoard.co.uk) (at marionshoard.co.uk) provides information about my background and activities, including within the ecumenical group Christians on Ageing, in which I serve as a trustee.

Best wishes, Marion Shoard



**DEMYSIFYING
DEATH WEEK**

10-16 MAY 2021

#DEMYSIFYDEATH

**DIGITAL EVENT
RESOURCE PACK**

Download the resource pack here:
[https://www.goodlifedeathgrief.org.uk/
content/ddweekevent/](https://www.goodlifedeathgrief.org.uk/content/ddweekevent/)

The banner features four icons: a lightbulb for 'EVENT IDEAS', a video camera for 'ACCESS TO ZOOM-PRO', a person with a camera for 'FILMS & RESOURCES', and two hands shaking for 'ONLINE HOSTING GUIDE'.

SHINING A LIGHT ON DEATH, DYING
AND BEREAVEMENT IN SCOTLAND

WWW.GOODLIFEDEATHGRIEF.ORG.UK

A Digital Event Resource Pack, in preparation for Demystifying Death Week (10-16 May) has now been launched. The idea is to encourage and support interested individuals and organisations across Scotland to put on their own online event during DD week. We've put together event templates on four themes, along with discussion topics, films and follow-up resources. We've also provided tips on hosting an online event, and are providing free access to a zoom-pro account. Any help you can offer sharing these around your networks or encouraging your organisation to participate in DD week is much appreciated.

The Resource Pack is available

here: <https://www.goodlifedeathgrief.org.uk/content/ddweekevent/>

General information about the DD week is

here: https://www.goodlifedeathgrief.org.uk/content/awareness_week_2021/

..... 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.

Please become a FRIEND of FiOP. As a Friend you will receive our regular eNewsletter and invitations to our events. **PLEASE CONTACT US FOR AN APPLICATION FORM – info@fiop.org.uk**

You can find out more about our work on www.faithinolderpeople.org.uk

OUR GRATEFUL THANKS TO THOSE WHO PREVIOUSLY SIGNED UP



Faith in Older People

Registered Company SC322915 Registered Charity SC038225
21a Grosvenor Crescent, EDINBURGH EH12 5EL Tel: 0131 346 7981
Email: info@fiop.org.uk Website: www.faithinolderpeople.org.uk