

MAY 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:

LOOKING TO THE FUTURE



Faith in Older People and the Church of Scotland Guild have worked together over several years to bring together an ecumenical group to consult about key issues emerging for older people. It was supported by **Action on Churches Together in Scotland** which enabled several meetings and two conferences. Loneliness and isolation, supporting people experiencing dementia and the importance of enabling end of life conversations and support to those experiencing loss and bereavement have been key topics.

In our meeting this month we invited three speakers to tell us about their work on two major reports from the Scottish Government providing the way forward from the pandemic. The reports acknowledged that much improvement was needed before the pandemic hit us, but that it has given a strong impetus to move forward.

Key themes emerging from **The Independent Review of Adult Social Care**^[1] (The Feeley Report) were an emphasis on human rights underpinning policy and practice; the importance of valuing and recognising social care as equal partners in the delivery of care; better recognition and support for unpaid

carers and ensuring that choice of service should be truly person-centred.

Investing in the future is a critical element to improve services and ensure that there is an equitable provision across Scotland. To do this recruiting and retaining staff is a crucial element. Social care staff need to be properly

rewarded and offered training and professional development.

The Report is robust and detailed and proposes that a National Care Service be established with a Minister in the Government responsible for Social Care. To achieve this there will be a reform of the existing structures for the integration of health and social care to ensure greater integration. Our understanding is that the Government supports the recommendations and that there is cross-party support for its implementation.

The report from the Scottish Government's **Social Renewal Advisory Board 'If not now – when'** is a call to action with the final recommendation being 'Closing the Gap Between Promise and Practice'. The remit of this advisory group was wide, covering nine areas in the policy circles that were established [2]. The issues affecting older people fall into all the categories, but the focus of the Age and Disability circle encompassed:

- What opportunities could be identified for older people to progress towards a more equal, prosperous, and socially-just Scotland for the post-COVID period?
- Social Care and cross cutting social care issues which have implications across many other aspects of older people, disabled people, and carers lives.
- Decent incomes and fairer working lives; including employment, poverty, access to food and financial security.
- Digital Inclusion, social isolation and loneliness, and wellbeing.
- Inclusive communication, co-production / co-design, lived experience involvement at national and local level, volunteering and the third sector.[3]

The invitation to those invited to participate emphasised that the focus would be on Equality, Human Rights and Social Justice (all issues that faith communities are deeply interested in) and that the 'Proposals would be at a pace, with the power to transform Scotland'. [4]

The intention for the Advisory Board is set out in the following extract:

“Alongside that civic response, this pandemic has brutally exposed the inequalities that still blight the lives of too many, limiting our ability to flourish, control our own lives and contribute our talents to create an inclusive, fairer Scotland. Disabled people, minority ethnic communities, people on low incomes, older people, younger people, and women are amongst those who have experienced disproportionate impacts, with multiple disadvantages making things even harder for many. So, while Covid-19 is still very much with us and evolving in a deeply concerning way at the time of writing, we should not wait for the pandemic to be over to learn lessons and begin to plan a way forward towards social renewal.”[5]

The Advisory Board worked at a pace and delivered the Report within six months with recommendations covering 'Money and Work; People, Rights and Inequalities; and Community and Collective Endeavour'.

In relation to older people, it was emphasised that attention had to be given to ageism; that there needed to be robust consultative opportunities for older people at national and local level appropriately funded and that older people's concerns and needs should be echoed in all policy developments.

It was gratifying to read that the work of faith communities – before and during the pandemic was acknowledged:

“Genuinely good engagement often delivers real results, as we heard from Interfaith Scotland. Engagement between faith communities and policymakers helped them step up to offer support in a multitude of ways such as preparing and delivering food to large numbers of people; continuing to operate food banks for those experiencing food insecurity; keeping connected with older and at-risk communities through phone calls and

via email; and supporting the mental health of a vast number of individuals:

“Faith Communities have been grateful for the increased engagement with the Scottish Government over the pandemic. This has allowed for collaboration on safely using places of worship to give practical and spiritual support to thousands of individuals and communities during the crisis.” – Interfaith Scotland”[6]

Both reports tackle complex, crucial and wide-ranging issues affecting Scottish society. They both encompass human rights, community engagement; the assets within our communities and the value we place on those who care for us, all of which require investment. It is incumbent on us to read the

recommendations and to see what we can do at a local level to generate discussion, inform, and contribute to the way forward.

Faith in Older People and the Church of Scotland Guild thanks our speakers:

Adam Stachura, Head of Policy and Communications, AGE Scotland.
Eileen Cawley, Development Worker, Scottish Pensioner’s Forum (Member of the Social Renewal Advisory Board)
Maureen Sier, Director Interfaith Scotland (Member of the Social Renewal Advisory Board).

Maureen O’Neill
Director
Faith in Older People

[1] [Adult social care: independent review – gov.scot \(www.gov.scot\)](http://www.gov.scot)

[2] Age and disability; Low incomes; community led renewal; cross cutting delivery; financial security; food; housing, third sector and volunteering.

[3] Extract from presentation from Eileen Cawley, Scottish Pensioners Forum at Ecumenical Group meeting 27.4.21

[4] Extract from presentation by Maureen Sier, Interfaith Scotland, at Ecumenical Group meeting 27.4.21

[5] Extract from the Foreword of ‘If not now – when?’ Report of the Social Renewal Advisory Board
If not now, when? – Social Renewal Advisory Board report: January 2021 – gov.scot (www.gov.scot)

[6] Extract from the Social Renewal Advisory Group Report – p.47

First Minister of Scotland, Nicola Sturgeon



Please see below for the link to the First Minister’s message on Scottish Interfaith Week.

[Nicola Sturgeon message to Scottish faith communities - YouTube](#)

VALUING THE NARRATIVES OF OLDER PEOPLE

[This text is from Dr Graham Hawley's talk to the Christians on Ageing seminar on 20 April 2021]

After listening to and learning from older people over 60 years as a Methodist Minister and 20 year's research in the subject, I do value the narratives of older people. But I bring three questions to our subject: Why? What? and How?

Why should we value the narratives of older people?

1. Because they have lived long lives and in them experienced engaging with the day-to-day realities of life over that time. They've faced the questions of everyday life, and so, in the process have likely to have acquired some practical wisdom as a result. They represent the bulk of our congregations and so, too often, are referred to as "pillars of the church". An ageist discriminatory remark, for we all know what pillars do. They represent a committed generation of volunteers, both in the church and wider community. Lord Filkin in his House of Lord's Select Committee Report *Ready for Ageing* (2013) maintained:
Longer lives represent progress, and the changes do not mean a greater economic or general fiscal crisis. Moreover, the contribution to our society made by older people, which is already impressive, will be even greater as a result: 30% of people aged over 60 volunteer regularly through formal organisations. (p.1)
So, there would be considerable gaps in the life of our communities if older people withdrew their voluntary labour in many areas of community care and service.
2. Although making up the bulk of congregations, older people do not feature, in the main, as a resource for the ministry and mission of the churches. They are rather seen as in need of pastoral care, which they are. Their role can be seen, mainly, as office holders to maintain the institution of the church. In this regard it is significant that there is no cohesive approach to engaging with the narrative/life stories of older people. Their faith development is at a premium. James Fowler's *Stages of Faith* (1995), still the classic work on Faith Development, makes no mention of older people.
3. There have been unsuccessful attempts to address this issue. In (1990) The Church of England's Board of Social Responsibility produced the report *Ageing* It claimed that:
We do people an injustice if it is assumed that because they are old and are coming to church every Sunday they no longer want to talk about their faith. What is essential is a greater honesty about both the spiritual needs and the riches associated with growing older. (p.121)
Similarly, The Methodist Church and the Church of England's Education Board held a consultation in (2007) which produced a study guide *Seasons of My Soul*, and The Methodist Church in (2012) published a discussion document *Third Age Discipleship*. None of these resulted in purposeful debate and subsequent action. So what is the value and importance of these narratives of older people that are being ignored?

What is the value and importance of the narratives of older people?

David Polkinghorne, the Harvard psychologist has devoted his professional life to the study of the nature of narrative. In, probably his best-known book, *Narrative Knowing and The Human Sciences* (1988) he states:

At the individual level, people have a narrative of their own lives which enables them to construe what they are and where they are headed...(He further adds) Narrative is a form of meaning making. (p.14)

Reisman (1993) endorses this understanding of narrative claiming:

A primary way individuals make sense of experience is by casting it in narrative form. (p.4)

1. So older people are drawing upon years of living and practical experience of grappling with life's questions and challenges and trying to find meaning and purpose in it all in the context of their life's narrative. Finding meaning and purpose in life is a crucial feature of living, therefore, we cannot afford to neglect what older people have discovered over the years.

2. Whilst, like all generations, ours is not an homogenous one. We have our "prisoners of the past" and anti-change addicts. But my experience is that with a little encouragement, older people can open up and share the narrative of their lives. I've met such comments as "we're still pilgrims on a journey". Quite! Hinchman & Hinchman (2001) in their book *Memory, Identity and Community: The Ideas of Narrative in the Human Sciences*, underline the importance of the active role of narrative when they stress:

Narrative emphasises the active, self-shaping quality of human thought, the power of stories to create and refashion personal ID. (p.xiv)

So older people should not be seen, as in the ageist attitude, simply those who are waiting for the call of "the grim reaper". But how do we value the narratives of older people.

How do we value the narratives of older people?

1. On concluding some research into this subject my supervisor urged me to "run with this issue". She wanted me to do more research, which I resisted. Instead, I established an Older Pilgrims' Workshop for Third Agers – 70 – 80+ years on Faith and Life issues. It was an ecumenical group of some 30 men and women. The purpose was to have an interactive session. They much appreciated the chance to question and discuss, and the feedback consistently revealed how they valued discovering others who struggled with similar questions to themselves. They came because they did not have a facility in their local church where they could be open and honest. Such opportunities are invaluable for sharing the narratives of older people.

2. Intergenerational events, where young, middle-aged and older people can join in honest interaction would be a helpful way to encourage sharing narratives of older people. It would also be a way of dispelling the ageist myth that older people are a questioning and doubt free generation, but rather still actively engaged with facing life's realities.

3. As we've already noted there is a strong focus on the pastoral care of older people. But we do not seem to hear how questions and concerns shared during this feature for example in worship, respecting confidentiality of course. The possibility of older people sharing something of the questions and concerns arising from their narrative, either individually, in a small group, by being interviewed or as a feature of the worship. This would help further to demonstrate the ongoing nature of older people's narrative.

4. Dannefer & Phillipson (2010) observe, in relation to the narratives of older people:

As Berger and Luckmann emphasised in their classic sociological treatise, *The Social Construction of Reality* (1967), human beings are, from the beginning of life to the end of it, 'unfinished' by biological determinants, and are formed and continuously reformed in the course of everyday life. (p.6)

We see, therefore, that older people continue to share in the ongoing nature of life like any other generation and are not locked in some form of arrested ageist *cul de sac*. A reality that needs to be taken on board by church and wider society. It is further important to appreciate that older people's narratives are not just nostalgic indulgences, but rather, as Schaffer (1992) maintains ...narrative is not an alternative to truth or reality, rather it is the mode in which inevitably, truth and reality are presented. (p. xiv)

Hence the need to value the narratives of older people.

References

Ageing, (1990) Church of England Board of Social Responsibility, Church House, London
 Dannefer & Phillipson (2010), The sage Handbook of Social Gerontology, Sage, London
 Filkin, Lord, (2013) House of Lord's Select Committee Report *Ready for Ageing*, HMSO, London
 Fowler, (1995), *Stages of Faith*, Harper, New York
 Hawley (2004-2019), *Older Pilgrim's Workshops*, Marple, UK
 Hinchman & Hinchman (2001), *Memory, ID & Community*, State University Press, New York
 Polkinhorne, (1988), *Narrative Knowing and the Human Sciences*, State University Press, New York.
 Schaffer (1992), *Retelling a Life* Basic Books, New York.
Seasons of My Soul (2007), Church of England Education Board & The Methodist Church, Church House & Marylebone Road, London.
Third Age Discipleship (2012), The Methodist Church, London.

Dr Graham Hawley
Christian Council on Ageing

FAITH IN OLDER PEOPLE FORTHCOMING EVENTS

MENTAL HEALTH AND FAITH COMMUNITIES

FiOP has held three seminars in its planned series. Professor John Swinton gave a thoughtful and stimulating talk on '*Spirituality and Mental Health*', Professor Austyn Snowden gave an insightful presentation on *mental and spiritual distress and the importance of the chaplaincy in the NHS*, and the Rev Canon Dr Marion Chatterley's presentation '*Whole person care in the final chapters of life: exploring the impact on mental health of facing one's mortality*'.

The presentations are available, and the recordings of the sessions will be made available in due course.

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

MENTAL HEALTH AWARENESS WEEK

FiOP supports raising awareness of mental health challenges and how we care for those who experience them. A key element in the spiritual dimension is our relationship with nature and the outside world and we have seen how this can be beneficial in helping us to cope with the pandemic and its impact.

We hope that the series of seminars that FiOP has been running have highlighted different

perspectives in caring for people experiencing mental health challenges and we are planning more seminars.

We are delighted to be working with **Interfaith Scotland** on a panel discussion in June to her perspectives from different faiths. The link to the YouTube from Interfaith Scotland to mark Mental Health Awareness week is below.

[Mental Health Week Awareness - YouTube](#)

The final seminar in the series

Tuesday 22nd June 2021: 4.30pm - Mental health challenges from the perspectives of different faiths
 FiOP is delighted to be partnering with Interfaith Scotland on this important issue and to welcome as our panel Rita Docherty (Baha'i), Nicola Maule (Buddhist) and Robin Downie (Christian).

The session will be 90 minutes to give each of our three speakers time for a presentation and then to have discussion. **THIS EVENT IS FREE - PLEASE BOOK VIA EVENTBRITE [here](#)**

Book suggestions:

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

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

REVISED DATE - 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**

A workshop designed specifically for clergy and people in authorised ministries

This Workshop 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 COST £30.24

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

The Malcolm Goldsmith Lecture 2021

was given by Dr Donald Macaskill on
Tuesday 11 May 2021 and was well received
by those attending.



Dr Donald Macaskill
CE, Scottish Care

Human rights and spirituality: 'a veil as thin as gossamer'

This powerful lecture explored the relationship between human rights as a moral and legal framework and the world of spirituality. It considered our human rights in the context of social care and the treatment of older people, particularly in our care homes in the pandemic.

"Suffice to say we have all been deeply challenged as well as informed about our attitudes...caring as they may be. Hopefully we, as an organisation and as individuals, will be able to draw on the "well" that Donald has revealed to us for our future lives and work."

Bob Rendall, Chairperson,
Faith in Older People

“

Marvellous presentation and discussion

Brilliant event.! I thought Donald's lecture tracing Roots and Routes, Choice and Voice, was very stimulating. Just sorry Malcolm isn't around to dialogue with him!

a fantastic event, Donald did not disappoint.

”

SCOTTISH GOVERNMENT

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 EDEN PROJECT

Just one month to go until the Big Date for this year's Big Lunch - 5-6 June! We're really excited about it, and we hope you are too. With restrictions lifting, there's really no better time to hold a Big Lunch - we hope you'll get involved and help us keep community connections going!



Here's a reminder of how you can get involved!

Spread the word!

A huge thanks to everyone who has already shared Big Lunch information with their supporters and members. We have lots of lovely films and graphics for social media, as well as content for email newsletters - [download through WeTransfer here or email for a direct link.](#) Emailing your supporters,

talking about the Big Lunch on social media or talking to them about the Big Lunch on Zoom are all great ways to encourage people to take part.

Hold your own Big Lunch!

We're hearing great examples of organisations holding their own Big Lunches, and we'd love it if you would consider holding one too! Holding your own Big Lunch is a great way to say thank you to your Volunteers, welcome back the communities you work with, and re-open your doors. It's easy, fun and a great way to see people – so [take a look at our Big Lunch pack](#) and think about getting involved!

Remember - This year, we're encouraging people to hold their Big Lunch whenever works for them - so if you're reconnecting with family on the Big Date, or want to wait for restrictions to lift, **you can still take part!** Take part whenever you can, online or face to face – the most important things are connection and having fun.

Heart of the Matter Radio Broadcast

HotM is a weekly radio programme produced for community radio and was established when Black Diamond FM was founded in 2017 in Midlothian.

Each broadcast usually consists of an interview with a person who is willing to talk about their faith and how that has impacted their life. The programme has been described as being similar to “Desert Island Discs” which brings a great mix of music to surround someone’s life story. In addition, there is a thought for the week, a short, usually Bible based reflection, which is relevant to life today.

As a radio programme it can be heard on FM, online live or later through a download at heartofthematter.biz.

We are aware that it is used in a care home setting as a substitute to a church service and those who listen may particularly like the music, interview or the reflective part written specifically for each broadcast by a team of enthusiastic writers.

Radio produces wonderful mind pictures and everyone loves to hear a story from someone about their life.

We have the great privilege to pull the curtain back as the interviewer and the listener drop into what is always an exciting, interesting, and sometimes unexpected journey.

David Aird, Producer/Presenter, Heart of the Matter

May 2021

Planned Guests for Heart of the Matter June 2021

| | |
|----------------------|-----------------------------|
| 6 June: Sarah Lang | Founder Rhythm of Life |
| 13 June: Lara Martin | Musician and songwriter |
| 20 June: Gold 24 | A Special from the Archives |
| 27 June: TBC | |

Weekly Broadcasting Schedule

Black Diamond FM 107.8: Sunday 9 am. and 7 am. (repeat)

Crystal FM 107.4: Sunday at 11 am., 12 midnight, Sunday, Tuesday 11am.

Alive FM: 107.3: Sunday 12 noon, Tuesday 1 am.

All above on FM and online

Internet stations:

Heartsonglive: Sunday 9 am., Wednesday 12 am,

G4G (Gospel 4 Grampian): Wednesday 9 am. Saturday 9 am.

Updated website: www.heartofthematter.biz



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

<https://vhscotland.org.uk>

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.

Dementia Awareness

AGE SCOTLAND will be running their very popular **Dementia Awareness** courses; for full information visit [Dementia Awareness Training | Online Course \(highspeedtraining.co.uk\)](http://Dementia Awareness Training | Online Course (highspeedtraining.co.uk))



This key event in the national calendar will be held online for this year on **Wednesday 2 June 2021**. This event will also launch a National Day of Prayer

To book tickets or for more information please visit our website

www.npbScotland.org.uk

Andy Witty, Chair,
National Prayer Breakfast for Scotland



We are delighted to alert everyone to the theme for Scottish Interfaith Week 2021 and to highlight resources that have been gathered and produced for our Year of Climate Action.

Earth Day 2021 (22nd April) saw the launch of the theme for Scottish Interfaith Week and we are so excited that this year's theme ties in with COP26 (United Nations Climate Change Conference 2021) and is **'Together for our Planet'**. COP26 will be taking place in Scotland (Glasgow) from Monday 1st November to Friday 12th November and we will be holding Scottish Interfaith Week during this period to allow creative engagement with both Scottish Interfaith Week and with COP26. An exciting event to mark the start of the week will be hosted in partnership with Interfaith Glasgow on 31st October – a date to keep free in your diary.

It is vitally important for people of all backgrounds, faiths and cultures to work 'together for our planet' and spreading climate awareness is key to building a future where all people and eco-systems can flourish. The team at Interfaith Scotland have been profoundly

moved by seeing the incredible work that faith communities and organisations across Scotland are doing to address climate change and it is exciting to know that our Interfaith Year of Climate Action and Scottish Interfaith Week will be used as opportunities to amplify these efforts and to encourage nation-wide conversations and action. Please see our range of resources on our website (link below).

<https://interfaithscotland.org/climate-action-resources>

The Climate Conference may well be a pivotal moment for humanity and requires deep spiritual reflection and we are asking everyone, from all faiths and none to join us in taking action 'together for our planet'.

We are hosting and co-hosting lots of exciting events in the build up to COP26, please see the 'Together for our Plant' webinar.

Interfaith Scotland Team

NHS Lothian - video links are listed below for **‘What you need to know about COVID vaccination’** in:

English (Two different versions), Arabic, Bengali, Romanian, Traditional Chinese, Simplified Chinese, Urdu, Polish, Swahili, BSL and Kurdish Sorani.

These video clips aim to provide information about COVID vaccination and clarify some myths and misconceptions about COVID Vaccines. Please get back to me if you have any problems with the link, require any further information or to provide feedback.

Smita Grant, Service Manager, NHS Lothian Minority Ethnic Health Inclusion Service

Craigmillar Health Centre, 106 Niddrie Mains Road, Edinburgh EH16 4DT

Tel: 0131 536 9581 / 9544, Mob: 07789651371 smita.grant@nhslothian.scot.nhs.uk

COVID VACCINATION VIDEOS

<https://www.nhslothian.scot/Coronavirus/Vaccine/Pages/VaccineInformationInDifferentLanguages.aspx>

1. <https://vimeo.com/530751443> English
2. <https://vimeo.com/530755530> Arabic
3. <https://vimeo.com/530767346> Mandarin
4. <https://vimeo.com/530767549> Cantonese
5. <https://vimeo.com/530768290> Romanian
6. <https://vimeo.com/530747880> English
7. <https://vimeo.com/530744945> BSL
8. <https://vimeo.com/530744121> Polish
9. <https://vimeo.com/533458662> Bengali
10. <https://vimeo.com/534515281> Urdu
11. <https://vimeo.com/531693262> Swahili
12. <https://vimeo.com/538629389> Kurdish

UNDERSTANDING SELF ISOLATION AND SUPPORT” and “FLU VACCINE VIDEOS”

1. ARABIC <https://vimeo.com/499658055>
2. URDU <https://vimeo.com/499709523>
3. CANTONESE <https://vimeo.com/499707761>
4. BENGALI <https://vimeo.com/499659376>
5. MANDARIN <https://vimeo.com/499661871>
6. POLISH <https://vimeo.com/499705668>
7. KURDISH <https://vimeo.com/499655706>
8. ENGLISH <https://vimeo.com/499653519>
9. BSL <https://vimeo.com/499649701>

FLU VACCINE

1. Arabic <https://vimeo.com/460216037/d0aaa6afe3>
2. Bengali <https://vimeo.com/460216589/9629f15828>
3. BSL <https://vimeo.com/460217130/b156db27c1>
4. Cantonese <https://vimeo.com/460217706/f91745f127>
5. English <https://vimeo.com/460218170/feb7cd9d80>
6. Mandarin <https://vimeo.com/460218651/ba242144b3>
7. Polish <https://vimeo.com/460219098/47755b2c07>
8. Polish <https://vimeo.com/460503668/3fd628487d>
9. Punjabi <https://vimeo.com/460219665/19008d0132>
10. Urdu <https://vimeo.com/460220115/df820b9cf4>



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](#)

Dementia Awareness Week

This year, Dementia Awareness Week takes place between Monday 31 May and Sunday 6 June. The link below will take you to our website, where will keep you updated with the theme and our plans for the week. [Find out more here](#)

Scottish Churches Housing Action

Please see the link below to access the April 2021 edition of Our Homeless Neighbour, the newsletter for supporters of Scottish Churches Housing Action. We would like to draw particular attention to **Homeless Sunday** which will take place on **10th October** this year. More details about this can be found within Our Homeless Neighbour - please do encourage your church to take part. <https://www.churches-housing.org/ohn-april/>

A new Scottish information resource for people living with a diagnosis of dementia and their families and friends. Possibly the first resource to be produced in Gaelic and English.

If you were unable to attend the launch of Knowledge is Power Scotland, never fear - here is the recording link: <https://vimeo.com/543202562>

You can download the booklet in either Scots Gaelic or English here:

<https://www.lifechangestrust.org.uk/project/knowledge-power-english-and-scottish-gaelic-versions>

and here:

<https://www.dementiavoices.org.uk/deep-resources/external-resources-by-members-of-the-deep-network/>

It is a large download at 60 pages. Paper copies available to anyone who would like one. Please contact Ruth.McCabe@fife.gov.uk

We very much welcome feedback too. Please do not hesitate to be in touch. If you would like to have a copy of the chat links and comments please email me at Niblock@myid.org.uk

OUTSIDE THE BOX

New digital connection guides

The [Digital Buddies project](#) has created new how-to guides for people getting started with a new tablet or smartphone.



The impact of getting connected can be huge, as one member shared:

“I wish I'd done this sooner, it's changed my life... I have my independence back.”

We hope the guides help more people learning to use new tablets and becoming digitally included. Please feel free to use and share! [Read and download the Digital Connection how-to guides.](#)

Playlist for Life Helpline

Got a question about personal playlists? Want to make one but having a hard time finding the right music? We are delighted to be piloting a telephone helpline for people with dementia, unpaid carers and community organisations who support them.

You can book a call back on our [Helpline page](#) and one of our trained Music Detective volunteers can advise you on:

- Music Detective skills to help track down tunes for a personal playlist
- Creating and listening to a playlist
- Using a playlist and the therapeutic benefits

This is an advice only service. Volunteers can offer to help people track down songs for personal playlists, but will not send out physical playlists.

Please note: This is a currently a pilot service. Please share the booking page link with service users, but we ask that you do not share the link publicly or on any social media channels.

Bishop Anne: ‘Older generation has key role post-pandemic’

In her latest column in *inspires online*, news from the Scottish Episcopal Church, the Rt Rev Anne Dyer, Bishop of Aberdeen & Orkney, says that older generations can make a major contribution to society in a post-pandemic future. Bishop Anne believes that people are too quick to reach for the old saying that ‘you can’t teach an old dog new tricks’ and instead she points to the way that older people have adapted to and embraced digital technology over the past year, as evidence of their ability and potential.

“During the pandemic, there have been many folk of my age who have been concerned about the care of very elderly parents, and at the same time been involved in supporting those in younger generations who have been struggling to continue to work or be schooled,” wrote Bishop Anne.

“These experiences highlight the need for careful decision making. If we have only so much of any resource, not just money but also time, then how should we use what we have? There is important understanding that comes with age, if decisions have to be made about who or what must come first.”

Bishop Anne’s article can be read in full [here](#).



CONFERENCE CALLS May, June, July, August 2021 INVITATION

Conference Calls are discussions on important issues open to anyone interested in the work of the Churches with and for older people. They are free and involve no commitment to membership. Each session starts at 10.30 am and lasts for an hour and a half. You join the discussion via a Zoom link which will be sent to you following registration of interest. All sessions over the last twelve months have been fully subscribed within a short while of registration opening. All sessions will start at 10.30am and end at midday, and have a lead speaker.

18 May

Christians and hospitals

Marion Shoard

How can churches best support older and disabled people and their close family and friends if they have to go into hospital, during both during the visiting restrictions resulting from Covid and into the future? In which ways could the efforts of church people most effectively complement those of hospital chaplains?

15 June

Supporting those who care for us

Maureen O'Neill

'The presentation will focus on the issues which have emerged for health and social care staff in our care homes and care at home organisations as a result of the pandemic. These will be seen through the lens of a recent review of the effectiveness of the listening and caring service set by Faith in Older People as a response to the pressures and fears experienced by these staff during this past year.'

20 July

Importance of Faith amongst Black Older Christians

Charles Kwaku-Odoi

Faith is an important part of many older Black people, as a matter-of-fact faith is engrained in their lives. In most cases it does not just define who they are, or what they do, but it also shapes their life day-to-day choices. Older Black Christians use their faith as a coping mechanism. When facing life stressors, their religious beliefs help them to manage personal behaviour and response to others. Faith is woven in the intergenerational engagement in the Black community, the interactions with the younger generation. Faith comes to the fore

17 August

Older people and spiritual strength in the world of nature

Barbara Stephens

We are surrounded by the beauty of nature and immersed in its power: but how much do we really 'notice' in our busy everyday lives? This session will explore the emotional and spiritual benefits of connecting with nature, stimulating the senses, boosting physical and mental health, enhancing wellbeing. We will discuss research evidence that demonstrates the impact of nature on people's physical and mental health

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 You will need to be able to access Zoom to take part 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.

Please ask any questions when you register your interest.

Register your interest or enquire about places by e-mailing discussion@ccoa.org.uk

THE ALLIANCE

Registration has opened for Equally Valued: Equally Connected, ALLIANCE Annual Conference 2021.

As Scotland recovers from the COVID-19 pandemic, we want to learn from everyone's experiences and explore positive change in health and social care – to help shape a more equal future that ensures people with lived experience are at the centre.

Equally Valued: Equally Connected will be delivered online. It will feature high profile keynote speakers, interactive workshops and webinars, creative sessions, film screenings, and more.

Participation is free, inclusive and open to all.

[Find out more and register here](#)

Major Long Covid study launched in Scotland Published: 12/05/21

A major new COVID-19 study is being launched in Scotland to understand the long-term health of people who have had COVID-19. [Read the full story on our website](#)

Exploring the application of Human Rights Principles in Digital Health and Social Care

The ALLIANCE, Scottish Care and VOX will explore six principles for a human rights-based approach to digital health and social care. They are working together to support the development of rights based digital health and social care policy and practice across Scotland. We are exploring **six principles for a human rights-based approach to digital health and social care.**

We want to engage with people who access services and people who provide support to refine the principles and collectively develop practice-based scenarios that illustrate their application in health and social care. We are hosting three events to gather people's views and experiences on the application of human rights-based approaches in digital health and social care. These workshops will be held online on the following dates:

- **Monday 14 June**, 13:00 – 15:00:
[for people with direct experience of accessing digital services in health and social care.](#)
- **Monday 5 July**, 13:00 – 15:00:
[for stakeholders who have experience of delivering digital health and social care services.](#)
- **Monday 26 July**, 13:00 – 15:00:
[for support workers who are engaging with digitally excluded groups or individuals*](#)

Please see the link below for further information

[Exploring the application of Human Rights Principles in Digital Health and Social Care – Health and Social Care Alliance Scotland \(alliance-scotland.org.uk\)](https://alliance-scotland.org.uk)

RESOURCES

FREE BOOKS OFFER



Marion Shoard

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.

Best wishes, Marion Shoard

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



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