



## JUNE 2016 NEWSLETTER

All our events can be booked via our website [www.faithinolderpeople.org.uk](http://www.faithinolderpeople.org.uk)  
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. WE DO THIS THROUGH TRAINING AND RESEARCH PROJECTS AND CONSULTATION. In addition to these events we also offer the possibility of tailor-made courses.

IF YOU WOULD LIKE TO DISCUSS THIS, PLEASE CONTACT ME AT  
[director@fiop.org.uk](mailto:director@fiop.org.uk) or telephone 0131 346 7981.

### FORTHCOMING EVENTS

#### **SAVE THE DATE**

**WEDNESDAY 23 NOVEMBER 2016 - REGISTRATION 10.00am**

**START 10.30am FINISH 4.30pm**

**VENUE - The Roxburghe Hotel, Charlotte Square, Edinburgh**

**CULTURAL DIVERSITY, FAITH AND DEMENTIA –**

**JOINT CONFERENCE WITH FAITH IN OLDER PEOPLE AND MHA**

The purpose of the conference is to look at 'ageing with intent' which encompasses culture, spirituality, faith, inclusion and adaptation to ageing. The content of the conference will include a focus on inclusion of all faiths and cultures; people with dementia; creativity and an opportunity to discuss the ageing journey in different contexts. The emphasis is on the practical.

#### **Guest speakers include:**

Rev Adjunct Professor Elizabeth Mackinlay, Charles Sturt University, Australia

Rev Keith Albans, MHA

Naved Siddiqui, Woolf Institute

Rabbi Jonathan Wittenberg, New North London Synagogue

Professor Mary Marshall, Hammond Care and Faith in Older People

#### **DRAFT PROGRAMME includes:**

Drawing the threads together of spirituality, dementia and culture

The Ageing Journey - perspectives from different faiths

Dementia Friendly Communities

Workshops

**COST TO BE CONFIRMED**

## UPDATES

### **Dementia Friendly Faith Communities**

The Working Group has agreed the first draft of a 'guide' which is based on the ECO Friendly Churches model using bronze, silver and gold levels to mark achievement. The draft guide is currently out for consultation to a wide range of individuals and faith communities and the response has been very positive to date. The consultation includes questions about how the information could best be presented so that the next stage of development can encompass the ideas so that we make sure that it is a helpful and constructive aid to ensuring that older people and those experiencing dementia continue to be included in their faith community and that those who provide support and provide worship have a stronger understanding of the needs of people with dementia and those who care for them.

The Guide will be a key element in the conference that is being planned for November as above.

**If you would like to be included in the consultation, please contact: [info@fiop.org.uk](mailto:info@fiop.org.uk)**

### **Spiritual Care Education in Continuing Care Units in the NHS**

FiOP is currently undertaking a small research project in these units in collaboration with the NHS Lothian Chaplaincy. We want to find out –

- the extent to which spiritual care is understood
- what training is available and
- how spiritual care is delivered in these units which provide end of life care

We have been interviewing a range of staff in each setting and hope to complete the report in the early autumn. This builds on a previous study undertaken by Helen Welsh for FiOP in 2015 in relation to care home staff which concluded that more work was required to support their education in respect of spiritual care.

### **Faith in Older People and Scottish Partnership on Palliative Care Joint Conference**

The aim of the conference, which was held on Tuesday 7 June 2016, was to consider the impact of recent policy initiatives in relation to spirituality and palliative care and the extent to which spiritual care is seen as an integral part of person-centred care towards the end of life.

The conference, which was attended by 60 people, provided an opportunity to consider the policies and their impact on practice in a variety of settings which reflected the integration of health and social care. Delegates had an opportunity to share experiences, to discuss opportunities for improvement and to identify how such improvements might best be supported.

There were excellent presentations on the Palliative Care and End of Life Strategy and the Spiritual Care Delivery plan from Tim Warren, Scottish Government and Sheila Mitchell, Head of Spiritual Care Unit in NHS Education for Scotland. The focus on improvement was presented by Elaine Maclean (Care Inspectorate) and Shaun Maher (Scottish Government) and Donald Macaskill (Scottish Care) provided an over-view of spirituality and palliative care in the context of the integration of health and social care. The presentations were followed by lively discussion in workshops and in the plenary.

The key issue was to see how the policies which reflect the other are implemented in practice and what the impact is on both health and social care staff.

The collaboration between FiOP and SPPC is one of longstanding and is constructive and valued. A conference report will be produced.

#### **Photographs - two of our key speakers deliver their presentations at the conference:**

Dr Donald Macaskill, Chief Executive, Scottish Care

Tim Warren, Policy Lead for Palliative and End of Life Care, Scottish Government



### **How can FiOP do more education and training on line?**

This is a question we have wrestled with for some time and with a small grant from the Scottish Government we have been consulting on what we might effectively do. We are in the process of turning the ideas into a pilot and will be working with a small group of individuals from care homes and congregations to design something. FiOP is pleased to be working with Lesley Greenaway and her colleagues to develop our approach.

Please let Maureen O'Neill have any ideas and suggestions at [director@fiop.org.uk](mailto:director@fiop.org.uk)

### **Life Changes Trust**

FiOP has been participating in a working group convened by the Life Changes Trust (LCT) to develop a project which relates to spiritual care and people with dementia. The Group has worked hard to develop a project which is beneficial to people with dementia in care homes and we hope that the LCT Trustees will approve the application when it meets.

### **The 7<sup>th</sup> International Conference on Ageing and Spirituality**

This conference will be held in Chicago in July 2017. FiOP is part of the planning advisory group following on its involvement in 2013 when it organised the conference in Edinburgh with Methodist Homes and in 2015 when it was held in Los Angeles. At present the debate is around the conference theme. More anon .....

### **Scottish Episcopal Institute**

FiOP is delighted to be participating in the Scottish Episcopal Institute Summer School and to have an opportunity to highlight the contribution of older people to our churches and how we can also better meet their needs.

## **OTHER INFORMATION**

### **ADVANCE NOTICE - Scottish Partnership for Palliative Care ANNUAL CONFERENCE:**

Thursday 22 September 2016, Royal College of Surgeons of Edinburgh

**SILVER SUNDAY** - Silver Sunday takes place on **Sunday 2<sup>nd</sup> October 2016** - a national day for older people which launched in 2012 to help overcome loneliness. Your event or activity provides an opportunity for older people to try something new, meet new people and have an uplifting day. It's also an opportunity for you to highlight the services or opportunities that are available all year round.

Last year over 570 free events and activities took place. All events were organised by local organisations, businesses and community groups who donated their time and resources to make it a memorable day for all those involved. The events do not need to be on **Sunday 2<sup>nd</sup> October** but can be in the weeks before or after if this works out easier for you. **Contact the undernoted email address** for an event/activity confirmation form to submit your details. Please send your completed

form to [ecaley@westminster.gov.uk](mailto:ecaley@westminster.gov.uk), and if you have any other questions please let Eva Caley know. Please also circulate details of this event to any of your contacts.  
Cllr Christabel Flight, Older People's Champion, Westminster City Council

## BOOKS AND BOOK REVIEW

### BOOKS

**Telling Tales about Dementia: Experiences of Caring.** Edited by Lucy Whitman (Foreword by Joanna Trollope). Jessica Kingsley Publishers. 2010.

**Into the Garden: Cultivation as a Tool for Spiritual Formation and Community Renewal.** By Rachel Woods. Grove Books Limited. 2016.

**Evaluating Worship: How do we know it is Any Good?** By Mark Earey. Grove Books Limited. 2016.

### REVIEW

**Nothing about us, without us! 20 years of dementia advocacy.** Christine Bryden (2016)

London, Jessica Kingsley Publishers

Christine Bryden is an inspirational person with dementia who has devoted her life, since she was diagnosed, to talking openly about her experience. She has travelled the world speaking at conferences. She has also written two influential books: *Dancing with dementia* and *Who will I be when I die?*

Christine Bryden was diagnosed with dementia at the age of 46 which meant that she had to retire very early. The shock sent her into depression from which she recovered and she decided that her way of coping was to become an advocate for people with dementia. She says she has adapted to a slow but steady decline and this book takes us through her journey so far.

This third book is a collection of twenty years of her power-points with her commentary below. She is wonderfully articulate. You find yourself wanting to quote her all the time e.g:

“Challenging the lies surrounding dementia by living positively with dementia”

“It is the way you talk to us, not what you say, that matters”

Christine Bryden's faith is very important to her and she emphasises this more and more as she become more impaired. She says: “To cope with this confusing reality is a daily struggle. My keys for coping are a strong Christian faith, Paul my enabler, my Exelon and a positive attitude. Our faith, or our spirituality is crucial. We are losing our cognitive self – even a reliable and coherent emotional self. What remains is our spirituality. We need you to help us connect with to whatever has given us true meaning in life...”

It is hard to stop quoting her. Every page has remarkable insights which help us to understand better the experience of dementia. This book would be a great help to anyone or any group of people wanting to be more dementia friendly.

Professor Mary Marshall

June 2016

### IF YOU REQUIRE FURTHER INFORMATION PLEASE CONTACT THE OFFICE AT:

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