

# FAITH IN OLDER PEOPLE



Keeping the Spirit Alive



## ANNUAL REPORT

2007 - 2008

## Governance

Faith in Older People has a very active group of Trustees who provide support for the on-going work to complement the small staff team. The Board meets formally on a quarterly basis to consider the progress of the work against the agreed strategy and to monitor the income and expenditure and Board members meet frequently on a less formal basis to further particular pieces of work.

During the year the range of employment policies was approved; a risk analysis was undertaken and the accounting systems reviewed. The Trustees have been actively involved in developing funding applications and in promoting the work of the organisation.

We are working with Evaluation Support Scotland who critique and evaluate the impact of our work.

### Trustees

(Chairman) Christopher Davies

(Secretary) Malcolm Goldsmith

Theresa Fyffe to Jan 2008

Sandra Carter, MBE

Geoffrey Lord, OBE

Lissa Smith

Professor John Starr

Margaret Stevenson

### Part-time Staff

Mary Moffett

*Training Coordinator*

Maureen O'Neill

*Development Coordinator*

Jean Myers

*Administrative Assistant*

### Associates

Penny Grieve

Alison Newell

Dr Harriet Mowat

Gill Davidson

Clephane Hume

Fran Faulkes

Sue Kirkbride

**Website [www.faithinolderpeople.org.uk](http://www.faithinolderpeople.org.uk)**

We are very grateful to Peter Gibbens for his help in managing our website.

*Front Cover: Elisabeth Martin with her 100th birthday card made by local children.*

## Chairman's Report



*Christopher Davies  
Chairman*

*Our ambition is to continue to expand the scope of our work and to make it available to more people over a wider area.*

We are pleased to present to you our report on Faith in Older People for 2007-2008 – the first year of our being formally constituted as a Charity. In this year we have built on the previous work since our inception in 2005 and have made significant progress in achieving our objectives. The place of older people in our society needs to be fully respected and their contribution valued.

Faith in Older People plays a formative role in this by sharing knowledge and experience through a network of helpers in both the voluntary and statutory

sectors. We are increasingly being recognised as an important resource available to those concerned with these issues.

We are immensely grateful to those individuals and organisations who have funded our work and for the trust you have placed in us. The achievements documented in this Annual Report are directly attributable to your support and we are acutely conscious of our responsibility in meeting the expectations placed in us. We know only too well the pressures from an unsure future economy,

but hope nevertheless that you and others will be encouraged to continue your support.

Finally, I would like to pay tribute to the unfailing hard work and idealism of our staff on whom we so much depend and to the active engagement of our Trustees in frequent meetings, consultations and discussions.

In this way the vision of Faith in Older People in contributing to a more harmonious society can be fulfilled. Our ambition is to continue to expand the scope of our work and to make it available to more people over a wider area. We have the commitment and expertise to make it happen.

We commend this report to you and look forward to your comments.

### Faith in Older People's definition of spiritual care

There are many definitions of 'spiritual' care but central to them all is "developing an understanding of what gives meaning to peoples' lives".

For some this might include religion but it encompasses many different factors including relationships with family and friends to love of music.

It is about becoming attuned to the spiritual values of compassion, wisdom, truth, beauty, kindness and courage.

We speak of 'having our spirits lifted' of being 'in good spirits', of 'spirited people' or of 'peoples' spirits being dampened'.



The World Health Organisation defines health as encompassing body, mind and spirit  
*There is a growing emphasis within our own health and social care services to develop 'compassionate care' which embraces spiritual care.*

## Our Purpose

Faith in Older People (FiOP) aims to enhance the quality of life and well-being of older people by working with those providing practical, pastoral or spiritual care.

Many older people often become isolated, both physically and emotionally. The spiritual ethos which has guided their lives may well receive less attention as priority is given to physical care.

FiOP works primarily with those who provide care, whether paid or unpaid. Our aim is to increase an understanding of the vital importance of spiritual care and its impact on wellbeing during the ageing process.

We aim to increase the confidence and morale of volunteers and staff by giving them insights into the social, emotional and spiritual aspects of older people's lives and so enable them to provide person-centred care.

Our courses and much of our written material provide practical methods and tools for use with older people to help them feel valued members of society, particularly for those who have dementia or sensory loss.

### We work by:

- Educating, encouraging and engaging volunteers, who are active with those issues addressed by our work. These persons may be lay or ordained members of faith communities but not necessarily so.
- Devising and delivering training courses and materials
- Encouraging and supporting care home and health care staff to address the emotional and spiritual needs of residents and patients.
- Addressing 'End of Life' issues

## Background

Faith in Older People was formally constituted as a charity and a company limited by guarantee in May 2007.

This followed two years preparatory work and was based upon eight years practical work in recognising and addressing the spiritual needs of older people.

Our work emphasises the valuable role that older people play in our communities and the contributions they have made throughout their lives.



We have built on the work of our founder, Malcolm Goldsmith, who emphasised that:

As people live longer and more people require treatment and support from our health services; as the number of people with dementia grows—so the cost escalates and creates a real and identifiable economic and political challenge. We are perhaps being forced to ask what sort of society we wish to live in and what are the guiding principles that we wish to affirm.

From *In a Strange Land—People with Dementia & the Local Church* ISBN 0 9530494 6 9



## Working with Others

### During 2007/08 we delivered:

- 30 half-day training sessions attended by 277 participants
- 1 Workshop attended by 43 hospital chaplains
- 2 Seminars attended by 50 people
- 1 Consultative Conference for Carers attended by 35 people

We now have 800 people on our mailing list who receive quarterly Newsletters

We have an active website with links to other organisations

FiOP develops and delivers both tailor-made and general courses for a range of audiences.

During the year the courses have included:

- Spiritual Care and People with Dementia
- Keeping the Spirit Alive
- Sensory Issues (pain, hearing, sight)
- Loss & Bereavement
- End of Life Issues

We have worked with congregations, pastoral carers, clergy, hospital chaplains, and healthcare staff during the last twelve months.

These courses have highlighted the importance of increasing an understanding of the spiritual needs of older people and supported those who provide care.

In addition each course has identified potential for future activity including listening, communication and creativity.

FiOP will be developing courses and other activities around these themes.

*“Thank you, for a very thought-provoking afternoon....you passed on your wisdom .... in a wonderfully sensible and sensitive way....*

*I look forward to your next session!”*

*Course participant*

## Conferences

### Carers Conference Nov 07

This FiOP Conference provided an opportunity for carers from a range of backgrounds to discuss their coping strategies and to identify the support which FiOP could offer in the future. We have incorporated the suggestions into our future planning for courses.



Mary Moffett our Training Coordinator has also contributed to a range of conferences arranged by other agencies, including in April 2008 The CrossReach International Dementia Conference in Glasgow.

### Meeting standards of care

FiOP incorporated an emphasis on the various policies and standards for those involved in health and social care.

We have also worked with many different churches on an ecumenical basis helping them to improve and develop good practices in relation to visiting old people at home and in healthcare settings.

## Working with Health Care

### NHS Scotland

Spiritual care is now a positive requirement within the Health Service

*'...expects NHS staff to acknowledge their spiritual needs and aspirations and to be sensitive to the wide variation in values and cultural backgrounds of their patients.'*

(HDL (2002) 76, Spiritual Care in Scotland)

### Healthcare Chaplains

A very successful workshop with Healthcare Chaplains, including a humanist chaplain and an occupational therapist from across Scotland was held during the year.



This was led by Dr Harriet Mowat from Mowat Research, Aberdeen and Mary Moffett and supported by NHS Education with funding from the Chaplaincy Training Unit.

The session focussed on the spiritual aspects of ageing and what that might mean for those who care for older people, particularly in the hospital setting.

The participants considered the importance of story telling and listening and how this in itself is a spiritual task which gives great comfort to both listener and teller.

*"Superb speakers.  
Quite a riveting experience"*

### Multidisciplinary workshop

FiOP held an NHS multidisciplinary workshop in December 07 in The Royal Edinburgh Hospital:

#### Case Study:

*I was thinking about all we have been saying about the importance of sensory stuff and also getting people to participate — so for our carol services in the Day Unit and the wards this year, we had a basket of Christmas bits — figures for a crib and a Christmas pudding and decorations and some cards.*

*We had a list of ten carols that were people's favourites, with the music and large print words available and we passed the basket round — getting people to pick an object, talk about what it meant to them and we sang an associated carol from the list, and gradually built up a Christmas display in the centre of the room.*

*It transformed the whole service — merry anarchy reigned, and everyone was involved. One particular group who are usually pretty passive were more lively than the staff had ever seen them.*

*Such a change from the usual format of everyone sitting quietly and doing what they were told as far as they were able!*

*Thanks for the inspiration.*

*Paddy Allen  
Health Care Chaplain*



## Working with Care Home

### The Commission for the regulation of Care in Scotland – Standard 12

*Staff must make sure that they are properly informed about the implications for you and others of your social, cultural and religious belief or faith.*



### Case Study:

*A visitor to a nursing home was having difficulty talking to her friend of 60 years as they were both very deaf and found it difficult and frustrating following the conversation.*

*One day they noticed a computer in the corner of the lounge. Permission was granted to use this and it was set up to enable one page at a time to be seen in large black type. A friend who was a fast typist was able to keep up with the "conversation" and once more they were able to communicate and share memories.*

FiOP was pleased to receive a grant from the Scottish Government (Older People and Age Team) to support the development of a pilot project on a creative approach supporting the spiritual needs of older people.

This programme will be implemented during 2008/9.

We wish to support staff within care homes to meet the standards required and to contribute to the development of 'meaningful activity' for residents which has been highlighted by the Commission for the Regulation of Care in Scotland.

## Working Collaboratively

FiOP recognises the importance of collaboration to maximise experience, skills and knowledge to best effect and this is an underlying principle of the organisation.

FiOP has been fortunate in attracting high quality sessional workers who have brought specific expertise and knowledge to the courses and activities we have been developing.

We have been pleased to have worked alongside the Leveson Centre and Mowat Research, together with a range of congregations, statutory bodies and voluntary organisations.

Our particular thanks go to Dr Harriet Mowat, Penny Grieve, Clephane Hume, Alison Newell, Gill Davidson and Sue Kirkbride who are our much appreciated associates.

## Organisational Development



Maureen O'Neill  
Development Coordinator

FiOP employs three part-time members of staff to provide training, development and administration.

A grant was obtained from a Family Trust during the year specifically to employ a Development Coordinator who had responsibility for formulating the policies and procedures and general development of FiOP, including an income generation policy.

During the year FiOP has seen a considerable expansion to the range of its work, both in terms of volume and geographical spread and is urgently seeking funding to sustain its work in the longer term.

Whilst we work with a range of sessional trainers our aspiration is to have local coordinators in the areas into which we are expanding to provide support for local activity and identify future need.

We have already determined a range of activities that we wish to provide but will need both to consolidate our current financial condition and to raise additional funds to expand the staff to meet demand.

## Future Activities

During 2008-09 we aim to achieve the following:

- implement the training programme within care homes.
- hold a joint conference *Old Age: Wasteland or Harvest Field*, in collaboration with ACTS (Action of Churches Together in Scotland) and the Church in Society Committee of the Scottish Episcopal Church.
- develop the focus on a creative approach to spiritual care.
- **Hearing the Voice of Old Age** - in depth interviews with people over the age of 90 for training and publication.
- undertake further work with Health Care Chaplains.
- continue to develop work with Health & Social Care staff.
- continue to develop collaborative relationships.
- produce materials to support paid and unpaid carers in their daily routines.
- develop our links with other World Faith communities in Scotland.
- consolidate our funding position.



## Faith in Older People

### Income & Expenditure Account

For the 10 month period to 31 March 2008

|   |               |
|---|---------------|
| <b>Incoming resources:</b>                              | £             |
| <b><i>Grants &amp; donations:</i></b>                   |               |
| Family trust ( <i>for Development Co-ordinator</i> )    | 27,000        |
| An anonymous Trust ( <i>for Training Co-ordinator</i> ) | 14,200        |
| Scottish Episcopal Church - Church in Society committee | 5,000         |
| The Preston Trust                                       | 5,000         |
| Other donations   | 773           |
| <b><i>Other income:</i></b>                             |               |
| Course fees and book sales                              | 1,356         |
| Bank interest   | 436           |
| <b>Total Income</b>                                     | <b>53,765</b> |
| <b>Resources Expended:</b>                              |               |
| Staff costs   | 35,096        |
| Conference & workshop costs                             | 2,594         |
| Newsletter costs  | 715           |
| Subscriptions & publications                            | 581           |
| Travel & subsistence                                    | 1,113         |
| Rent & premises costs                                   | 979           |
| Insurance   | 658           |
| Office running costs                                    | 1,294         |
| Accountancy   | 881           |
| Other expenditure                                       | 126           |
| <b>Total Expenditure</b>                                | <b>44,037</b> |
| <b>Net income for period</b>                            | <b>9,728</b>  |
| <b>Funds introduced at 1 June 2007 (see note)</b>       | <b>10,728</b> |
| <b>Funds carried forward</b>                            | <b>20,456</b> |

**Note:**

Funds of £10,728, comprising cash at bank, were transferred to the charitable company at 1 June 2007 from the predecessor project

## Faith in Older People

### Balance Sheet at 31 March 2008

|                                      |               |
|--------------------------------------|---------------|
| <b>Current Assets</b>                | £             |
| Debtors                              | 1,966         |
| Cash at bank                         | <u>27,437</u> |
|                                      | <u>29,403</u> |
| <b>Creditors:</b>                    |               |
| Deferred grant (Scottish Government) | 7,400         |
| Accruals                             | <u>1,547</u>  |
|                                      | <u>8,947</u>  |
| <b>Net Current Assets</b>            | <u>20,456</u> |
| <b>Net Assets</b>                    | <u>20,456</u> |
| <b>Funds:</b>                        |               |
| Restricted funds                     | 11,838        |
| Unrestricted funds                   | <u>8,618</u>  |
| <b>Total funds</b>                   | <u>20,456</u> |

The above accounts are an extract from the full statutory accounts, which are available on request.

Registered Charity SCO 38225  
Registered Company SC 322915  
Company Limited by guarantee  
with charitable status

**Accountants:** Norman Downie & Kerr Ltd

**Bankers:** Royal Bank of Scotland  
Castle Street, Edinburgh

**Treasurer:** Martin Fairley

## Funding Support

Faith in Older People is dependent upon the support of Trusts, public funding and individual donations.

We are very grateful for all the support we have received from an anonymous Trust, Preston Trust, a family Trust, Church in Society Committee of the Scottish Episcopal Church, the Scottish Government and many individual donations.

## Mission Statement

Faith in Older People aims to celebrate the lives of older people and to support the spiritual care of older people and their families.





## **Faith in Older People**

Registered Company SC322915

Registered Charity SC038225

**21a Grosvenor Crescent**

**EDINBURGH EH12 5EL**