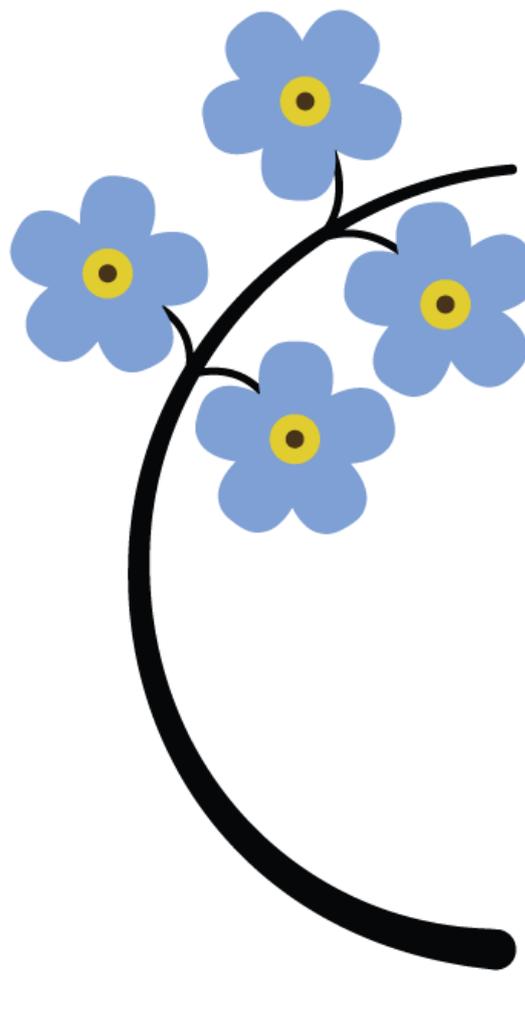


ANNUAL REPORT 2012 - 2013



Faith in Older People

Enabling a better understanding of
the importance of the spiritual dimension
in the well-being of older people.

Governance

There is a Board of Management with 9 Trustees which meets on a quarterly basis to monitor progress against the strategic plan and income and expenditure. In addition an away day was held to review the strategic plan and branding of Faith in Older People (FiOP).

FiOP is fortunate in having a strong group of Trustees who are also directors of the company limited by guarantee with charitable status. They all bring experience of management, working in the voluntary and business sectors, spiritual care, ageing and faith.

The Director is accountable to the Board and meets with the Chairperson on a regular basis. The Director is responsible for the effective day to day running of the organisation; its development and supporting the staff and associates.

Trustees

Rt. Rev Bruce Cameron
(Chairman wef 4.10.12)

Christopher Davies
(Chairman until 4.10.12)

Margaret Stevenson
(Company Secretary)

Sandra Carter

Helen Thomson (retired 4.10.12)

Geoff Lachlan (until May 2012)

Rev. Chris Levison (wef 4.10. 2012)

Geoffrey Lord (retired 4.10.12)

Professor Mary Marshall

Helen Mein

Professor John Starr

Dianna Wolfson (wef 4.10.12)

Part-time Staff

Maureen O'Neill
Director
Hours: 21 per week

Joanna Kemp
Administrator
Hours: 21 per week

Paul Bannon
Treasurer (wef 1.3.13)

Louise Mandefield
Treasurer (resigned 4.10.12)

SENIOR ASSOCIATE

Dr Harriet Mowat

THEOLOGICAL ADVISOR

Professor John Swinton

ASSOCIATE TRAINERS

Kate Allan
John Killick
Mary Moffett

Chairman's Report



Bruce Cameron, Chairman

The media spotlight in the past year has often focussed on care of the elderly and, sadly, it has been to report on some poor practise within the caring services. Yet this should not take away from excellent care that is still exercised by care home and NHS staff as well as many volunteers and family members. What it highlights is the need for support, training, and resources to improve the skills and confidence of carers. Ageing though is not only about the provision of care but also recognising the experience and gifts that older people bring to the general health of communities.

It is within that context that FiOP works to fulfil one of its strategic aims - "to educate, encourage, and support volunteers, health and social care workers, members of faith communities and other agencies to increase their understanding of spiritual care and issues around ageing." In the 2012 Goldsmith lecture,

Professor Elizabeth Mackinlay spoke of the importance of having an all embracing definition of spiritual care which encompasses the arts and music, the significance of human relationships, as well as for some the value of religious faith and rituals.

Partnership is of significant importance in the way FiOP operates. The Board is extremely grateful to our funding partners whose generosity enables our work to progress; and partners in the field of care and faith communities who work with us on a number of projects and training programmes

Above all the Board wish to express our deep appreciation to our staff. Maureen O'Neill our Director brings a combination of creative thinking and organisation ability to her leadership and this year has been joined by Joanna Kemp as Administrator who has quickly learned the ropes and brings to it her own skills and commitment. We have also welcomed a new Treasurer, Paul Bannon. In addition we are very grateful to our network of associates who help to lead training courses and other projects.

The Board itself is facing a time of transition in membership. At the Annual General Meeting in October 2012 Chris Davies stood down as Chairman, having been elected the first Chairman of FiOP

in 2007. Throughout that time he has guided FiOP in its development as an



Chris Davies

organisation. The level and diversity of work this small organisation now undertakes is a tribute to Chris's leadership.

This year we welcomed two new Trustees, Chris Levison and Dianna Wolfson with experience in hospital chaplaincy and inter-faith work. At the forthcoming AGM we bid farewell to four trustees - Margaret Stevenson the Board's Company Secretary, Sandra Carter who has led the Human Resources Group, John Starr, as well as Chris Davies. To them we express our sincere thanks for the valued contribution they have made to FiOP through these formative years of its existence. We continue to look to the future with confidence.

The next twelve months will see FiOP involved as co-organisers in an International Conference on "Ageing and Spirituality", and other initiatives. We also hope we will be in a position to appoint a new member of staff as Training Officer, for we are aware that in this field of work many opportunities still lie ahead.

Bruce Cameron

SPIRITUAL CARE AND AGEING

Faith in Older People defines spirituality as 'that which gives meaning and purpose to our lives'. The nature of spirituality and the ability to recognise its importance to the well-being of older people is the subject of much discussion. There is clear recognition with the NHS in Scotland that spiritual care plays a critical role and the National Care Standards acknowledges that good personal care should include a spiritual element. However, there continues to be different appreciation of what it means to individuals and to those who care for them. FiOP plays a key role in developing a better understanding of spiritual values and the importance of retaining connections within communities.

In 2012 FiOP was commissioned by the Institute of Research in Social Services to write an issue of its 'INSIGHT' series - **Spirituality and Ageing: implications for the care and support of older people** (Harriet Mowat: Senior Consultant, Faith in Older People; Maureen O'Neill: Director, Faith in

Older People) which included the following key elements which provide the focus FiOP undertakes for the work with faith groups; health and social care staff:

- Ageing is a journey which includes a spiritual dimension.
- There is disagreement and discussion about the definition of spirituality.
- The spiritual dimension focuses on meaning of life, hope and purpose explored through relationships with others, with the natural world and with the transcendent.
- The evidence base suggests that genuine and intentional accompaniment of people on their ageing journey giving time, presence and listening are the core of good spiritual practice. Reminiscence, life story, creative activities and meaningful rituals all help in the process of coming to terms with ageing and change.

[Click to view *Spirituality and ageing: implications for the care and support of older people.*](#)

IRISS Insights (19) January 2013

TRAINING AND EVENTS

Total number of sessions: 17

Total number of participants: 345



During the year the following training courses were held:

- * Visiting older people
- * Adapting to ageing
- * Theology and dementia
- * Creative communication
- * Death and dying
- * Ageing in our Society

Quotes from course participants during 2012-2013:

'Excellent as always—a wonderful, helpful and reflective presentation.'

'A magnificent day... I left feeling empowered and consoled.'

'A good, thought provoking and helpful discussion.'

'Superb manner, clarity of speech and content.'



THE ANNUAL MALCOLM GOLDSMITH LECTURE

FiOP was delighted that Professor Elizabeth Mackinlay, Director for the Centre on Ageing and Pastoral Studies and Professor in the School of Theology, Charles Sturt University, Canberra, Australia accepted our invitation to be the second Malcolm Goldsmith Lecturer. The theme of her thought provoking lecture was 'Finding meaning in the experience of dementia'.



The lecture, held in collaboration with the Centre for Theology and Public Issues, was attended by over 100 people and was followed by a lively question and answer time.

The full text of the lecture can be found on our website:

www.faithinolderpeople.org.uk

INTERFAITH

FiOP was pleased to collaborate with the Edinburgh Interfaith Association to organise three civic cafe events which provided an opportunity to discuss ageing and spiritual support for older people. We encompassed ageing, health and death and dying and the discussions around small tables were animated and fruitful. It is an essential element of our work to bring together people from different faiths to discuss these important issues. Those attending also had the opportunity to attend the monthly community meal arranged by EIFA which meant we could continue the discussion and networking. We look forward to extending this work in the future.

CONTRIBUTING TO CONFERENCES AND UNDERTAKING TALKS

- * Scottish Assembly for Older People, Edinburgh. FiOP had a stall.
- * St. John's of Jerusalem, Perth – talk
- * Conference on Active Ageing, Scottish Parliament
- * MHA Conference on Spirituality, Auchlochan
- * Participation in ACTS network meetings
- * Member of the Scottish Partnership for Palliative Care Stakeholder Group on Good Life; Good Death; Good Grief.
- * SONAS Conference on Spirituality, Dublin
- * NHS Health Conference on 'Mental Health in Later Life'
- * Scottish Friends of Ecumenism Consultation
- * Dementia Services Development Centre conference on Spirituality
- * Church of Scotland conference on Ageing

Epiphany Group Conference

FiOP was delighted to be invited by the Epiphany Group to collaborate on the organisation of its Annual Conference entitled '**Our Spiritual Journey**' which was held over three days in Edinburgh. Each day was attended by 34 people and there were opportunities to explore the themes of our own ageing; the role of communities; 'live until you die' and adapting to ageing. It was a very engaging conference with considerable debate and fellowship.

BELIEVING THAT WE ARE BELOVED: THE HEART OF OFFERING SPIRITUAL CARE



This was a roundtable discussion on personhood, relationships and spiritual care lead by Dr. Ewan Kelly who is the Programme Director for Spiritual Care and Healthcare Chaplaincy with NHS Scotland and works as a part-time lecturer in Pastoral Theology at the University of Edinburgh. He has published widely in the field of spiritual care and pastoral theology including his recent book 'Personhood and Presence: Self as a Resource for Spiritual and Pastoral Care'. The lively evening was attended by 40 people.

PROJECTS

THE ROLE OF THE CHURCHES IN SUPPORTING OLDER PEOPLE

In 2011 The Scottish Government published a 10 year strategy for older people in Scotland entitled 'Reshaping Care for Older People – a programme for change. This describes the challenges for society in relation to older people and ways in which a range of agencies and professions need to work together to find solutions.

The Vision outlined was that **'older people in Scotland are valued as an asset, their voices are heard and older people are supported to enjoy full and positive lives in their own home or in a homely setting'**.

Whilst it is recognised that faith communities play a significant role in caring and supporting older people, there is insufficient information about the range of services or involvement offered by different congregations and faiths. FiOP was pleased to be commissioned by the Scottish Government Joint Improvement Team, to undertake a survey to establish a clearer view of the work undertaken by faith communities in Scotland.

The analysis of the findings will be undertaken in collaboration with Edinburgh University and the preliminary results will be given at the forthcoming 5th International Conference on Ageing and Spirituality to be held in Edinburgh in July. The full report will be presented in early autumn 2013.

Church of Scotland Golden Age Project

FiOP is one of the collaborators on this project which is being undertaken under the aegis of Professor John Swinton, Aberdeen University on behalf of the Church of Scotland Guild. FiOP has been facilitating some elements of the work.

'The overall intention of the project is to pilot a method of encouraging the inclusion and celebration of older people in the Church. The product for this stage will be a set of tried and tested training and development materials which can be used by any Guild, Congregation or other group within the Church of Scotland and beyond.'

The project is taking place over a 12 month period to coincide with the 125th Anniversary of the Guild and the outcomes will be available in the Spring of 2014.

The Mentoring Programme

FiOP is making strenuous efforts to establish this programme which is being funded by the Esmee Fairbairn Foundation but has encountered several challenges in being able to move forward in a consistent way. We are reconsidering the structure of the programme with the Foundation and hope that a successful outcome can be achieved.

5TH INTERNATIONAL CONFERENCE ON AGEING AND SPIRITUALITY

FiOP is co-organising this conference with Methodist Homes (MHA) which will be held in July 2013 in Edinburgh. We have attracted major keynote speakers to the event and have received a considerable number of interesting and varied papers for the parallel sessions. The theme of the conference is around creativity – arts, poetry, singing as well as in thinking and practice. We are attracting a number of participants from Australia, New Zealand, USA and Europe. We anticipate a full and stimulating event and are grateful for the support of ACTS, NHS Education Scotland; Pilkington Trust; the Joint Improvement Team and the Christian Council on Ageing. The conference presentations will be posted on the conference website following the event:

www.fiop-mha.events-made-easy.com

THE ORGANISATION

The emphasis of the work during the past year has been on collaborative projects as well as continuing the provision of training. FiOP has always worked on the principle of collaboration as it is a very small organisation and the ability to draw on the knowledge and experience of others is vital. We are grateful to those individuals and organisations which have wished to involve us in the development of their work around spiritual care; ageing and the role of the churches.

We are continually trying to refine our procedures and to develop ideas which encourage people to take part in debates and activities on the spiritual dimension in the lives of older people.

We have been fortunate in attracting funding from a variety of sources and are extremely grateful for all the support we receive.

Number of hits on our website:

Visits: 4,698

Unique visits: 3,463

Newsletter distributed 5 times during the year to a circulation of 700.

Two thirds of recipients receive the e-version of the newsletter.

THE FUTURE AGENDA



Maureen O'Neill, Director

A successful outcome for the 5th International Conference on Ageing and Spirituality

- Build our capacity for training
- Continue to build relationships with faith communities
- Undertake more work with social care staff
- Ensure that the current projects reach successful conclusions.
- Continue to develop the funding base of the organisation.



Joanna Kemp, Administrator

Accounts

Income & Expenditure Account For the Year Ended 31 March 2012

| Incoming resources: | 2013 | 2012 |
|---|----------------|---------------|
| Grants & donations: | £ | £ |
| Porticus Trust (<i>for director post</i>) | 21,000 | 19,797 |
| Scottish Government - <i>for Training programme</i> | - | 10,000 |
| Scottish Government - <i>S 10 grant</i> | - | 7,000 |
| Esmee Fairbairn Foundation— <i>for mentoring</i> | - | 8,700 |
| Elise Pilkington Charitable Trust - <i>for international conference 2013</i> | 5,000 | 5,000 |
| The Robertson Trust | 7,000 | - |
| Scottish Episcopal Church - <i>St Serf's Trust</i> | - | 5,000 |
| Other Trust Funds | 2,500 | 6,500 |
| Individual donations & fundraising | 5,924 | 1,652 |
| Other income: | | |
| Course & conference fee income | - | 5,893 |
| Other Fee Income | 3,600 | - |
| Sales of resources | 288 | 100 |
| Bank interest | 95 | 64 |
| Total Income | 48,476 | 69,706 |
| Resources Expended: | | |
| Staff costs | 32,730 | 42,931 |
| Conference & workshop costs | 2,953 | 3,436 |
| Mentoring project-sessional work & travel | 2,066 | 3,800 |
| Other project costs | 2,287 | 452 |
| Newsletter costs | 72 | 1,230 |
| Publicity / website costs | 1,265 | 558 |
| Travel & subsistence | 744 | 792 |
| Staff development | 434 | 342 |
| Rent & premises costs | 1,824 | 1,704 |
| Office running costs | 2,844 | 2,792 |
| Depreciation | 343 | 334 |
| Annual report | 735 | 890 |
| Accountancy / independent examiner's fee | 1,020 | 1,020 |
| Other professional fees | 936 | 936 |
| Meetings and trustee training | 362 | 642 |
| Other expenditure | 1,178 | 536 |
| Total Expenditure | 51,793 | 62,395 |
| Net (expenditure) / income in year | (3,317) | 7,311 |
| Funds brought forward | 21,173 | 13,862 |
| Funds carried forward | 17,856 | 21,173 |

Accounts

Faith in Older People

Balance Sheet at 31 March 2013

| | 2013 £ | 2012 £ |
|-------------------------------|---------------|---------------|
| Fixed Assets | | |
| Tangible assets | - | <u>343</u> |
| Current Assets | | |
| Debtors and prepayments | 875 | 440 |
| Cash at bank | <u>60,020</u> | <u>42,410</u> |
| | <u>60,895</u> | <u>42,850</u> |
| Creditors: | | |
| Deferred grant income | 33,700 | 21,000 |
| Prepaid fees | 7,075 | - |
| Accruals | <u>2,264</u> | <u>1,020</u> |
| | <u>43,039</u> | <u>22,020</u> |
| Net Current Assets | <u>17,856</u> | <u>20,830</u> |
| Net Assets | <u>17,856</u> | <u>21,173</u> |
| Funds: | | |
| <i>Restricted funds:</i> | | |
| Mentoring project | - | 3,850 |
| International Conference 2013 | 2,650 | 1,972 |
| <i>Unrestricted funds:</i> | | |
| Fixed asset fund | - | 343 |
| General fund | <u>15,206</u> | <u>15,008</u> |
| Total funds | <u>17,856</u> | <u>21,173</u> |

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

Registered Charity SC 038225 Registered Company SC 322915

Company Limited by guarantee with charitable status

Accountants: Norman Downie & Kerr Ltd

Treasurer: Paul Bannon

Bankers: Unity Trust Bank, Birmingham

Royal Bank of Scotland Castle Street, Edinburgh

Funding Support

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

We are very grateful for the support we have received from the Porticus Foundation; the Scottish Government; Esmee Fairbairn Foundation; Pilkington Trust; Scottish Episcopal Church; Souter Foundation; the Robertson Trust and many individuals



Faith in Older People

Registered Company SC322915 Registered Charity SC038225

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