

MAY 2019 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 and the CHURCH OF SCOTLAND GUILD



in collaboration with **SCOTTISH PARTNERSHIP ON PALLIATIVE CARE**

'Building and sustaining compassionate communities'

The role of the Churches in supporting people with end of life matters

Building and sustaining compassionate communities

Discussing end of life matters, practical and spiritual, is never easy. FiOP and the Church of Scotland Guild have been developing an ecumenical group over the past two years to debate key issues relating to older people which included a discussion on end of life matters. It was clear that we should create an opportunity to open up the conversation to a wider group from churches together with the opportunity to consider initiatives already in place and the potential for collaboration.

We are pleased to be working in collaboration with the Scottish Partnership on Palliative Care for this event.

We hope that you will attend this conference which will consider a range of issues and also allow the opportunity to share ideas.

[For full details including the programme please click HERE](#)

Tuesday, 11th June 2019 10.00 -16.00: Methodist Halls, Nicholson Square, Edinburgh

Registration fee: £47.75 To Register please click [HERE](#)

Coffee/tea/lunch included

FORTHCOMING EVENTS

SAVE THE DATE

DEMENTIA AND FAITH COMMUNITIES CONFERENCE

Tuesday 17 September 2019

Venue – The Place, York Place, Edinburgh

This will be an opportunity to consider our learning resource on dementia and faith communities – ONE STEP AT A TIME

The aim will be to share good practice and ideas and potential collaborations.

EDUCATION

SPIRITUAL CARE MATTERS - this is a series of e-learning courses for front-line staff working in care homes, health and other care settings.

What matters most – for older people?

[Supporting the spiritual needs of older people](#)

This course will help you build confidence, skills and resilience to support the spiritual well-being of older people.

The course explores how spiritual care is defined, what it means in practice and why it matters to support the spiritual needs of older people.

What matters most – for care staff?

[Looking after your own spiritual well-being](#)

This course speaks directly to care workers and their need to develop tools for coping in emotionally demanding situations.

The course explores why it is important to look after yourself, builds your skills and confidence and will help you find support when you need it.

For further details, go to

[HTTPS://WWW.FAITHINOLDERPEOPLE.ORG.UK/PROJECT/SPIRITUAL-CARE-MATTERS/](https://www.faithinolderpeople.org.uk/project/spiritual-care-matters/)

“It’s a good course – I developed skills and confidence to support residents.”

Registered Nurse

“Looking after the spiritual well-being of the whole workforce means that staff feel respected, appreciated and trusted. It helps create a supportive atmosphere.”

Care home manager

FIOP PUBLICATION

ONE STEP AT A TIME

This resource aims to affirm current action by faith communities and to further develop their activities, knowledge and connections.

To download your copy, go to

<https://www.faithinolderpeople.org.uk/project/one-step-at-a-time/>

NEW PUBLICATIONS

Volunteering for All – Scottish Government National Framework

The Framework has been developed by the Scottish Government in conjunction with partners from the volunteer and community sector, local government and NHS with academics, social researchers. It aims to set out a compelling narrative for volunteering and what outcomes there would be in Scotland over the next 10 years.

So much of the activity within faith communities is dependent on voluntary input so it is important to understand and appreciate the nature of volunteering and the benefits to the individual giving their time as well as those who benefit from the activity in questions.

The Framework is available on

<https://www.gov.scot/binaries/content/documents/govscot/publications/publication/2019/04/volunteering-national-framework/documents/volunteering-national-framework/volunteering-national-framework/govscot%3Adocument/volunteering-national-framework.pdf>

Loneliness and Isolation

This has been an important topic of discussion in the Ecumenical group convened by the Church of Scotland Guild and FiOP. This recently published report focusses on the specific needs of older men.

Addressing older men's experiences of loneliness and social isolation in later life. (Age UK and Bristol University)

“Loneliness can impact on people's lives at any time, however later life is consistently associated with loneliness (Age UK, 2018). While higher percentages of older women report loneliness as a problem compared to men, a greater number of older men (50+) report moderate to high levels of social isolation (Beach & Bamford, 2013).

Loneliness is an emotional response where we desire increased social contact with others while social isolation is often measured in terms of our level of contact with others. Little research has been undertaken into older men's experiences of loneliness and isolation. This two-year study aimed

to develop understanding of the ways in which older men (65+ years) from different social backgrounds and circumstances stay socially connected with others and combat loneliness and social isolation in later life.

An objective is:

To identify new ways in which social care and voluntary services could support older men to maintain social engagement and contact with significant others, alleviate loneliness and reduce social isolation

Personalising Realistic Medicine for Our Patients – The Report of the Chief Medical Officer 2017-18

As we grow older an appreciation and acknowledgement of ‘what matters to me’ is fundamental. We need people who care for us should we need it to spend some time finding out what makes a difference to the day; to what we feel and enables us to continue to do things which give meaning and purpose to our lives whatever diminishment we might be facing.

<https://www.gov.scot/publications/fairer-scotland-older-people-framework-action/>

A Fairer Scotland for Older People: framework for action

This framework has been developed to challenge the inequalities older people face as they age and to celebrate older people in Scotland.

<https://www.gov.scot/publications/fairer-scotland-older-people-framework-action/>

The Truacanta Project – helping each other with death, dying, loss and care www.goodlifedeathgrief.org.uk/content/thetruacantaproject

FORTHCOMING EVENTS

VHS Annual Conference 2019

Realising the Right to Health

Tuesday 17 September,
Glasgow

Registration now open

[Book your place!](#)

What do we understand by the Right to Health? What efforts are being made to make the Right a reality? What does all this mean in practice for our work as people and organisations working to

tackle health inequalities and enable a healthier, fairer Scotland?

This year's Annual Conference will explore these important questions and will be of relevance to VHS members, other third sector organisations involved in health, health and social care partnerships, NHS boards, other public services and universities.

Conference Chair Confirmed:
Cath Denholm, Director of Strategy,
NHS Health Scotland

More programme updates will be announced shortly.

Our annual event is always very popular. Please book early to guarantee a place.

If you have any questions about the conference contact [Lauren Blair](#)

Passing the Baton - *Befriending people back into the community*

An opportunity for you and your Church to engage with people who are lonely and socially isolated in our communities



Bethany invites to you to two consecutive training evenings on the 4th and 11th June at

Bethany Christian Trust, 65 Bonnington Road, Edinburgh EH6 5JQ. Join us at 6.30pm for a buffet tea followed by two inspirational evenings of learning, encouragement and information to develop your important role as a volunteer Befriender with Bethany

Book your place today online at Eventbrite:

<https://www.eventbrite.co.uk/e/passing-the-baton-befriending-training-tickets-59822631100>

Email us on

ptb@bethanychristiantrust.com

Call or text us on 07969 771659

Find your next adventure at #LuminateFestival19



This year's festival has a lot going on with hundreds of events happening across the whole of Scotland. No need to panic; we've put together some fantastic highlights from film, performance, music and more so you can find

PLUS, we're warming up nation-wide celebration of organisations, groups and out how to register your Get Creative Festival shines



Be part of the BBC
Get Creative Festival

exactly what you're looking for.
for the **BBC Get Creative Festival** – a creativity bringing together individuals from all over the UK. Find event for free!

a light on all the great cultural activity that takes place on a regular basis in local communities and encourages people to try their hand at something new and creative.

From 11th – 19th May any group or individual running a free or cost-recovery only event can register as part of the Get Creative Festival! Register below, or explore Get Creative's [event planning toolkit for 2019](#) which has lots of useful tips!

[Register now](#)

Welcome to the first Luminate Festival round-up! We're gathering all the best happenings from across the whole festival so you can connect with us from wherever you are in the world.

Round-up number one features:

- top news stories
- a radio interview
- a feature blog
- an exciting awards announcement
- and the best of what's coming up in the next seven days!

<https://www.luminatescotland.org/festival>

SOUL CARE WORKSHOPS 2019-2020

Four individual workshops for those who tend their own soul, or who help to care for others' spiritual wellbeing:

28 September 2019: The Masculine Soul

23 November 2019: Right Use of Power

1 February 2020: The Dynamic Ignatian Exercises

25 April 2020: Exploring Spiritual Abuse

Booking: each session is £25 including tea, cake and fruit.

For further details and online booking see:

www.reflectivespaces.org.uk/soul-care-workshops

email elizabeth@reflectivespaces.org.uk

The Herald and GenAnalytics are delighted to launch the inaugural **EngAGE Conference** – Scotland's Festival of Ageing – in association with The Scottish Government. This exciting new event will explore the opportunities and challenges of an ageing population and workforce. With presentations and discussions crossing the public, private, third and voluntary sectors, we will come together to explore and identify what actions Scotland needs to take to become the most Age Friendly nation in Europe. ageing population and workforce. With presentations and discussions crossing the public, private, third and voluntary sectors, we will come together to explore and identify what actions Scotland needs to take to become the most Age Friendly nation in Europe.

<http://newsquestscotlandevents.com/events/engageconference/>

WHAT HAVE WE BEEN DOING?

FiOP is pleased to be part of a new initiative funded by the Life Changes Trust to establish a **Dementia Policy and Practice Forum**

“Thanks to a ground-breaking investment of £2.5 million from the Life Changes Trust, in 2019 Age Scotland will be working with a huge number of organisations, the University of Edinburgh and Queen Margaret University to deliver two bold new initiatives; a National Forum for Dementia Policy and Practice and a School of Leadership in Dementia. Both projects will support people with dementia and carers to become experts, leaders and influencers in Scotland.

The creation of the National Forum will bring together people with experience and expertise in dementia, locally and nationally, with the aim of evidencing what will create better lives for people with dementia and unpaid carers. The Forum will provide space to scrutinise policy and practice in many areas, including housing and dementia, sport and dementia, the arts and dementia, and human rights and dementia. We are incredibly proud that so many wonderful organisations are partnering with us to deliver this ground-breaking Policy and Practice Forum.”

FiOP has had a strong focus on dementia so we are looking forward to participating and reflecting the importance of the spiritual dimension to the well-being of older people and those experiencing dementia.

Befriending

FiOP is delighted to have been awarded **the Life Changes Trust** contract to evaluate the befriending schemes which it has funded over the years. Relationship and friendship is fundamental to lifting the spirits. The team delivering the project will be Simon Jaquet, Jenny Henderson, Mike Nicholson and Maureen O'Neill.

Scottish Episcopal Institute

FiOP was invited by the Institute to contribute to the last of its Residential Weekends for Ordinands held at St Mary's Monastery, Kinnoull, Perth. Jenny Henderson and Maureen O'Neill presented a session on 'Ageing and Dementia – How will you sustain us?' There was plenty of interaction and it is an important issue to understand in taking ministry forward.

Roundtable discussion on *Ageing with purpose and passion*

FiOP was delighted to welcome Professor Elizabeth Mackinlay to Edinburgh in early April. Professor Mackinlay from Charles Sturt University in Australia has been a friend of FiOP since its inception and has spoken at several conferences. We also welcomed Professor John Swinton, Nancy Adams and Rev Keith Albans. Their presentations and insights were very valuable and thought provoking to the participants.

The aim of the roundtable was to provide an opportunity to consider what we understand as ageing well, why the spiritual dimension matters and to produce some action points. It was an informal programme with presentations and discussion. FiOP had previously held a very stimulating and informative roundtable on the Theology of Ageing which had a resonance in this event as will the current weathering well into spiritual elderhood course.

FRIENDS OF FIOP

As you are all aware FiOP is a very small organisation of two part-time staff and an active Board of Trustees. We encompass a wide range of activities with the support of an expert team of associates who bring knowledge and expertise to the organisation. We wish to remain small and nimble but even this needs resources. We raise money from a range of sources but important to us is having the support of those who have shown themselves to be friends through attending events, asking for the Newsletter and using our resources to assist in their own work.

We are ambitious as there is much to do in supporting the spiritual needs of older people by increasing awareness of its importance; by providing educational resources as illustrated in

The presentations are available by clicking [HERE](#) Below is the photo from the day 'Hard at work at St John's Cornerstone Centre'



this newsletter and in addressing different audiences. **PLEASE BECOME A FRIEND OF FIOP.** The annual contribution of £25 will make an enormous difference to our organisation. Please complete the attached application form and return it to info@fiop.org.uk We look forward to welcoming you.



1. STANDING ORDER INSTRUCTION TO YOUR BANK

PLEASE USE BLOCK CAPITALS

To (INSERT THE NAME OF YOUR BANK)
PLEASE SET UP THE FOLLOWING STANDING ORDER AND DEBIT MY/OUR ACCOUNT

1a. ACCOUNT DETAILS

Account Name

Branch Holding Account

Account Number

Sort Code

1b. PAYEE DETAILS

Name of Organisation you are paying

FAITH IN OLDER PEOPLE

Payment Reference

FRIEND OF FIOP

[this will appear on the bank statement of the organisation you are paying]

Account Number

20230135

Sort Code

60-83-01

1c. ABOUT THE PAYMENT

PAYMENTS to be paid **ANNUALLY** – until further notice

Date of first payment

Amount of payment

£

1d. CONFIRMATION

Account holder signature

Signature

Date

2. ALTERNATIVELY, I WISH TO MAKE A ONE-OFF DONATION (please return this form)

I ENCLOSE MY CHEQUE made payable to 'Faith in Older People'

I HAVE MADE MY DONATION DIRECTLY INTO FIOP's Bank account as per above details

Name (PLEASE PRINT)

Address

Town & Postcode

Email address

Telephone