

SEPTEMBER 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.

FORTHCOMING EVENTS

Conference in collaboration with the Scottish Partnership on Palliative Care and the Church of Scotland Guild



'Building and Sustaining Compassionate Communities' the role of churches in supporting people with end of life matters

**Wednesday 27 November 2019 10.00am-4.00pm
Methodist Hall, Nicholson Square, Edinburgh
Cost: £30.00 (concessionary places on application)**

When faced with the reality of deteriorating health, caring responsibilities, death or bereavement people need many things from the NHS and other formal services, and from their friends, families and communities.

Churches and faith communities have a key role to play in developing and sustaining compassionate communities and this conference will focus on the different aspects providing support to individuals- spiritual, practical planning and support for the dying and bereaved.

The aim is to share experience and ideas.

Speakers will consider why it is important to take action; resourcing the clergy, relationships between communities and hospices and practical planning. There will be time for discussion.

To book a place click [HERE](#)
or visit www.faithinolderpeople.org.uk, email info@fiop.org.uk telephone **0131 346 7981**

A WORKSHOP FOR CLERGY AND PEOPLE IN AUTHORISED MINISTRIES: WE NEED TO TALK ABOUT DEATH AND DYING

Tuesday 15 October 2019

Methodist Halls, Nicolson Square, Edinburgh

Registration from 9.30am – START 10.00am – Finish by 4.00pm

COST £40.00

To book click HERE

or

visit www.faithinolderpeople.org.uk email info@fiop.org.uk telephone 0131 346 7981

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 day will be facilitated by the Rev Canon Dr Marion Chatterley. Marion currently works as a hospice chaplain and has many years' experience of journeying both people who are dying and those who seek to support them. The programme assumes a degree of personal sharing and therefore participation is restricted to clergy and others in authorised ministries within churches.

THE PROGRAMME WILL INCLUDE THE FOLLOWING TOPICS

(there will be a break mid-morning and lunch will be at 12.30pm)

- Introduction to the day (keeping yourself safe/taking risks)
- Input on bereavement theory/translation into discussion of diagnosis/change in prognosis/impact of illness in close friends etc
- Work on tables emerging from input
- Challenging deaths
- Self care
- A final discussion

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

WHY WE NEED TO 'CONNECT' TOGETHER TO TACKLE ISOLATION AND LONELINESS AND IMPLEMENT CHANGE

Paul J Okroj, Assistant Director of People Driven Development, Chest Heart & Stroke Scotland

“Social Isolation and Loneliness can affect anyone – at all ages and stages of life. As our society changes, there is increasing recognition of social isolation and loneliness as a major public health issues that can have a significant impact on a person’s physical and mental wellbeing.”

Christina McKelvie, Minister for Older People and Equalities

In December 2018 the Scottish Government launched *A Connected Scotland - The Strategy for Tackling Social Isolation and Loneliness and Building Social Connections*.

Priority 1 Empower communities and build shared ownership

Priority 2 Promote positive attitudes and tackle stigma

Priority 3 Create opportunities for people to connect

Priority 4 Support an infrastructure that fosters connections

First question – did you know about the strategy?

Second question - how will we tackle this and do you know the contribution you can make?

Third question - how can we reduce isolation and loneliness?

How do we reach the people most in need before it becomes chronic?

The answer is together!

You all already help in many ways to tackle this issue, from the acts of kindness and friendly chats to the structured services you deliver; - these all make a difference to someone’s life.

In my own role at Chest Heart & Stroke Scotland I am known for

loving a project plan – what do we want to achieve, what is the timeline, who is responsible and how will we evidence our success - it’s all about accountability.

This is not an issue that can be tackled in isolation – no pun intended. We can only make a difference if we work together and share our knowledge and expertise. There needs to be strategic direction and ownership of actions.

To help deliver these priorities an Implementation Group has been set up by the Minister to drive forward progress in embedding a cross-sectoral approach through the development and implementation of a shared delivery plan and performance framework for the *A Connected Scotland* national strategy for social isolation and loneliness. The remit of the Group includes:

- Embedding a cross-sectoral approach through the development and implementation of a shared and prioritised delivery plan identifying key actions and milestones for the strategy
- Developing a shared performance framework to measure success
- Providing a forum to consider key issues arising from the implementation of the strategy and provide reports and updates to the Ministerial Steering Group
- Proving views to the Scottish Government on the best use of the £1 million funding to help build capacity and pilot innovative approaches to

tackling social isolation and loneliness

The group has representation from COSLA, Voluntary Health Scotland and Befriending Networks. The Campaign to End Loneliness, Transport Scotland, Age Scotland. Youthlink, Spot Scotland and Generations Working Together - all of these organisations are tackling isolation and loneliness as a priority.

The group has met twice this year and considered how best to reach and take account of a range of views and voices in shaping plans for implementation including those of recently launched initiatives, like the Action Group on Loneliness & Isolation (AGIL)

AGIL brings together a group of organisations who can support the Government with their expertise and insight into local issues and solutions – being a critical friend to the wider implementation group. Maureen O’Neill is your voice on this group so be sure to share your thoughts with her.

An ask – put isolation and loneliness on your groups’ agendas, recognise what you are doing and identify what you could do more of.

By working together, we can raise the profile, breakdown barriers, increase understanding and encourage more people to get involved. As individuals and organisations, we commit to be the change to reduce isolation and loneliness in Scotland.

FIOP PUBLICATIONS

ONE STEP AT A TIME – A Learning Resource

This resource is available to download <https://www.faithinolderpeople.org.uk/project/one-step-at-a-time/>. It is an introduction to dementia and aims to help clarify the range of language and terminology used, provides some key facts and signposts useful resources. It will affirm what you are already doing and assist in identifying some key area or issues for your faith community to work on.

We would welcome your feedback on this publication so that we can continue to evolve it.

FiOP was delighted to receive this glowing feedback from a member of Dementia Advocacy Canada

“I was awestruck when I came upon your practical guide, *One Step At A Time*’. This by far is the richest and most detailed guide I have been able to uncover. Well done! Since my advocacy work began some years ago, I have been telling people here in North America that the UK is so far ahead of us in terms of creating dementia-friendly communities.”
(Matthew Dineen, DAC)

EVENTS

During the **JUST** Festival, Maureen O’Neill participated in a panel discussion with Professor Mary Marshall and Adam Stachura from AGE Scotland on the topic of retirement as part of the Festival’s theme of transitions. It was a lively discussion around employment both before retirement and after as it was recognised that it was important to enable people to wind down their work schedules so as not to feel they have fallen off a precipice when retirement comes but also not to feel so exhausted. The potential of a gradual approach was emphasised as it would enable new people to join and to provide a degree of mentoring. In addition, it was felt to be helpful to highlight the possibilities of change and development in retirement which should be provided well in advance of any proposed date. The amount of caring undertaken by older people was highlighted and this included caring for a partner, parent or child who required care but also

the support of grandchildren to enable their parents to remain in employment.



Maureen also attended the opening talk of the JUST Festival which focussed on the principle of hospitality shared by the Abrahamic faiths. See my blog <https://www.faithinolderpeople.org.uk/hospitality/>

GOOD LIFE, GOOD GRIEF, GOOD DEATH

If you missed them, there's a second chance to catch **Kathryn Mannix** at her **In Conversation...** event at the Hub on Castlehill, Edinburgh on 2 October, in conjunction with Marie Curie. Tickets available [here](#).



Power of Attorney day

Families across Scotland are being urged to arrange power of attorney (POA) over loved ones in a bid to protect their wishes in the event of serious illness or accident.

In the event of an illness or accident, POA allows a nominated person of authority to act or make decisions on a family member's behalf. Like a will, it's something everyone should think about putting in place.

This year, 20 November has been designated as Power of Attorney day and there will be activities and campaigning across Scotland. A series of public information videos have already been released. For more information visit <https://mypowerofattorney.org.uk/>. You can also follow Start Talking POA on [Twitter](#) and [Facebook](#).

Taking stock of human rights in Scotland

Written by: Lucy Mulvagh, Director of Policy and Communications, the ALLIANCE

An independent evaluation of the first five years of Scotland's National Action Plan for Human Rights has been published.

<https://www.alliance-scotland.org.uk/blog/opinion/taking-stock-of-human-rights-in-scotland/#expanded>



Scottish Interfaith Week

10th - 17th November 2019

Eat Share Love

Scottish Interfaith Week 2019 is now live! This year's theme is **Eat Share Love** and we hope that everyone will take part and lead on a variety of events from the Central Belt to Orkney! Together we can show that our mutual love for great food, good conversation, song & dance and creativity will break down barriers and allow us to celebrate the rich cultural diversity across Scotland.



Eat Share Love - our 2019 theme!

Learn about each other's faith or culture by enjoying a meal, sharing stories, recipes and skills and cooking together or for each other. Eat, sing, dance, talk, create, innovate, learn, experience and most importantly, enjoy.

[Download our event ideas here](#)



Planning your event

Get creative, engage with others in your community and start planning! Your events over the years have been inspirational and we have no doubt #SIFW19 will be the best one yet. All you need to do is submit your event and we'll help you promote it.

AGEING WITH PURPOSE AND PASSION



Older people are in the news. We are used to being seen as a burden; now we are caricatured as unreasonably wealthy and pampered by the state

to the detriment of younger people; benefits risk being withdrawn. In reality, older people are loved and valued within their families and localities; we have much to offer and much to think about – past, present and future. *Christians on Ageing* wants these issues talked about because they matter for the well-being of society.

Christians on Ageing info@coa.org.uk

The ALLIANCE and RSA invite you to an event exploring mental health and emphasising humanity for those delivering and receiving care

To launch the RSA Scotland Health Network, the Health and Social Care Alliance Scotland (the ALLIANCE) and RSA invite you to the first in a series of five events exploring Britain's new 'Giants'.

<https://www.thersa.org/events/fellowship-events/2019/09/rsa-scotland--revisiting-beveridges-5-giants>



Scottish Older People's Assembly
Saturday 5th October 2019 from 10.00 to 15.30

By kind permission of the Scottish Parliamentary Corporate Body, you are invited to attend the Scottish Older People's Assembly in the Scottish Parliament, on Saturday 5 October from 10.00-15.30. The Debating Chamber session will be chaired by Christine Grahame MSP, Deputy Presiding Officer.

This will be the 10th Assembly arranged by SOPA, coinciding with the 20th Anniversary of the Scottish Parliament and following International Day of Older Persons on 1st October.

The Assembly will have an interesting programme of speakers and workshops, including Christina McKelvie MSP Minister for Older People and Equalities who will deliver the keynote speech.

Booking arrangements

Please register to attend the Assembly and select your choice of workshop by Monday 23rd September 2019 on [EventBrite](#) or by contacting Caroline Clark on 0131 357 1277 or caroline@scotopa.org.uk, including information of any specific access, dietary, transport or communication requirements or if you require personal assistance in the event of an evacuation.

For further details of the Scottish Older People's Assembly visit www.scotopa.org.uk

SOPA is a Scottish Charitable Incorporated Organisation number - SC046520

The Assembly is supported by funding from the Scottish Government and Independent Age



SURVIVORS OF HISTORICAL CHILD ABUSE IN CARE IN SCOTLAND

In October 2018 the Deputy First Minister committed to establishing a financial redress scheme for survivors of historical child abuse in care in Scotland. This will require legislation to be passed by the Scottish Parliament. Today the Deputy First Minister launched a public consultation, the results of which will directly inform the legislation that will underpin the development of the redress scheme. It will run for 12 weeks, closing on 25 November.

You can find information on the consultation, including details on how to respond here <https://consult.gov.scot/redress-survivor-relations/financial-redress-historical-child-abuse-in-care>.

An information note which provides further background information is available at <https://www.gov.scot/publications/financial-redress-for-survivors-of-child-abuse-in-care-information-note/>. The associated press release can be found here <https://www.gov.scot/news/consultation-on-financial-redress/>.

The Scottish Government is aware that there are survivors who may not live long enough to apply to the statutory redress scheme. We have taken steps to ensure that they are able to access redress. The Advance Payment Scheme, for those with a terminal illness or age 70 or over, opened on 25 April 2019. Further information is available at <https://www.gov.scot/policies/child-protection/supporting-child-abuse-survivors/>.



Redress and Survivor Relations Division, Scottish Government
Area 2A South, Victoria Quay EDINBURGH EH6 6QQ redress@gov.scot

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 this newsletter and in addressing different audiences.

PLEASE BECOME A FRIEND OF FIOP. An annual contribution of £25 will make an enormous difference to our organisation. Please ask us for a form. info@fiop.org.uk Thank you.



Faith in Older People

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PLEASE CONTACT ME (Maureen O'Neill) at director@fiop.org.uk or telephone 0131 346 7981 to discuss the possibility of tailor-made courses.