

OCTOBER 2020 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

Not Gardening –

In early March someone appealed to my lazy soul and told me that merely by doing nothing, by letting my small lawn “just grow”, I could help wildlife and the planet. As weeks and then months passed the ragwort, thistle, dandelion, daisies, dock and clover took chaotic advantage of neglect. The “lawn” became a place of peace to step into, away from the laptop and the work on palliative care. The “lawn” was somehow reassuring in its flourishing: oblivious to cares and awful happenings.

Today the grass fronds which waved above knee-height in July are brittle and broken, bowed by the pounding of the evening darkness which is falling harder and earlier each night. Today feels like a day to pause and reflect. Here are four things which I learned or was reminded about during the past seven months. They are perhaps pointers for the future.

Centre Stage - It is almost inevitable that during a pandemic there is an emphasis on death as something which can and must be prevented at all

costs. But this narrative is one which overly dominates in normal times. The experiences of living with serious illness, dying and grieving can each be improved or worsened by institutions. These are near-universal experiences, yet they remain marginal issues in policy discourses which decide priorities and resource allocation. It sometimes seems as if it is too much of a struggle to hold the concepts of inevitability and amelioration in view simultaneously. More to do.

Preparedness - As a society we remain ill equipped to prepare for serious illness, dying and loss. There is low awareness of what end of life may be like. The decisions and issues which often arise are hidden behind institutional walls and are not widely understood. There is little appreciation of how early discussion and planning, whilst not a panacea, can help. Institutional prompts to action are haphazard. Even those people who “get it” are often deflected by the practical and financial barriers to taking action. More to do.

Unshackled - There is no glee like the glee of trampling upon unhelpful and purposeless rules, the binning of red tape. The cross-system collaboration, new relationships, productivity and pace of change in March and April was a light amongst the grimness. I saw people working relentlessly under intense pressure but united in a clear sense of purposeful compassion, energised by possibilities. There were moments when there was a scent of revolution. More of that.

Marathon - In March some people said “remember it’s a marathon not a sprint” but it turned out this is a whole new event: a race much longer than a marathon, but where the early miles had to be sprinted at a brutal pace – there was no choice. People performed lifetime bests in those early laps, and now many are suffering, yearning to hear the final lap bell, but with no idea when it will sound as the black months approach. Be kind.

**Mark Hazelwood, Chief Executive
Scottish Partnership for Palliative Care (SPPC)**

Faith, Hope and Charity: How Coronavirus Rekindled Community Spirit

As the bells chimed to bring in 2020, no-one could have imagined how the New Year was about to unfold. For many people what happens at the other side of the world has no direct bearing on their everyday lives but this was not the case with Covid-19 and within a matter of a few short weeks its threat had permeated all sectors of society around the globe.

What we have now as standard are strict guidelines, put in place in order to protect ourselves, the sick and the vulnerable, and life as we know it has changed but these sudden adjustments, albeit arguably obtrusive at times, have brought about some unexpected benefits too.

For the first time in what seems like forever, people of all ages have something in

common; their battle to stay safe and well and to protect those they love from harm. What we are seeing now is the milk of human kindness, largely absent for so long, coursing out into the places where it’s needed the most.

When lockdown first began and any semblance of normal social contact began to dissipate, the threat of loneliness and isolation,

already a stain on our society, looked set to pervade ever further. As local community centres and places of worship were forced to close their doors, these havens, often a hive of activity for older people, quickly reassessed their workplans and embarked upon community engagement programmes which served to fulfil the commitment at the very heart of their work ethos.

Faith groups from varying religious affiliations, helped by an army of volunteers, have delivered meals, shopping and prescriptions all over the country unstinting in their efforts to ensure that people’s basic needs are being met; their hard work and commitment needing no further gratification than a wave, a smile and a promise that they are in people’s prayers.

In addition to this unified effort, and with the media’s gaze concentrated elsewhere, the relationship between young and old, so often a headline of dissent from reality, has been left alone to flourish. Voluntary groups have grown all over social media and younger people, escaping the confines of both the classroom and lockdown, have been doing their bit for their local communities whilst taking comfort from the fact that their peers are replicating similar efforts for their own loved ones elsewhere.

As if this wasn’t enough, throughout all of this each individual has had to adopt their own way of coping, drawing on what they believe in to see them through. Faith, by its very definition, outlines an inherent belief in something whether it be religious, spiritual or otherwise and it would be a fairly easy assumption to make that in our helplessness to do more to quell the rising figures of those succumbing to the virus it may well prove difficult to have faith in anything at all. But when drawing on this assumption, one question we must ask ourselves is this: How often during this

strange and unsettling time have we heard the phrases “Pray for our key workers and the NHS” or “I hope that you and your family are staying safe and well?” In many ways, without our even realising it and in the very language that we use, we still continue to draw inspiration from the belief that by placing our faith in those who surround us, this will be the driving force that will guide us through.

So, if nothing else, this uncertain period in our lives has to some extent made many of us realise that it’s not what we have, it’s who we have and this commitment to ensuring those less fortunate, the lonely and the vulnerable are respected and cared for in the manner which they wholly deserve should serve as a valuable lesson to us all, leaving behind the legacy of a just and more equal society for all.

Eileen Cawley
Scottish Pensioners’ Forum

MR CHRISTOPHER DAVIES

We are saddened to report the death of Chris Davies who was FiOP's first Chairperson in 2007. He led the organisation in a time of development with gentleness and vision which gave FiOP a strong foundation for its future work. He was very generous with his time and advice and brought enthusiasm, support and financial acumen which was crucial in FiOP's early years. We were always pleased that he continued to be involved with FiOP's events. Our sympathy and good wishes go to his wife, Elisabeth, and family.

FAITH IN OLDER PEOPLE PROJECTS

ONE STEP AT A TIME



FiOP developed this free learning resource to assist faith communities to build a more supportive environment for people with dementia and their families.

Our handy quiz on “*How Dementia Friendly is your Faith Community*”, is available on our website along with the resource. FiOP was delighted that Dementia Advocacy Canada has adapted this resource to the Canadian context as a joint approach.

Download the resource from:

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

Faith in Older People has set up ***'LISTENING AND CARING IN CONFIDENCE'*** –

a **free on-line service** for care home staff and care at home providers.



The wellbeing of staff in our care homes and care at home must be a priority; their health and resilience are essential in supporting those vulnerable older people who are dependent on their care. We believe that it is ***'Okay not to be Okay'*** and the opportunity to talk can help to prevent anxiety. This free service is independent and there is no monitoring or

reporting except for the numbers of people who use the service. The aim is to provide an oasis of time for staff to simply off-load.

Our ***'Listeners'*** are all experienced and qualified and are giving their time on a voluntary basis. Self-compassion and kindness are important to enable you to care for others and ***'Listening and Caring in Confidence'*** is a way to help all staff continue to do this.

We would encourage our readers to help by sharing information about this important new service so that our vital carers can be supported and encouraged through this excellent new venture.

To access the service please use the following link:

<http://faithinolderpeople.org.uk/listening-service>

SPIRITUAL CARE MATTERS

FiOP developed this free eLearning resource for all staff and volunteers working in care homes, health and other care settings.

People who will be interested in the course include care assistants, health care staff, home care visitors, activity coordinators, catering staff, administrative staff, carers and anyone with a role in supporting older people. It provides an opportunity to consider your own spiritual needs

as well as helping you to enable the spiritual needs of others to be met.



Download the courses from:

<https://www.faithinolderpeople.org.uk/project/spiritual-care-matters/>

SCOTTISH GOVERNMENT

Shielding Text Messaging Service

Further to yesterday's message and recognising the key role that your organisation plays in supporting people who were shielding, I would be most grateful for your help in encouraging more people to sign up for the text messaging service from the Scottish Government. Through this service people that were shielding can receive alerts and updates straight to their mobile phones. It would be really helpful if you could retweet the below message.

Link: <https://twitter.com/scotgovhealth/status/1308747922809532416>

Our advice to people who were shielding remains unchanged – you do not need to shield at this time.

COVID-19 Shielding Programme (Scotland) Impact and Experience Survey

Public Health Scotland has published the findings of its COVID-19 Shielding Programme (Scotland) Impact and Experience Survey. The report is based on a survey undertaken in June amongst 12,851 individuals on the shielding list (approximately 7%). The survey explored a range of experiences of those people shielding, including the impact that shielding had on their emotional and mental wellbeing and their thoughts on the support they had received.

The full report can be found : <https://www.publichealthscotland.scot/downloads/covid-19-shielding-programme-scotland-impact-and-experience-survey/>

If you have any queries, please do not hesitate to get in touch.

Zarah Kobbacy

Mobile 07557077282, Programme Hub, COVID-19 Shielding for the Clinically High Risk

Update from the Scottish Government regarding Care Home visiting guidance

<https://www.gov.scot/publications/coronavirus-covid-19-adult-care-homes-visiting-guidance/>
[Coronavirus \(COVID-19\): adult care homes visiting guidance - gov.scot](#)

This guidance sets out how care home visiting may be re-introduced while minimising the risks to residents, staff and visitors. It takes a staged approach, where stage 1 – essential visits only - has been in operation throughout the pandemic.

www.gov.scot

NEW COVID RESTRICTIONS

Please find below links to the latest publication detailing the measures announced by the First Minister earlier this week, and a copy of the Regulations which come into force in a few hours.

Publication – <https://www.gov.scot/publications/coronavirus-covid-19-additional-measures-october-2020/>

Regulations - <https://www.gov.scot/publications/the-health-protection-coronavirus-restrictions-and-requirements-additional-temporary-measures-scotland-regulations-2020/>

OTHER INFORMATION

The ALLIANCE is undertaking engagement work for the independent review as part of our People at the Centre engagement programme.

The ALLIANCE has been invited to undertake engagement work with members and people across Scotland to support the [Independent Review of Adult Social Care \(this link will take you away from our website\)](#). Over the coming months, we will support the independent review to capture insight from organisations and people who access social care, using this person-centred focus to help shape and inform the review.

We have started the engagement process, having already hosted three events aimed at our organisational members. However, we are planning more activity for you to get involved in.

We will assist the independent review's engagement process in three ways:

- **Arranging a series of digital engagements with groups of organisations representing the interests of people who receive, or**

commission for themselves, social care and support.

- **We are setting up an open in-box for individuals, families and carers to comment on their experiences of accessing social care and support and what they would like to change or improve.**
- **We are generating a facilitation pack for organisations to use for local or targeted events during the consultation period to access the views of individuals, clients, service users and carers.**

If you are interested the Terms of Reference for the Review, please watch our [ALLIANCELive interview with Derek Feeley \(this link will take you away from our website\)](#)

We will be launching all streams of engagement this week so please keep an eye on our website and social media [@ALLIANCEscot \(this link will take you away from our website\)](#). Please also feel free to contact us by email: people@alliance-scotland.org.uk

Scotland's Dementia Inclusive Singing Network has launched a new grants scheme to help ensure people affected by dementia can continue to access singing opportunities during Covid restrictions. Grants of between £200 and £1000 are available to support the introduction of new dementia inclusive activities or improve existing opportunities. Find full details about the grants and how to apply [here](#).



Catch up on **EIFA's lectures** via EIFA's [Facebook page](#).



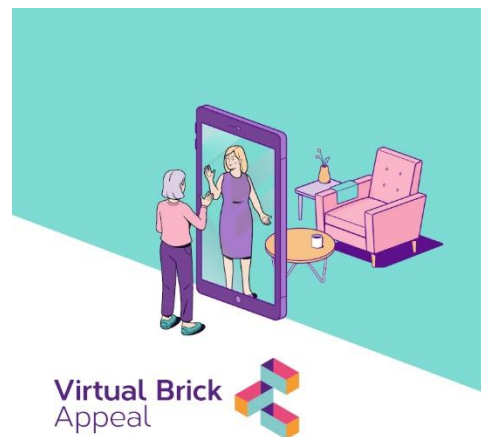
Our call to the Scottish Government

On World Alzheimer's Day, Henry Simmons provided an update on our recent call to the Scottish Government. We have asked that a named identified health worker is assigned to every family with a loved one in a care home to work with the family and the care home to deliver tailored visiting plans. As we head in to winter, and a potential second spike of the virus, we must learn from the last six months and minimise any further devastation in our dementia community. [Read the update from Henry](#)

Virtual Resource Centre

Last week we launched our Virtual Brick Appeal, which will help us build the UK's first Virtual Resource Centre. You can buy a brick, with options to personalise with a name, message or photo, and have it built into the foundations of the Centre. Help us be there, even when we can't be there.

[Find out more](#)



FREE ACTIVITY BOOK for Older People and their Carers

Would you help us get these free activity books to the older people who might benefit from them most please? If you would - thank you. **We'll get a sample to you and make plans from there. Read on as I explain...**

Lockdown easing means many of us are getting out and about more than goodness!

At Home Instead we're enjoying being able to help

more of our clients to do this again, with sensible precautions of course. But this isn't the case for all older people. With many of their usual clubs, centres and activities still preparing to start up again, there's a big hole left in many of their days.

We have been trialling an activity book for older people to do themselves, with family or their caregivers. It's been so well received we're now planning to make it more widely available, for free. To residents and owners in

independent living facilities, family carers, members of day centres and lunch clubs, anyone who would benefit from it really.

The book contains...

A general knowledge quiz
Sudoku
Geography quiz
Wordsearches
Spot the difference
Riddles to solve
Plus, all the answers!

To receive a copy, please contact joanna.senew@homeinstead.co.uk

George Beuken, Head of Pastoral Care and Education at **St Andrew's Hospice** sends an invitation for our virtual Light up a Life celebration at 7pm on Sunday 29th November 2020
www.youtube.com/user/standrewshospicedove or www.facebook.com/StAndrewsHospice1 or
www.st-andrews-hospice.com/light-up-a-life-2020/

This year's Light up a Life event is so important; it's time to think about those we've loved and lost and to celebrate the special place they held in our lives. **To join us and dedicate a light, please go to our website, www.st-andrews-hospice.com/light-up-a-life-2020/**; with your dedication, we'll send you a hand-written dedication card to keep or send to someone else of your choice. If you could manage, to please give a gift towards the costs of our vital care. The Hospice team has worked tirelessly to meet the challenges of the last few months. But our ability as a charity to deliver this care has been severely compromised; we have lost a year's worth of fundraising activities.

Your support will make a world of difference to local patients and families; **one hour of nursing care over Christmas for someone on our In-patient Unit will cost £25.83**. Your [gift](#) could give someone down the road from you the expert, specialist care they need during the next few uncertain months. I really hope you'll join us for what will be a very special Light up a Life service this year.

George Beuken
Head of Pastoral Care and Education

P.S. Please dedicate your names no later than 22nd December 2020 so that we have time to respond with your Dedication Card. You can also download a copy of the Order of Service on 29th of November if you wish from www.st-andrews-hospice.com/light-up-a-life-2020/.

Vamos Theatre is starting a national and international campaign to combat loneliness – and we need your help! **The Wednesday Wave aims** to reach care home residents and anyone who feels isolated during the current pandemic, connecting people through the simple act of waving. **How does it work?** From 3pm on Wednesdays, from 14th October until 16th December 2020, anyone feeling isolated or in need of contact displays The Wednesday Wave poster. Anyone who'd like to wave finds somewhere with a poster displayed – and the waving begins!

FIND OUT MORE AND WATCH THE TRAILER

<https://www.vamostheatre.co.uk/arts-in/arts-in-projects/the-wednesday-wave>



We are delighted to share with you a very special [video message](#) from **Her Royal Highness, The Duchess of Cornwall** in support of this year's Silver Sunday.

We are delighted to announce that **Christabel Flight**, one of our Trustees, has today been awarded the [Prime Minister's Points of Light Award](#) for founding Silver Sunday, the national day for older people and raising awareness around loneliness and isolation.

AGE Scotland

Winter action plan needed to support Scotland's older people

Age Scotland has recommended that the Scottish Government draw up a new action plan, setting out how they will support older people to live well and safely throughout winter. Scotland's national charity for older people said that a swift and effective national response would help address the "acute challenges" faced by older people as a result of the COVID-19 pandemic.

It would also be an opportunity to "switch on" services previously in place throughout the more restrictive lockdown, as well as addressing any unmet needs that occurred earlier in the year.

Age Scotland has written to the Minister for Older People and Equalities, Christina McKelvie, seeking the support of cabinet to formulate the action plan, which would be this first of its kind across the UK.

Brian Sloan, Chief Executive of Age Scotland, said: "As we head towards winter, with positive cases of COVID-19 increasing rapidly and the potential for future lockdowns a real possibility, a national response which supports older people through the rest of the year and beyond should be a priority.

"COVID-19 has touched the lives of everyone but the impact it has had on the lives of older people in Scotland has been profound. Whether it is the high level of illness and death rate in this age group, substantial social care challenges, anxieties about receiving the necessary medical treatment, being asked to shield or self-isolate for extensive periods of time, drastic reduction in social interaction, employment issues and safety, and beyond, older people have been at the front line of this crisis.

"The initiatives and services set up by the Scottish Government and others from the outset of this crisis to support people of all ages through lockdown and shielding have largely worked well, so we recommend that they are maintained, and in some cases further developed, so that they can be "switched on" when required and without delay. "I am grateful for the discussions we have already had about this but we recommend that the Scottish Government should now develop an action plan for older people, setting out how they will be supported to live well and safely through winter.

"This action plan would address the acute challenges faced by older people as a result of the pandemic, including those who have been shielding, and highlight the successful interventions made by the Scottish Government, local authorities and the third sector. It is a good opportunity to commit to the necessary services and develop solutions for areas which did not sufficiently meet the need during the more restrictive lockdown.

"We believe this is an important chance to act ahead of the challenges which may arise over winter, particularly if the concept of "circuit break" lockdowns are introduced, and hope that the Scottish Government is able to take forward our recommendations."

Age Scotland's letter to the Minister for Older People is available [here](#).

Families call for access to care homes

This has been a critical issue for so many people. Please see the article below from the Church Times

<https://www.churchtimes.co.uk/articles/2020/2-october/news/uk/families-call-for-access-to-care-homes>

LIFE CHANGES TRUST

COVID-19 Learning Report

- Adapting to new ways of delivering support
- Digital support and opportunities
- Keeping people socially connected whilst physical distancing

These sessions followed the publication of our Covid-19 learning report which is available on our website here:

https://www.lifechangestrust.org.uk/sites/default/files/publication/files/BOTH%20PROGRAMMES%20COVID-19%20LEARNING%20REPORT_0.pdf

Dementia Awareness Training

While we're still unable to deliver our courses face to face we're continuing to deliver them via video conference which is allowing us to reach people from all areas and we would be delighted if you or your colleagues would like to join us.

All courses are free and will be delivered using Zoom. This means you will need a laptop or tablet which has access to the internet and a functioning microphone and speakers. If you're unfamiliar with using Zoom we would be happy give you an opportunity to connect in advance of any of the courses you sign up for and will send out full instructions and links closer to the course date. The feedback we've had so far has indicated that this new way of working has been successful, and attendees have appreciated the opportunity to continue learning under the current restrictions.

We will be running our very popular **Dementia Awareness** course on the following dates:

Dementia awareness training	Friday 6 November	9:30 – 12:30	https://www.eventbrite.com/e/dementia-awareness-training-video-conference-fri-6th-nov-930-1230-tickets-122023289945
Dementia awareness training	Wednesday 18 November	9:30 – 12:30	https://www.eventbrite.com/e/dementia-awareness-training-video-conference-wed-18th-nov-930-1230-tickets-122023665067

The British Institute of Human Rights will deliver zoom sessions on the human rights of carers.

Why should I attend?

Human rights can be affected when you are a carer, this session will help you identify what your human rights are. For example, care home visits and advice on what to do if you feel pressured into signing a DNR. (Do not resuscitate order). The British Institute of Human Rights will use real practice-based scenarios of people in caring roles to help you gain knowledge and understanding.

Topics covered include:

- Human Rights law in Scotland – How does it work? Who has legal duties?
- What rights are you and the person you care about covered by?
- What does this mean in practice?

To book a space or find out more please visit: <https://www.tide.uk.net/mec-category/events/>

An update on Tide's work in Scotland



<https://www.tide.uk.net/an-update-from-tide-in-scotland-2/An Update from tide in Scotland - Tide>

We've been working hard at **Tide** in Scotland and Northern Ireland. Please take a look at our newsletter to find out what we have been up to and what opportunities we have available by clicking here. www.tide.uk.net

Extract from Inspires - the Scottish Episcopal Church magazine

The Rev Eileen Thompson, part of the Ministry Team at St John the Evangelist on Princes Street, Edinburgh, appeared on the Today programme on 24 September to discuss what churches have been doing to keep in touch with their congregations during the coronavirus pandemic.

The item was prompted by an earlier interview on Radio 4 with Dame Esther Rantzen, who urged people to stay in touch with others – particularly the elderly, those living alone, and the isolated – by calling rather than texting.

The Rev Thompson was in conversation with Rev Bob Johnston, minister at Burns & Old Parish Church in Kilsyth, about building

networks of people to keep in touch with church members and talking to people more frequently than had been the case before lockdown.

“It is the telephone that really seems to bring people to a proper pastoral conversation,” said Rev Thompson, adding: “The relationships that have been made have deepened. People who were just mere acquaintances have become really good friends, and I think that will continue [after the pandemic].”

You can listen to the full item by clicking [here](#). The segment starts at the 2:25:25 mark.

CHURCH TIMES - Angela Tilby: The NHS is not a religion

<https://www.churchtimes.co.uk/articles/2020/2-october/comment/columnists/angela-tilby-the-nhs-is-not-a-religion>

Creativity out of crisis: Hymns and worship webinar

Monday 19 October, 11am - 1pm BST

All of church and worship life has been transformed in recent months. What of two of the fundamentals: hymns and liturgy? In this online event we'll explore creative ideas and best practice for worship in both digital and physical spaces.

Book tickets: [churchtimes.co.uk/hymns-and-worship](https://www.churchtimes.co.uk/hymns-and-worship)

Tickets are £10, or £5 for Church Times subscribers and RSCM members. Talks will be streamed live online and remain available for ticket holders to watch back later. In association with RSCM.

International Day of Older People!

We are sorry we missed the date but every day is just as important!

On 14 December 1990, the United Nations General Assembly designated October 1 as the International Day of Older Persons. A longer life brings with it, opportunities, not only for older people and their families, but also for society as a whole. Additional years provide the chance to pursue new activities such as further education, a new career or pursuing a long-neglected passion. Older people also contribute in many ways to their families and communities.

Find out more from the UN here: <https://www.un.org/en/observances/older-persons-day>

Bereavement Charter for Adults and Children in Scotland (Scottish Care)

This Charter provides a set of statements which describe how in Scotland we can support a person or a group of people experiencing bereavement. Good bereavement care is a human right. This Charter is underpinned by a desire to make sure that in Scotland, we can do all that we can to support people who might be experiencing difficulties following the death of someone they know or somebody in their community. It is the responsibility of everyone within Scotland to ensure that this is achieved.

<https://scottishcare.org/wp-content/uploads/2020/07/Bereavement-Charter-without-logos.pdf>

SOPA members, had a useful meeting with the team from the Centre for Lifelong Learning at Strathclyde University and they shared updates on the courses that have now moved online. The courses are available wherever you are and include a social element as well as learning. Please feel free to share with your members.

Stay connected with the Centre for Lifelong Learning at the University of Strathclyde

Browse and book our wide range of classes starting in October via MyCLL at <https://mycll.strath.ac.uk>. Classes range from languages to creative art, writing and music to family heritage and psychology. As always, classes are led by experienced subject experts and adult educators.

You do not need much in the way of IT skills to take part in our new, live online classes and we will help with getting you up to speed with Zoom – the platform we are using for live class teaching. We are proud to be the only UK University offering online learning specifically aimed at those aged 50+ - something which complements our longstanding face to face programme and in step with the University's wider age-friendly status.

SHARED LIVES

A recent project explored how Shared Lives could meet the needs of older people living in rural and isolated parts of the country. There is a beautiful film describing an older gentleman's life with his Shared Lives carer Shiri. Together they share home and family life, and with Shiri's support Brian, who is older and has a learning disability, is able to live life in beautiful rural Aberdeenshire to the fullest. The link to [this short film](#), made in rural Aberdeenshire, shows how Shared Lives is enabling older people to get the support they need and stay in the places they love.

You can read more about the people featured in the film here - <https://sharedlivesplus.org.uk/in-the-village-people-know-me/Bringing Shared Lives to older people in rural locations>

Where is home and what does it mean to you? It can be a physical building but for many of us it is a feeling, a place, a smell or a view. The people who know you, being a 'regular', stopping for a chat, a beaten track and reassuring landmarks. When you've lived somewhere all your life and these things are part of your routine it can be hard to think how you might live without them.





To read the full September newsletter which brings you the latest news and updates from the Good Life, Good Death, Good Grief community please click [HERE](#)



VHS Annual Conference 2020

[Booking now open - Join us!](#)

#WeArePublicHealth

Building Forward for Health & Wellbeing

4th & 5th November 2020
via Zoom

BOOK YOUR PLACE

Join us at our Annual Conference 2020

#Wearepublichealth Conference will discuss the role of the third sector in creating health and wellbeing for all.

Our 2020 Annual Conference will take place via Zoom over 2 days with 4 varied sessions to allow flexible access for joining us. We strongly encourage you to book for both days to get the full conference experience and value.

With home working still the default position for many, we're bringing you the best of our event in a bite size format. As ever you'll have the opportunity to listen, share ideas and thinking, network and discuss. Our annual conference is one of the leading health events in Scotland, bringing together stakeholders from across the third and community sectors, Public Health Scotland, NHS, national and local government, other public bodies, and academia.

Conference Chair: **James Jopling, Head of British Heart Foundation Scotland**

Opening keynote speaker: **Angela Leitch, Chief Executive, Public Health Scotland**

- More programme updates will be announced shortly. [Book your place!](#) If you have any questions, please contact [Lauren Blair](#)

Public Health Scotland

The 10th September, is World Suicide Prevention Day and in Scotland there is a major campaign being launched to tackle this called “United to Prevent Suicide”. The campaign will be using social media, TV advertising and radio slots, but we all need to be involved in this important campaign and here is how you can. There is also a website for further information:

www.unitedtopreventsuicide.org.uk

We all have to play our part in preventing suicide and you can too by being part of this campaign. Take action today and sign up to the movement for change on suicide:

<https://unitedtopreventsuicide.org.uk/> Its everyone’s business to prevent suicide and we hope you will support this new campaign.

Alison Crofts | Membership & Administrative Officer | Voluntary Health Scotland, Mansfield Traquair Centre | 15 Mansfield Place | Edinburgh EH3 6BB Direct line: 0131 474 6189

alison.crofts@vhscotland.org.uk | www.vhscotland.org.uk

AbilityNet

<https://abilitynet.org.uk/>

[A digital world accessible to all | AbilityNet](#)

Covid-19 Update:

All of our services are still available. Call our free helpline on 0800 048 7642 or use our free online resources.

Our network of DBS-checked IT volunteers is available to provide FREE tech support by phone or online - abilitynet.org.uk



Faith in Older People

Registered Company SC322915 Registered Charity SC038225

21a Grosvenor Crescent, EDINBURGH EH12 5EL Tel: 0131 346 7981

Email: info@fiop.org.uk Website: www.faithinolderpeople.org.uk