

MARCH 2021 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 BLOGS

Our regular blogs can be read on our website at www.fiop.org.uk - here are two of our latest:

Christians on Ageing – Origins and vision

Christians on Ageing – originally Christian Council on Ageing - was launched with a meeting at Westminster Cathedral Conference Centre May 1982 and became a Registered Charity 1984. Early meetings were at a draughty mansion in Staffordshire.

People came together to promote the needs of older people in the churches for help with their spiritual and emotional growth, and to counter the apparent lack of interest, even antipathy, within church communities to the issues and realities of later life. This remains our raison d'être.

Since the 1980s a number of other charities have been established which seek to improve the circumstances of older people in both secular and faith circles. Christians on Ageing has maintained ties with all the main Christian denominations, who contribute to its cadre of patrons, and seeks to relate to other faith organisations, including Faith in Older People, and to secular movements for positive ageing.

Despite our 39 years history we are a small charity with no formal office base. Work is done by volunteers. In recent years meetings of the executive were held at the

URC Church in Sheffield. We held a successful conference there in 2019 and would hope to return to that pattern of meetings when the Covid-19 pandemic has abated. For the present we meet using Zoom, with email, telephone and snail-mail between times.

The modus operandi is to remain alert to issues which are important to older Christians through the activities of members and the executive and to respond with action including commentary, advice, events and publications: 'A resource to the Churches'.

Our website has become an important vehicle for

bringing together and distributing information: [Christian Council on ageing – for older people and their life of faith and hope.](http://christiansonageing.org.uk) (christiansonageing.org.uk).

There is a review and brief commentary on issues ‘old’ which have featured in the media each week. The Dementia Network, led by Reverend Doctor Albert Jewell, produces a six-monthly newsletter which summarises developments and concerns in the field. An ‘occasional’ e-newsletter appears now four times in the year and carries news of development, planned events and commentary and information on relevant initiatives elsewhere.

‘Conference Calls’ have emerged as our way of exploring matters in some depth with gatherings of up to 20 participants on Zoom, firstly as an alternative to a conference – but so worthwhile that they are likely to continue. Topics covered have included: Older and disabled people in care homes, The needs of older Christians in the BAME communities, The challenge of grief, Self-isolation amongst older people at home, Recruitment and retention of volunteers, Support of carers of people with dementia, Art and Nature in dementia care. We have forthcoming sessions on mental illness amongst old people during the pandemic,

and the narratives of older Christians.

Christians on Ageing has published ‘plus’, a quarterly magazine for members, for many years. Plus carries articles from a range of contributors on a serendipity of topics – Current developments, enduring concerns and needs, reviews of books and other publications, poems, quizzes, jokes, hobby horses and more.

In addition, booklets have been prepared which address issues which matter to older Christians: dying, faith, spirituality, love, dementia, resuscitation, meditation, worship and being a voice for older people. These are available at modest cost. We are pleased to respond to questions from anyone. During the past twelve months we have contributed to events with Luther King House, The Nazarene College, and Alzheimer’s Disease International. We have provided comments for the House of Lords Report on Ageing and Society, spoken on radio programmes and been interviewed by a student at City University. Christians on Ageing maintains an open agenda, responsive to the needs and interests of older Christians but certain areas have attracted sustained attention. These include:

- The support of older prisoners. We are about

to publish a collection of prayers for prisoners which has been created in response to a request to a member of our executive committee who is a regular prison visitor. The collection has been developed in association with Prison Chaplains and will be distributed free of charge via chaplains.

- People with dementia and their carers – a major focus of activity over a number of years. It will remain so
- Older Christians from Black and Ethnic Minority communities – We have only begun to work with people of the Black Churches and others which represent other communities either in specialist congregations or in mainstream churches

The spiritual life and needs of older Christians, worship, older people’s champions, digital exclusion, intergenerational activities, volunteering, and life for disabled older people in care homes and the community are all matters of interest where we may do additional work.

David Jolley
Chair, Christians on Ageing

Faith Communities and Mental Health

The mental wellbeing of our society is critically important if we are to weather the storm created by the pandemic. However, we must also consider that there are many older people who have been affected by mental ill health and challenges over the years who need particular support.

FiOP has been working with Voluntary Health Scotland which brought together representatives from a range of voluntary and public sector organisations to consider the issues that emerge for older people. “What happens to people with mental health conditions other than or alongside dementia once they become 65. Issues we have been exploring include under-diagnosis, under-provision, poor transitions from ‘adult’ services to ‘older people’ services, discrimination and flouting of human rights. It is said that for some people with serious mental health issues, their 65th birthday is like ‘falling off a cliff’ in terms of service provision. We have been gathering evidence to raise awareness of the issues faced by people and to try and improve policy and practice.”

See the following link to access the evidence and discussions. [Falling Off a Cliff at 65: Discussion Paper and Evidence \(vhscotland.org.uk\)](https://www.vhscotland.org.uk/2020/06/23/falling-off-a-cliff-at-65-discussion-paper-and-evidence/).

FiOP is committed to working collaboratively and together with other organisations it has been good to gather evidence on which to base future action.

Over the past few years FiOP has given attention to building a resource for faith communities to support people experiencing dementia and there is still much to do. But just as our founder Malcolm Goldsmith exhorted churches to be alongside people with dementia so it is equally important for churches to take account of the support needed for both clergy and members of congregations who have mental health challenges.

Mental Health – The inclusive Church Resource (Darton, Longman and Todd 2018) points out that engaging with people living with mental illness is an important and challenging area of work for churches but that its importance needs to be highlighted given that 1:4 of the population is affected by

mental health problems. We need to overcome the stigma surrounding mental health. We need to recognise the impact of loneliness and isolation on those who experience mental ill health.

In their chapter in this book Professor John Swinton and Jean Vanier discuss the theology relating to the church’s response to mental health and point out that ‘The primary gift that the church has to offer is the creation of a graceful space for meeting within which the possibility of listening, understanding, friendship, belonging and tenderness becomes real’.

Our focus on this issue will commence with a series of on-line seminars addressing these issues which we hope to follow up, especially when the Covid-19 restrictions allow, with discussions so that we can share experiences and learn from one another.

Your thoughts, contributions or ideas for further discussion are always welcome.

Maureen O’Neill
Director
Faith in Older People

Faith in Older People has worked for the past few years in drawing together a resource to support congregations in developing the inclusion of people living with dementia and we will continue to develop and promote this resource. But mental ill health affects a significant proportion of older people. In a 2010–11 UK survey measuring national wellbeing across people

aged 16 and older depression or anxiety was noted to be highest among those aged 50– 59 and those of 80 years and older. The Royal College of General Practitioners reports that fewer than one in six older people with depression discuss their symptoms with their GP, Furthermore, only half receive suitable treatment, across the UK.

We are aware that many churches do consider mental health issues and it is important to bring this experience together to share knowledge and practical action.

MENTAL HEALTH AND FAITH COMMUNITIES

To begin to bring together this experience and to consider the way forward, FiOP will be holding a series of free zoom-based talks to highlight different perspectives:

ZOOM based seminars

Tuesday 13th April 2021 at 4.30pm – Professor Austyn Snowden will address ‘Understanding Mental Health Problems’ – When is mental health spiritual health in older people?

TO BOOK YOUR FREE PLACE PLEASE [CLICK HERE](#)

NB REVISED DATE on Thursday 6th May 2021 at 4.30pm – The Rev Canon Dr Marion Chatterley will address ‘Whole person care in the final chapters of life: exploring the impact on mental health of facing one’s mortality’.

TO BOOK YOUR FREE PLACE PLEASE [CLICK HERE](#)

Tuesday 18th May at 4.30pm - Dr Gill Yellowlees will consider mental health issues as they affect us as individuals who experience mental health challenges or care for someone who does. This will be a reflective session.

TO BOOK YOUR FREE PLACE PLEASE [CLICK HERE](#)

June Seminar (date tbc) in partnership with **Interfaith Scotland** will look at the perspectives on Mental Health from different faiths.

Book suggestion:

Mental Health for All -Community Well-being and the Church
Lorna Murray – Published by Handsel Press Ltd (2020)

“I need to be found”: mental health and older age

One of the saddest consequences of the Covid pandemic has been its impact, not least through lockdowns, on the mental health of tens of thousands of individuals. There is thankfully a wide and extensive acceptance of these impacts and a shared resolve across politics and society to do something about it.

I am also pleased that there is a growing recognition of the mental health impacts of the pandemic upon older people. This last week has seen an [excellent article](#) in the British Medical Journal on this very subject. But in a general sense, both societally and politically, the mental health distress and damage on older people has unfortunately been a lot less written and spoken about and yet it is, I would suggest, of equal criticality as the mental health impacts upon children, young people and those of middle age.

I was reflecting on these realities in preparing for a contribution this coming week at a roundtable organised by Voluntary Health

I remember speaking to someone who had lived with chronic depression most of their adult life and had received good supports until they got to 65 years of age. Then almost overnight, he told me, it felt like the system was abandoning him and the supports he had been used to changed and disappeared.

“It was like standing at a window and seeing everything and everyone who had helped you live your life, especially in the down times, walk down the street and wave goodbye. I felt really alone.”

That sense of abandonment is evident in the research undertaken by the VHS and the Open University and sadly it is the experience of too many once they have reached the age of 65 that it is like ‘falling off a cliff’ in terms of service provision. By March 2020 both organisations had gathered a level of evidence, but then paused their work due to Covid-19. You can read their initial report [here](#). I am pleased it is starting again not least because the problems remain and have undoubtedly been exacerbated by the pandemic.

Scotland and the Open University. The session is entitled *Falling Off a Cliff at 65: serious mental health issues in later life*. It is painfully clear in their work that the mental health of older people have been significantly impacted by the pandemic and lockdowns.

Undoubtedly, there has been in the last decade a growing awareness of the significance of dementia and delirium in the mental health of older Scots. The problem is, as those of us who work in older people’s care and support, know only too well, mental health and distress in older age goes way beyond these two conditions.

I wrote a blog on this subject some four years ago and sadly not a lot has changed. There has always been a risk that the focus on dementia has taken our eye off other mental health and life enduring challenges faced by older Scots. The absence of a distinct focus on older people’s mental health issues in the 2017 national strategy was particularly disappointing.

When I speak to frontline staff in the community and from what people tell me the pandemic has resulted in a worrying deterioration in the mental health of older Scots. Whilst there has been an understandable and appropriate focus upon the impact of lockdown on people in care homes, there has been less focus on the impact upon older people in the community.

People who might before, have developed routines which enabled them to be connected to others and therefore to maintain their mental health have had those connections limited or severed. There has been an exponential growth in loneliness and isolation; self-help groups and therapies have stopped or become limited; and the reality of digital poverty for older people has meant on-line and virtual equivalents have not been an option for many.

Speaking to community nursing staff I hear stories of significant dehydration as people have neglected their nutrition and wellbeing, of increased confusion, loss of memory and motivation, increased frailty and depression. There is a growth in the number of people falling and losing weight. I have heard too many stories of older people separated from family contact, disconnected and downcast, alone and empty, isolated and too often ignored.

The mental health impact of Covid on older age is profound and shaming. This was already a population more likely to experience health inequalities, more likely to be socially isolated for longer periods of time and to suffer more profound impacts from the requirements to shield and protect. All that we developed as tools for connection and protection have been used less by those of older age. This is a population much less likely- partly through frailty but also through fear, to exercise and self-motivate, to fight the black dog of the night through the light of activity and exercise. Depression has clearly increased to worrying levels and reports of self-harm at anecdotal level are deeply worrying.

Before Covid we needed to get much better at supporting people who have life enduring mental health challenges to transition from adult to older people services. This includes properly resourcing the older people care sector to train and equip staff to both recognise and to deal with mental health issues and challenges beyond dementia and delirium, and also to give greater priority to enable the development of new models of support which can cater for individual and particular mental health needs in older age. With age comes so many losses over which the individual has little control but around which it behoves society to provide support.

But much more than that we have to as a whole society take older people's mental health seriously. We have to accept the crippling reality of hurt that is the daily grind of too many and has been for decades. Mental ill health is sadly not solely the experience of youth.

We need to get better at finding those who need to be found, naming the hurt and answering the plea. We need to remember deep inside that agony has no date by which it is spent, distress no destination at which it departs, depression no age by which it is managed. For too long we have swallowed the myth that age conquers the mind and its ravages, that with experience comes coping and with chronology challenges diminish. Mental illness has no use by date, it does not lessen as bone and muscle decline, it merely changes its whisper to shout louder in another tongue. What age seems to do is to increase absence and heartache for too many at just the time that some in society seem to consider that the expense and effort of support is best offered to others. Scotland has the opportunity to put the mental health of all our citizens first and foremost in our recovery from Covid, and a focus on older people's mental health issues has to be central to that effort.

The model and actor Cara Delevingne beautifully captures the necessity that is the challenge to all of us – to be open to find, regardless of age, those who need accompaniment to journey through the landscape of the mind.

*Who am I? Who am I trying to be?
Not myself, anyone but myself.
Living in a fantasy to bury the reality,
Making myself the mystery,
A strong facade disguising the misery.
Empty, but beyond the point of emptiness,
Full to brim with fake confidence,
A guard that will never be broken,
Because I broke a long time ago.
I'm hurting but don't tell anyone.
No one needs to know.
Don't show or you've failed.
Always okay, always fine, always on show.
The show must go on.
It will never stop.
The show must not go on,
But I know it will.
I give up. I give up giving up.
I am lost.
I don't need to be saved,
I need to be found.
Depression by Cara Delevingne*

Donald Macaskill
CEO, Scottish Care

FAITH IN OLDER PEOPLE FORTHCOMING EVENTS - SAVE THE DATES

Tuesday 27 April 2021

ECUMENICAL GROUP MEETING

FAITH IN OLDER PEOPLE AND CHURCH OF SCOTLAND GUILD



Next online ZOOM MEETING - Tuesday 27th April 2021 – 10.00am-12.30pm

REGISTRATION IS VIA EVENTBRITE - PLEASE CLICK [here](#)

The aim of this meeting is to provide an opportunity for people within churches and all faith communities to consider the recent Scottish Government reports which would have an impact on individuals and the services offered by different congregations.

[If not now, when? - Social Renewal Advisory Board report: January 2021 - gov.scot \(www.gov.scot\)](#)

This report by the Social Renewal Advisory Board is, therefore, a **Call to Action**. A call to not hold back the social action which made the difference to so many lives but instead to unleash it so it can grow. A call to turn the tide on poor outcomes created – often unwittingly – by barriers in the systems that shape how our society works. A call to realise in full the change we now know is possible.

[Adult social care: independent review - gov.scot \(www.gov.scot\)](#)

And yet, the story of adult social care support in Scotland is one of unrealised potential. There is a gap, sometimes a chasm, between the intent of that ground-breaking legislation and the lived experience of people who need support. In the improvement world, there is a maxim which reads something like “every system is perfectly designed to get the results it gets”. That is the basic challenge for us. We have inherited a system that gets unwarranted local variation, crisis intervention, a focus on inputs, a reliance on the market, and an undervalued workforce. If we want a different set of results, we need a different system. We also need to have an eye to the future.”

Our speakers include

Eileen Cawley, Eileen Cawley
SPF Administrator/Development Worker
STUC

Adam Stuchura
Head of Policy and Communications
AGE Scotland

Tuesday 11 May 2021

**THE MALCOLM GOLDSMITH LECTURE 2021 to be given by
Dr Donald Macaskill, Chief Executive Officer, Scottish Care**

The fullness of humanity: human rights and spirituality

Dr Macaskill’s lecture will explore the relationship between human rights as a moral and legal framework and the world of spirituality. It will advocate a positive potential relationship between human rights and traditional spiritual belief and religious traditions both in practice and in thought. It will approach the subject with particular reference to care and health.

REGISTRATION IS VIA EVENTBRITE

TO BOOK YOUR FREE PLACE, PLEASE CLICK [HERE](#)

Thursday 20 May 2021 (in two sessions) and Thursday 14 October 2021

WE NEED TO TALK ABOUT DEATH AND DYING

**Rev Canon Dr Marion Chatterley, Vice-Provost, Cathedral Church of St Mary’s
Edinburgh (Scottish Episcopal Church) and Associate of Faith in Older People**

Two workshops designed specifically for clergy and people in authorised ministries

These Workshops 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 programme assumes a degree of personal sharing and therefore participation is restricted to clergy and others in authorised ministries within churches.

REGISTRATION IS VIA EVENTBRITE

TO BOOK YOUR PLACE FOR THE MAY 2021 workshop PLEASE CLICK [HERE](#)

COST £30.24

SCOTTISH GOVERNMENT

Cabinet Secretary for Social Security and Older People
Shirley-Anne Somerville MSP
12 March 2021

Dear Colleague

National Taskforce for Human Rights Leadership

As Co-Chairs of the National Taskforce on Human Rights Leadership, we are delighted to advise you of the publication of the National Taskforce for Human Rights Leadership report.

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To inform this report the National Taskforce for Human Rights Leadership undertook a wide range of engagement with public bodies, civil society organisations and many others. The Taskforce completed over fifty engagements, with a number of further engagements led by the 'All Our Rights in Law' project delivered by Human Rights Consortium Scotland, and the Scottish Human Rights Commission. These engagements have been invaluable in shaping the report that is now published. Our recommendations will, for the first time, bring into our law and put in a single place the broad range of internationally recognised human rights – civil, political, economic, social, cultural and environmental – which belong to everyone.

Therefore, we would like to extend our utmost gratitude to you for your contributions to our work to develop this report, which you have helped ensure was a truly collaborative process. We also wish to express our appreciation for how you have adapted to the challenges of the pandemic and overcome these to participate in this process, during what has been an incredibly difficult time for us all. It is our hope that these recommendations demonstrate how Scotland will build back better from the pandemic, and help us realise our shared ambition for Scotland as a human rights leader where everyone has meaningful access to their human rights in their daily lives. We also wish to be clear that the Taskforce recommendations are not the end of Scotland's human rights journey. There is much work ahead of us to make rights real for everyone and ensure everyday accountability. The collaborative and evidence-based process that has guided and informed the Taskforce to reach these recommendations signals the way forward as we continue this journey together. Therefore we hope to have your continued support, input and constructive challenge as we drive forward with our ambitions to make Scotland a global human rights leader.

Shirley-Anne Somerville MSP
Professor Alan Miller

NHS Lanarkshire Videos on vaccinations

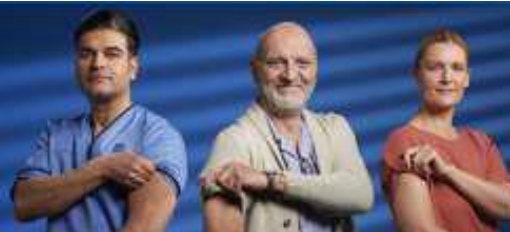
NHS Lanarkshire worked with members of the local community to answer questions about the covid-19 vaccine. These videos include a community pharmacist / Islamic teacher / A&E consultant / consultant psychiatrist / carer organisation to help address some of the questions and myths that are out there about the Covid vaccine.

www.youtube.com/playlist?list=PLmgTOJmBpGB7TIX4reN3KC0eMgS7fey1P

Videos on the play list are in English, Urdu and Punjabi

It's time to roll up our sleeves

Vaccinations for COVID-19 are underway



COVID-19 Vaccination Communications Note – Issue 2 - 8 March 2021

Since December we have been in touch with key partners and stakeholders sharing information, messaging and translations relevant to COVID-19 vaccination

communications. Our last communication was on 3 February where we shared the first issue of this vaccine campaign update in support of the national marketing campaign – Roll Up Your Sleeve – encouraging all adults in Scotland to get the vaccine when offered it.

We would like to take this opportunity to thank you for your continued support in sharing messaging far and wide and communicating it to your communities and audiences through your social channels.

We are working to provide further communication assets that you can use on an ongoing basis. With this in mind please see below an update with new assets and a reminder of where to find all key information in relation to the COVID-19 vaccination programme.

We will build on each note so that you have all links and relevant information in one place with updates to

information available highlighted.

Website:

www.nhsinform.scot/covid19vaccine

National COVID Vaccination Helpline: 0800 030 8013 (8am - 8pm 7 days a week)

Covid Vaccine Dropbox: [Access via Vaccine Dropbox Here](#)

NHS Inform

www.nhsinform.scot/covid19vaccine

remains the main hub for COVID-19 vaccination information. The site is continually updated with relevant information around vaccinations and it now also houses an online rescheduling tool, where people can input a unique username provided to them in their letter, register, then access and rearrange their appointment, or opt out of the vaccination programme altogether. This tool will eventually

become available to everyone in Scotland, however there is a gradual approach, so people should follow the guidance in their own personal letter if they need to rearrange or opt out.

Information Available

Additional information, materials and social media assets can be found in [the Covid Vaccine Dropbox](#) and for those who do not have access

to drop box a transfer link will be sent.

1. Scottish Government National Vaccination Marketing Campaign Updated Assets

At time of sending the following assets have been added/updated and are available for use. If you have access to Dropbox please check in on a regular basis for updated assets.

[Access updated generic campaign static social media assets and a 65+ asset here](#)

[Access new roll up your sleeve video edits for social media here](#)

[Access a PHS video with information about what people can expect when attending an appointment at a very large vaccination centre here](#)

[Access suggested posts to go with the new social media assets here](#)

[Access an updated leaflet with information about the COVID-19 vaccine and pregnancy here](#)
[Access updated versions of the TV advert here](#)

The [Roll Up Your Sleeve campaign video](#) is also available in additional languages: [BSL](#), [Arabic](#), [Cantonese](#), [Gujarati](#), [Hindi](#), [Polish](#), [Romanian](#) and [Urdu](#).

2. Information Leaflets Available

COVID-19 vaccine leaflets in translated and accessible formats are available for the following information:

Adults

- Healthcare workers
- Social care workers
- Pregnancy advice
- What to expect

Leaflets in English and other languages, for informed consent and for post-vaccination can be found here:

<https://www.nhsinform.scot/covid19vaccine-leaflets>

Easy read and large formats can be found here:

<https://nhsinform.scot/covid19vaccine-easyread>

<https://nhsinform.scot/covid19vaccine-largeprint>

BSL formats can be found here:

<https://nhsinform.scot/covid19vaccine-bsl>

Audio formats can be found here:

<https://www.nhsinform.scot/covid19vaccine-audio>

3. Available Toolkits

Also, please find the available toolkits below. All three toolkits listed below provide key information on the vaccine, safety information and benefits:

Care Home COVID-19

Stakeholder Resources

Healthcare Worker COVID-19

Stakeholder Resources

Social Care Worker COVID-19

Stakeholder Resources

The [Roll Up Your Sleeves campaign video](#) is available in additional languages: [BSL](#), [Arabic](#), [Cantonese](#), [Gujarati](#), [Hindi](#), [Polish](#), [Romanian](#) and [Urdu](#)

Special thanks to @MECOPP for partnering with us on the campaign and doing translated voiced over versions of the ad in 7 community languages. If this is shared via social channels, please include the #MECOPP hashtag.

If you need further information, please let Victoria Lopez know: Victoria.lopez@gov.scot

Dr Heather Mole | Policy Manager | Older People and Healthy Ageing

Equality Unit | Equality, Inclusion and Human Rights |

3-H North Victoria Quay, Edinburgh EH6 6QQ Mobile 07721 238225

Come and Join Us! IMAGINE

To find out more about the whole range of what's on offer, contact the website:

u3asites.org.uk/onlineacrossscotland/welcome

Imagine that wherever you live in Scotland you could access online interest groups and courses from local u3as across the whole country.

How can that happen? Now that lots of u3a groups are being run online via video conferencing, it will not matter where you live if they are opened up to all u3a members in Scotland. Our Ambition is a

new network we have set up to make this link up happen.

What is available now?

A Book Group for Enquiring Minds, a Playwriting Course, groups covering topics such as Climate Emergency - Wider Issues, Computer Coding, Resilience Skills...and the list is growing.

Who can join and how much does it cost? Groups and courses are open to all members of a local u3a in Scotland or of Trust u3a and it is **free to join**.

INTERESTED?

The Open with Care – Meaningful Contact in care homes visiting guidance has been published. Please see link below to the guidance and letter to care home providers from Chief Nursing Officer, Chief Medical Officer and National Clinical Director, Jason Leitch which is available on our Scottish Government webpage.

[Open with Care: Supporting Meaningful Contact in Care Homes - gov.scot \(www.gov.scot\)](https://www.gov.scot/Topics/Health/InfectiousDiseases/COVID-19/visitingguidance)

We want to thank all for your support and contributions in developing this guidance.

Rebecca Shevlin, The Scottish Government

Pandemic Response - Adult Social Care | Community Health and Social Care Directorate | St Andrew's House | Regent Road, Edinburgh EH1 3DG

WHAT SHOULD PRIMARY CARE LOOK LIKE

A new report considers the impact of COVID-19 and sets out steps for change in how primary care is delivered and received.

The Scottish Parliament Health and Sport Committee has published its Phase 2 report on what primary care should like for the next generation. The report forms part of a wider inquiry and builds on the evidence collected.

[What should primary care look like for the next generation? - Health and Social Care Alliance Scotland \(alliance-scotland.org.uk\)](https://alliance-scotland.org.uk/what-should-primary-care-look-like-for-the-next-generation/)

Key links for the COVID-19: Stay at Home guidance, a summary of key information now available which you may find helpful. Please feel free to share this information with your internal/external audiences.

[Click here to access the Stay at Home Infographic](#)

As a reminder, the full guidance information can be found here: [Coronavirus \(COVID-19\): stay at home guidance - gov.scot \(www.gov.scot\)](https://www.gov.scot/Topics/Health/InfectiousDiseases/COVID-19/stayathomeguidance)

Please note we are progressing Easy Read, Audio and BSL assets just now, and these will be made available on gov.scot when they are ready.

SHIELDING SURVEY

We conducted an online survey for people who have previously been asked to shield between 20 December 2020 and January 2021. The purpose of the survey was to understand the views and experiences of individuals on the shielding list, and focused on areas such as returning to work, vaccination and what support could be offered to those at the highest risk in the future. We have now completed our analysis on the response we received, and a report outlining our findings has been produced. Below are some of the key findings:

In total we had 4,590 responses to the survey. Of these 2,376 responses were received through organisations such as charities and local authority promoting the survey to their networks.

- 86% of respondents planned to get the vaccine when it was offered to them
- 55% of respondents did not feel safe returning to work after a workplace assessment
- 96% of respondents were aware of the additional guidance for those at higher risk
- 8% of respondents had asked a third sector organisation for support since July 2020. Of those who had received support (*n*543), 58% found it either very or somewhat helpful.

SELF ISOLATION INFORMATION AND SUPPORT FACT SHEETS

Please find below links to the accessible versions of the self-isolation information and support fact sheets. If you have any questions, please contact Victoria Lopez (Victoria.Lopez@gov.scot).

We have an update for you on the **Self-Isolation Information and Support available in additional formats**, and we were hoping you could share this across your relevant networks. The existing **Self Isolation Fact Sheet** was updated to reflect the change in self-isolation guidance from 14 days to 10 days. You can access the updated Self-Isolation Fact Sheet here:

<https://www.gov.scot/publications/coronavirus-covid-19-self-isolation-factsheet/>

This information is available online in the following accessible formats and languages:
Accessible formats: Audio MP3, Easy Read and Large Print Format
Languages: Arabic, Bengali, BSL, Bulgarian, Chinese Simplified, Chinese Traditional, Farsi, French, Gaelic, Hindi, Hungarian, Kurdish Sorani, Latvian, Lithuanian, Polish, Punjabi, Romanian, Russian, Slovakian, Somali, Spanish, Urdu and Vietnamese

SCOTLAND'S WELLBEING: THE IMPACT OF COVID-19

We would like to share the links to the report and blog posts related to the work on *Scotland's Wellbeing: the Impact of COVID-19* from the Scottish Government's National Performance Unit.

Thank you again for contributing to '[Scotland's Wellbeing: The Impact of COVID-19](#)'. We've had a lot of interest in the report already, but we published just as people were starting to take time off for Christmas, so thought it was worth a second round of promotion. To

Self-Isolation Video Assets

Please see below additional for the video assets available for your audiences:

[View the Self-Isolation TV Ad Here](#)

[View the Self-Isolation TV Ad – BSL Version Here](#)

We have also been working in partnership with MECOPP, who have created additional language versions of the Self-Isolation TV Ad in [Arabic](#), [Cantonese](#), [Gujarati](#), [Hindi](#), [Polish](#), [Romanian](#) and [Urdu](#).

Self-Isolation Information Text and WhatsApp Copy and Images

Consideration has also been given to the individuals who may not have digital access, and we have created a document (attached) with key information that can be used to provide information via text and WhatsApp. A copy document and supporting images are available to be used alongside these text, and can be downloaded below:

[Download the Text/WhatsApp Text and Images Here](#)

The Scottish Government | Disability Equality and Older People Age Policy | Equality, Inclusion and Human Rights |

support engagement with the report, we've summarised the main messages in [this blog post](#), and added some prompt questions to encourage readers to think about the findings. We're promoting through our networks, and would be very grateful if you'd forward on the blog post to any stakeholders (internal or external) who it might be of interest to. You may also want to share this [blog post about the report](#) published by SPICe on Monday.

Lesley Thomson, Engagement Lead, National Performance Unit

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GENERAL INFORMATION

CHRISTIANS ON AGEING TUESDAY 20 APRIL - 10.30 am Valuing the narratives of older people

*"There are attributes that can only be possessed in old age, and that therefore older people have something irreplaceable to offer society as a whole". Thus argued **The Dignity of Older People**, drawn up by the Pontifical Council for the Laity of the Catholic Church in 1998. How can we pay due respect to the riches which older people bring to faith life and the work of faith communities? First let us listen. Then help make use of what is learned.*

The session will be led by **Graham Hawley**, a retired Methodist minister, who is actively engaged in research

and also serves as a Vice-President of *Christians on Ageing*.

Conference Calls are open to all and there is no charge for taking part. If you would like to join one or all of the new series just write to David Jolley using the e-mail link discussion@ccoa.org.uk You will need to be able to access Zoom but there is no need to take out a subscription; use your search engine to learn about how to do this if you have not tried this new technology already. You will be sent an e-mail with a link allowing you to join the discussion nearer the time of the Call.

Each session is led by someone with knowledge of the subject

who will usually give a short introduction to the theme. Numbers for each session are limited to around a dozen in order to allow meaningful discussion. A report is produced and is circulated to all participants before publication on our website.

Please ask any more questions when you register your interest.

Register your interest for the next series by e-mailing discussion@ccoa.org.uk

Thank you for your interest in our work. If you want to know more about our organisation you will find lots of information and other links on our [website](#)



A new service has been launched for unpaid carers to register for the Covid-19 vaccine. The new online service opens at 8:00am on Monday 15th March, and is for unpaid carers aged between 16 and 64 who provide face-to-face care for a family member or friend. The online service will be accessible from the link here: <https://www.nhsinform.scot/carersregister> I hope that you find this information helpful, you can read the full details on the Scottish Government website at <https://www.gov.scot/news/launch-of-new-vaccination-campaign/>

Age Scotland is seeking the views of older people in the first comprehensive survey of what it is like to grow older in Scotland. The Big Survey explores all areas of life for older people including health and wellbeing, housing, media representation and the impact of Covid-19.

The national charity hopes to gain a better insight into what older people think, experience and care about. Survey responses will help prioritise its future campaigns and shape policy. The Big Survey launches after an exceptionally challenging year for older people. This was the age group most severely affected by Covid. Older people were asked to shield, the overwhelming majority of deaths took place among the over 75s and care home residents faced months of separation from family and friends.

Lockdown has contributed to soaring levels of loneliness and the absence of regular exercise activities and sports has had an impact on physical fitness.

Age Scotland wants to hear from as many older people across Scotland as possible to find out what their lives are like now, what issues are

Age Scotland News Age Scotland launches The Big Survey

important to them and their expectations of later life.

Brian Sloan, chief executive of Age Scotland, said:

"We are pleased to be launching The Big Survey at such an opportune time. This has been a tumultuous time for older people and undoubtedly the past 12 months have had a profound impact across society.

"We want to hear how older people's lives have been affected by Covid, what their expectations are now, how they want to live and what their requirements are for enjoying a fulfilling and happy later life.

"I would urge as many older people as possible to take part. Each and every response will be considered and they will help shape our policies and our work in the coming years.

"So please take the time to share your views and help us be there to support older people throughout Scotland in ways that make a real difference. We look forward to hearing from you."

Find out more, including how to take part here at [The Big Survey](#)

AGE SCOTLAND AND SOPA CALL FOR A Scotland-wide rollout of Older People's Champions

AGE Scotland and SOPA are partnering to campaign for an Older People's Champion in every local authority in Scotland.

We are calling on all of Scotland's 32 local authorities to create the role to ensure that older people's voices are heard, their interests catered for and their concerns addressed.



The campaign has been launched and is already making an impact. **Please help to promote the campaign by sharing on social media, adding to your organisation's newsletters, or just telling your friends and family!**

You can also see more on our website

<http://scotopa.org.uk/news.asp>

and Facebook page

<https://www.facebook.com/scotopa/>

News from SOPA - 2021 Manifesto

SOPA has published a Manifesto in advance of the 2021 elections (attached). [The Manifesto](#) sets out six recommendations that we believe should be priorities for the next Scottish Government. It is based on the views of our members, the experiences from their organisations working with older people and from SOPA's outreach and consultation activities.

Older People's Champion Campaign

Please support our joint campaign with Age Scotland to have an Older People's Champion in every local authority in Scotland. How you can help:

- [Sign the petition](#)
 - Share the Campaign (on [Facebook](#), in newsletters, emails or by telling your friends and family)
 - [Write to your Council Leader](#) (sample letter attached)
- You can find out [if your area already has an Older People's Champion here](#).

Each May, we run a Scottish awareness week to coincide with Dying Matters Week in England. Previous themes have included *Compassionate Communities Week* and *Good Death Week*.



This year, we bring you...

Demystifying Death Week
bringing dying into the limelight
10-16 May 2021

[Demystifying Death Week](#) is about shining a light on death, dying and bereavement in Scotland.

Why?

People usually want to do the right thing when someone they know is caring, dying or grieving. But often they can feel awkward offering help, or worry about making things worse.

People often have questions about serious illness or death. But often they don't know who to ask. Making plans when you're healthy means there is less to think about when you're ill. But often people put off making plans until it is too late.



[Demystifying Death Week](#) is about giving people knowledge, skills and opportunities to plan and support each other through death, dying, loss and care.

Find out how you can get involved below...

- [Changing with the times](#) [Hold your own event](#) [Help to bring your event online](#)
- [Resources](#) [Get Involved](#)



Hold your own event

Gathering in person has become practically impossible for a while, but the need for opportunities to discuss death, dying and bereavement is more relevant than ever.

Demystifying Death week is a chance for people and organisations across Scotland to plan local events, with the hope that collectively we can start to raise awareness of some important issues.

So, how can we bring Demystifying Death week online?

Potential ideas for events include...online lectures, information events or discussion sessions; online film screenings and [book clubs](#); using social media to raise awareness of information and resources people might find helpful.

Photo credit: Diego DH

Get Involved

More information about Demystifying Death Week, including links to further information and resources, is available here: [Demystifying Death Week](#)

Are you planning an event for Demystifying Death Week? If so, please [get in touch](#) - we'd love to promote it on our website and social media.

Photo credits

Misty road - Remi Skatulski; Light bulb - Diego PH; Silhouette - Fraser Cameron Photography; Books - Engin Akyur; Zoom laptop - Charles Deluvio; Contact us - Miles Burke; Papers - Kelly Sikkem.

RESOURCES

International Longevity Centre: Delivering prevention in an ageing world: Inspiring and engaging people with prevention

As part of our [international prevention programme](#), we are publishing a series of consultation papers gathering insights on what works in delivering prevention in an ageing world.

[Our first paper](#), published last week and discussed at [an expert roundtable](#), focussed on the key criteria we've identified that will allow governments and healthcare systems to democratise access and deliver prevention.

We have now published our second consultation paper, which collates insights on what works in inspiring and engaging:

- policy makers with the prevention agenda;
- healthcare professionals with promoting preventative services and activities; and
- individuals with uptake of preventative services and activities.

We welcome thoughts and feedback through our survey before **Friday 23 April**.

[**DOWNLOAD CONSULTATION PAPER**](#)

Scottish Government launches new Home Heating Support Fund

The Scottish Government has launched a new fund to support energy customers who are suffering financial hardship due to COVID-19. Administered by Advice Direct Scotland, the Home Heating Support Fund has been established because no household should live in fuel poverty or ration fuel to get by. Organisations who provide energy advice and/or approved money advice can apply ...Continue reading “Scottish Government launches new Home Heating Support Fund”.

[Read full post](#)

National Lottery Community Fund Scotland information webinar

The National Lottery Community Fund Scotland is hosting a webinar for organisations working in Scotland to find out: Who can apply for their funding? What kind of thing can their funding be used for? Hints and tips for getting funding. How to check if your idea could be funded and start applying. The sessions take ...Continue reading “National Lottery Community Fund Scotland information webinar”

[Read full post](#)



[What's new? Read our March 2021 e- bulletin \(vhscotland.org.uk\)](#)

and updates from Scottish Government and the NHS affecting the voluntary health sector. If you would like to join the VHS network - Get Involved [here](#)

..... AND FINALLY,

it's not too late - if you haven't already, we'd like to ask you to become a FRIEND OF FIOP. An annual contribution of, say, £25 would make an enormous difference to our small organisation.

Please become a FRIEND of FiOP. As a Friend you will receive our regular eNewsletter and invitations to our events. **PLEASE CONTACT US FOR AN APPLICATION FORM – info@fiop.org.uk**

You can find out more about our work on www.faithinolderpeople.org.uk

OUR GRATEFUL THANKS TO THOSE WHO PREVIOUSLY SIGNED UP



Faith in Older People

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