

JULY 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]

Taking a break

Here we are in July about to take a summer break to recoup our energy and plan for the future. It has been a rollercoaster for so many people as they cope with working from home, managing family and work commitments. We all need that space in which to stop and have an oasis of time for ourselves, friends, and family.

We have missed being in the same room as our colleagues with the chat over coffee and real human contact. However, we have all adapted to new ways of working and Zoom and Teams have brought many benefits in continuing and developing our work and engaging with a range of colleagues, sharing ideas and information. Our events have enabled people from all different parts of the UK to participate and for us to do likewise.

Imagination in adapting services to meet the needs of the most vulnerable and the commitment shown by so many in ensuring that services continue. But the opportunity to talk to colleagues and people receiving care has highlighted the inequities and the importance of taking the time now to put in imaginative renewal and reconstruction of services. 'If not now -When'? must be our watchword as we see the development of a National Care Service and the implementation of the recommendations from the Social Renewal Board.

As Faith in Older People (FiOP) goes forward

- we will be considering spiritual care education for nurses and health and social care staff
- reinforcing the importance of the spiritual dimension to the lives of older people
- recognising the vital contribution of older people to our faith communities and wider society
- continuing to highlight the support we need to provide to older people with enduring, serious mental health challenges

FiOP has benefited from sharing issues and solutions with colleagues in the Older Peoples Strategic Action Forum in which we have been able to discuss

- human rights
- inequalities in health and digital provision
- the Review of Social Care
- the Social Renewal recommendations
- the services and solutions that the organisations around the table have provided

We have much to achieve in the autumn term and know how much we depend on working collaboratively with skilled and experienced colleagues and a range of organisations. As always much to do.

Maureen O'Neill
Director, Faith in Older People

**FAITH IN OLDER PEOPLE ANNUAL GENERAL MEETING AND
SEMINAR
THURSDAY 23RD SEPTEMBER 2021 AT 1.30 (BY ZOOM)**

This seminar will highlight important initiatives to support people experiencing grief, loss, and bereavement. There will be examples of local compassionate communities and an opportunity to share ideas.

PLEASE CLICK [here](#) to book your place via Eventbrite

A workshop designed specifically for clergy and people in authorised ministries

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**

Thursday 14 October 2021

REGISTRATION IS VIA EVENTBRITE COST £30.24

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

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

SAVETHE DATE
FAITH IN OLDER PEOPLE, CHURCH OF SCOTLAND GUILD AND
CHRISTIANS ON AGEING
Wednesday 17th November 2021
The importance of spiritual care

*** * * * * A New FiOP Project * * * * ***

FiOP is most appreciative of the grant from the TOR Christian Foundation to undertake a research project with the aim of

‘Identifying and better understanding the contribution made by older people in faith communities to volunteering, community well-being and citizenship. In particular it will highlight the voluntary 'ministry' which lies at the heart of Christian faith and is also echoed in all other faiths.’

It is a major project for us in fulfilling our purpose to celebrate the lives of older people and their contributions to faith and wider society. It will also give us an opportunity to consider the impact of the pandemic on their involvement.

MENTAL HEALTH MATTERS

The last on-line seminar was held on 22nd June with a focus on perspectives from different faiths. The speakers came from the Baha’i, Buddhist and Christian faiths and gave us thoughtful interventions from their work experience and how their faith supported their wellbeing and resilience.

The themes emerging included the importance of self-care, particularly when faced with major life events; collaboration between faiths and developing trust between organisations and individuals. The ‘golden thread’ highlighted was the basis of service within each community. Several new themes have emerged from the feedback to the seminars, so consideration is being given to another series of talks in the autumn.

FiOP is grateful to all our speakers, and we are pleased that the sessions have been well attended.

If you have an idea for a future talk, please get in touch with Maureen O’Neill email:

director@fiop.org.uk

All the talks in the series will be put together and posted on the FiOP website.

GUILD OF ALL SOULS – WALSINGHAM

An On-line Conference on 'Living with Dementia' was held on 24th June 2021. Below is the link to the presentations given during the Conference

- **Spiritual and pastoral care for those with dementia - Revd Deacon Corinne Smith**
- **Is your church dementia friendly - Maureen O'Neill, Faith in Older People**
- **Living with Loss - Zena Aldridge, Admiral Nurse**

Videos - The Guild of All Souls

FAITH IN OLDER PEOPLE free ON-LINE TRAINING



Spiritual Care Matters are a series of e-learning courses for front-line staff and volunteers working in care homes, health and other care settings. Find out more about the courses and how they work by listening to our [introductory podcast](#).

Spiritual Care Matters 1: Supporting the Spiritual Needs of Older People



This course builds 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.

Spiritual Care Matters 2: Looking after your own Spiritual Wellbeing



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.

What's involved?

Listening and learning from the course podcasts. Each course involves five half-hour lessons' that you receive in a daily email. You can access the course through a laptop, computer, tablet, smart phone. You'll need an internet connection to receive the daily emails and podcasts.

Both courses use Scottish Social Services Council [Open Badges](#) to recognise learning for ongoing staff development and provide important evidence of learning for registration.

for further information and to enrol, click [HERE](#)

SCOTTISH GOVERNMENT

SCOTTISH GOVERNMENT – HEALTH AND SOCIAL CARE STRATEGY FOR OLDER PEOPLE

Prior to the election the previous Cabinet Secretaries for Health and Sport and Social Security and Older People published a [statement of intent](#) which set out the Scottish Government's strong intent to make a significant difference to how we approach older people's health and social care in Scotland and the commitment to develop a new integrated health and social care strategy for older people.

The Scottish Government is committed to developing the strategy with older people and the people and organisations which support them. Throughout the remainder of 2021, we will work in partnership with older people including the Older People's Strategic Action Forum, and the people and organisations that work with and support them, to identify how we want the health and social care systems to work for older people in the future. This will be followed by a consultation on a draft strategy. Our ambition is to make Scotland the best place to grow old. The priorities of the Strategy are:

Prevention. Staying physically and mentally active can make us more resilient as we age, reduce our risks of dementia, widen our social circle and help prevent falls. This can delay frailty, the stage at which we may become more at risk to illness and disability or become dependent on others for care. We need to get smarter at using our existing information to better anticipate those who may need additional support.

Person Centred-Care. Older people must lead the decision making around their care and treatment. They must be able to say what matters most to them and these wishes should be recorded, shared with relevant health and social care professionals and acted on. This will enable older people to receive their care, treatment and support in the way that they would prefer.

Home First Approach. People have told us that they would like their care and treatment to be

delivered in their home or local community as much as possible. Our health and social care services must reorganise themselves to better support people to live well and independently in their communities as they age. We will build upon our Hospital at Home and Care at Home services to ensure that they are available throughout Scotland. Hospital care should only occur when necessary and we need to ensure that a person's journey through hospital is seamless, with access to specialist care in a timely fashion.

Integrated Health and Social Care. Supporting people to age well and live well requires a multidisciplinary or even multiagency response. We have integrated health and social care in Scotland but it is not delivered consistently. The Independent Review of Adult Social Care paves the way for fundamental changes to our system and provides a roadmap for the future of care provision in Scotland. This ambitious reform will ensure delivery of a high quality, human rights-based service that people need to age well and live well, whatever their circumstances.

Dignity and Respect at End of Life. As people become older there is a growing awareness of mortality, yet this can be a difficult subject to talk about. We need to discuss issues around death and dying in an open and honest way, and support and encourage opportunities for these conversations. When people require end of life care, they must have access to high quality care, focussing on the physical, social, psychological and spiritual dimensions of care. This care must be provided in a way that minimises harms whilst retaining dignity and humanity. We must also acknowledge and continue to support families through their bereavement, recognising that people grieve in different ways.

FiOP is a member of the Older Peoples Strategic Action Forum. If you have issues you would like to have raised please contact Maureen O'Neill email: Director@fiop.org.uk

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

NHS

NHS Lothian have updated their drop in clinic page on the NHS Lothian website and listed all of the clinics and details of how to get there:

<https://www.nhslothian.scot/Coronavirus/Vaccine/Pages/Drop-in-Clinics.aspx>

NHS Lothian are using Facebook to target and boost the posts: please share the posts if you can.

GENERAL INFORMATION



SILVER SUNDAY
CELEBRATING OLDER PEOPLE

Over 100 organisations have already signed up to action their Silver Sunday event, details of which are on our Silver Sunday map. As our communities continue to open up further and most of us can officially hug our grandparents again, we are gearing up for a bright and busy Autumn and a fantastic Silver Sunday on 3rd October. Could I urge you please to start planning for this year's event. This year we have been working hard behind the scenes to make things really easy for you. Our **new 2021 resources including Info Pack, Event Toolkit and templates** are all ready for you [here](#) and have everything you need to take part. Whether indoors, outdoors, online or in person, we look forward to celebrating our amazing older generation with you this Silver Sunday!



SILVER SUNDAY

THE NATIONAL DAY FOR OLDER PEOPLE – 3 OCTOBER 2021

100 days and counting!

The countdown to this year's Silver Sunday has officially begun and we've been enjoying hearing from many community groups, local businesses and volunteers who can't wait to host an event for older people.

Hundreds of organisations across the country have pledged their support including **Bupa**, **English National Ballet**, the **Royal Albert Hall**, **Metro Bank**, and **The Scouts**. We are so grateful to each and every one of you for your generosity, positivity and dedication to celebrating older people with us this October and can't wait to see our [pledge map](#) continue to fill up over the next few months.

Scottish Churches Housing Action

We would like to draw particular attention to **Homeless Sunday** which will take place on **10th October** this year. More details about this can be found within Our Homeless Neighbour - please do encourage your church to take part. <https://www.churches-housing.org/ohn-april/>

A Blog by Dr Donald Macaskill, CEO Scottish Care

"The distinguished writer on bereavement, Colin Murray Parkes once wrote that '*grief is the price we pay for love.*' It is a price which many have had to pay in deep measure in the 15 months that have passed, and which thousands are still paying. In this piece I want to reflect on the issue of bereavement and what we may have to do as a society to properly support those who have experienced death during the pandemic." **The full blog** can be found in the following link [Grief is the cost of loving: care and Covid trauma. - Scottish Care](#)



Planned Guests for Heart of the Matter July 2021

11 July: Diane McWilliam Church Advisor, Cinnamon Network
18 July: Jenny Robertson Author
25 July: Terry McCutcheon Hope for Glasgow

Weekly Broadcasting Schedule

Black Diamond FM 107.8: Sunday 9 am. and 7 am. (repeat)

Crystal FM 107.4: Sunday at 11 am., 12 midnight, Sunday, Tuesday 11am.

Alive FM: 107.3: Sunday 12 noon, Tuesday 1 am.

All above on FM and online

Internet stations:

Heartsonglive: Sunday 9 am., Wednesday 12 am,

G4G (Gospel 4 Grampian): Wednesday 9 am. Saturday 9 am.

Podcasts: Available on Tunein Radio and on Amazon Music (Check out Podcasts)

Updated website: www.heartofthematter.biz

SIFW Scottish Interfaith Week

Together For Our Planet

31st October - 7th November 2021

#SIFW2021 #TogetherForOurPlanet

www.scottishinterfaithweek.org

We are delighted to alert everyone to the theme for Scottish Interfaith Week 2021 and to highlight resources that have been gathered and produced for our Year of Climate Action.



VHS Annual Conference 2021
Health at the Heart of Communities
Save the date:
Wednesday 6th October via Zoom

FIND OUT
MORE

**Call for Entries: Annual Poster Competition
2021**

Enter your poster proposal and you could be
the winner of our Annual Poster Competition!
Poster Theme: Reaching and serving those who
are missing, marginalised or overlooked in
health

**We want to hear from you! VHS invite
proposals from third sector organisations for
digital posters in PDF format that visualise your
story. Selected finalists will have their poster
shown online at our conference on the 6th
October.**

How have you and your organisation worked to
help the health of those who most need it? Did
you step in to help those fast falling through the
cracks, those most deeply affected by Covid-19
and the impact of life changing events? How
have you worked to ensure those who don't
have support are enabled? How will that
experience and learning shape your work for
the coming months? Can your story help others
get a better understanding of the third sector's
contribution to health? What have you done to
share the stories of those voices not heard?

**Enter here: [VHS poster session guidance and
proposal form 2021](#)**

If you have any questions, please
contact [Lauren Blair](#)

Find out more about the poster competition



CONFERENCE CALLS
July, August 2021
INVITATION

Conference Calls are discussions on important issues open to anyone interested in the work of the Churches with and for older people. They are free and involve no commitment to membership. Each session starts at 10.30 am and lasts for an hour and a half. You join the discussion via a Zoom link which will be sent to you following registration of interest. All sessions over the last twelve months have been fully subscribed within a short while of registration opening. All sessions will start at 10.30am and end at midday, and have a lead speaker.

Maureen O'Neill, Director of Faith in Older People lead a discussion on supporting care home staff during the pandemic in relation to the Listening in Confidence Service that FiOP had set up. This included discussion on the importance of understanding the nature of spiritual care both to staff and those for whom they care. More detail on the talk can be found at: [Conference Call \(christiansonageing.org.uk\)](http://christiansonageing.org.uk)

20 July

Importance of Faith amongst Black Older Christians

Charles Kwaku-Odoi

Faith is an important part of many older Black people, as a matter-of-fact faith is engrained in their lives. In most cases it does not just define who they are, or what they do, but it also shapes their life day-to-day choices. Older Black Christians use their faith as a coping mechanism. When facing life stressors, their religious beliefs help them to manage personal behaviour and response to others. Faith is woven in the intergenerational engagement in the Black community, the interactions with the younger generation. Faith comes to the fore

17 August

Older people and spiritual strength in the world of nature

Barbara Stephens

We are surrounded by the beauty of nature and immersed in its power: but how much do we really 'notice' in our busy everyday lives? This session will explore the emotional and spiritual benefits of connecting with nature, stimulating the senses, boosting physical and mental health, enhancing wellbeing. We will discuss research evidence that demonstrates the impact of nature on people's physical and mental health

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 to take part 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. Please ask any questions when you register your interest. **Register your interest or enquire about places by e-mailing discussion@ccoa.org.uk** You can view them on our website by clicking on the Home Page slider 'Conference Calls' <https://christiansonageing.org.uk/conference-call-2/> or on the small icon lower down the home page entitled 'Conferences' <https://christiansonageing.org.uk/conference-september-2019/>

The next Conference Call will be on 20 July 2021



Let's meet and eat together!

*Check out our upcoming project, **Come Dine Together**: where you can share a free meal with someone from a different culture and faith.*

A family, couple or single person, will be linked with another from a different background. We'll put you in touch, and you can arrange whether you want to meet online or in person, at any mutually convenient time in July.

*The deadline for participants is Friday: please **share this information** with your community or anyone you think would be interested! Register by emailing info@eifa.org.uk*

To read **GOOD LIFE, GOOD DEATH, GOOD GRIEF** latest updates please click [HERE](#)



To Absent Friends 2021: Small Grants Fund Launched

Small grants available to support remembrance activities

A small grants fund has been set up to support organisations to put on remembrance events as part of this year's *To Absent Friends festival*. (1-7 November 2021.)

Two types of small grants (of up to £250) are available:

Community grants: These are for organisations and communities who want to plan private remembrance events at which their community can come together (online, outside or in small gatherings) to share memories, stories and solace.

Public grants: These are for organisations who want to organise an interactive public event (online, outside or in a public space) such as a concert, exhibition or installation, freely open to members of the public. Applications are encouraged from charities, community groups, care homes, NHS organisations, small businesses, prisons, arts organisations, schools, education institutions and more.



The deadline for receipt of applications is 31 August 2021.

The grants are being administered by [Good Life, Good Death, Good Grief](#). More information, including an application form, is available here: [To Absent Friends | Small grants](#)

Rebecca Patterson

Director of Good Life, Good Death, Good Grief

Scottish Partnership for Palliative Care, CBC House, 24 Canning Street, Edinburgh EH3 8EG

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rebecca@palliativecarescotland.org.uk



Access to Healthcare Survey Report

The impact of the Covid-19 pandemic on the health and wellbeing of older people was

identified as a concern by SOPA. Access to primary care and dental services was a problem for many older people as restrictions were put in place which stopped most face-to-face contact. In April 2021, SOPA's Health and Wellbeing Group set up a survey to find out more about people's experiences. Over 800 responses were received from people across 14 health board areas. 84% of respondents were aged over 60. Thank you to everyone who participated in the survey.

Key findings:

- **More than half** of respondents stated that their **ability to access GP and dental services was negatively impacted** by the pandemic
- **78%** of individuals reported **no disruption to obtaining prescriptions for pre-existing health conditions**
- **124 people** stated that they had accessed **private health or dental care** due to the inability to access NHS services during the pandemic
- **Around a quarter** of respondents felt that the pandemic has had a significant impact on their **physical health** (24%) and **mental health** (26%)
- **57%** of those who took part in the survey **were unable to access the support they needed.**

The report revealed people's frustrations with the apparent inconsistencies of restrictions. Many older people were forced to pay for private care which was not available on the NHS, even though it was provided in the same location and with the same practitioners.

Respondents expressed feelings of abandonment, fear and anxiety in not being able to access essential healthcare and many people have been unable to access the support they need.

Many older people are concerned that the Covid-19 pandemic has given the opportunity for a major shift to delivering primary care services online. Whilst this may be beneficial to some, it poses a serious risk that older people are excluded from services, symptoms are missed and situations that could have been prevented result in crises. SOPA asks that people are always given a choice in how care is provided and that face-to-face consultations resume as soon as possible.

SOPA calls on the Scottish Government for a clear plan to address the issues raised in this report, ensuring that the basic health needs and human rights of older people are met and that the inequalities described in the report are prevented from occurring in the future.

The full report is available here [Access to Healthcare Survey Report \(pdf\)](#).

Welcome to the July 2021 SOPA Newsletter

[View the newsletter here as a PDF](#)



Welcome to our
June e-news

Welcome to our news and updates for June. We want to say a big thank you to all those who took part in this year's Dementia Awareness Week. We ended the week by launching our Memory Walk 2021 campaign - find out how you can register below.

We also bring you news of the Alzheimer's disease treatment aducanumab (recently approved in the United States), our revised report which looks at the hidden impact of the pandemic on the dementia community, and a preview of our Virtual Resource Centre.

For the full newsletter click [HERE](#)



We have launched the '**Right Care Right Place**' **Redesign of Urgent Care Campaign**, which went live on Monday, 21st June.

This campaign is focused on **raising awareness of the changes to urgent care services with NHS 24 on 111 becoming a 24/7 service.**

In a life-threatening emergency, people should continue to go to A&E or dial 999. However, if they need urgent medical attention that's not life-threatening, calling NHS 24 on 111 in the first instance ensures they will be able to be assessed over the telephone and referred to the right healthcare professional. This can avoid unnecessary trips to hospital and allow people to access care as close to home as possible. GP practices are also there for urgent care during opening hours.

As part of this campaign, we have created the **creative assets and guidance documents in multiple languages and formats**, so if you could please share this far and wide within your networks that would be very much appreciated.

Right Care Right Place Creative Assets

[View the 'Right Care Right Place' TV ad here](#)

[View the 'Right Care Right Place' TV ad – BSL version - here](#)

Our **print assets** signpost the pathways to urgent care:



Victoria Lopez | Partnerships Team Leader | Marketing, Insight, Brand Scotland & Internal Communications



ALLIANCE

Please click the link to read the full Membership Newsletter:

[Membership - Health and Social Care Alliance Scotland \(alliance-scotland.org.uk\)](http://alliance-scotland.org.uk)



Just Festival 2021

Edinburgh's social justice and human rights festival
6th Aug to 28th Aug

Just Festival is back for its 21st year. Join us live at St Johns Church for our fabulous exhibitions, and beautiful new musical commission. Join us online to listen, debate and be entertained by some of the best thinkers and commentators around.

[View all events](#)



BOOKS

***What Happens to Faith When Christians Get Dementia?* 'TRICIA WILLIAMS**

Here, the unique voices of Christians who live with this illness bring insight and prompt theological reflection on the profound questions that dementia asks of faith. Within the boundaries of a biblical agenda, these questions are explored using a model of orientation, disorientation, and reorientation (reminiscent of Brueggemann's scheme), to seek deeper understanding of faith experience and practice. Arising from the research,

Orders: Contact your bookseller or e-mail us at orders@wipfandstock.com

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. As a Friend you will receive our regular eNewsletter and invitations to our regular 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

**IF YOU WISH TO UNSUBSCRIBE FROM OUR NEWSLETTER, PLEASE EMAIL
info@fiop.org.uk**



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