

SEPTEMBER 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 – OUR LATEST BLOGS

Debbie Thrower invites greater participation in Scotland in Anna Chaplaincy for Older People. *'It is gaining traction in many parts of the UK', she writes, 'as an effective way of supporting people post retirement and benefitting from the gifts and skills of people in later life. It is time to see more such work in Scotland'.*

What is Anna Chaplaincy?

We live in a world of accelerating demographic change. It is good news we are living longer but with longevity come challenges. Anna Chaplaincy for Older People is a tried-and-tested approach to ministry among people in their later years.

More and more of those in the older age category themselves are sensing a calling to this ministry of offering spiritual care. Church leaders are

finding out how Anna Chaplaincy can shape their support for this growing cohort of people in the 'third and fourth ages' of life. Anna Chaplains are good listeners showing how to be more responsive to people with complex needs as well as considerable gifts from a wealth of lived experience. Anna Chaplaincy is named after the 84-year-old widow Anna who appears with Simeon in Luke's gospel- both inspiring role models of faithful older people. It is a gracious Christian offering from a local church to its community and is for people of strong, little, or no faith at all.

A recent survey* showed Anna Chaplains are meeting people of all faiths and none - 47% of those served were *not* church members.

How did it begin?

Anna Chaplaincy started in a market town, Alton, in Hampshire more than a decade ago – a joint Anglican/Methodist initiative - and has spread across the UK. A former broadcaster and lay minister, I was the first such chaplain and have pioneered the approach since joining BRF, Bible Reading Fellowship, in 2014 to develop it nationally.

There are now about 170 Anna Chaplains from many different denominations working in towns, cities, suburbs as well as in rural areas. Our core team runs online training courses, bespoke training days and residential courses in person. Teaching is based on the Anna Chaplaincy Handbook: 25 chapters of distilled expertise on how to meet the spiritual needs of older; talking with people about the story of their life, their biographical pain as well as their joys; addressing

spiritual issues sensitively which might involve forgiveness, grief and loss. The manual also covers topics such as the spirituality of dementia, working inter-generationally, and vital practical aspects of supervision and safeguarding.

What does it look like in practice?

Men as well as women can be Anna Chaplains. They may be lay or ordained. Some are paid but the majority are voluntary. All are skilled listeners who can help accompany people finding life hard in their later years, as well as be a voice for some who might feel they are becoming invisible as they age. Anna Chaplains are companions on the journey, with advice to offer on the art of ageing well. They help open eyes to new possibilities, to the opportunities for a deepening spiritual life and gaining fresh perspectives. They become a friend to someone who is lonely; a key link for the bereaved, someone who is isolated, and feeling alone. They signpost what help is on offer in any given context, for example for a partner caring for someone living with dementia. It is worth stressing that Anna Chaplains are also there to draw alongside carers, relatives, and paid professional carers. If you are looking after a loved one living with dementia, for instance, you need special support. The chaplaincy is not just about working with people in older age groups either. Every

person in need of support is someone's mum, dad, grandmother, grandfather, or other relative or friend. Anna Chaplains often foster good relations with local primary schools and generate visits and projects to tie in with care homes and sheltered accommodation. For example, Anna Chaplain Sue Yeo, from St Martin's Church in Maidstone, offers spiritual care to residents in care homes in the parish. When the pandemic prevented her visiting in person she began recording services and delivering them on DVD. For Mothering Sunday she invited local primary school children to produce artwork and poems on the theme of spring, a time of hope. The children's work was sent in with the DVD and displayed in the care homes for residents to enjoy, bringing the outside world in. She commented, 'Some of the children have a grandparent in a nursing or residential home, and I am sure being able to express their emotions in their poetry was important to them.' From the outset we were convinced Anna Chaplains (typically offering a day or two a week of their time) could be just as effective in rural, or inner-city settings, as in a small market town. That has proved to be the case, Anna Chaplains – often with volunteers working alongside them for a few hours a week known as **Anna Friends** – are now in villages, in seaside

resorts as well as more urban environments.

Combatting loneliness

Part of the national coalition, Christians Together Against Loneliness <https://www.ctal.uk/> Anna Chaplaincy is a timely response to our rapidly ageing population and their needs, many of whom describe themselves as lonely: *2.2 million of those aged 75 and over live alone.* (Office for National Statistics) *More than 1.4 million older people say they are often lonely, that number is projected to rise to 2 million by 2025/26.* (All the Lonely People – Loneliness in Later Life, Age UK 2018, drawing from data collected by the English Longitudinal Study of Ageing). Volunteer Anna Friends Sarah Griffiths and Shirley Hayes live in the village of Weald in Kent. Pre-pandemic, Sarah organised regular 'golden oldie' film screenings at St George's Church, aimed at people with dementia and their carers. Shirley is involved with a CAMEO (Come and Meet Each Other) group for older people in the village. During lockdowns they both made weekly phone calls to many older people who lived alone and risked being isolated during lockdown. Sarah became friendly with an older woman who had only recently moved to Weald when Covid-19 struck. It was a joy when they were finally able to meet

in person on the village green, as restrictions eased. With a team from her church, Shirley arranged for goodie bags to be delivered to the homes of older people, with cream teas and other delights!

In recent months, older Anna Chaplains have led the way back into certain care homes. Pam Shaw in Lowestoft, Suffolk, at the age of 82, dons full PPE each week and takes up position in a care home lounge where one after another as many as a dozen residents may be brought in to speak with her confidentially each week.

Getting the network together

As well as regular online get-togethers and specialist sessions on key aspects of the ministry such as prayer, care home worship and the variation on Messy Church that is specially for older people - **Messy Vintage** – (<https://www.annachaplaincy.org.uk/messy-vintage>) the Anna Chaplaincy network meets each autumn. The annual Gathering has taken place online rather than in person in recent times as the pandemic forced so much communication to switch from face-to-face to online. Meeting in this way is of great

support to the network members who may be in far-flung parts of the UK some distance from each other. 'It's good fun for colleagues to meet in this way and the decibel level can be very high at times!' says Julia Burton-Jones, Anna Chaplaincy's Church Lead, and who has been responsible for helping build Anna Chaplaincy into the DNA of Rochester and Canterbury Dioceses and its vocational training. With growing numbers of Anna Chaplains and their equivalents across Britain, our network members value the support of meeting the team at BRF. Over a day and a half there is much catching up on progress made, sharing of good ideas, learning through workshops and enjoyment of the fellowship of being able to worship together. The Gathering is an opportunity to make new friends, to reflect on the challenges in common, and be refreshed for more ministry.

Celebrating old age

It is counter-cultural work being an Anna Chaplain - someone who celebrates old age in a society which often tends to overlook and denigrate people of advanced years. Anna Chaplains are

hope-bearers in a society which emphasises autonomy, and values youth, beauty, and productivity so highly. It is like planting a flag in the middle of town and saying: 'older people matter.'

Retired Anglican bishop, Christopher Herbert, who has been a key supporter since its inception, says 'the care of older people is part of the heart-purpose of God. For churches to be involved in this form of ministry is to share in the healing love which Christ has for our hurting communities.'

We yearn to see the approach taken up in Scotland as enthusiastically, and as determinedly, as it has been elsewhere.

** Anna Chaplaincy Impact Report 2021 - Where we are a decade on, BRF.*

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Join us for a Faith in Older People and Anna Chaplaincy webinar - on Tuesday September 28 at 2.30pm. We will give an overview of the aims of the Anna Chaplaincy, with Debbie Thrower and the team, drawing together all sorts of people and groups who have expressed an interest in Scotland to highlight opportunities and plan the ways forward.

[ALL our blogs are available to read on our website at www.fiop.org.uk]

Journeying towards a Compassionate Community

My name is Alison Bunce, I am very proud to be a nurse and in 2019 became a Queen's Nurse. I have been nursing for 40yrs, spending most of my career in Palliative Care. I was given the opportunity in January 2016 to lead a programme called Compassionate Inverclyde. At that time, I was the Director of Care at Ardgowan Hospice and had been in that role for 9 years so this was a big change. Initially I was seconded for 3 years however due to the success of the programme my post became substantive In January 2019 and I have been in post since.

Compassionate Inverclyde has developed into an award-winning and inspirational social movement which has been supported by Ardgowan Hospice and the HSCP since January 2016. It is helping to transform attitudes and everyday practices around loneliness, social isolation, death, and bereavement across Inverclyde.

Our ethos is fundamentally about local people working alongside existing formal services enabling ordinary people to do extraordinary things for ordinary people, tapping into our desire to be kind, helpful and neighbourly.

Relationships are at the centre, as are shared values that enhance community, relational and individual wellbeing. Ordinary people are part of a dynamic, growing and self-organising social movement of fundraisers, volunteers, befrienders, companions, community cafes, compassionate schools, businesses, and neighbourhoods.

The following list is a summary of some of the strands which have been developed throughout the evolution of Compassionate Inverclyde:

1. **No One Dies Alone:** Trains and supports compassionate citizens as companions for people and families in the last hours of life.
2. **High Five Programme:** A programme aimed at all sections of the community focusing on the five ways to wellbeing,

helping people to understand how they can be kind to self and to others.

3. **Back Home Boxes:** Supporting people who live alone as they return from hospital.
4. **Back Home Visitors:** A volunteer visitor and a young person will visit an older person who lives alone and is socially isolated.
5. **Bereavement Café and Support Hub:** The development of a meeting place for volunteers and a friendly haven for anyone in the community who is experiencing loneliness, loss, crisis, or bereavement.
6. **Active Learning Programme:** Bringing together volunteers, leaders, practitioners and managers from health, social care and third sector organisations with an interest in "Compassionate Communities."
7. **New Mum Companions:** A new mum companion will visit a mum who has just had a new baby and help her relax and gain confidence to feed and bond with her baby.

Whenever I have been asked in job interviews or by someone to describe myself, creativity is always a word I use. I then go onto say I do not mean artistic as I do not have an artistic bone in my body! What I really mean is in my thinking.

I love the freedom to be able to let ideas and thoughts develop in a way that is without frameworks. My work leading Compassionate Inverclyde is exactly like that. There is no prescription, it evolves daily, naturally following its own path, listening to the ideas of a community and letting that grass root thinking emerge.

It gives me energy and feeds my soul. I am truly grateful to be immersed in a job which fits me like a glove.

It does not feel like work it feels wonderful to be working with the community to empower ordinary people to do extraordinary things.

Alison Bunce
Director of Care
Ardgowan Hospice

FAITH IN OLDER PEOPLE SEMINAR
Death, Dying and Bereavement
THURSDAY 23RD SEPTEMBER 2021 AT 2.30 (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.

About this event

Faith in Older People has had a focus on end-of-life issues for some time. We organise workshops and seminars on the issue and have had particular focus on supporting clergy; however, it is important that we all think about end-of-life for ourselves, not only in terms of planning but also how we relate to those who are experiencing loss and grief.

This seminar will give examples of compassionate communities and provide ideas of what could be in place. We will hear about:

- Good Life; Good Death; Good Grief - a project developed by the Scottish Partnership on Palliative Care

- End of Life Aid Skills for Everyone (EASE)

This is a free course run by Scottish Partnership on Palliative for people who want to be better equipped to help friends or family who are caring, dying, or grieving. EASE online is designed for members of the public and the course welcomes adults of all ages, experiences and walks of life. The course helps us to be confident in discussing end of life matters, listening and having difficult conversations.

- Two presentations describing the background and development of compassionate communities - North Berwick and Inverclyde.

It will be a stimulating and thought-provoking afternoon.

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

THE ANNA CHAPLAINCY – TUESDAY 28 SEPTEMBER 2021 at 2.30pm

The first Anna Chaplain, former broadcaster, and Licensed Lay Minister **Debbie Thrower**, works for **The Bible Reading Fellowship (BRF)** as the founder and pioneer of this work, while remaining a part-time Anna Chaplain in Alton. BRF is responsible for the promotion and development of Anna Chaplaincy, which sits squarely within all that the charity does to inspire, equip, and enable people in their churches and communities.



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Anna Chaplains are good listeners showing how to be more responsive to people with complex needs as well as considerable gifts from a wealth of lived experience.

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TO BOOK, CLICK [HERE](#)

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 VIA EVENTBRITE £30.24 - PLEASE CLICK [here to book](#)

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.

Presentation on Relational Care

Jenny Kartupelis

27 October 2021 – 4.00pm to 5.30pm

Relational Care is a concept that has evolved in response to observed good practice and benefits in the care of older people. It recognises the importance of creating environments of supportive relationships that are mutual and long-term in their nature; that enable purpose and meaning in life; and that empower and respect older people. Our October seminar will be led by Jenny Kartupelis MBE, author of two books on this subject, the more recent being *Making Relational Care Work for Older People* (2021, Routledge). Her work in this field has involved extensive interviews as well as looking at the impacts of best practice, and she is encouraging people attending the presentation to bring and share their own experiences, for which there will be plenty of time.

Making Relational Care Work for Older People: *Exploring Innovation and Best Practice in Everyday Life*. Jenny Kartupelis

This book explores the concept of relational care, what it feels like for older people and for carers, why it makes life happier and how those involved in residential, or community care can make it work. This is a lively book full of realistic ideas and information for everyone who wants to find out more about, access or implement the best in care – the best for older people, their families, care workers, management and society. 20% Discount Available - enter the code FLY21 at checkout* Hb: 978-0-367-36619-3 | £96.00 Pb: 978-0-367-40854-1 | £23.99 * Offer cannot be used in conjunction with any other offer or discount and only applies to books purchased directly via our website. For more details, or to request a copy for review, please contact: <http://bit.ly/tandfreview>
For more information visit: www.routledge.com/9780367408541

TO BOOK YOUR ONLINE PLACE via Eventbrite, please CLICK [HERE](#)

******* SAVETHE DATE *******

**FAITH IN OLDER PEOPLE, CHURCH OF SCOTLAND GUILD AND
CHRISTIANS ON AGEING**

Wednesday 17th November 2021

'Harvest field – Our older people a resource to be celebrated'

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

Implementation of Benefits Assessment under Special Rules in Scotland (BASRiS) Guidance and form for Terminal Illness, for Disability Benefits devolved to Scotland

Further information and materials from the CMO/CNO providing information about the implementation of new rules for benefits (devolved to Scotland) for people who are terminally ill are available via this link [here](#).

Connecting Scotland

The Connecting Scotland programme aims to close the digital divide, with a target of bringing 60,000 households online by the end of 2021. Organisations can apply for support on behalf of the people they work with. This includes:

- Digital devices – iPads and/or Chromebooks
- Internet connectivity – a mobile WiFi hotspot with 24 months unlimited data
- Training and support – for staff and volunteers to become ‘digital champions’ to support people to use the internet confidently and safely

From **28 September** the programme will be accepting fast track applications from organisations that can identify users who are:

- Digitally excluded, and
- On a low income, and
- At risk of social isolation and loneliness (particularly older people, people with disabilities, and single parents)

Please visit [Connecting Scotland](#) for full details and guidance.

[A National Care Service for Scotland - Scottish Government ...](#)

This consultation seeks views on creating a comprehensive community health and social care service that supports people of all ages. We propose that the **National Care Service** will define the strategic direction and quality standards for community health and social care in **Scotland**. It will have local delivery boards which work with the NHS, local authorities, and the third and independent sectors to plan, commission and deliver the support and services that the people of **Scotland** need.

GENERAL INFORMATION



Please register your Silver Sunday 2021 events on our National Map! Thank you to everyone who has registered your Silver Sunday events so far on our UK map. There's still plenty of time to add your activities and it's a great way to help people find out about your organisation. You can add both virtual and in-person events and it only takes about five minutes.

How to register your Silver Sunday event:

Create your Silver Sunday account

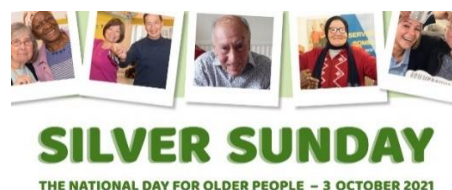
Once you are logged-in, Add an event

Complete the event registration form including as much information as possible, including if free food/refreshments will be available, timings for activities, a contact telephone number, and a photo of your activity or venue.

That's it! If anything changes and you need to amend any of your event details, you can log-in to update them yourself anytime. For larger organisations who are holding multiple events, or if you have any other questions about registering, please get in touch at info@silversunday.org.uk.



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!



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.



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
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
TO READ OUR LATEST NEWSLETTER CLICK [HERE](#)**

**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



ALLIANCE

Please click the link to read the full Membership Newsletter:

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

The ALLIANCE is hosting two events in September in partnership with the Scottish Mental Health Law Review, which will be of interest to anyone keen to learn more about mental health law within a human rights model. Please see below or the attached flyer for more information, and feel free to share within your own networks.

**Human rights, mental health law and me -Thursday 16th September 10-12, Wednesday 22nd
September 10-12**

Join us for a free online learning and discussion event where you will:

- Find out what we mean by Human Rights and a Human Rights based approach;
- Gain an understanding of why this approach is essential in 21st century Scotland; and
- What this will mean for mental health services, and the people who use and work in the services and the law around mental health and incapacity

Both dates will follow the same agenda. To register for this event and indicate accessibility requirements please e-mail membership@alliance-scotland.org.uk **specifying which date you would like to attend.**

BSL/English interpreters and Electronic Note-takers will be provided.

A blog from Donald Macaskill CEO Scottish Care

More than a service: the essence of social care

Two colleagues, Dr Tara French, and Imogen Caird, have this past week published what I consider to be one of the best papers on social care reform in Scotland that I have read for a very long time. '[Time for Change: Conceptualising a National Care Framework](#)' is not long but packs a punch of impact and insight and is well worth a read. One of their central arguments is that rather than so much debate and focus being placed upon a National Care Service what we should be considering, debating and engaging others on is the concept of a National Care Framework. To read in full go to the link below

[More than a service: the essence of social care - Scottish Care](#)



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SOPA Information Sheet – Ready Meals
General Healthy Eating Guidelines For those

who are interested in healthy eating and making sure they are eating a balanced diet follow the recommendations of the Eat Well Guide.

Available from:

<https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell>

For further information please go to our website and download our Eat Well A Guide for Older People in Scotland.

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





**Community Camp -
Applications Closing
Soon!**

Our Virtual Community Camp is running this October 1st and 2nd, and we'd love your help in sharing it!

Eden Project Virtual Community Camp is two days of joy, learning, inspiration and sharing with the aim that participants will grow confidence, friendship and support that remains long after the camp has ended.

Community Camp is perfect for anyone looking to get more involved in community action. Former participants

have been volunteers, involved in community projects or in informal community support. Whatever your background, if you want to get more involved in your community, this is a great place to start!

This fantastic opportunity is funded by the National Lottery, meaning that we can provide it entirely free. Applications close on 17th September so please share widely.

[Read more about Community Camp!](#)

THE GOOD NEWS ABOUT OUR CARE HOME STAFF

FiOP was very conscious of the support needed for our care home staff who went the extra mile in the pandemic and continue to do so. Napier University organised a conference on 'People and Practice' celebrating those who work in our care homes in May.

Mike Nicholson, author and researcher was asked to write 'the good news that had been happening in care homes.' The outcome is in the film below which I urge you to watch – it enhances perspectives and develops our appreciation of what this amazing workforce does every day.

The film evoked a bit of Twitter action about it including the review and recommendation from Donald Macaskill, CEO at Scottish Care.

Thank you to Mike Nicholson and [@EdinburghNapier](#) every [#carehome](#) worker, [#nurse](#) and manager should watch this 15 minutes of [#goodnews](#). Honest, truthful, raw and so very real. [@scottishcare](#)

Here's the link to the piece. There's a few mins preamble before Mike 'reads the news'!
<https://www.youtube.com/watch?v=-pWpizmqXP0&t=2s>

If you know people working in care homes, please forward the link as we'd like it seen as an encouragement to care home staff.



Can you ‘haud yer wheesht’ to support Age Scotland?

The Big Wheesht is returning for its second year and Age Scotland is urging as many people as possible to sign up for this sponsored silence with a difference. From 1-30 September, the challenge asks individuals, families, businesses and other organisations “can you haud yer wheesht?” and raise money to support lonely older people across Scotland.

Fundraisers can choose to take part in a variety of ways, from switching off their phones to unplugging from social media, hosting a silent disco or simply taking part in a period of sponsored silence.

The fun event has a serious message at its heart, aiming to highlight just how many older people in Scotland still live with unwelcome silence on a daily basis.

Age Scotland's recent research found that an estimated 218,000 over 50s feel lonely all or most of the time, with 53% feeling even lonelier as a result of lockdown. Around one in four (24%) said they did not normally see someone during the course of the week, rising to 28% among those who lived alone.

Donations to The Big Wheesht will go towards the charity's national 0800 12 44 222 friendship line, which helps older people stay connected by offering support, comfort and reassurance to those in need.

Age Scotland's Chief Executive Brian Sloan said:

“Lots of us would appreciate a moment's peace and quiet. But what if that moment lasted for days on end, with nothing but the television there to break the silence?

“This is the reality for too many older people. A lack of contact with others made the pandemic especially difficult, and hundreds of thousands of older people in Scotland can still go up to half a week without hearing from or speaking to another person.

“Chronic loneliness increases the risk of stress, anxiety and depression and doubles the risk of dementia. By joining us for The Big Wheesht this year, you'll be helping to raise awareness and tackle the devastating impact a lack of interaction can have.

Anyone who would like to take part in Age Scotland's Big Wheesht can register online by visiting www.age.scot/bigwheesht.

How to reconnect with normal life

06 AUGUST 2021 CHURCH TIMES

Jean Fletcher finds inspiration from the late Russian dissident Aleksandr Solzhenitsyn

To read the article please go to link below

[How to reconnect with normal life \(churchtimes.co.uk\)](https://www.churchtimes.co.uk)

MENTAL HEALTH

Mental health and wellbeing is a key theme in FiOP's work so the following are useful resources:

[Podcast: Ways to ease mental-health worries post-lockdown, with Corin Pilling \(churchtimes.co.uk\)](https://www.churchtimes.co.uk)




[Podcast: Ways to ease mental-health worries post-lockdown, with Corin Pilling](https://www.churchtimes.co.uk)

The Church Times. Ed Thornton is joined on the podcast by Corin Pilling, UK director of Sanctuary Mental Health Ministries, a charity that seeks to raise awareness of mental-health issues in the Church. Corin talked about how he has navigated the challenges of lockdown, and explained what Sanctuary is doing to help churches and communities. www.churchtimes.co.uk

EARTH REFLECTIONS

Glasgow Baha'i Community warmly invites you to join us for **Earth Reflections**, an event to be held in the lead up to the United Nations Climate Change Conference (COP26) in Glasgow. All are invited to enjoy poems, reflections, prayers, tributes and music reflecting love for the earth.

This online event will take place on the following Wednesdays:
18th August, 22nd September, 20th October and 3rd November at 7:30pm via Zoom
The Meeting ID is 7016668716 and the passcode is 1844

A circular logo for Glasgow Baha'is COP26. It features a stylized bird in flight, composed of colorful geometric shapes, set against a dark background. The text 'GLASGOW BAHÁ'ÍS' is written in a circle around the top, and 'COP26' is at the bottom.

EDINBURGH UNIVERSITY DEMENTIA DIAGNOSIS AND THE PANDEMIC RESEARCH PROJECT

If you are interested in learning more about this project or would like to participate, please contact:

Lindsay Kinnaird (Lindsay.Kinnaird@ed.ac.uk or 07825 298 237)

Understanding dementia diagnosis during Covid-19

The Covid-19 pandemic has presented significant challenges to the operation of memory clinic services, with many moving to remote consultations by telephone and video-call. One year on a small team of researchers at the University of Edinburgh are aiming to understand the impact of this rapid change in working practice on the assessment and diagnosis of dementia.

The diagnosis of dementia can be challenging in normal times. The sudden shift to remote

working has made this even more complex. This study will explore the assessment and diagnosis of dementia by video-call or telephone from the perspective of both the person making and the person receiving the diagnosis.

Our aim is to impact positively on the practice of remote diagnosis and, crucially, the experience of the person with dementia and their close family members.

Invitation to take part

We are interviewing people who have received a diagnosis of dementia from the beginning of the first UK lockdown in March 2020. We would be very happy to hear from people who are interested in sharing their experience and would be comfortable to speak on the telephone or by video-call. It would be possible to have a family member or friend provide support during the interview.

Learning from people who have received a diagnosis at a time of global pandemic will allow us to enhance practice for the future. It is also essential to understand the perspective of the clinician and ensure this expertise is represented in the findings of the study. We are therefore interviewing Old Age Psychiatrists from across the UK to reflect on their practice during the pandemic.

Study approach

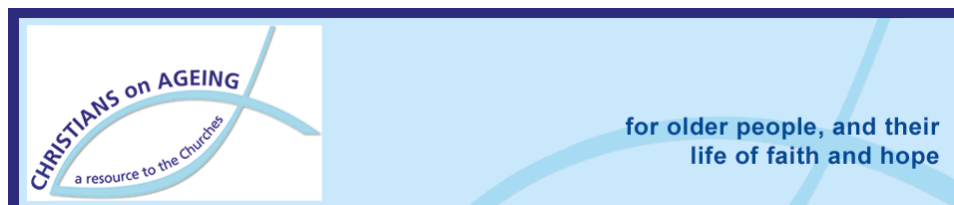
The study is being guided by a Research Advisory Group comprising people with personal experience of dementia. This Group is meeting regularly with the research team throughout the project to work collaboratively on planning, analysis and reporting.

The interviews outlined above form the first phase of the project. The second phase will bring together people with personal

experience of dementia, professionals, and people working in dementia fields in an online national consultation. The findings from the interviews will be presented at this event and discussions held to allow participants to inform the outcome of the research project. Recruitment to the study will be UK wide, making the findings applicable to all four countries, and arguably further afield.

Sharing the outcome of the study

The learning from the study will be shared as extensively as possible with several outputs, including a short, animated film and podcast series targeted at a wide audience as well as clinical guidelines for practitioners, a briefing paper for policy makers and academic papers to develop the evidence base.



Bad News: Covid stops Conference - again!

Good News: Here comes a Webinar and it's free!!.

Conference 2021 (Webinar)

We had hoped to invite you to Sheffield for our annual Conference. Instead, Christians on Ageing invites you to a Webinar on **29 September 2021 10.15 am to 4 pm**

OLD AND CHRISTIAN: what do you think about these?

Prison when you are old

Music as therapy in dementia

Dying, death and assisted dying

The webinar will be conducted via Zoom. A link will be available once your booking is accepted.

Cost: FREE

The day will conclude with an opportunity to tell Christians on Ageing about local initiatives and to encourage our growing and responsive ecumenical organisation to take up new challenges. This conference will help us to plan new ways of giving support, spreading ideas and promoting good practice.

Use this [link to book](#) your free place.



**TO READ OUR LATEST NEWSLETTER
PLEASE CLICK [here](#)**

**ALZHEIMER SCOTLAND –
OUR AUGUST NEWSLETTER IS
AVAILABLE [HERE](#)**

**Welcome to our
August e-news**

BOOK SUGGESTION

Faith in Older People's website – www.faithinolderpeople.org.uk – offers a full listing of resources, including a wide range of books. Topics include:

Ageing
Care Homes
Chaplaincy
Church and Dementia

Mental Health
Music
Palliative Care
Spiritual Education

Making Relational Care Work for Older People

Exploring Innovation and Best Practice in Everyday Life

Jenny Kartupelis

This book explores the concept of relational care, what it feels like for older people and for carers, why it makes life happier and how those involved in residential, or community care can make it work. This is a lively book full of realistic ideas and information for everyone who wants to find out more about, access or implement the best in care – the best for older people, their families, care workers, management and society. 20% Discount Available - enter the code FLY21 at checkout*

Hb: 978-0-367-36619-3 | £96.00 Pb: 978-0-367-40854-1 | £23.99 * Offer cannot be used in conjunction with any other offer or discount and only applies to books purchased directly via our website. For more details, or to request a copy for review, please contact:

<http://bit.ly/tandfreview>

For more information visit: www.routledge.com/9780367408541

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

When Words Fail - practical ministry to people with dementia and their caregivers.

Kathy Fogg Berry

This is a practical, empathetic resource for faith communities and those involved with them to support people experiencing dementia which draws on Kathy Berry's years of experience as a long-term care chaplain.

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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