

# OCTOBER 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 BLOG**

**[ALL our blogs are available to read on our website at [www.fiop.org.uk](http://www.fiop.org.uk)]**

### **Care and older people: changing the emphasis from the individual to the relational**

It's easy to feel that an interest in ethics or philosophy is only loosely connected to everyday life, but of course the theories they generate can be investigated and evidenced for their practical impact. The care of older people is a case in point. The nature and definitions of health, wellbeing, responsibility, reciprocity and many more theoretical concepts come into play, but if the point of considering these issues is not to improve life for carers and cared for, then what is it?

It is primarily with this purpose of improvement in mind that I have been

exploring care environments – residential, community and domiciliary – through interviews, visits and accessing evaluation reports over the last six or so years. The result has been two books (1) and the development of a theory of 'relational care'.

To start with the basic theory of relational care before moving on to matters of practice: being human nearly always means being interdependent. This is evident in so many of the world's most pressing current issues, including the Covid-19 pandemic, the climate emergency and apparently localised

conflicts. Yet over the last decades social care has been predicated on the benefits of independence and being 'person-centred' rather than interdependence. Independence can quickly deteriorate into loneliness and isolation. The person-centred approach, based on the primacy of the individual, is a great step forward from the primacy of the institution but may not adequately recognise that care should not and cannot be uni-directional. Seeing the older person as a collection of needs and demands, however frail they may be physically or cognitively, disempowers them further.

Rather than focussing on restoring 'independence' without looking at its implications, social care should be directed towards re-creating agency and autonomy, enabling contribution by ensuring mutuality in the care setting where possible, and recognising the importance of meaning and purpose in life.

Professor Marian Barnes, who proposes and has written extensively on the concept of 'care ethics' (2), notes that they prioritise 'relationships and responsibilities' rather than 'rights and rules'. Doctor and philosopher Atul Gawande in his wonderful book *Being Human* warns that if we focus on 'decrepitude', 'we blind ourselves to the opportunities that exist to change individual experience of ageing for the better'.

The experience of later life can be transformed and transformative, if it is lived in the context of meaning and purpose, which are very much about affirmation of

oneself as being needed and accepted as part of society. Ageing can bring new opportunities and time to develop spiritually, and part of that process may well include retrospection; having others to listen to you; and listening to them in return. Those 'others' may be family, friends, care staff, volunteers, chaplains, but crucially there should be a mutuality of regard (or preferably love), for each to feel recognised, known and valued for who they are.

Translating these observations, made by professionals, academics, theologians and philosophers amongst others, into everyday practice is another matter. This is where meeting people, listening, visiting different providers and projects comes in. How do people describe their experiences and what matters to them? When they talk about feelings of security, love, family bonds and contentment; about fears, losses and confusion: what do the environments that engender these look like? My book *Making*

*Relational Care Work for Older People* is subtitled *Exploring Innovation and Practice in Everyday Life*, and that is just what I set out to do. I looked for examples of best practice, and what seemed to make them work. To be honest, I was not very interested in finding poor practice, there is plenty of that (rightly) highlighted in the media.

We need models that can be followed and adapted, to avoid re-inventing wheels that are already working well. We need their inspiration. And we need to know how viable they are, in financial, operational and human terms. That is the basis for practical improvements and for developing arguments that might affect policy and funding.

The vital importance of relationships is now widely accepted as transformative to the lives of all involved in the care of older people yet favouring the conditions for them to get established has a long way to go, in policy, planning and practice.

1. *Developing a Relational Model of Care for Older People* (Woodward, J and Kartupelis, J, 2018, Jessica Kingsley Publishers: London) and *Making Relational Care Work for Older People* (Kartupelis, J, 2021, Routledge: London and New York)
2. See for example, *Re-imagining Old Age: Wellbeing, Care and Participation* (Barnes, M et al, 2018, Vernon Press: Wilmington)

**Jenny Kartupelis**  
Author of *Making Relational Care Work for Older People*

## FAITH IN OLDER PEOPLE BOARD

Rev Harriet Harris and Dr Jo Hockley completed their term of office at the September AGM. Very warm thanks to them for their contribution over the past few years.

We welcome to the Board Amy Crichton and Deidre Wallace who will bring a range of skills, experience, and knowledge to the work of the Board.

**The FiOP Annual Report and Accounts 2020-21 are available from our website – click [HERE](#) (Report) – click [HERE](#) (Accounts)**

## FAITH IN OLDER PEOPLE FORTHCOMING EVENTS

**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.

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

**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](http://www.routledge.com/9780367408541)

**\*\*\*\*\* SAVETHE DATE \*\*\*\*\***

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

**Wednesday 17<sup>th</sup> November 2021 10am-1pm by Zoom**

**'Harvest field – A celebration of the contribution of older people to  
our faith communities**

This conference continues to build on the collaboration between Faith in Older People and the Church of Scotland Guild which have convened an ecumenical group over the past few years. We are delighted to be working collaboratively with Christians on Ageing and we are indebted to Zoom which has enabled an increased cross fertilisation of ideas and topics.

The aim of the conference is to highlight different aspects of the contribution made by older people and the importance of embracing new possibilities with and by older people noticing how we change and develop as we age and how we express our needs. We will share examples of service and ideas.

There will be presentations on :

**Ministry with older People** (title tbc)

Rev Helen McCormack (Northallerton)

**Potential for Pioneering Ministry with Older People** (title TBC)

Rev Norman Smith (Edinburgh)

**The importance of Chaplaincy**

Donald Macaskill (Scottish Care)

**Changing spiritual needs as we age**

Dr Graham Hawley (Christians on Ageing)

**TO BOOK YOUR FREE PLACE VIA EVENTBRITE, please click [HERE](#)**

## SCOTTISH GOVERNMENT

### [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.

**PLEASE DO TAKE THE TIME TO CONSIDER THE CONSULTATION AND IF YOU WISH TO SHARE YOUR THOUGHTS, PLEASE CONTACT [Director@fiop.org.uk](mailto:Director@fiop.org.uk)**

## RECENT FIOP EVENTS

### **Death, Dying and Bereavement – How do we develop compassionate care**

This well attended seminar heard stimulating and practical presentations on the development of compassionate communities and the importance of awareness raising, education and community development to build sustainable initiatives.



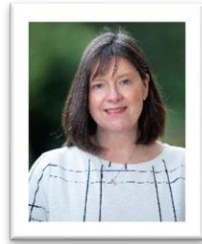
The seminar was chaired by Harriet Harris, Lead Chaplain to Edinburgh University and FiOP Board Member.

Our speakers included Rebecca Patterson who holds a policy and communications role within the SPPC and leads their public-facing Good Life, Good Death, Good Grief work. She outlined the work that is being done to support the development of compassionate communities through the EASE Course (End of Life Aid Skills for Everyone); Demystifying Death Week, To Absent Friends, and the Truacanta Project which supports local initiatives.

Alison Bunce, Compassionate Inverclyde and Deborah Ritchie, North Berwick Compassionate Community gave us full and thought-provoking presentations on the development of local compassionate communities which highlighted the need to acknowledge that time and patience is needed to embed such initiatives to really engage with volunteers and the local community.



Rebecca Patterson



Alison Bunce



Deborah Ritchie

**Compassionate Inverclyde aims:**

“To create Scotland’s first Compassionate Community. A community where everyone recognises that we all have a role to play in supporting each other in times of crisis, end of life and loss.”

**Ordinary people helping ordinary people**

Among the highlights of the work were :

- The support to 94 patients in No One Dies Alone Programme
- Over 4637 Back Home Boxes were distributed
- Supported 37 elderly people at home
- Supported 10 Palliative Care Families
- Development of a friendship hub
- Collaboration with local 3rd sector organisations.
- Provision and delivery of Helping Hand boxes for people who were shielding, self-isolating or in financial difficulty
- Provision of essential items for patients in hospital who did not have visitors or family members

**North Berwick Compassionate**

**Community aims to:**

provide opportunities for people, in North Berwick Community, to become more comfortable talking about death, dying,

loss and grief through raising awareness by offering events that encourage big conversations and encourage compassion. To provide more practical support for individuals, in the North Berwick Community, experiencing death, dying, loss and grief through training volunteers to offer support.

There was a strong emphasis on a whole community approach which included:

- working with local art group- art workshops and art display of doves and poppies and a stone cairn
- Public meeting to see if there was enough support to apply to be a compassionate community
- Meeting with key agencies to see if there was support
- setting up a core group with a focus on-two threads: Big Conversation and Support threads.
- Activities included Four Armchair Chats on Zoom including Soul Midwife and local author and music and Dr Kathryn Mannix – With the End in Mind and a major event in
- Fringe by the Sea: Dr Kathryn Mannix and Richard Holloway in Conversation

*“Really found this seminar enlightening.”*

*“Thank you so much for the thoughtful and gracious presentations and reflections. There is so much wisdom here.”*

## ANNA CHAPLAINCY Seminar

FiOP was delighted to welcome Debbie Thrower, Founder and Pioneer of Anna Chaplaincy, and her team of Julia Burton-Jones and Alex Burn to tell the story of Anna Chaplaincy and the impact it has on the lives of older people.



*Debbie Thrower*

<https://www.annachaplaincy.org.uk>

The meeting highlighted opportunities, particularly in the wake of the disproportionate numbers of people in older age who have suffered throughout the pandemic. The discussion focussed on how ways forward could be planned given that both Anna Chaplaincy and FiOP seek to enable a better understanding of the importance of the spiritual dimension to the well-being of older people.

Anna Chaplains are a ministry of Christian charity, BRF, Bible Reading Fellowship who have a vision 'to see an Anna Chaplain in every small and medium-sized community in the country, and for the Anna Chaplain name to become synonymous with spiritual care for older people.'

### **The key principles of Anna Chaplaincy are:**

- Appointed and authorised by, and accountable to, their local church or group of 'Churches Together'
- Ecumenical and community based
- An advocate and champion in the wider community
- Reaching out to all older people
- Valuing older people

### **Which are followed through by:**

- Visiting older people at home, taking home Communion
- Leading services and visiting individuals in care homes, supporting residents, families and staff
- Running groups for older people and those with dementia
- Offering inclusive worship services in churches
- Partnering with local organisations with shared goals
- Being a voice for older people in the community

Anna Chaplains describe their role as:

**‘a ministry of presence’**

**‘valuing older people, giving them a voice, keeping them connected and accompanying them on their journey’**

**‘listening to their story and helping them reflect on it’**

**‘making sense of their past, facing the future, enjoying the present, even when it is limited’**

**‘sharing in past hurts and asking for God’s help and healing. Finding hope in God’s goodness and grace’**

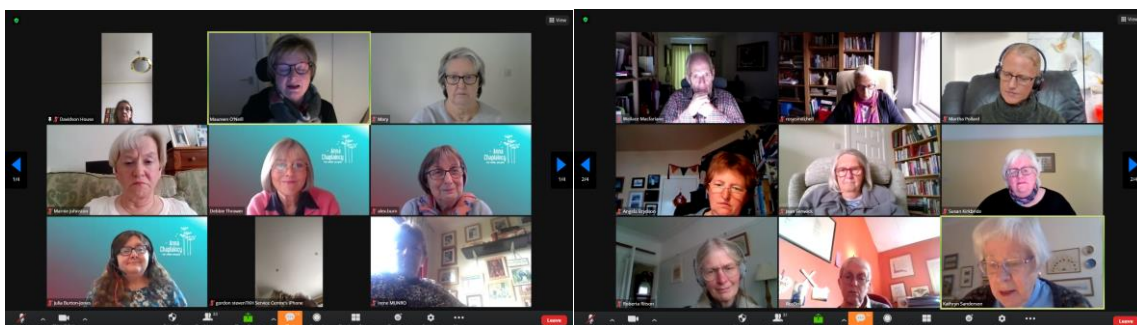
**‘completing the jigsaw of life’**

Supporting older people differently...



An increasingly ageing population makes the availability of Anna Chaplaincy important. The chaplaincy does not distinguish who would be commissioned as a chaplain or as an Anna Friend based on age and is open to both women and men. Currently, there are 176 Anna Chaplains, and this number is growing. Although their presence is in England there is gathering interest in Scotland as was demonstrated by the responses in the seminar.

The discussion ranged around national and local initiatives; outreach to day centres; working alongside people who had no faith, the available training, and resources as well as the hope that churches could have a stronger emphasis on ministry with older people to complement that given to youth. The emphasis is really about everyone.



*“Inspirational. Lots to think about”*



## GENERAL INFORMATION



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.

### Singing for the Earth COP26

Last autumn 150 singers, musicians and drummers joined up (virtually) to create a musical project with Karine Polwart, the acclaimed Scottish singer. We wanted to draw attention to the damage being done to the earth and persuade politicians to take action during the COP26 global summit. Karine's song 'Enough is Enough' captured our hearts, and we learned and recorded the song in our homes during lockdown. The film has winged its way round the world, with many more people adding their music and voices. We hope to perform it in Glasgow in November. Please help us spread the message!

<https://youtube.com/watch?v=tz8ex7Mnjb4&feature=share>



### TO ABSENT FRIENDS

**A people's festival of storytelling and remembrance**

**because dead ordinary people live on in the memories and stories we share.**

Held across Scotland from 1-7 November each year. See link below

[To Absent Friends](#)

End of Life Skills for Everyone = EASE is a public education course for anyone who wants to be able to support someone with issues they face relating to death, dying and bereavement.

[Good Life, Good Death, Good Grief :: News :: End of Life Aid Skills for Everyone \(goodlifedeathgrief.org.uk\)](#)

## NEW! Malnutrition Screening Pack for Carers

For our #LetsBuildThePicture campaign, we are highlighting the vital role that carers and care organisations can play in helping to detect and prevent malnutrition in older people.



The advertisement features a row of six diverse older people at the top. Below them is a blue banner with the text "Care at Home Malnutrition Screening Pack". Underneath, there are images of the screening pack materials, including a booklet titled "Staying Well & Nourished in Later Life" and a "nutrition checklist". At the bottom, it says "Order your copy: [www.eatwellagewell.org.uk](http://www.eatwellagewell.org.uk)" and includes logos for Food Train, Eat Well Age Well, and the Care Inspectorate.

With support from the [Care Inspectorate](#), we have developed a brand new **Care at Home: Malnutrition Screening Pack** which has been designed specifically for carers and care organisations.

The packs are completely FREE to order and contain lots of helpful resources and guidance on supporting older people to eat well, as well as easy-to-use tools to help identify if an older person is at risk of malnutrition.

[ORDER HERE](#)

SAVE THE DATE FOR  
UK MALNUTRITION  
AWARENESS WEEK  
Join the conversation



11th – 17th  
OCTOBER  
2021



## SCOTTISH PARTNERSHIP ON PALLIATIVE CARE

### Every Story's Ending



*Every Story's Ending* is a new report by the Scottish Partnership for Palliative Care. It explores what can be done in Scotland to improve people's experiences of serious illness, dying and bereavement. A report, summary and film link is available by clicking on the link <https://www.palliativecarescotland.org.uk/news/news/new-report/>

## ALLIANCE

### Older people and mental health – informing national policy implementation

The ALLIANCE and partners have published a report aimed at helping the Scottish Government's Mental Health Transition and Recovery Plan. [Read the full story on our website](#)

## 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](mailto: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.

### 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.

### CHARITIES CONNECTED

**Murdo Fraser MSP** brings to your attention the following message from Vodafone UK which we thought may be of interest to your organisation:

“As part of Vodafone’s commitment to tackle digital exclusion and connect one million people by the end of 2022, we recently launched charities connected. This initiative gives any charity in the UK the opportunity to apply for free connectivity to help the individuals and families it supports get online or to improve its own digital capability.

The connectivity, in the form of SIM cards offering 20GB of data plus free calls and texts every month for six months, will work in any SIM-enabled device (a phone, tablet, laptop, MiFi or dongle).

Recruitment to the study will be UK wide, making the findings applicable to all four countries, and arguably further afield. Registered charities of any size can apply by completing a simple online application form (found [here](#)). Information on how free connectivity will support the project and the number of people set to benefit will be required. Multiple SIMs can be requested and repeat applications can be made if the organisation has a range of digital exclusion projects under way. **Applications are open until 1 November 2022, or until supplies last.**”

We appreciate that, especially over the pandemic, connectivity has been a huge challenge for many of the charities in Perth and Kinross, meaning that this kind of initiative has potential to be of massive benefit.

**Noah Khogali** | Outreach and Engagement for **Murdo Fraser MSP**

Scottish Conservative and Unionist MSP for Mid Scotland and Fife Region

Tel: 07955935775 | Email:

[noah.khogali@parliament.scot](mailto:noah.khogali@parliament.scot)



Welcome to our  
September e-news

ALZHEIMER SCOTLAND - LATEST NEWSLETTER IS AVAILABLE HERE –

<https://mailchi.mp/alzscot/septembernews-729388>

## BOOK SUGGESTIONS

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**Faith in Older People's website – [www.faithinolderpeople.org.uk](http://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

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### **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>

## WITH THE END IN MIND

Dr Kathryn Mannix

### **IT'S A SIMPLE TRUTH: WE ALL DIE**

It's a complicated truth: we all fear dying, and we all fear it in different ways, according to our individual circumstances and life experiences.

And yet... Dying is a bodily process. Just like pregnancy and birth, it has recognisable stages of progression. We can recognise the progress of life-limiting illness; we can predict, less reliably early on yet with increasing accuracy as death comes closer. It's usually possible to gather the right people in time, and help them to prepare, because for most of us, dying affects not only the dying person but also their dear ones. Whether or not we are related to the people we hold most dear, dying is a 'family affair.'

But so often, dying people and their families remain unprepared because our fear about death has become a fear about even mentioning dying. [Home - WITH THE END IN MIND - Kathryn Mannix](#)

Dr Kathryn Mannix

### **LISTEN – HOW TO FIND THE WORDS FOR TENDER CONVERSATIONS**

**For most of us, there's a conversation we're avoiding. Moments when we need to be frank with others – anything from big challenges to everyday problems. This book gives invaluable advice on how to better handle tender conversations.**

**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](mailto:info@fiop.org.uk)**

You can find out more about our work on [www.faithinolderpeople.org.uk](http://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](mailto:info@fiop.org.uk)**



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