

NOVEMBER 2021 NEWSLETTER



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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

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

Care and older people: What relational care means in practice

In my previous blog, I looked at the concept of relational care – creating a network of support based on mutuality of affection, knowledge, and acceptance – and proposed that: ‘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 and recognising the importance of meaning and purpose in life.’

In my most recent book (1), a range of models that enable relational care are described, and their impact analysed. It is so important that evidenced theory of this type can be seen working in practice, giving ideas and inspiration, and proving what is viable and achievable in financial, operational and human terms.

To give an overview, the models presented can be broadly categorised as: (a) indicating the factors in residential settings that

favour relational care; (b) adapting the concept to community/day care settings; (c) new approaches that introduce different, positive dynamics; and (d) innovative technology. Given the number of venues and providers involved in researching the book, it’s only possible to offer a small number of practical examples in this blog, but hopefully they do give some flavour of what to consider in various circumstances.

Firstly, where residential care homes are concerned, the idea of ‘family life’ in terms of the security provided by mutual knowledge between members and their easy daily interaction offers a benchmark for improving physical, mental and spiritual wellbeing of all concerned. It appears (from extensive interviews) that there are certain factors which are frequently mentioned as promoting this model. These include but are not limited to: the avoidance of purely task-based planning; recognition of and respect for individuality;

regular shared meals of high quality; and the nature of the physical environment (2). When these enabling factors are present (and it should be noted that they are greatly influenced by the guiding philosophy of the management at all levels) they help create an environment based on love, in practical, definable ways.

Secondly, can these factors be taken into consideration when providing domiciliary or community-based team care? There are good examples of how this can work and the main points to note are, that ways must be found to ensure continuity of care relationships with the team while at the same time helping older people to extend their relationships into the wider community. This means that the care team should be small, closely integrated, mutually supportive, multi-skilled and embedded in the local community so that adults receiving social care are well known to the team as individuals, and can be encouraged to contribute to, for instance, clubs, interest groups and their immediate neighbourhood. A pioneering example was the Neighbourhood Cares project run as a pilot by Cambridgeshire County Council (3). Their experience is now informing future planning.

There are a number of comparatively new approaches to care provision that involve looking afresh at how people can be given increased autonomy and opportunity to be a more active member of their community

or family. For example, the Montessori concept of engaging and empowering, which has a long record of success in childhood education has been adapted to dementia care with provable beneficial impact (4); and intergenerational models are now - thanks greatly to the work of United for All Ages (5) - to be found in many situations and localities. Bringing together children, younger and older people can be life-changing, but must be done with care and thought to ensure that the relationships formed have a degree of longevity and fully recognise the needs of all involved.

Finally (for now), innovative technology can be either the friend or foe of relational care. There is a plethora of technologies for later life living, from remote monitoring to robotics; from mobility assistance to telecare. It is vital that these are not just introduced to meet a single isolated problem but are considered as a suite of possibilities, trialled in their intended combination. And equally important that there are rigorous questions during the trial: are they helping the older person to communicate more effectively or undertake daily living tasks such that they gain confidence and can relate more to family and carers? Or is technology creating a barrier to relationships by providing the sort of help that should ideally be given by another human being with love and attention? Is innovation opening new doors to living more fully and relationally?

1. *Making Relational Care Work for Older People: Exploring innovation and practice in everyday life* (Kartupelis, J, 2021, Routledge: London and New York)
2. See *ibid.* pp 79-81 for some guidelines about creating a favourable physical environment during new build or conversion
3. See *ibid* pp 39-44
4. See *ibid* pp 86-93 and also the web site <https://www.mariamontessori.org>
5. Find more about their work and get inspiration at <https://www.unitedforallages.com>

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

SEMINAR ON RELATIONAL CARE HELD ON 27TH OCTOBER 2021 – Jenny Kartupelis

Jenny presented a stimulating and informative seminar drawing on her book and facilitated a range of questions. The seminar was very well received, and we feel opens discussion on our views of care services for the future which are currently the subject of a consultation on the proposed National Care Service in Scotland.

Every Story's Ending

The past 18 months have been a tragic and brutal reminder of the impacts of serious illness, dying and bereavement. Whilst individual experiences have varied greatly, COVID-19 has highlighted an eternal truth: we are a community rooted in the shared experience of mortality. We are all vulnerable ultimately to the fears, uncertainties, suffering and losses that come with serious illness, dying and bereavement.

These past months have also demonstrated the best of humanity - in the care and support provided by communities, and by health and care services, to those reaching the end of life or who have been bereaved. These compassionate responses demonstrate a deeply rooted conviction that at this most vulnerable stage of life people have a fundamental human right to the care and support they need.

Leaving aside pandemics, over the coming two decades Scotland will see a large growth in the number of people dying each year – this is largely because of an aging population. Currently 1 in 3 hospital beds is being used by someone in their last year of life. The majority of people in care homes for older people are in their last year of life. Over 30,000 frail elderly people receive social care support at home each week. In 2040 more people will die, at an older age, very often after living with multiple different health conditions.

Living with serious illness, dying and bereavement are inevitable and

unavoidable parts of the human life course. Whilst dying itself is ultimately inevitable for everyone there is much which can be done to improve people's experiences during these difficult times. Palliative care aims to support people and their families dealing with these situations, optimising wellbeing during the time which people may have left, be that years, months, days or hours.

Now is a good time to take stock of how in Scotland people are supported when living with serious illness, dying and bereavement, and ask who can we do better? This is the question we have been working on at the Scottish Partnership for Palliative Care. Our conclusions are published in a new report [Every Story's Ending](#). The report is long, detailed and highlights eight priority areas for action:

1. Establishing leadership, commitment, collaboration and accountability
2. Improving the planning and organisation of services
3. Measuring and understanding peoples experiences of living with serious illness, dying and bereavement, and the impact of services
4. Working collaboratively with individuals and communities (who provide the bulk of the care and support which people receive)
5. Encouraging the public to think and plan ahead for this inevitable phase of life
6. Improving care and support overnight and at weekends
7. Improving bereavement support

8. Ensuring there are sufficient adequately skilled staff to provide services

The first of these, whilst it sounds very dry, is perhaps the most important. Currently 1 in 3 hospital beds is being used by someone in their last year of life. The majority of people in care homes for older people are in their last year of life. Over 30,000 frail elderly people receive social care support at home each week. Yet despite being a huge part of what the health and social care system delivers each day, palliative and end of life care is often surprisingly invisible in policies, plans, strategies and particularly in the measurement and understanding of outcomes.

The organisation and delivery of palliative care services in Scotland is complex. Multiple different organisations (lots of parts of the NHS, local authorities, care homes, care at home services, hospices, other charities) are involved. The lines of accountability and responsibility are complex. This can lead to a lack of strategic attention to palliative care as a whole.

This is compounded by an individual and organisational discomfort in contemplating mortality. There can also be a (perhaps unconscious) assumption that because death is inevitable there is nothing which can be done to improve associated experiences.

It is really important that those people who have positions of leadership speak about the importance of living with serious illness, dying and bereavement. It is very welcome therefore that the Scottish Government has recently committed to developing a new national strategy for palliative and end of life care. Whilst a national strategy doesn't change anything in itself, it does help to focus attention and resources and activity.

Around 58,000 people die in Scotland each year, and there is much to be proud of in the way that communities and formal services respond to those impacted. However, despite progress over the past decade, there remains a long way to go before Scotland can be sure of its ability to fulfil the rights of its citizens towards the end of life. It is eminently possible to make those rights a consistent reality. To fail to do so is a conscious choice which reflects poorly on a wealthy and technically accomplished society.

Just as 'it takes a village to raise a child', it takes a community of public and professionals to provide care and support for people who are living with serious illness, dying and bereavement. There is no more appropriate time to renew our commitment to this undertaking than now, and no finer expression of our shared humanity.

Mark Hazelwood
Chief Executive, Scottish Partnership on Palliative Care

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.

For information about our Board Members please see –
[Staff and Trustees \(faithinolderpeople.org.uk\)](http://faithinolderpeople.org.uk)

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

ANNA CHAPLAINCY

Following the seminar in September Debbie Thrower, the founder of Anna Chaplaincy wrote a blog about the event – see link below

[Spreading news of Anna Chaplaincy in Scotland and beyond...](#)

Please see link to the Anna Chaplaincy Facebook page which provides lots of information, ideas, and motivation to get involved with Anna Chaplaincy

[Anna Chaplaincy for Older People - BRF - Home | Facebook](#)

A force for change- New report* reveals Anna Chaplaincy's significance to older people and their carers

Anna Chaplaincy Impact Report 2021 by Jenny Kartupelis and Julia Burton-Jones
[bc9a5b_ff7b51a7766b470c80cd16263d10d722.pdf \(filesusr.com\)](#)

For more information see [Anna Chaplaincy - Leading Christian charity enabling ministry and mission \(brf.org.uk\)](#)

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

Wednesday 17th November 2021 10am-1pm by Zoom

Harvest field:

A celebration of the contribution of older people to our faith communities



The aim of this 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.

**The Programme for the day will include:
The Harvest Field influenced by the 'silver economy'**

Rev Helen McCormack (Thirsk & Northallerton Methodist Circuit & Zion, United Reformed Church, Northallerton)

Pioneering for all ages

Rev Norman Smith (Granton Parish Church, Edinburgh)

Q & A

A brief introduction to the Faith in Older People project – **The Gift of Age**

The accompaniment of care: the potential of chaplaincy in social care services

Dr Donald Macaskill (CEO Scottish Care)

Changing spiritual needs as we age

Dr Graham Hawley (Christians on Ageing)

PANEL DISCUSSION

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.

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

FROM CURE TO CARE

An Erasmus Project led by the University of Turin

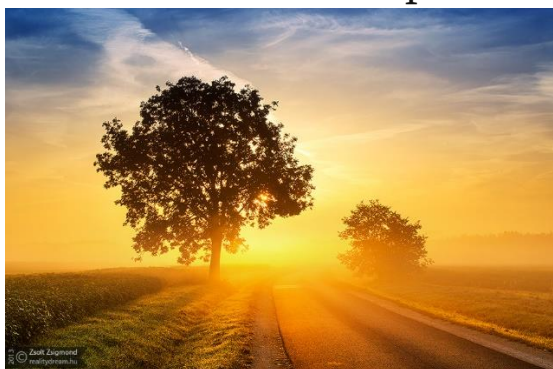
FiOP is pleased to be a supporting partner in this important research being carried out in different parts of Europe (Ireland, Poland, Spain and Italy) which has a focus on exploring nurses' learning needs in religious-spiritual assistance in health care with a focus on developing this in the digital field.

This work is very complementary to the scoping studies that FiOP in collaboration with NHS Education Spiritual Care Unit has been undertaking in Scottish Universities and Further Education Colleges on the curriculum for nurses and health and social care workers.



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

Responses to the consultation had to be submitted by 2nd November. FiOP submitted its response on the importance of integrating spiritual care for residents and patients more clearly together with the importance of ensuring that staff support is included in the commissioning of any service. For the full response see [A National Care Service for Scotland - Scottish Government](#).

To read FiOP's response to The Scottish Government consultation please click [here](#)

GENERAL INFORMATION

MENTAL HEALTH

FiOP has recently held a series of Zoom seminars on mental health which builds on the joint work with VHS and Support in Mind. Please see the information below which would be of interest to those wishing to consolidate their understanding and support to those experiencing mental health challenges.

Funded Introductory Level Mental Health Awareness Training

Support in Mind Scotland is currently delivering funded mental health awareness training (4 hours delivered over 2x2 hour Zoom) to rural organisations and businesses (up to 50 members of staff).

Courses are available monthly for individuals to sign up to:

Open courses November 9th and 11th 10.30-12.30pm both days,

7th and 9th December 10.30-12.30pm both days.

or, contact Fiona Thompson, National Training Manager to discuss delivering a course to your staff team fthompson@supportinmindscotland.org.uk. Please note that this is an introductory level course that aims to raise awareness and build understanding around mental health and wellbeing.

For more information click <https://ruralwellbeing.org/funded-mental-health-awareness-training-opportunity-for-rural-organisations>

The current free places on the course are on a first-come first-served basis.

Remembrance as inheritance: a reflection - Donald Macaskill, CEO Scottish Care

A thoughtful reflection

[Remembrance as inheritance: a reflection - Scottish Care](#)



[Remembrance as inheritance: a reflection - Scottish Care](#)

Over the last few days I have been thinking a lot about the idea of 'inheritance'. In part this turn of thought has been spurred on by reflections on the COP26 event in Glasgow. The idea that we are passing on a world which is in such a perilous state is one that has been ... Continue reading "Remembrance as inheritance: a reflection"

scottishcare.org

THE ALLIANCE – the following weekly bulletin highlights The Alliance response to the National Care consultation.

[The ALLIANCE Weekly Bulletin Wednesday 3 November - Health and Social Care Alliance Scotland \(alliance-scotland.org.uk\)](#)

Religion and Belief Policy Network Launch Event

Thursday, 2nd December 2021 at 13.00-14.30

The launch of the Religion and Belief Policy Network, supported by the Arts and Humanities Research Council

Book your ticket at

[Religion and Belief Policy Network Launch Event Tickets, Thu 2 Dec 2021 at 13:00 | Eventbrite](#)

About this event

RBPN is a research-based initiative led by Goldsmiths, University of London, with support from Arts and Humanities Research Council. The programme is designed to improve the effectiveness of employers and service providers in their engagement with religion and belief diversity. It works with influencers across employers and providers to co-produce resources and support policymaking and practice in this area.

Scoping events have been held in each of the nations of the UK to engage with policy leaders from a range of bodies and settings to scope the challenges and opportunities. This has led to the development of policy/practice resources to help professionals work effectively with religion and belief diversity:

- + Religion and Belief Literacy toolkit
- + Searchable database
- + Case studies



For our November e-bulletin click [here](#)

To read our latest newsletter, please click below:-



[Good Life, Good Death, Good Grief ::
October 2021 Newsletter
\(goodlifedeathgrief.org.uk\)](https://goodlifedeathgrief.org.uk)



CLICK [here](#) FOR OUR LATEST NEWSLETTER

Playlist for Life was founded by the broadcaster Sally Magnusson, who cared for her mum who had dementia. Sally's story is a tender one that illustrates the power of music in supporting connection and wellbeing, both for the person living with dementia and for surrounding family and friends: <https://www.youtube.com/watch?v=eWgBlmVQXoM>.

Since Sally founded Playlist for Life in 2013, many have witnessed the enormous benefits of using music as a therapeutic intervention. As a former carer myself (my mum had Alzheimer's) I too have experienced the power of music in journeying with my mum.

Playlist for Life offers a variety of free resources, including workbooks and 'how to' guides, online materials, and live Zoom-based webinars to help folk get started in creating personal playlists - <https://www.playlistforlife.org.uk/>

We're working with a wide variety of groups and organisations across the country, including dementia friendly faith communities, and we'd dearly love to reach out further.

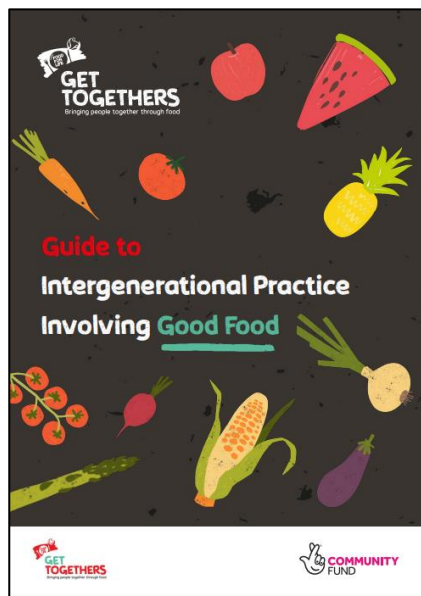


Independent research carried out every year helps us understand the impact The Big Lunch is having across the UK. This year, despite just emerging from lockdown, 9 million people across the UK took part The Big Lunch. That means more than 480,000 people in Scotland gathered on doorsteps, in back yards and for safely distanced street parties, to get to know our neighbours a little better. We also teamed up with good causes across the UK to celebrate summer 2021 with a whole Month of Community, meaning more Big Lunches taking place throughout June!

To read more about The Eden Project, please click on the link below -

zeta.ecommzone.com/lz/eplive/10317Q/ADAN_Oxetw25P-u1AF46qBH0KY_1xCtzPI86b6cRpCw1/home.html?g4id=1

FOOD FOR LIFE



Tips for vulnerable older people to eat well while self-isolating

The importance of a good diet is vital to health for everyone but particularly for older people who rarely go outdoors and can easily find themselves losing interest in food.

Vulnerable older people are advised to self-isolate due to the Covid-19 pandemic and this will mean they need to pay extra attention to their dietary needs, ensuring they get all the protein, minerals and vitamins they require.

Key messages:

1. It's important to eat regularly – at least three times a day.
2. Smaller meals more frequently with nutritious snacks in between may be better tolerated – this would be a small meal and a small snack a day.
3. It's important to drink plenty of liquids.

One of the basic principles of healthy eating is eating a variety of different foods to get a better balance of nutrients. Including a variety of food and drinks from the food groups listed below each day will provide everyone with a good balance of nutrients and help ensure their nutritional needs are met.



FOR MORE INFORMATION, CONTACT - Donna McGlashan, Intergenerational Development Officer
T. 07763087337 www.generationsworkingtogether.org



TO READ OUR LATEST SILVER SUNDAY UPDATE,
PLEASE CLICK [HERE](#)

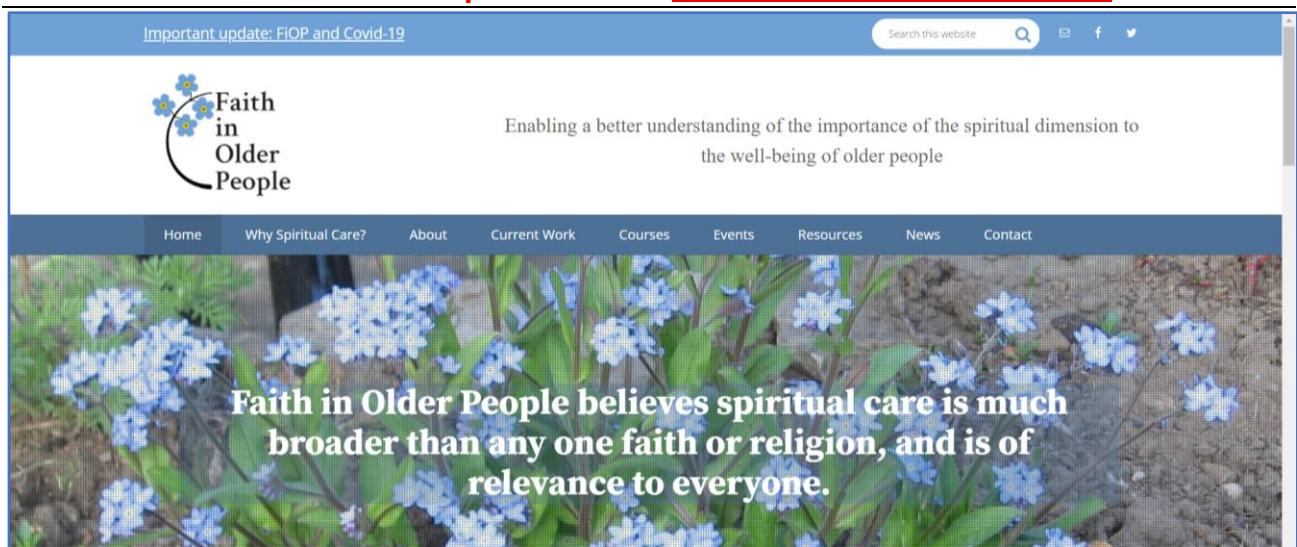


To read our latest e-bulletin,
please click below

[Life Changes Trust E-bulletin, October 2021 \(mailchi.mp\)](http://mailchi.mp)

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**

Dr Kathryn Mannix

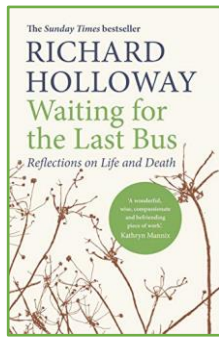
LISTEN – HOW TO FIND THE WORDS FOR TENDER CONVERSATIONS

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.



Now in his ninth decade, former Bishop of Edinburgh Richard Holloway has spent a lifetime at the bedsides of the dying, guiding countless men and women towards peaceful deaths. A positive and profound exploration of

the many important lessons we can learn, this is also a stirring plea to reacquaint ourselves with death. Doing so gives us the chance to think about the meaning of life itself; and can mean the difference between ordinary sorrow and unbearable regret at the end.

Radical, joyful and moving, *Waiting for the Last Bus* is an invitation to reconsider life's greatest mystery by one of the most important and beloved religious leaders of our time.

[Available on Amazon](#) [Waiting for the Last Bus: Reflections on Life and Death: AmazonSmile: Holloway, Richard: 9781786890245: Books](#)

**** PRESS RELEASE FROM DLT BOOKS ****

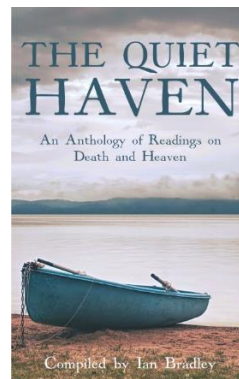
The Quiet Haven

An anthology of readings on death and heaven

Ian Bradley

'In past ages preparing for death was a major part of life. Yet we rarely speak of it and what might happen to us after it. This anthology of readings is a gentle and hopeful way to consider the inevitability of death and be as prepared for it as we can be, open to the possibility that death is a "great adventure and a journey not so much into the unknown as into the great ocean of God's love".'

The Rt Revd Dr Graham Tomlin, Bishop of Kensington



This beautifully curated anthology collects profound writings on death – and what follows it – by some of the world's greatest minds and devout believers over the last three thousand years.

The poems, prayers, hymns, and extracts from religious texts, sermons and essays, have been gathered together as a source of reflection and comfort for those contemplating the deeper meanings of mortality, including those approaching death and those who tend, counsel and minister to them. The collection may also be useful for people who meet to talk about and seek deeper understanding of dying, such as in church groups and death cafés.

Editor Ian Bradley introduces each of the readings with a commentary to illuminate and contextualise these spiritual treasures. He also offers suggestions for entries that may be helpful for readers in particular circumstances.

ABOUT THE AUTHOR: Ian Bradley is Emeritus Professor of Cultural and Spiritual History at the University of St Andrews. A regular writer for the *Tablet*, the *Times* and the *Telegraph*, his career has encompassed full-time journalism and broadcasting and University teaching and chaplaincy work. He has also been an active Church of Scotland minister and is the author of over 40 books, ranging in subject matter from academic theology and popular spirituality to contemporary politics.

EXTRACT for *The Quiet Haven*: *"The twentieth century saw death being swept under the carpet and becoming a taboo subject to be avoided in conversation. Medical advances substantially cut mortality rates, put a premium on prolonging life at all costs and took death away from the home, shutting it off in the hospital side-ward. It was surely no coincidence that theologians largely ceased writing and thinking about heaven and the afterlife and concentrated instead on the here and now ...*

... The last decade or so has seen the beginnings of a significant change in attitude and approach. Doctors have begun to question the wisdom of trying to prolong life at all costs. In a much-reported series of BBC Reith lectures in 2014, Dr Atul Gawande, an American surgeon, highlighted our reluctance to recognize the limits of what medical practitioners can do and questioned modern medicine's emphasis on the quantity rather than quality of human life. Dame Sue Black, perhaps the world's best-known pathologist, has commended the Victorian approach and bemoaned the fact that Western culture has 'fallen out of love with death' ...

... Will this changing attitude lead to a greater interest in what lies beyond death?"

For media enquiries, to discuss author interviews or features and/or to request a review copy, please contact Will Parkes at willp@darton-longman-todd.co.uk, tel. 020 8875 2811

Paperback (198x126mm), 144pp, 978 1 913657 30 7, £12.99, October 2021

WHY NOT BECOME A FRIEND

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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