

# FEBRUARY 2022 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

**Rohini Sharma Joshi**

***Faith in Older People sends its warmest congratulations to Rohini, a FiOP Board Member, on the award of the OBE for her service and commitment over many years to equality and diversity.***

## **FAITH IN OLDER PEOPLE – OUR LATEST BLOGS**

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

### **PIONEERING IN SCOTLAND IN 2022**

The word ‘unprecedented’ has, in these past couple of years, become a term that we have got used to hearing. The term has often been used by politicians to describe experiences resulting from the effects of the COVID pandemic. The experience of lockdown brought many challenges but primarily to health and wellbeing. The lockdown restrictions that governments implemented as a result of the pandemic presented a restricted but renewed focus on the local natural environment. Responding to this new scenario has, as we will see, brought new opportunities for pioneering.

On top of these societal pressures comes a period of traumatic change within the church of Scotland. The Assembly Trustees have set out a vision for a reduced but hopefully a rejuvenated church. This involves closures of buildings, uniting of congregations & amalgamation of presbyteries. It’s easier at present to see the reduction than the reorientation. It’s sobering stuff but the radical regrouping invites those involved in the church to get back to asking first order questions.

*What and who is the church for?*

It is clear that we can no longer simply try and improve the model of church as exists. We need rather to start with the God of Mission and God’s desire to share love and life with all that has been created.

#### **Where might this lead us?**

- To look with fresh eyes at places for signs of the kingdom where God is already at work
- To be a mission shaped church rather than a church which tries to do mission.
- To consider new starting places for the gospel whether that be in care homes, pubs, workplaces, beaches etc...

Asking such big questions is the natural territory of pioneers but having the patience & the compassion to sit, wait and discern the appropriate response will take time and needs to be done in community.

### **What is emerging?**

As a result of the pandemic and the accompanying restrictions four new pioneering initiatives have come to the fore. **Forest church, Renew26 wellbeing cafes, ACORN & Growing Young.**

**The Forest Church movement** <https://www.facebook.com/groups/forestchurch> is growing in Scotland. Embryonic groups are now to be found in Penicuik, Craigsbank, Musselburgh, Duddington, Linlithgow...

In these places there are gatherings of people who feel closer to God in the outdoors. Research has shown that in the general population people's greatest sense of spiritual or mystical experience has been mediated through music or through nature.

Activities such as working in allotments and community healing projects; local litter picks and foraging for fruit sit alongside psalm writing reflective walks and contemplative labyrinths. There is a reconnection with nature and the whole person rather than faith being simply cerebral and building based.

The series of national lockdowns in response to the COVID pandemic put great pressures on many people's mental wellbeing. One initiative that emerged in response to this is the **Renew Wellbeing Café**. <https://www.renewwellbeing.org.uk/>

This project offers companionship through crafts and other hobbies alongside an invitation to participate in a daily pattern of prayer. Started by a Baptist minister in the midlands renew wellbeing cafés are being set up in Bearsden, Stirling, Glencorse & elsewhere.

At a time of crisis many people have reduced the scope of their activities. Gathering together in big groups was no longer possible. Small groups have become more important and have re-emerged as key places for discipleship.

One example of this is **the ACORN project**

<https://www.facebook.com/groups/933478613810194> Introduced by Michael Harvey this is a simple way of injecting or reinjecting spiritual vitality into Christian fellowship. Focussed prayer and belief that God is already at work lie at the heart of this simple yet profound call to missional prayer. There are ACORN groups across the country with a cluster in the Inverness area.

Learning together as groups of churches is not new but dates back to New Testament times. It speaks of a reaction against the excessive individualism of contemporary society but also affirms the widespread appreciation that the interdependent working of the Trinity as community exemplifies the way of being for the Christian church.

**Growing Young** <https://fulleryouthinstitute.org/growingyoung> is a learning community model promoted by Fuller Seminary. Currently there are 22 churches engaged in this process from across Scotland reflecting on how they can change to become inter-generational communities where young people are cherished and supported. Minecraft Church, Young People Mentorship and Wild Swimming are some of the new initiatives that have arisen in conversation from these gatherings.

### **The Challenges of these times...**

To have the gift of 'Not fitting in' (Jonny Baker) can sound profound and can be prophetic. Yet pioneering at any time can be a lonely and challenging affair. When there is so much uncertainty around and the culture in the church struggles to get beyond self-criticism Pioneers cannot expect the church to be grateful for their efforts and will need to settle for affirmation that is close to home.

Despite the obvious challenges the national church has of late adopted **the Five marks of Mission** as a framework for the way that church needs to be. These are to help guide the church to set a new course for the future. These marks include activities with which pioneers will be familiar: proclamation and engagement with the culture; nurturing discipleship and building community; concern for social justice and a re-evaluation of the relation with the earth. These five points provide great opportunities for discussion about mission and can quite easily be linked to the four examples highlighted earlier.

Pioneering is about helping a new, life-giving culture emerge alongside and within inherited patterns. It is really hard to help bring new projects to birth whilst at the same time aware that in other situations communities need help 'to die with dignity'. May God grant us the compassion when asked to sit with the weary & the dying but to grant us also the discernment and the courage 'to go for it' when the right time to pioneer arises. And arise it shall because we worship a God whose love is new every morning.

Revd. Peter J. Wood

Pioneer & New Housing Co-ordinator for Lothian Presbytery

## **TALKING ABOUT MENTAL ILLNESS IN OLDER PEOPLE**

### **Why talk about mental illness?**

In recent years, stories and statistics in the media have highlighted concerns that mental ill health is affecting increasing numbers of people of all ages, and across all social and cultural groups. Whilst this increased awareness of mental health is to be welcomed, there is much still needing to change in society - in the ways we think about, and talk about, mental illness.

Mental ill health may include symptoms of stress, anxiety or burnout, along with medically diagnosed conditions such as depression, anxiety disorders, eating disorders and

addictions. Mental health services are under enormous pressure, and some people with more severe, suicidal, or psychotic mental illness may find it difficult to access the support they need. Amongst our older population, social isolation, exacerbated by the pandemic, has increased vulnerability to symptoms of mental illness. And for those living with dementia, the reductions in residential provision for assessment, respite and long-term care mean that families provide care at home for longer, with the additional risks of stress and mental ill health for carers.

### **How do we respond to this situation?**

One, very human, response is to think of mental illness as something that affects other people and not me. The possibility that I, or

someone I love, may become unwell is frightening, and so we prefer to not think about. We may avoid people who are

experiencing mental ill health because we don't know what to say. The reality is that at least half of us will experience some form of mental illness in our lifetime, and the rest of us will almost certainly be affected by the mental ill health of a close family member or friend.

Traditionally, our science orientated Western culture has delegated the care of those with mental illness to the medical professions and the state – which may have allowed wider society to distance itself. With waiting lists growing, and the capacity of the NHS seemingly unable to meet the needs of everyone seeking support, perhaps this is the time for us all to wake up and think about how we can respond as individuals and as faith communities.

We may hold core values of compassion and love of neighbour, but what does this mean in practice as we meet our actual neighbours, or gather in our churches and other community groups? How do we walk alongside, listen to,

Faith in Older People is shining a light on this issue by facilitating opportunities for anyone interested in joining the conversation. In 2021, a number of online seminars explored different aspects of mental health issues for older people. As part of this series, we offered a short zoom workshop 'Talking About Mental Illness in Older People'. Participants were invited to reflect on their own experiences of mental illness, whether personally, with family or friends, or in a faith community setting. We shared examples of the ways in which faith communities can respond, and ideas about how we, as individuals and as churches, can equip ourselves to be more confident in reaching out to our neighbours.

A second zoom workshop is planned for March 8<sup>th</sup>, 2022, 1.30 to 4.30pm. This is open to anyone wanting to explore how we can all help to create positive and safe 'mental health friendly' spaces for our congregational members and our wider communities.

***Dr Gill Yellowlees*** lives in the Scottish Borders, where she worked as a psychiatrist with the NHS Mental Health for Older People's team until retirement in 2014. She serves as an elder in her local Church of Scotland congregation and has trained in spiritual direction with the Epiphany Group.

and support those we know who are going through a difficult time? How do we begin to address the wider societal issues that exacerbate mental illness, such as stigma, shame, discrimination and exclusion? Can we encourage protective factors such as friendship, being part of a community, meaningful activity, and availability of people who listen and care? How do we face up to our own fears of what mental illness might mean?

What if...every faith community could be a safe place of welcome, where anyone could talk about feeling depressed, or anxious, or having a diagnosis of a mental health disorder? A place where they would be listened to without judgement, and receive thoughtful and appropriate support? Creating a culture where people feel safe enough to talk about mental illness is a first step on the way to building communities where shame and fear no longer keep people isolated.

## Faith in Older People and Anna Chaplaincy

**April 6 at 4.30pm – put the date in your diary. Make a cuppa and sign in for a joint webinar with Faith in Older People and the Pioneer of Anna Chaplaincy, Debbie Thrower.**

***Looking back on growth since Debbie became the very first Anna Chaplain, the former broadcaster explains why this approach to supporting people in later life is gaining momentum as it reaches Scotland.***

While we're living longer, generally, more of us than ever are living alone - 3.8 million men and women in the UK over the age of 65 live alone, 58% of whom are over 75. \*

What many people on their own *long for* is someone to talk to - someone who'll look as if they are trying to understand them.

Since 2014 the movement has grown from a single chaplain in a small market town in Hampshire, to a national network of chaplains in all sorts of towns and villages that's more than 200 strong. The name is inspired by the widow Anna in Luke's gospel, who was 84 years old, we're told, and full of faith and hope.

It is all still a drop in the ocean in terms of need, but the pandemic has certainly accelerated the number of new recruits. One of those is now ministering in South Lanarkshire, and there are other network members in Nairn and Orkney.

Anna Chaplains help those who feel isolated navigate the choppy waters of old age. They serve people of all faiths and none, in residential care and private homes. The range of support is wide, from 'just talking' to being advocates for those who are alone or feel disempowered.

There are more than two hundred in the network, each seeing an average of 56 older people a month.\*\* Through conversation, spending time getting to know individuals, they help engender fresh perspectives on challenging situations. Their greatest impact is to help people feel 'loved and cared about'.

People often ask me if I miss television having worked for both BBC and ITV as a reporter/presenter and national newsreader. I can honestly say I don't because this is such fascinating work, addressing a big societal problem, and we all have a vested interest in having someone to listen to us as we get older!

It seems unjust to me that many churches employ children's workers or youth leaders – but how many have appointed people to minister specifically to the older people in their congregation and beyond?

Maggie Dodd is an Anna Chaplain in Hertfordshire. She explains how she wants to see more older people 'cherished and supported within their church communities, and also beyond in the wider community.'

Many Anna Chaplains are voluntary, though Maggie's is a paid post, thanks to two Methodist churches joining together to recruit an Anna Chaplain. 'Often you have people who used to attend church' says Maggie, 'and they've become a little more frail and not able to attend or they've moved to a care home or sheltered housing, and they just lose touch with what's going on. They're not able to take themselves to church anymore.'

Last Christmas, she joined other chaplains in a project making stars to give as gifts to residents in care homes and to anyone they knew who was on their own. After seeing an inspirational post from Barrow-in-Furness Anna Chaplaincy about their star project, she says: 'I asked churches in St Albans to knit, stitch, or decorate wooden stars to wrap and give to each care home resident in the city. I calculated there are 587 rooms in residential care homes in St Albans and so aimed for 600 or so, to cover all the stars I would need.'

'The churches were brilliant, 13 got involved, including the cathedral, the two Methodist churches, seven Church of England churches, one Baptist and two URC churches, as well as various Rainbow and Brownie units, and primary schools.'

'We hit our target, and after several wrapping sessions at churches, I was able to deliver the stars to the twelve care homes. It's been a great catalyst for conversation with the churches about Anna Chaplaincy and connecting with care homes in the city. It has worked really well here, and by the sounds of it the churches would like to try something similar again next year.'

Maggie is just one of dozens of men and women, lay or ordained, and some post retirement age themselves, who are being trained through our online courses. Why not explore whether this role might be for you too? [www.annachaplaincy.org.uk](http://www.annachaplaincy.org.uk)

**Anna Chaplaincy is part of Bible Reading Fellowship, BRF, whose 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.**

\* [www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/families/bulletins/familiesandhouseholds/2017](http://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/families/bulletins/familiesandhouseholds/2017)

\*\* Anna Chaplaincy Impact Report 2021 'Where we are a decade on'  
<https://www.annachaplaincy.org.uk/impact-report-2021>

## **OUR RECENT EVENT Tuesday 8 February 2022**

*Katherine Southern, the Development Manager for Hourglass Scotland and Northern Ireland gave an excellent presentation on what is understood as elder abuse and how common it is. She emphasised the lack of awareness of the issues and how important it is to draw it to the attention of politicians and the general public. Please see her blog below:*

**Katherine's presentation is available from our website – please click [HERE](#)**

## **HOW CAN FAITH COMMUNITIES HELP OLDER PEOPLE WHO EXPERIENCE ABUSE**

### **Ageing Safely in Faith: How Faith Leaders can Respond to the Abuse of Older People**

*"The glory of young men is their strength, grey hair the splendour of the old." (Proverbs 20:29)*

*"He is not of us who does not have mercy on young children, nor honour the elderly" (Al-Tirmidhi).*

Throughout time and across the world, faith traditions have taught that older adults should be valued for their wisdom and their life experience. Yet, new research from Hourglass shows that the abuse of older people receives little to no attention from politicians and the general public. Faith communities show a similar lack of awareness, and religious culture can even exacerbate the issue. How can faith leaders support older victims of abuse, and make sure that older people in their faith communities are supported and protected?

**Abuse of older people is under-recognized**

According to the World Health Organisation, 1 in 6 people over the age of 60 will be victims of abuse. In the UK, that means around 1 million older people experience abuse every year—if not more, given that many instances of abuse go unreported. Abuse can include financial, psychological, physical, or sexual abuse, or coercive control and neglect.

The public vastly underestimates the number of older people who experience abuse: not one person surveyed by Hourglass in November 2021 thought the number of affected older people was as high as it is, and only 7% of the public think of older adults when they think of victims of abuse (animals score much higher). This lack of awareness impedes recognition and reporting of elder abuse. Faith communities can help to raise awareness and address abuse when it occurs.

### **The role of faith communities**

Speaking as a member of the Church of Scotland, I believe that faith communities have a responsibility to address abuse of older people. We are called to serve one another and the world, and our faith communities are largely made up of older people. The [2016 Scottish Church Census](#) found that while people over 65 made up 18.7% of the general population, they made up 42.4% of church attendees.

Moreover, some older members in homes, nursing homes, hospitals, or other places of residence may not receive many visitors outside of faith leaders, making the latter the only people situated to spot and address signs of abuse. Victims of abuse may also turn to clergy for help in a crisis.

### **Where faith fails victims**

It is unfortunate that aspects of religious culture make some congregants *less* likely to disclose abuse. Traditionally some Christians have thought that personal suffering contributes to their salvation. Others have been taught that “God won’t give you more than you can handle.” Still others may view their own suffering as punishment for past sin, and therefore deserved. Clergy are especially well positioned to counter such harmful views and help victims of abuse (and others!) reframe their experience in ways that contribute to their flourishing.

### **Ageing safely in faith**

Faith leaders should foster communities where older people can age safely and speak openly about real or potential abuse. As a faith leader or person of faith, you can:

- *Ensure that older people are valued.* While our faith communities do need to devote time and resources to attracting and serving young families, let us continue to treasure our older members.
- *Work to counteract rhetoric about “deserved” suffering.* In a Christian context, this might mean reminding people that in Christ we have already been forgiven, and also that each person is made in God’s image and therefore deserving of respect and care.
- *Talk about abuse and display resources.* Mention the topic of elder abuse from the pulpit or in conversation. Display pertinent resources so as to create an environment where people feel they can acknowledge abuse.

In conclusion, if you are a religious leader (whether formally appointed or as a member of the laity), please consider steps your faith community can take to address the problem of elder abuse, and thereby to help everyone in the community to age safely, free from fear of abuse.

*Katherine Southern is the Development Manager for Scotland and Northern Ireland, the only charity in the UK specifically dedicated to stopping abuse of older people. Originally from the U.S.A., she is an elder in the Presbyterian Church (U.S.A.) and a member of the Church of Scotland*

<https://www.cmf.org.uk/resources/publications/content/?context=article&id=372>  
[https://www.napsa-now.org/wp-content/uploads/2019/10/ALL-Faith-for-NAPSA-Handout\\_10-02-19.pdf](https://www.napsa-now.org/wp-content/uploads/2019/10/ALL-Faith-for-NAPSA-Handout_10-02-19.pdf)  
[https://ncea.acl.gov/NCEA/media/docs/faith\\_elder\\_abuse\\_web\\_1.pdf](https://ncea.acl.gov/NCEA/media/docs/faith_elder_abuse_web_1.pdf)  
[https://a82d07d9-81fc-4a06-ae8-464d0da71159.filesusr.com/ugd/991f52\\_156145c7671a4e51933d488054f499e6.pdf](https://a82d07d9-81fc-4a06-ae8-464d0da71159.filesusr.com/ugd/991f52_156145c7671a4e51933d488054f499e6.pdf)  
<https://www.interfaithpartners.org/elder-abuse>

“Hourglass is the only charity dedicated to calling time on the harm, abuse and exploitation of older people across the United Kingdom. With more than 25 years’ experience and expertise, the mission of Hourglass is to listen, advise and support older people at risk of abuse and their loved ones throughout the UK. Every year, more than a million older people are physically, psychologically, financially, or sexually abused, or neglected in the UK. That’s one in six older people who are victims of abuse.

What can faith communities do to respond to this epidemic of violence? In this talk, to be followed by a Q&A, the Development Manager for Hourglass Scotland will provide an overview of what all faith communities should know in order to effectively recognize and respond to abuse. The talk will cover what the charity knows about the scope and nature of abuse of older people in Scotland, the effects of the pandemic on older people at risk of abuse, and the warning signs of abuse and neglect. The talk will also address how faith leaders can help prevent abuse by creating communities receptive to the voices of survivors, and how they can respond to the spiritual needs of victims and survivors.

Talk about it, have resources available      How it’s not talked about  
Emphasis often put on younger people in the church

- to educate, encourage and support volunteers, health and social care workers, members of faith communities and other agencies to increase their understanding of spiritual care and issues around ageing
- to deliver events, courses and materials to meet identified need
- to continue to build the capacity and efficiency of the organisation

The challenge for older people is to make sense of life at a stage when loss and change occur more frequently and perhaps more painfully.

Even some aspects of Christian culture are less than helpful when Christians are involved as participants in such relationships. We have a way of reacting to each other in the church as righteous saints, rather than the sinners saved by the grace of God that we really are. We rarely, if ever, confess our sins to each other. Admitting that we need help ought not to be so difficult. We are placed together in fellowships to care for each other, and not to judge. Why is it so difficult for a Christian to say to his or her brethren that he or she is struggling with their duties and emotions and needs help right now?

It is naturally assumed that children will look after their aged parents. Unfortunately, in British culture this often means a lone daughter trying to do everything for a disabled parent and feeling terrible if they need assistance or cannot manage and the parent needs a residential home. But that is not what the Bible says. The Bible says we are to honour and esteem old people - it does not say single Christians are to destroy themselves by trying to cope alone with burdens that the wider community (and particularly Christian community) should be sharing. The command to

honour the elderly is one made to the Church as a whole. Local churches could do much to alleviate these burdens, and to prevent explosive situations arising.

Abuse of older people is under-recognised

Faith communities have a responsibility, more than others, to address abuse, both because of the high prevalence of older people and because of the greater likelihood that older people will disclose abuse

Aspects of Christian culture can, in insidious ways, make people less likely to disclose abuse

- Faith could reinforce someone's mistaken view that they should submit to abuse, if they misread Household Codes, or share in a view (popular among some older Catholics) that personal suffering is redemptive, or that "God won't give them more than they can handle" (from a perverse reading of a verse in 1 Corinthians), or that they are being punished for past sins.

Faith leaders should seek to make their communities places where people can come forward – both by talking about abuse, displaying resources, etc., but also by counteracting those aspects of faith that may discourage people from coming forward

#### **FiOP – HOURGLASS Seminar February 2022 – comments from delegates**

*"Many Thanks to Maureen and Katherine at Hourglass for an excellent seminar, so informative and well presented. I feel that I have learned so much!"*

*"Amazing, thank you Katherine."*



**THE GIFT OF AGE PROJECT**  
**Older people in Scotland's faith communities:**  
**a community resource for a resilient society**

#### **What happens when older people in faith communities give their time?**

This year-long Scotland-wide research is about to look for the answers to this question and our research team want to hear from all faith communities about the roles that older people play – both within their faith community and in the wider community.

Following on from the item in our previous Newsletter we are in the process of finalising the survey and piloting it with different denominations and faith communities. The survey will be launched in early March and will go out by email to individual congregations. Please watch out for it and ensure that someone in your congregation completes ONE survey for you.

This is a unique piece of research in Scotland, so we do need your help. Please view the film which is embedded in the poster below to further understand the aim of the project

Funded by The Tor Christian Foundation, Faith in Older People (FiOP) and Simon Jaquet Consultancy Services Ltd have been commissioned to carry out this research.



**For further information on the project**  
please contact Simon Jaquet

[simon@simonjaquet.com](mailto:simon@simonjaquet.com)

## FIOP's FORTHCOMING EVENTS IN 2022

### ZOOM workshop – NB numbers are limited

#### UNDERSTANDING MENTAL HEALTH ILLNESS FOR FAITH COMMUNITIES

Talking about mental illness – Dr Gill Yellowlees

**Tuesday 8th March 2022 \*\*\* Time: 1.30-4.30 (3 hours) \*\*\* Registration fee: £30**

(A few concessionary places have become available; please email us to enquire) [info@fiop.org.uk](mailto:info@fiop.org.uk)

**TALKING ABOUT MENTAL ILLNESS IN OLDER PEOPLE** - a workshop led by Dr Gill Yellowlees.

This workshop is an opportunity to talk about mental illness in older people and will include a general introduction to the symptoms of mental illness, models for understanding mental health issues, and the impact that mental illness has on everyday life. We will look at how we respond and can offer support to people suffering from mental illness, both as individuals and in pastoral care settings. The format of the day will include some teaching plus time for reflection, sharing from our own experiences, questions, and group discussion.

**Please note that this workshop is an opportunity to look at issues around mental illnesses such as depression and will not be focussing on dementia.**

*Gill Yellowlees lives in the Scottish Borders, where she worked as a psychiatrist with the NHS Mental Health for Older People's team until retirement in 2014. She serves as an elder in her local Church of Scotland congregation and has trained in spiritual direction with the Epiphany Group.*

**BOOK YOUR PLACE NOW VIA EVENTBRITE – CLICK [HERE](#)**

#### FAITH IN OLDER PEOPLE AND ANNA CHAPLAINCY

**A FREE ON-LINE SEMINAR ON WEDNESDAY 6<sup>TH</sup> APRIL 2022 4.30pm – 6.00pm**

The pandemic has shone a spotlight on the complex needs of older people. One organisation that's seen a rise in numbers of people wanting to help those in the older age category is Anna Chaplaincy. Anna Chaplains - named after the faithful widow 'Anna' who appears in Luke's gospel - are community-based. Independent research shows 'Anna Chaplains are present with older people, their families, and care staff in a multitude of ways: as friends, pastors, and ministers; sharing conversation, hopes, fears, prayers and laughter. They're in family homes, communities and clubs, church groups, care and nursing homes, through joy and loss, life to death. To those they serve, they are quite simply, essential.' (Impact Report 2021

<https://www.annachaplaincy.org.uk/impact-report-2021> )

The Anna Chaplaincy network is now more than 200-strong and is now in Scotland, with network members in South Lanarkshire, Nairn and Orkney. Anna Chaplains (male and female) often pursue a vocation to work in their own communities on reaching retirement-age themselves, finding renewed meaning and purpose in local ministry.

**If you'd like to find out more, take part in a joint webinar on April 6 from 4.30pm – 6pm with Faith in Older People and the Anna Chaplaincy team, led by Pioneer of the movement and former broadcaster, Debbie Thrower**



**Sign up for your free place via Eventbrite [HERE](#)**

## **SAVE THE DATE**

### **MALCOLM GOLDSMITH LECTURE 2022**

We are delighted that Dr Kathryn Mannix and the Rt Rev Richard Holloway will be presenting the lecture on **Thursday 12th May 2022** by Zoom at 4.30 pm. The focus will be '***With the End in Mind***'.

### **FiOP's focus for 2022**

Last year we considered issues around enduring mental health challenges, end of life matters, dementia, and spiritual care education. These are themes which continue to evolve and in collaboration with other organisations we will examine them and consider the role of faith communities in delivering support.

**We plan to hold a course developed by the Scottish Partnership on Palliative Care on 'End of Life Skills for Everyone' (EASE) and would welcome indications of interest**

**to: [Director@fiop.org.uk](mailto:Director@fiop.org.uk) and thank those who have already been in touch and we set dates as soon as possible.**

**We welcome ideas for events or training which would contribute to these themes. We envisage that we will continue with on-line events for the foreseeable future.**

## **SCOTTISH GOVERNMENT**

The Scottish Government is committed to reviewing the effectiveness of the Public Sector Equality Duty (PSED) in Scotland. In March last year, we published our Stage One report which set out current issues with the regime and areas for improvement. Building on that report and using valuable feedback from duty bearers and equality advocacy groups, we have published a consultation on our proposals for

Please note the consultation will run **from 13 December 2021 to 7 March 2022**.

During the 12-week period in which this consultation is open, Scottish Government officials will continue to engage with various equality advocacy groups and listed authorities to continue to develop our thinking and understanding of their views. Please do not hesitate to contact us if you have any queries or would like to set up a meeting with officials or recommend a network for us to connect with. The full consultation paper can be accessed here:

<https://www.gov.scot/isbn/9781802017427>

Responses should be submitted via Citizen Space: [https://consult.gov.scot/mainstreaming-policy-team/public-sector-equality-duty-review/start\\_preview?token=db4dff61f1a33e6284070b1b986dfe38328d56ab](https://consult.gov.scot/mainstreaming-policy-team/public-sector-equality-duty-review/start_preview?token=db4dff61f1a33e6284070b1b986dfe38328d56ab)

**Laura Graham** (she/her) Mainstreaming Policy Officer | Mainstreaming & Strategy Unit | Equality, Inclusion and Human Rights Directorate  
07956 131658 / 0131 244 7836 [laura.graham3@gov.scot](mailto:laura.graham3@gov.scot)

change. This consultation now sets out a series of detailed proposals both for legislative changes to the Scottish Specific Duties and changes to the wider implementation environment. We would be grateful for your continued engagement and expert input so that we can continue to shape and develop our proposals in order to create a more effective and cohesive PSED regime in Scotland.

## Publication of National Care Service Consultation responses

You can read FiOP's response alongside all other responses to the consultation.

[Published responses for A National Care Service for Scotland - Scottish Government - Citizen Space \(consult.gov.scot\)](https://consult.gov.scot)

## Volunteering during covid

Findings from a survey undertaken to gather insights into the experiences of Scottish third sector organisations and other stakeholders involved in supporting volunteering during the pandemic.

<https://www.gov.scot/publications/scottish-third-sector-perspectives-volunteering-during-covid-19-survey-report/>

[Scottish Household Survey 2020 - telephone survey: key findings - gov.scot \(www.gov.scot\)](https://www.gov.scot/publications/scottish-household-survey-2020-telephone-survey-key-findings-gov.scot/www.gov.scot) The SHS results for 2020 were published on 28 January 2022. The results of the SHS 2020 telephone survey are not directly comparable to SHS results for previous years due to changes in the research method, sample size and timing.

The key highlights:

- 64% of adults had taken part in formal or informal volunteering in the last 12 months. 66% of women and 61% of men had taken part in formal or informal volunteering in the last 12 months.
- 56% of adults took part in informal volunteering in the last 12 months (59% of women and 53% of men). 26% of adults took part in formal volunteering (25% of women and 26% of men).
- Adults living in the 20% least deprived areas were more likely to have undertaken formal volunteering in the previous 12 months (29%) than adults living in the 20% most deprived areas (14%). The same was true for informal volunteering, with 60% of adults in the 20% least deprived areas taking part in informal volunteering in the last 12 months, compared with 47% of adults in the 20% most deprived areas.
- Adults living in remote rural areas were more likely to have undertaken formal volunteering (38%), compared with adults living in large urban areas (25%).
- While no direct comparisons with SHS 2018 results are possible, there was a big change around informal volunteering. The proportion of adults who took part in formal volunteering remained the same (26% of adults saying they took part in formal volunteering in SHS 2018, SHS 2019 and SHS 2020), but the number of adults saying they took part in informal volunteering (56%) has increased by a lot (36% of adults said they took part in informal volunteering in SHS 2018). However, it is difficult to say if this increase is due to COVID-19 pandemic or due to the changes in the profile of SHS 2020 respondents, with home-owners and people with degree-level qualifications over-represented.

## GENERAL INFORMATION

Hourglass's latest report, entitled *Last in Line* reveals some shocking information about how under-recognised the issue of elder abuse is by politicians and the general public. Any questions, please just let me know!

TO READ THE REPORT, CLICK [HERE](#)



**We can't tackle the abuse of older people alone!**

Katherine Southern, Development Manager – Scotland and Northern Ireland

Mob: 07341 489261 [www.wearehourglass.org](http://www.wearehourglass.org)

# News Release



[News: Age Scotland's dementia training project announces new 2022 dates \(mailchi.mp\)](#)

### CHRISTIANS ON AGEING

**March 15<sup>th</sup> 10.30am – 12 noon Predatory Marriage** – context and related issues

Daphne Franks

Daphne's mother Joan was known to have dementia. Daphne had taken over management of her affairs through Power of Attorney, yet a marriage conducted in secret whilst her mother was living with this impairment has been deemed legal, all her assets on death passing to the man she 'married'. Daphne will explain the circumstances and describe this growing problem and approaches being pursued to attempt to counter it

**April – no Conference Call as such but encouragement to attend our AGM April 27<sup>th</sup> 1pm – 2.30pm. This will include an address by Professor Peter Coleman of The University of Southampton who will speak to: A reflection on 50 years' experience of interviewing older people about their attitudes to the Christian faith.**

This will be illustrated with quotations from interviews using a PowerPoint presentation.

**Register your interest in this Call and those in February and March by email**

[discussion@ccoa.org.uk](mailto:discussion@ccoa.org.uk)

We hope you will also join us for our AGM which will be conducted by Zoom and will include a special presentation by Professor Peter Coleman

[Conference Calls 2022 \(christiansonageing.org.uk\)](http://christiansonageing.org.uk)

David Jolley, Altrincham – 07976018418

To read the latest newsletter from CCOA click [here](#)

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



We are delighted to announce this year's exciting conference programme which invites speakers from across the globe to join our conversation to expand knowledge around the field of intergenerational practice. Due to the continued uncertainty of the pandemic our board of trustees decided to offer another online version of our annual international

conference which will take place from Monday 7th to Thursday 10th March 2022.

Have a look here and find out more [GWT's International Conference 2022](#) and sign up to take part in the intergenerational journey to Build and Intergenerational Nation. If you have any challenges signing up let me know and I will assist you.

Bella Kerr  
Intergenerational Development Officer  
T. 0792755073



Be part of the National Day for Older People

**SILVER SUNDAY**  
2 OCTOBER 2022

Emerging from the shadow of the pandemic, we are excited to be looking ahead and making plans to hold the biggest celebration of older people yet.

So, if you haven't already, make sure **Silver Sunday on 2nd October** is firmly in your calendar and join us and thousands of others to celebrate older people this year!

**[Download info pack](#)**



Please click to read - **[OUR LATEST NEWSLETTER](#)**



A very deeply moving programme please watch and share.

Through hearing survivors' stories such as Henry Wuga and Eric Murangwa and children's hopes for the future together we can help to build that better tomorrow free of hate, racism and genocide.



**Scotland's Holocaust Memorial Day Programme 2022**



## ALLIANCE

Faith in Older People has as one of its themes Mental Health and Older Age. One of the issues we have highlighted has been stigma which was addressed in a blog from Professor John Swinton and in the series of on-line seminars last year. If you are experiencing a mental health challenge or supporting some who is, please do consider participating in this important survey

**The Mental Health Foundation, See Me and Glasgow Caledonian University are undertaking a groundbreaking research project to better understand how people living with severe, complex and/or enduring mental illnesses experience stigma and discrimination**

The Scottish Mental Illness Stigma Survey is a first-of-its-kind piece of research for Scotland, which will look to address some of the most pervasive and severe stigma and discrimination that people in Scotland with mental health illnesses face.

The survey seeks to understand mental health stigma and discrimination to create real change in Scotland.

They want to speak to people who have experienced longer term, enduring mental illnesses which have seriously impacted on their lives to find out:

[Participate in the Scottish Mental Illness Stigma Survey - Health and Social Care Alliance Scotland \(alliance-scotland.org.uk\)](https://alliance-scotland.org.uk)

[Community mental health support to be expanded - Health and Social Care Alliance Scotland \(alliance-scotland.org.uk\)](https://alliance-scotland.org.uk)

CLICK [here](#) to read our LATEST BULLETIN

## Welcome to our January e-news

Welcome to our January e-news where we bring you the latest news and stories from **Alzheimer Scotland**, as well as our monthly update from our Chief Executive.

**Please note that the time is Canadian time, which makes it very late in the UK. So if you register you will have access to a recording.**

### **Spiritual Needs of Older Adults with Secular Beliefs: A Webinar for Spiritual Care Providers and Interested Others!**



The banner features a photograph of Elizabeth Pringle, a woman with blonde hair, smiling. To her right, the text reads: "TUESDAY, MARCH 1, 2022, 6:30-8:00 PM EST" and "SPIRITUAL NEEDS OF OLDER ADULTS WITH SECULAR BELIEFS". Below this, it says "A Webinar for Spiritual Care Providers and Interested Others with speaker Elizabeth Pringle". At the bottom, there are logos for "UNIVERSITE SAINT-PAUL UNIVERSITY", "RIA RESEARCH INSTITUTE FOR AGING", and "Conrad Grebel University College". To the right of these logos, it says "FREE. PRE-REGISTER AT [grebel.ca/sa](http://grebel.ca/sa)".

**Tuesday, March 1<sup>st</sup>, 2022 6:30-8pm EST (**

To be human is to have a spiritual dimension, regardless of beliefs. Those with secular and humanistic beliefs still have spiritual needs even if they may not articulate them or use that language. Often people with secular beliefs are considered 'aspiritual'. They can also resist spiritual support believing it comes with a religious agenda or proselytization. It is important to understand the spiritual needs of those with secular beliefs and be able to offer spiritual support in a way that is helpful to those individuals.

### **About Elizabeth Pringle**

Elizabeth's career started out as a Learning and Development professional. From her first role in aged care in 1998, she developed a passion and commitment to improving the lives of older people. From 2002-2014, she worked in aged care regulation and quality improvement to improve quality of care and quality of life for older people. In 2015-2016, Elizabeth was the Project Manager and researcher for the *National Guidelines for Spiritual Care in Aged Care* in Australia. These were the first spiritual care guidelines in the world specifically for older people. She now focuses on equipping individuals and organisations to offer quality of life to older people so they can live a meaningful, purposeful and enriching life. Check out her website [www.improvementmatters.com.au](http://www.improvementmatters.com.au).

**Co-sponsored by:** The Spirituality and Aging Program of the Schlegel-UW Research Institute for Aging and Conrad Grebel University College, Waterloo, and The Centre for Aging and Community, Saint Paul University, Ottawa

**[Register in advance for this meeting here.](#)**

**After registering, you will receive a confirmation email containing information about joining the meeting.**



**Feb 2022 Newsletter** - [CLICK HERE](#)  
This month we're talking about our response to the new proposed Good Food Nation Bill.

## SCOTTISH PARTNERSHIP ON PALLIATIVE CARE

FiOP often works in partnership with the Scottish Partnership for Palliative Care (SPPC) for events and consultations in relation to end of life matters.

### Bereavement Commission Consultation

SPPC has submitted [written evidence](#) to the UK Commission on Bereavement.

SPPC's recent publication, *Every Story's Ending*, thoroughly explores the question of how people in Scotland can be better supported to put in place practical plans for death and bereavement. The link is below

<https://www.palliativecarescotland.org.uk/content/everystorysending/>



CLICK [HERE](#) TO READ OUR LATEST NEWS



[Our latest newsletter is available HERE](#)

## The Life Changes Trust

Our friends at TIDE: Together in Dementia Everyday are currently undertaking an important research project examining the experience of unpaid carers of people living with dementia in rural communities in Scotland. The Scottish Government, through Inspiring Scotland, has provided funding for the project, which is available here - It should only take about five minutes to complete.

[TIDE - Together In Dementia Everyday - Scottish Rural Carers](#)

## CONFERENCE OF THE PARTIES (COP26)



We are urged not to forget the commitment and passion for climate change that many people took to COP 26 last November in Glasgow. On the other side of the country the staff and students in the School of Divinity at New College led a project to send a message to the delegates at COP 26, the UN Climate Change Conference.

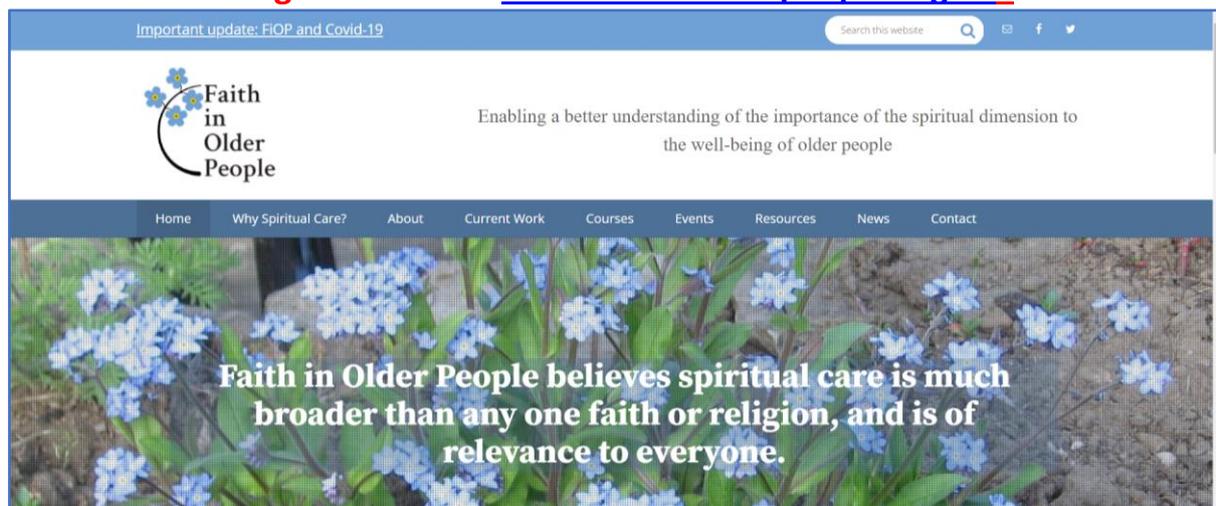
Two giant banners were suspended from the towers of New College on the Mound in Edinburgh, a location from which to beam a signal across the city centre to all who passed in the belief that news and views would be carried westwards.

The 22 metre banners were made up from patches designed and crafted by 40 faith communities, youth groups, guilds, church organisations and individuals around Scotland. The staff and students from New College crafted patches to spell out CREATION CARE and NOT ECOCIDE. Together they created an unambiguous message from people of Muslim, Jewish, Buddhist, Christian faiths and none.

**A FULL BLOG ON THE BANNER WILL BE AVAILABLE IN MARCH 2022**

## BOOKS and RESOURCES

Faith in Older People's website offers a full listing of resources, including a wide range of books at [www.faithinolderpeople.org.uk](http://www.faithinolderpeople.org.uk) -



**Topics include:**

**Ageing  
Care Homes  
Chaplaincy**

**Church and Dementia  
Mental Health  
Music**

**Palliative Care  
Spiritual Education**

## FURTHER Books/articles

**Integrity of Pastoral Care: David Lyall (2001) Published by SPCK**

**Becoming Friends of Time: John Swinton (2016) Published by SCM Press**

### **The Value of Death**

Any doctor who has found themselves uncomfortable with our approach to death and dying in the hectic environment of contemporary clinical care will find the Lancet commission on the Value of Death of interest. The important work of this group continues with the launch of a report and open access webinar that leads up to a conference in London on 1<sup>st</sup> March

### **A divine idea: Can Healthcare chaplains reduce suffering and disparities in end-stage cancer**

<https://eapcnet.wordpress.com/2022/02/07/a-divine-idea-can-healthcare-chaplains-reduce-suffering-and-disparities-in-end-stage-cancer-care/>

**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)**



**Faith in Older People**

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