

JUNE 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

Leading pastoral theologian appointed as Queen's Chaplain

An eminent Scottish theologian and Church of Scotland minister has been appointed to the role of Queen's Chaplain.

FiOP is particularly delighted as Professor Swinton has been our Theological Advisor and contributor since our beginning.



Reverend Professor John Swinton has been appointed to the role of Queen's Chaplain

Rev Professor John Swinton who is the current Chair in Divinity and Religious Studies at the University of Aberdeen has played a major role in the development of disability theology. He has a background in nursing and continues to do research within the area of theology and healthcare.

Professor Swinton will become one of 10 Royal Chaplains in Scotland, a role which dates back to the 15th century.

Today, it is largely a ceremonial honour with members of the Chapel Royal taking part in formal state occasions and conducting services at significant national events.

Professor Swinton, who is originally from Cumbernauld, but has been in Aberdeen since 1972, said: "***It is a tremendous honour to be invited to take up this role***

OUR LATEST BLOGS ...

bold Bringing Out
Leaders in Dementia



bold is a five-year project delivered in partnership by University of Edinburgh and Queen Margaret University, funded by the Life Changes Trust. **bold** stands for Bringing out Leaders in Dementia, and our vision is: *Having a dementia doesn't matter for who I am as a person or how I live my life and that everyone should be able to flourish.*

Our aim is to ensure that our communities can all make a positive contribution to support people living with dementia.

The project is a creative and interactive Social Leadership programme that provides opportunities for people to develop their leadership potential and equip them with the skill to flourish as leaders in dementia and make our communities across Scotland places where people living with dementia can flourish too. **bold** recognises that many people live with dementia in different ways, and we bring together people from all walks of life with different backgrounds. Our ethos is that we are all on an equal footing and can learn from each other. Therefore, everyone who takes part in the **bold** programme is known as a partner rather than a participant. Our partners might include people who have a dementia, a family member or friend of someone with a dementia, a carer, a member of NHS staff, an artist with an interest in working alongside people with a dementia, or anyone that has an interest in doing something positive to help themselves and in turn those living with

dementia flourish and reach their potential. We believe that everyone living with dementia in whichever way has an important story to tell that can add to our understanding of how everyone can flourish and create social change for the better.

The project launched in 2019 and we delivered two in person programmes in Inverness and East Lothian. In response to Covid-19, the team redesigned it as a 6-week online programme which was introduced in winter 2020. We have now completed four online programmes and are currently delivering our 5th programme.

We use creative arts-based methods to explore who we are as social leaders in dementia. These methods might include poetry, creative writing, working with clay, collage and using our voice. Creative methods help to create open and safe environments within which we can talk about and articulate our shared values and beliefs. There is no right or wrong with creativity leaving us free to innovate, imagine and have fun. Creativity helps us see the world from a different perspective, often de-bunking taken for granted ways of seeing things. It can help uncover hidden strengths and vulnerabilities enabling us to realise our potential as we allow ourselves to flourish.

There are four core values that thread through everything we do in **bold**. These emerged from the early in person workshops in 2019, and are:

- Being Creative
- Showing Character
- Being Bold and
- Showing Love

bold uses the philosophy of Social Leadership as developed by Julian Stodd (2016) because it is about creating fairer, more equal cultures that enables all persons to flourish. It

challenges traditional hierarchal ways of leadership, seeking to bring about change through shared learning, connection, sharing stories, being able to make mistakes and debate, forming supporting and long-lasting relationships and networks and creates conditions where everyone can feel safe, supported, valued and respected. Social Leaders are curious, humble, who try, learn and try again, tell stories and are willing to fight for and do what is right and who create supportive networks. A **bold** Social Leader is someone who also has a desire to help those living with dementia flourish and to makes positive contributions to support people living with dementia in many different ways, including in local neighbourhoods, families, communities, social groups or in organisations around them.

Taking part in the **bold** programme has made a significant impact on many of our partners as

the following feedback from some of our partners reflects:

"It was a really positive experience. The first course they have ever been on that gets you to see things from a different perspective, and that is what is needed"

The collective bold experience is one of those deeply nurturing experiences that takes time to filter through into your bones and generates impact over a long period of time.

"bold has enabled me to be bolder and I will be bolder still"

Please visit: <https://bold-scotland.org/> to find out more, or email us on info@bold-scotland.org



Frankie Greenwood

ECRED (Edinburgh Centre for Research on Experience of Dementia) Deputy Director and Research Fellow

Bold (Bringing out Leaders in Dementia) Project Facilitator

Faith in Older People Board Member

Loneliness Awareness Week: A new befriending service comes to Edinburgh

Edinburgh City Mission is launching an exciting new befriending service, to help people aged 65 and older who are facing loneliness, called Two's Company Befriending. It will be a 1 to 1 befriending scheme that is run in partnership with Linking Lives UK. Through Two's Company these organisations want to mobilise the faith community to step up and combat loneliness. With Loneliness Awareness Week taking place from 13-17 June, this is the perfect time to highlight the need and this new service.

Loneliness: The “Other” epidemic

Before the covid-19 pandemic, there was another issue that the medical community was becoming concerned about—loneliness and social isolation. In 2017, the former US Surgeon General, Dr Vivek Murthy, stated that “The world is suffering from an epidemic of loneliness.... If we cannot rebuild strong, authentic social connections, we will continue to splinter apart — in the workplace and in society.” Since then a global pandemic has only exacerbated this issue. According to the Office for National Statistics in November 2020, 4.2 million people said they were ‘always or often’ lonely, compared to 2.6 million before the pandemic.

More than just numbers, loneliness can have a tremendous impact on individual health. The Campaign to End Loneliness tells us that having weak social connections carries a health risk equivalent to smoking 15 cigarettes a day, increasing the risk of heart disease, stroke, high blood pressure, cognitive decline and dementia.

Although loneliness can affect anyone there are certain factors that increase the risk, for example reduced health, being widowed or living alone. With these factors, it is easy to see why older people may be at a higher risk of loneliness. According to Age UK, a third of older people in the UK live alone. However, we do not want to use Loneliness Awareness week to simply focus on the problem. We also want to highlight the hope that we have.

The faith community can make a difference

Whilst there is much work to be done, progress can be made to combat loneliness in our city. Many churches around Edinburgh host cafes or weekly gatherings to help their community create connection, and the value of these initiatives cannot be overstated. However, the challenge comes in reaching the most isolated in the community who are not already connected to the church. This is where Two’s Company Befriending can play a part.

Through Two’s Company, Edinburgh City Mission plans to partner with churches all across the city and connect them with the lonely, isolated older people directly in their communities. Volunteers will be able to do telephone befriending or in person home visiting once a week with one of these individuals and create hope and connection.

The volunteers and churches will be supported by Edinburgh City Mission who will provide the volunteer safeguarding and training, referral screening, and befriending match monitoring. Linking Lives UK will support this initiative by providing the framework and resources that

they have developed from 20 years of setting up befriending schemes all across the UK.



Julie Young, Two’s Company Befriending Project Coordinator for Edinburgh City Mission

The hope is that through these partnerships and connections neighbourhood networks form in communities all across Edinburgh where individuals, health professionals, social welfare organisations, and churches work together to combat loneliness. In fact, Two’s Company is launching in the Portobello community and is already seeing this first network start to form. Edinburgh City Mission hopes that this is just the start of what can happen all over the city.

Our way forward

Much work has been done by the public sector and organisations across Edinburgh to combat loneliness. We have seen a greater awareness of the impact of loneliness and greater collaboration amongst sectors to meet this challenge. However, more work can be done in these areas and in destigmatizing loneliness. Through Two's Company Befriending, Edinburgh City Mission and Linking Lives UK hope that the faith community in Edinburgh can be a leader in this effort and make a tremendous impact in the fight to end loneliness.

To learn more about Two's Company Befriending or to enquire about how to get involved, please email Julie Young, Two's Company Project Coordinator, at julie@edinburghcitymission.org.uk

To learn more About Edinburgh City Mission [click here.](#)

To learn more About Linking Lives UK [click here.](#)

ALL OUR BLOGS ARE AVAILABLE TO READ ON OUR WEBSITE – www.faithinolderpeople.org.uk

FIOP EVENTS

THE MALCOLM GOLDSMITH LECTURE 2022



The lecture this year was held on Thursday 12 May by Zoom and we were delighted that 105 people registered for the event. Kathryn Mannix gave such a thoughtful and stimulating presentation around 'Tender Conversations: how can we navigate conversations around sorrow fear and loss' followed by a wide-ranging conversation with Richard Holloway.

"That was brilliant!! An excellent lecture, delivered so well and rich dialogue thereafter."

Something to ponder:

That delicate conversation...

- It may require courage
- It may need all your skill
- It may feel daunting, difficult, even dangerous
- The circumstances may feel challenging
- It may evoke difficult-to-hold emotions

All those ideas are not the conversation's fault.
Don't bring your armour, bring your tenderness



**Dr Mannix PowerPoint presentation is available on request
to info@fiop.org.uk**

FAITH IN OLDER PEOPLE CONFERENCE 2022 **THE GIFT OF AGE – Thursday 15 September 2022: 2pm to 4pm**



The contribution of older people to the life of our faith communities

Faith in Older People aims to highlight and celebrate the contribution made by older people in our faith communities. Although people are aware of this, we wanted to look in more detail about the range of activities that are sustained and developed by older people. We were therefore delighted that the TOR Christian Foundation has funded us to undertake a research project to identify the extent to which older people contribute.

We have met with representatives of our different faiths and have undertaken a survey of all faith communities in Scotland.

At the conference we will have a chance to hear about and discuss the results with our research team. We look forward to welcoming you.

Format: Online via Zoom

Free but please register through Eventbrite – [CLICK here](#)

SPIRITUAL CARE EDUCATION

Fundamental to all the work undertaken by Faith in Older People is the commitment to understanding the nature and importance of spiritual care in whatever setting we work. Over the years we have undertaken research, discussions, and training culminating in two scoping reviews of the inclusion of spiritual care in the curriculum for nurses and health and social care staff in Scottish Universities and Further Education Colleges. We were therefore delighted to organise a roundtable discussion to consider the outcomes of the research which further build on a significant body of evidence about the value of spiritual care.

This is an important moment as the Scottish Government has established a new post of Spiritual Care Advisor with a Programme Board of which FiOP is a member. We are at a critical moment with the [recent consultation on the proposed National Care Service \(NCS\)](#) and the [current consultation on the Health and Social Care Strategy for Older People](#).

In the joint submission to the NCS made by Scottish Care, The NHS Chaplaincy and FiOP we emphasised the importance of education and training:

“It is our contention that spiritual care should be a core element in the holistic, person-centred, and human rights-based care and support which is offered by the new National Care Service. This commitment has implications for the nature of service delivery, the [training and education of the workforce](#) and for the resource allocation required to enable it to be effectively delivered.”

And further

“The direct, day to day delivery of social care support will often result in instances where issues of spirituality and belief arise, not least in a palliative and end of life context. We believe that it is critical that the workforce delivering compassionate, person-centred care are supported through [training and learning](#), supervision and mental health support to meet these obligations and requirements”

**FiOP looks forward to collaborating with a range of organisations
in the development of this work.**

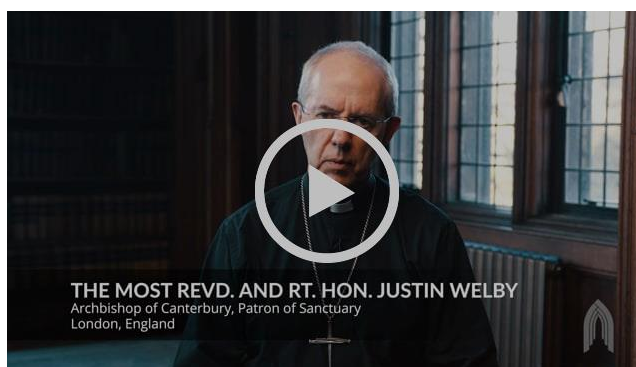
MENTAL HEALTH



Our new film is ready for you to watch and share - [here](#)

Last week we put the finishing touches to a new trailer for *The Sanctuary Course*, to help spread the word about the launch of the course across the UK as we enter Mental Health Awareness Week

We are immensely grateful for Archbishop Justin's patronage, and for his candour in this film. His words are powerful, and it is my hope that it encourages us all as we listen to the story of Simone. She's one of many people whose stories are shared throughout the course with courage and vulnerability. I hope you find the film encouragement on your journey, if you are impacted, and also if you are seeking to support others.



Introducing The Sanctuary Course for churches in the UK

We hope that the timing of the release of the film will mean it will reach a wide audience. In turn, as churches run *The Sanctuary Course*, we want to see the mental health conversations move out of the back rooms and into the heart of church.

View the film here <https://vimeo.com/706722437>.

We'd also be grateful for your help in sharing it.

GENERAL INFORMATION

JUNE 2022 IS A MONTH OF AWARENESS RAISING AND CELEBRATION

The Month of Community is a time when we come together to celebrate everything that makes our communities great. It's an opportunity to bring our neighbourhoods closer, give back, and shine a light on the amazing communities we live in.

There's a big splash at the beginning of June with The Big Lunch (and Big Jubilee Lunch), Neighbourhood Watch Week and Volunteers Week, but the fun continues throughout the Month of Community as we get together to share friendship, have fun and support a variety of charities and causes.

Last year, over 15 million people took part in the first ever Month of Community, so don't miss out, [join in this June](#) - whether you want to say cheers to volunteers, connect with your neighbours, support a cause you care about, or simply to say thank you, it's all part of the Month of Community! **CLICK ON [Month of Community | Eden Project Communities](#) to find out more and how you can participate**

What is Loneliness Awareness Week?

Hosted by Marmalade Trust, Loneliness Awareness Week is an annual campaign which raises awareness of loneliness and gets people talking about it.

Marmalade Trust is the UK's leading loneliness charity for all ages and the only charity in the world specifically dedicated to raising awareness of loneliness. We launched Loneliness Awareness Week (LAW) in 2017, and each year, it grows in momentum. We want to encourage people to see loneliness as a blank canvas on which they can fill their lives with new friends and experiences – and we're here to help them do it.

Our aim is simple: to reduce the stigma of loneliness and encourage people to talk more openly about it.

When is Loneliness Awareness Week?

This year's Loneliness Awareness Week will take place between the **13th – 17th June 2022**.

How to get involved in Loneliness Awareness Week.

To get involved in this year's Loneliness Awareness Week campaign, head to

<http://www.marmaladetrust.org/law> , or to find out more via social media it's @marmaladetrust .



Linking Lives UK a series of webinars during Loneliness Awareness Week focusing on our theme for the week of 'Power of One'. We will be discussing and suggesting ways that we can all make a difference in the lives of those around us who may be struggling with loneliness in some way, whether they be neighbours, friends, family or those we 'bump into' in our day to day lives. The interactive

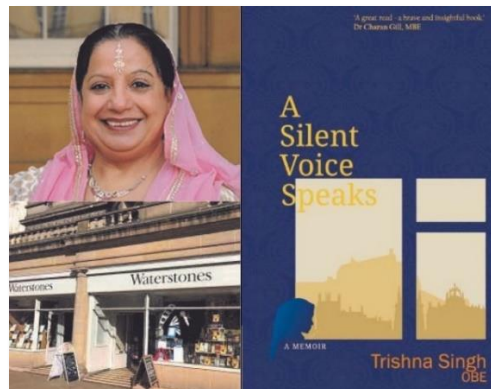
webinars are aimed at Christians with an interest in this subject and will include time for discussion, interviews with those who have benefited from these informal interactions as well as access to resources about the issue. We will also be publishing a series of short videos during the week and launching our latest Two's Company Befriending scheme in Edinburgh on Monday. The dedicated webpage with full details is <https://linkinglives.uk/Power-of-One/> and the webinars can be found directly at <https://www.eventbrite.co.uk/o/linking-lives-uk-18367278207>



TO READ THE LATEST ABOUT
THE BIG LUNCH CLICK [here](#)



Book Launch A Silent Voice Speaks



Interfaith Scotland is proud to announce the launch of a book written by one of our board members, Trishna Singh OBE.

Trishna will be in conversation with Sarah Broadley at Waterstones Edinburgh West End, 128 Princes St, Edinburgh EH2 4AD on Thursday 9th June at 6 pm where they are launching Trishna's biography, A Silent Voice Speaks.

[Order Book Now](#)



Interfaith Scotland Spring Newsletter

If you haven't caught it yet, we are delighted to share about interfaith events that have been

taking place across Scotland over the past 6 months in our Spring newsletter. With COP26, Scottish Interfaith Week, Holocaust Memorial Day, and World Interfaith Harmony Week, we at Interfaith Scotland along with the local interfaith groups and faith communities across the country have put together a variety of events.

We hope you enjoy the newsletter and look forward to receiving any stories/ articles for our Autumn edition.

CLICK [HERE](#)



ALLIANCE

The **ALLIANCE Weekly Bulletin** for the latest news and information, please **CLICK [HERE](#)**



SILVER SUNDAY
CELEBRATING OLDER PEOPLE



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](#)



The national intermediary and network for voluntary health organisations in Scotland

E-bulletin



To read our latest bulletin please click **[HERE](#)**

EDINBURGH INTERFAITH ASSOCIATION

Read our latest newsletter **[HERE](#)**

**UPCOMING
EVENTS...**

MAY



**Alzheimer
Scotland**

Action on Dementia

Click **[HERE](#)** for our latest news



**Scottish
Older
People's
Assembly**

**TO READ OUR LATEST
NEWSLETTER, please click the link
below**

[SOPA Newsletter June 2022.pdf](#)
[\(mcusercontent.com\)](#)

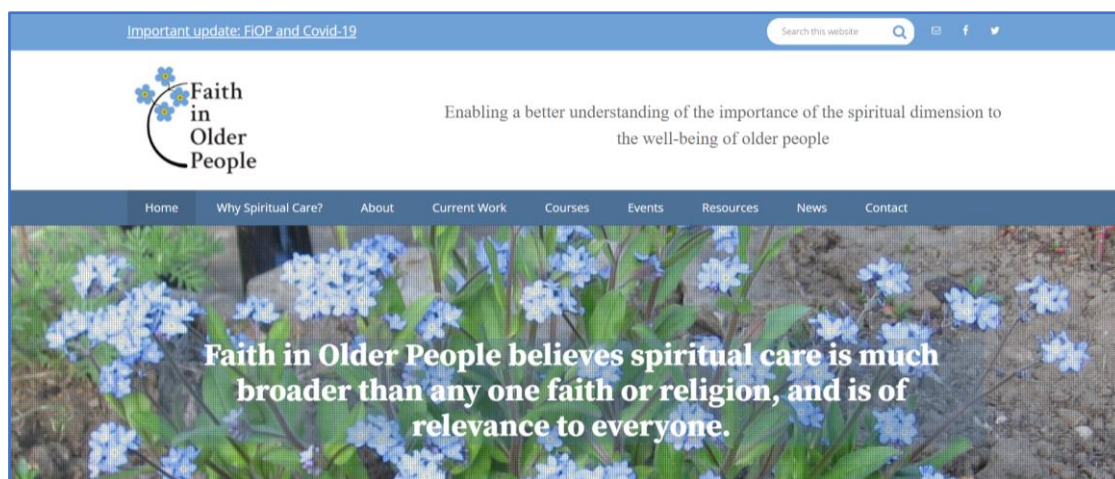
BECOME A FRIEND OF FIOP

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

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



Topics include:

**Ageing, Care Homes, Chaplaincy, Church and Dementia, Mental Health,
Music, Palliative Care, Spiritual Education**

**IF YOU WISH TO UNSUBSCRIBE FROM OUR NEWSLETTER,
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