

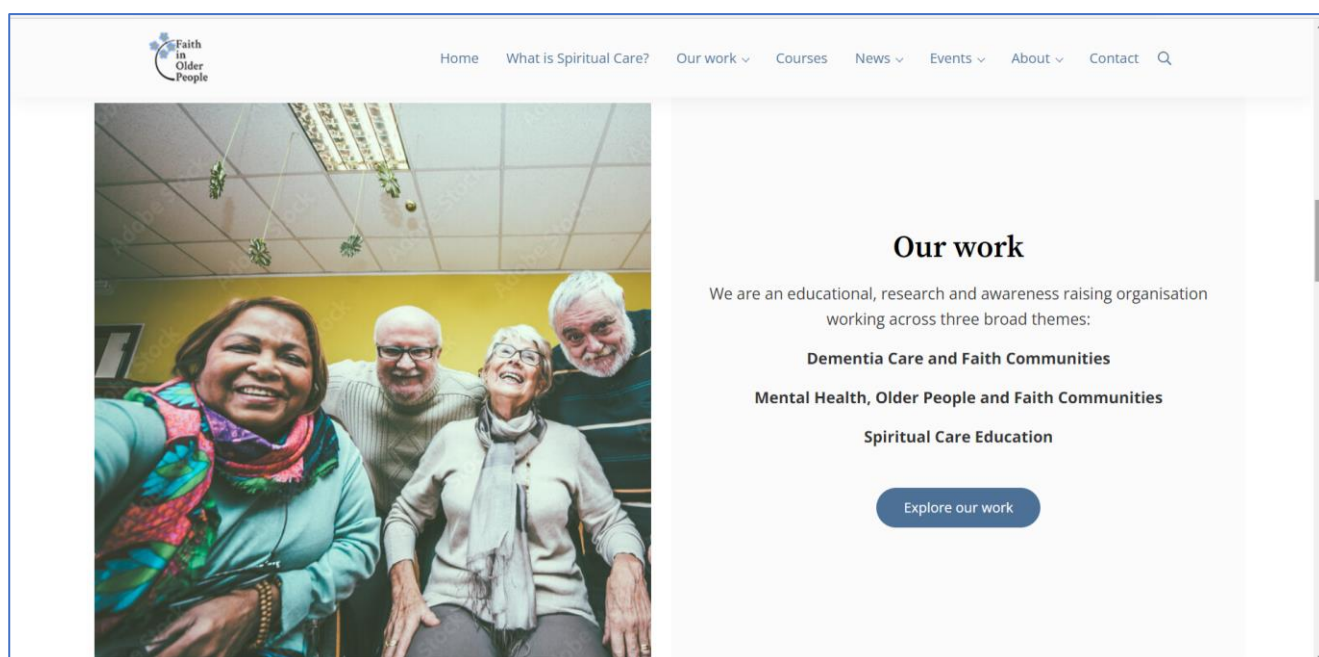
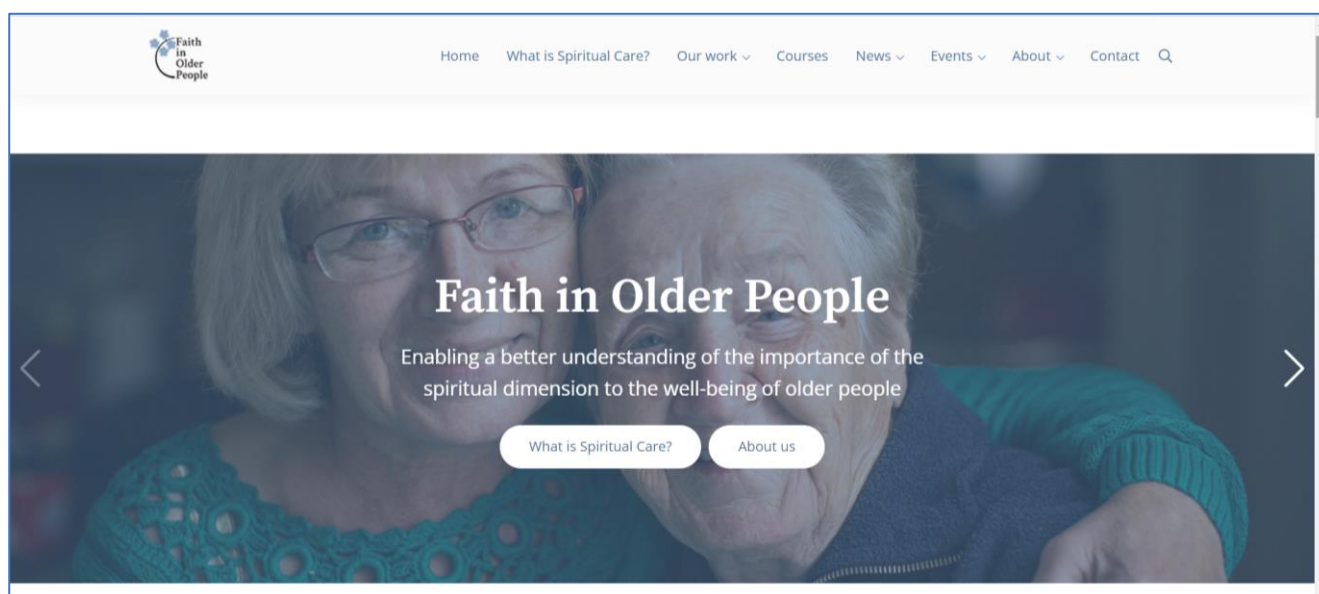
SEPTEMBER 2022 NEWSLETTER



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

PLEASE VISIT OUR NEWLY UPDATED WEBSITE – www.faithinolderpeople.org.uk



OUR MOST RECENT BLOGS

A fond farewell

It seems no time at all since Bruce and Helen visited me in my office to discuss the possibility of me becoming a Trustee at Faith in Older People. As I look back, I can see that within the intervening timeframe life has changed a great deal: as a family we have said sad farewells to my mother, father-in-law and a favourite aunt; we have welcomed two new grandchildren; we have moved house; I have retired; we have built new friendships in the village community we now call home and also welcomed nine great nieces and nephews. Change has been the inevitable, at times unwelcome companion during these years.

Change has also been our companion here at Faith in Older People, transformational change that has come about as vision has been translated, through sound strategic planning, to become the reality on which the next period of informed inspiration was based. None of this imaginative creativity would ever have been possible without the canny care and concern of learned and experienced Trustees I have had the joy of working alongside on the FiOP Board. As a consequence of their insight and participation FiOP has moved from a position on the side-lines of national life to the heart of consultation and decision making as the result of excellent research, carefully themed activities and targeted training.

Of course, none of this could have happened in quite the way it has without the wisdom, life-gained experience, and clarity of understanding that Maureen, Mary and key associates have brought to the sustained maturing of FiOP's important work. There are few privileges so great as to have the opportunity to work alongside, encourage and occasionally provide guidance to individuals who bring such incredible skill and commitment to their roles. As an organisation and as Trustees we have been greatly blessed to serve in the development of this important work with them.

As I reflect on my time as Chairman, I think of Round Tables that I have attended with some of the foremost international experts in their fields; conferences where the Keynote speakers have taught me more that I could ever have contributed; discussion groups and trainings. All of these have widened and deepened not only our own understanding but also that of the many hundreds of participants from across Scotland, the UK and internationally. At no time were the lessons learned in these activities allowed to go to waste. Evaluations and recommendations have always been acted upon as they have informed the next important strand of work.

One of the most amazing and positive adaptations that FiOP has undergone came about as an impact of the pandemic. Our staff and associates had to learn to work from home, our Trustees had to learn how to Zoom or use Teams and our activities had to go online. What an amazing learning curve for us all! The efficiencies and opportunities that were opened up to us allowed growth in attendance at activities from much further afield, reduced costs and increased our presence on the national and international field. As we entered this unknown IT territory who could have known then about the successes it would bring in its wake through the resilience and adaptability and speedy learning that was required of us all.

And finally a very fond farewell and thank you to you all. I commend the ongoing work of FiOP to you as highly as I commend Su's Chairmanship to you. Even as you have supported my term of office so I hope and pray that Su and her team will know your prayerful support in the days that lie ahead.

**Bob Rendall, Chairman, Faith in Older People
September 2022**

What role do faith-based organisations have to play in supporting people with their mental health?

When asked this question, or somethings similar, I often begin with a story.

A friend of mine went to his GP with some unusual symptoms: difficulty sleeping, chest pains, feelings of stress in situations that wouldn't normally be stressful. (At one point he thought he was having a heart attack.) After a check-up, his GP said that his symptoms pointed to anxiety and depression, and he was prescribed anti-depressants.

This came as a surprise to my friend. As a person of faith and a senior member of his church, there were several things that made this diagnosis difficult. They included the stigma surrounding the term "mental illness" that persists in many parts of society, including faith communities. Then there was the question of how to reconcile faith in God with the mental distress he was experiencing. Would taking medication represent a lack of faith? Would his experiences with mental ill health affect people's ability to trust him?

He went and spoke to a leader in his community, who, thankfully, was able to reassure him. My friend was able to begin taking the medication, alongside other supports, and saw a great improvement. He's now shared his story widely within his church, which has helped

raise awareness of mental health. In fact, since then several other people have spoken publicly about their own journeys with mental ill health.

An asset, not a disadvantage

At FaithAction, as a national membership body for faith-based charities and places of worship, we sometimes find ourselves speaking "on behalf of people of faith" in meetings with health and care policymakers. We get asked about the kinds of inequalities and disadvantages people of faith experience when it comes to mental health.

When our time comes to speak, however, we are more compelled to describe the positive difference faith can make than the inequality it may bring.

Three things from my friend's story above illustrate this positive role for faith:

- **First**, we see that well-placed and timely words from a trusted faith leader can be extremely powerful. They can be the difference between someone accessing the help they need – be that medication, assistance with referrals or appointments, or simply a listening ear – or suffering in silence.

- **Second**, the public sharing of experiences with mental ill health can be immensely helpful in cutting through stigma and changing perspectives, perhaps especially where this comes from someone in a position of leadership. As we have seen, when done right, this kind of vulnerability and honesty can help create a space of safety and understanding within a community.
- **Third**, there are positive physical and mental health impacts of being a part of community (in the case of my friend, a church community). [Evidence](#) shows that those who have access to good social networks and support are more resilient and likely to recover when unwell. Not only this, but many faith groups run programmes of support and advice complementary to statutory offers, like social prescribing.

Friendly Places

Our conviction that faith should be recognised as an asset, not a disadvantage, led us to launch the [Friendly Places](#) campaign in 2014. By signing the Friendly Places pledge a faith group makes a commitment to be a place which welcomes or supports those struggling with their mental health, whether they

are experienced at this or just beginning on their journey. We offer accompanying training to faith communities looking for practical tips and suggestions for making this happen.

Steps to being a Friendly Place are often simple – what we might normally associate with being hospitable. But we find that, so often, the simplest practical change – like keeping a free row of seats at the back of a gathering for people who are late, or who may need to slip out unnoticed if they feel overwhelmed – can make a massive difference to people feeling included.

Over 300 organisations and places of worship have signed the Friendly Places pledge to date. And many have spoken about the impact signing has had on how they do things.

One rabbi said it helped him realise that his role was not just to lead prayers but to look around the room and see how people are doing and, if necessary, follow up with those who are absent, out of care. One Gurudwara had their whole security team trained, in recognition that these were often the first people to welcome new visitors to their centre or notice if people needed help.

An opportunity

Mental health issues are common. We know that 1 in 4 people are likely to experience difficulties with their mental health at some point during their lifetime, meaning that, if you are part of a church, mosque, synagogue, or other faith community, you will almost certainly know somebody affected. Added to

this, with the Covid-19 pandemic [exacerbating](#) stress and mental ill health, loneliness and isolation on the rise, and a cost of living crisis threatening financial security, our communities are perhaps facing more reasons to feel the burden of stress, or anxiety.

Now more than ever, then, faith communities have huge potential to be safe spaces, as well as communities of prevention and healing. At their best, faith centres and places of worship are spaces where people are listened to, where there is an ethos of pastoral care that addresses the “whole person”, and where people are willing to go the distance, walking with individuals through life’s ups and downs.

Jeremy Simmons
Policy and Programme Officer
FaithAction


Our ANNUAL REPORT 2021/2022 will be available on our website later in September. We look forward to sharing it with you.

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

FAITH IN OLDER PEOPLE EVENTS

FAITH IN OLDER PEOPLE CONFERENCE 2022



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](#)

We were delighted to have an excellent discussion on the Project with **INTERFAITH SCOTLAND** And the opportunity to get to know each more on Jo Cox Day.



MENTAL HEALTH

Corin Pilling, the CEO of Sanctuary will be giving a talk on the work his organisation and in particular the course that has been developed for faith communities on mental health.

Save the date Wednesday, 2nd November at 4.30 a Zoom Seminar

Further details and registration link to follow

Please note this research report from the National Institute for Health and Social Care research on the impact of Covid on older adults : [NIHR Evidence - Over 50s had poor mental health in pandemic - NIHR Evidence - Informative and accessible health and care research](#)

TALKING ABOUT MENTAL ILLNESS IN OLDER PEOPLE UNDERSTANDING MENTAL HEALTH ILLNESS FOR FAITH COMMUNITIES

Talking about mental illness – Dr Gill Yellowlees (*pictured below*)

Tuesday 11 October 2022 * Time: 1.30-4.30 (3 hours) *** Registration fee: £30**

ZOOM workshop – NB numbers are limited

(A few concessionary places are available; please email us to enquire) info@fiop.org.uk



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 – [PLEASE CLICK HERE](#)

SCOTTISH GOVERNMENT MENTAL HEALTH AND WELLBEING STRATEGY

The Scottish Government wants to hear your views on what a new Mental Health and Wellbeing Strategy for Scotland should look like. We have asked a series of questions, and your answers to these will help us write the final Strategy.

The Strategy will guide the work that the Government, and our partners, will do to improve mental health and wellbeing in Scotland. This will include an overall shared vision, a set of outcomes, and how we will achieve these to improve people's mental health and wellbeing. It will also describe how we will measure the difference we're making.

To see the document in full and to join the consultation go to:

[A new Mental Health and Wellbeing Strategy - consultation - Scottish Government - Citizen Space](#)

SPIRITUAL CARE EDUCATION

The first meeting of the **Scottish Government Spiritual Care Programme Board** was held in July, and it was a good opportunity to share knowledge and experience and to discuss the way forward on this important issue which we would wish to see as an integral element of a National Care Service.

Education is fundamental to enabling this to happen and requires investment in time to share the resources, skills and experience that are already available and to make the connections across various institutions and organisations. There is enthusiasm to develop the actions required to move this agenda forward.

FiOP is pleased to be a member of the Programme Board and Maureen O'Neill is a Co-Chair of the Education and Professional Development Working Group with Gerrie Douglas-Scott.

The two scoping reviews undertaken in Scottish Universities and Further Education Colleges are available from the FiOP website:

[Scoping-Review.pdf \(faithinolderpeople.org.uk\)](#)

[Scoping-Review-in-FE-Colleges-1.pdf \(faithinolderpeople.org.uk\)](#)

FAITH IN OLDER PEOPLE free ON-LINE TRAINING



Spiritual Care Matters are a series of e-learning courses for front-line staff and volunteers working in care homes, health and other care settings. Find out more about the courses and how they work by listening to our [introductory podcast](#).

Spiritual Care Matters 1: Supporting the Spiritual Needs of Older People



This course builds confidence, skills and resilience to support the spiritual well-being of older people. The course explores how spiritual care is defined, what it means in practice and why it matters to support the spiritual needs of older people.

Spiritual Care Matters 2: Looking after your own Spiritual Wellbeing



This course speaks directly to care workers and their need to develop tools for coping in emotionally demanding situations. The course explores why it is important to look after yourself, builds your skills and confidence and will help you find support when you need it.

What's involved?

Listening and learning from the course podcasts. Each course involves five half-hour lessons' that you receive in a daily email. You can access the course through a laptop, computer, tablet, smart phone. You'll need an internet connection to receive the daily emails and podcasts.

Both courses use Scottish Social Services Council [Open Badges](#) to recognise learning for ongoing staff development and provide important evidence of learning for registration.

for further information and to enrol, click [HERE](#)

FAITH IN OLDER PEOPLE – RECENT EVENTS

ANNA CHAPLAINCY

‘Love is the basis of Anna Chaplaincy, and shines through all their interactions. An integral part of this approach is to give time because time honours and values the recipient and restores their worth.’

Jenny Kartupelis - *Impact Report 2021* *

There are Anna Chaplains in Scotland, England and Wales. Northern Ireland, we hope, won't be far behind, writes Debbie Thrower, Pioneer of Anna Chaplaincy.



Debbie Thrower
Founder and Pioneer, Anna Chaplaincy

The concept is more than a decade old now and BRF (Bible Reading Fellowship) of which we are a part, and that's helped us scale up nationally is now, itself, 100 years old. So, during the pandemic it seemed like a good time to assess just how effective Anna Chaplains are on the ground.

The majority of Anna Chaplains are lay people - women and men - who offer spiritual care for people in their later years. We can demonstrate the impact we're having, raising standards of good practice across the whole field of ministry among older people.

As we're generally live longer, there's an increased likelihood

of developing conditions such as dementia. Every dementia diagnosis affects relatives and friends too. Our focus is, therefore, on carers as well.

Our **Impact Report 2021- Where we are a decade on*, combined an in-house survey of our network members, with specially commissioned independent research. We now have around 230 Anna Chaplains and those in equivalent community-based roles across the UK.

Independent researcher Jenny Kartupelis (author of *Making Relational Care Work for Older People: Exploring Innovation and Best Practice in Everyday Life*, Routledge, 2020) conducted in-depth interviews with chaplains, care home managers, older people themselves, their relatives, volunteers known as 'Anna Friends' and other social care professionals.

Inspired by the widow 'Anna' in Luke's gospel, the movement's full report can be read on the Anna Chaplaincy website

<https://www.annachaplaincy.org.uk/impact-report-2021> or there's also a single page summary. For example, on average, each network member was giving more than

twelve hours a week to the role, and were meeting well over 50 older people each month. Of those they see, 47 per cent are not churchgoers. Anna Chaplains are there for people of strong, little or no faith at all. Care is person-centred and non-judgmental. Above all they're good listeners, as what people crave in old age, we've discovered, is 'recognition, a sense of self-worth, mutually supportive relationships and opportunities to contribute'.

Angela Brydson, for instance, is an Anna Chaplain in Upper Clydesdale, South Lanarkshire. She's a Church of Scotland deacon. 'In a society where youth is continually pushed and revered, and ageing is seen as a negative thing we are doing a disservice to the treasure that is older people in our communities' she said. 'Sadly, the church can also be guilty of this as it continually seeks "young families"'.



Angela Brydson CU Upper Clydesdale
South Lanarkshire AC

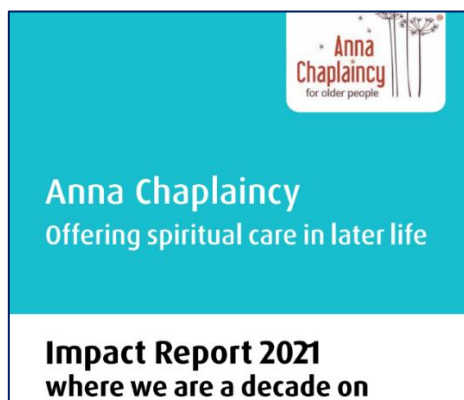
‘This is the wonderful gift that Anna Chaplaincy can bring to communities and churches, the space to celebrate age and wisdom. Grey hair and wrinkles are badges of honour, they show a life lived in the good and bad times. Some, including several of my own family, never had the chance to reach that stage of life.’

Angela explained how excited she was ‘to begin this chaplaincy, to see where God

takes us and also to help encourage others to explore the possibilities for their own churches and communities.’

So, if you or your church is interested in Anna Chaplaincy, we offer training and continual skills development thereafter in the form of online workshops, and there are Get Togethers and an annual Gathering.

For some, it is the first opportunity to meet others who share a passion for this sphere of ministry. A few Anna Chaplains receive a salary from their church, but three quarters of the network commit to this ministry on an entirely voluntary basis. Read more stories of the many ways Anna Chaplains are serving their communities on our blog www.annachaplaincy.org.uk/blog and on the Anna Chaplaincy Facebook page.

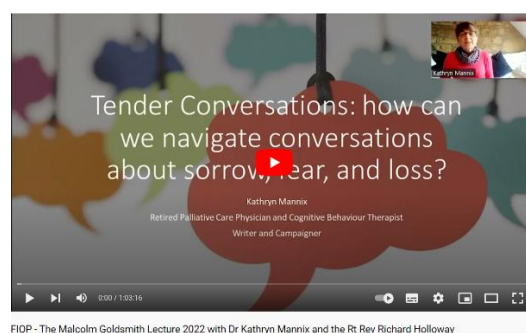


The results of that evaluation, combining an internal survey and external audit, have now been published, at a time when issues surrounding the care of older people have never been more centre stage.

The impact report highlights both quantitative and qualitative research findings. On average, each chaplain spends 12.6 hours a week in this ministry, amounting to over 100,000 hours, or 624 weeks, a year across the network. Of the Anna Chaplains surveyed, 94% believed that not enough is being done to support, include and make visible older people in our communities and that they could all accomplish so much more with larger teams and greater resources.

THE MALCOLM GOLDSMITH LECTURE 2022

We are delighted to be able to share with you, the recording of this year's Lecture:



SCOTTISH GOVERNMENT

**UPDATE ON THE NEW
TERMINAL ILLNESS
DEFINITION FOR DISABILITY
ASSISTANCE IN SCOTLAND
Adult Disability Payment
national launch**
**This affects healthcare
professionals who complete
DS1500 forms and the new
Scottish BASRiS forms.**

This is a reminder that **Adult Disability Payment**, which replaces Personal Independence Payment, will be open for new applications in all areas across Scotland from **29 August 2022**.

This means Scotland's new terminal illness definition, based on clinical judgement, will apply to all adults (aged 16 to state pension age) living anywhere in Scotland, who become terminally ill, and who are not already in receipt of PIP. From 29 August 2022 onwards a [BASRiS](#) form (instead of a DS1500 form) should be completed and sent to Social Security Scotland. National Launch follows the opening for new applications of Adult Disability Payment in the pilot areas of Aberdeen City, Aberdeenshire, Angus, Dundee City, East Ayrshire, Fife, Moray, North Ayrshire, North Lanarkshire, Perth and Kinross, South Ayrshire, South Lanarkshire, and the Western Isles. A [BASRiS](#) form should continue to be completed for adults (aged 16 to state pension age), living in these pilot areas, who become

terminally ill, and who are not already in receipt of PIP.

For adults (aged 16 to state pension age) living in Scotland, who become terminally ill, and are already receiving Personal Independence Payment (PIP), please complete a DS1500 form and return it to DWP.

Further Information

New terminal illness definition

You can find full details of the new terminal illness definition in the [CMO and CNO letter](#) issued in June 2021. It also explains how this change will be rolled out for each of Scotland's new forms of disability assistance.

It is important to highlight that this change in the terminal illness definition applies to [disability assistance in Scotland only](#). **Please Note:** There are other legislative definitions of terminal illness (e.g. Carers (Scotland) Act 2016) which remain unchanged.

Chief Medical Officer's guidance

As a clinician, you must use the [Chief Medical Officer's guidance](#) when completing a BASRiS form, to comply with the Social Security (Scotland) Act 2018.

How to get BASRiS forms

Social Security Scotland has sent BASRiS forms to GP Practices, Hospices, private practices and NHS boards. These central bodies should distribute the forms to their staff where relevant. More

information about requesting BASRiS forms can be found on [our website](#).

A registered doctor or nurse can now download a PDF version of the BASRiS form and submit it to Social Security Scotland by email. Information on how to do this can be found on [our website](#).

A digital BASRiS form is currently under development. Further information will be provided on [our website](#) as it becomes available.

Additional Support

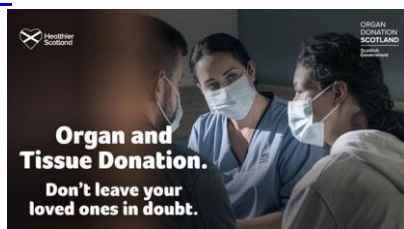
Several additional sources of support have been developed to ensure that clinicians are well-prepared to implement the required changes. These have been developed in conjunction with stakeholders, including clinicians, the British Medical Association, the Royal College of General Practitioners in Scotland and the Royal College of Nursing, to ensure relevance to professional regulatory requirements.

These include :

- [frequently asked questions](#)
- [factsheet for clinicians](#) outlining the changes
- [leaflet](#) for patients and those who support them
- [Clinician's Helpline](#) managed by Social Security Scotland

All sources will be available in a single place on our website: www.socialsecurity.gov.scot/terminal-illness

Organ and Tissue Donation - Campaign Launch



[Download](#)

This marks the launch of the Scottish Government's new organ and tissue donation awareness raising campaign – '**Don't Leave Your Loved Ones in Doubt**'.

This is a national campaign which seeks to encourage people aged 16 and over to record their donation decision on the NHS Organ Donor Register, and to tell their loved ones too. The campaign includes TV, radio, digital advertising and PR.

The campaign creative features Specialist Nurses to highlight the importance of making and sharing your organ and tissue donation decision to ensure loved ones are not left in any doubt about your choice and help to ensure your decision is honoured.

As always, we'd appreciate your support in communicating the campaign messages, to help increase the percentage of the population who have recorded their organ and tissue donation decision - and shared it with loved ones too.

Key Messages

- People in Scotland aged 16 or over have the choice to be an organ and tissue donor, or to opt out.

- If you do nothing, it is assumed you agree to be a donor if you die in circumstances where donation is possible.
- Whatever your decision, make sure you record it on the NHS Organ Donor Register and tell your loved ones too.
- Knowing your decision will make it easier for family and friends to ensure it is honoured, so don't leave them in doubt.
- You can register your donation decision and find out more at www.organdonation.scot or call 0300 123 2323.

Campaign Toolkit

Please note there are two versions of the toolkit available: **one for the Scottish Mainland** and **one for the Scottish Islands**. Please select and use the most appropriate toolkit for your audience.

How You Can Help - Like and follow [Healthier Scotland's Twitter](#) and [Facebook](#) pages and share posts where relevant

- **Share** campaign social statics and digital assets across your social channels
 - **Circulate** the infographics to your audiences
 - **Share** the TV advert and explainer video across social media channels and intranets
 - **Include** the editorial on websites, newsletters, intranets and more
- If you have any questions or require assistance, please do not hesitate to get in touch.

Contact Information

SG Marketing

sgmarketing@gov.scot

Scottish Government Healthcare framework for adults living in care homes My Health – My Care – My Home June 2022

[Healthcare framework for adults living in care homes: My Health – My Care – My Home \(www.gov.scot\)](http://www.gov.scot)

Healthcare framework for adults living in care homes 5 About This Framework This framework will examine how the health and healthcare of people living in care homes should be optimised, supported, and www.gov.scot "The framework is important for those living in care homes, as well

as the wider health and social care system. However, it also plays a critical part as we recover and rebuild from COVID-19. As the sector emerges from the pandemic, it is essential that we learn from these experiences. We must expand the excellent advances in transformational change, integrated working, and relationship-building which have arisen over the last few years. We are also aware of the many good practices and innovation that the care home sector has exhibited and continued to show over the last couple of years against a very difficult background. The number of good practice examples that were collected as part of the development of the framework is testimony to that. We would like to take this opportunity to thank the workforce and wider social care sector for the commitment and hard work it has shown over the course of the pandemic. The professionalism and dedication of staff has been exceptional and we thank you on behalf of the Government and population of Scotland "

Planning with People: Community engagement and participation guidance

Did you know that people living in Scotland have the right to get involved in the design and delivery of new health or social care services, and to comment on changes to existing services?

When it comes to designing or making changes to these services, it is important that NHS Boards, Health and Social Care Partnerships, and Local Authorities listen to the views of people who might use them. The process of finding out your views is called 'community engagement'.

In March 2021, the Scottish Government and COSLA published jointly [Planning with People: Community engagement and participation](#)

[guidance](#). The guidance encourages collaboration between NHS Boards, Integration Joint Boards and Local Authorities. It also explains how people and communities can expect to engage with health and social care providers.

It is important that 'Planning with People' remains relevant, therefore, by sharing your views and opinions, you will help to improve the engagement process by providing essential feedback on your personal experiences. To help you do this, we have included an online questionnaire that you can access by clicking on the following link:

SERVICE USER QUESTIONNAIRE

We would be grateful if you could complete and submit the questionnaire by **Friday, 30th September 2022**. You are not required to read 'Planning with People' to take part, however, we would encourage you to look at the guidance if you would like to find out more about engagement.

We are grateful to Healthcare Improvement Scotland – Community Engagement for supporting the design of this questionnaire. Your participation is very much appreciated.

Louise White and Laura-Isabella Muresanu, Participation Team , Scottish Government
ppwp@gov.scot

The glamorisation of poverty: a dangerous delusion– a thought piece

A think piece by Donald Macaskill, CEO Scottish Care

Like many people of my generation, I have always feared or at least been anxious about poverty. Memories of lack rather than emptiness have conditioned me as the first of my family to go to university to always have a desire to look over my shoulder to see the past story of family poverty coming up on the inside lane.

scottishcare.org



[The glamorisation of poverty: a dangerous delusion- a thought piece - Scottish Care](#)

GENERAL INFORMATION

Absent Friends: Small Grants Scheme

Good Life, Good Death, Good Grief and the Scottish Partnership for Palliative Care are running a small grants scheme to support organisations to put on events in Scotland as part of this year's To Absent Friends festival. (1-7 November 2022.)

Two types of small grants (of up to £300) are available:

Community grants: These are for organisations and communities who want to plan private events at which their community can come together (in person or online) to remember a person or people who have died, and share memories, stories and solace.

Public grants: These are for organisations who want to organise an interactive public event such as a concert, exhibition or installation, freely open to members of the public.

The fund aims to support activities that provide opportunities for storytelling and/or remembrance of people who have died. The range of ways in which organisations can

participate is wide and varied. In previous years, events have included concerts, poetry nights, craft activities, memory sharing events, storytelling suppers, exhibitions and much more. Last year, events included a podcast, a storytelling BBQ, activities for children, and community art installations.

Any organisation with a bank account can apply for a grant. We would encourage applications from charities, community groups, care homes, NHS organisations, small businesses, prisons, arts organisations, schools, education institutions and more.

The closing date for applications is 22 September 2022. More information is available here:

<https://www.toabsentfriends.org.uk/content/small-grants-2022/>

Rebecca Patterson

Director of Good Life, Good Death, Good Grief



click [here](#) to read our latest newsletter



ALLIANCE

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



Be part of the National Day for Older People

SILVER SUNDAY

2 OCTOBER 2022

Just two months to go...and what a year we have planned!

Afternoon Tea at Lord's Cricket Ground, more than 100 events for 'Silver Salisbury', **Dance Workshops with the English National Ballet**, a **History Talk at the RAF Museum** in Hendon, **Walking Rugby in Sevenoaks**, **Digital Workshops with Three Discovery**, community events nationwide with **Metro Bank**, a **Walking Football Tournament in Worcester**, and **Silver Sunday in Belfast** are just a few of the fantastic activities you're busy organising for October. We are so excited to see local communities coming together to enjoy them all! All of these and more will be added to our [Silver Sunday map](#) in the coming weeks. If you haven't registered your event details already, please do so [here](#) – it helps more people to find you and encourages others to take part. Thank you to everyone who has already signed up and been in touch. If you haven't quite decided on what type of Silver Sunday activity you'll be hosting, there are plenty of ideas on our [website](#), in our [Information Pack](#) and [Event Toolkit](#). You can see what other events are planned by following #SilverSundayUK on Twitter, Facebook & Instagram, too.



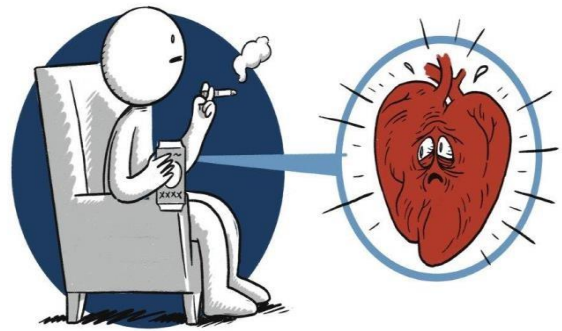
DOWNLOAD EVENT TOOLKIT

Want to improve understanding of how we live and how that affects our health?

Want to be involved in research that can help us discover new ways of thinking about healthy living?

What is the research about?

Health behaviours like smoking or what we eat affect our health but so do life experiences, like financial problems. New research, at the University of Glasgow, aims to understand your views on how life experiences and health behaviours work together to affect our health and what can be done to help. There are no wrong answers, and everyone's views are welcome.



What does the research involve? For 1-2 hours of your time, you would **take part in a face-to-face group discussion with 6-7 other people and a friendly researcher**. Your personal details would remain confidential. We would reimburse your travel costs and provide lunch. To thank you, we would offer you a £20 voucher.

Want more information on how to get involved? Please contact Dr Hamish Foster using the details below.

Telephone: 0141 330 3907

Email: Hamish.Foster@glasgow.ac.uk

Twitter: @hamishfoster



Welcome to the August 2022
SOPA Newsletter

[View the newsletter here as a PDF](#)

Life Changes Trust - Creating Better Lives

Following the success of 'Caught In This Moment of Time', the team at Deepness Dementia Media are developing a new performance called 'Dementia The Musical'

A crowdfunder appeal has been created to support the production. More information about it, and how to support it, is here:

<https://www.crowdfunder.co.uk/p/dementia-the-musical---full-production-and-tour?>

We would be really grateful if you could share this information among your networks.

Colm McBriarty, Funding Manager



Email: colm.mcbriarty@lifechangestrust.org.uk



**Alzheimer
Scotland**
Action on Dementia

Welcome to our
August e-news

CLICK [HERE](#) TO READ

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