



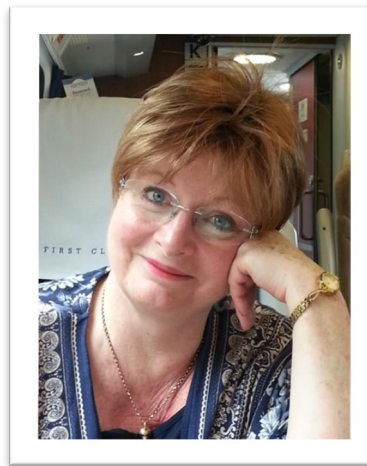
ANNUAL REPORT 2021-2022



*"**Connection** is why we're here; it is what gives purpose and meaning to our lives. The power that **connection** holds in our lives is confirmed when the main concern about **connection** emerges as the fear of disconnection" (Brene Brown)*



Robert Rendall, Chairperson



Maureen O'Neill, Director

OUR BOARD

Richard Baker
Amy Crichton
Francesca Greenwood
Su Millar
Calum Strang
Deidre Wallace
Lynda Wright

Paul Bannon (Treasurer)

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THEOLOGICAL ADVISOR

John Swinton

FIOP ASSOCIATES

Ruth Aird
Marion Chatterley
Lesley Greenaway
Jenny Henderson
Sally Jaquet
Simon Jaquet
Diana Kerr
Mary Marshall
Mike Nicholson
Gill Yellowlees


OUR STAFF

Maureen O'Neill
Director 2007-




Mary Wilkinson
Administrator 2015-2018
2019-



Our aim

-  to develop a stronger understanding of the importance of the spiritual dimension to the wellbeing of older people

Our objectives

-  to raise awareness and to provide education and training to enable a better understanding of the nature of spiritual care
-  to influence policy and practice development in spiritual care
-  to continue to build the capacity and efficiency of the organisation



Chairman's Report

It has been a privilege to continue serving Faith in Older People (FiOP) as Chairman during 2021/22. The extraordinary work patterns that became the norm in 2020/21 have continued, in that 'working or meeting at the office' remains denied. The FiOP year again proved to be a fruitful one during which we increased the advantages around working remotely through attending or providing Zoom meetings, training sessions and conferences including our second Zoom AGM. Lessons learned previously have helped us to maintain the efficiencies recognized and gained last year by a fuller and more targeted use of the technology to hand. This has led to greater contributions to existing partnerships nationally and greater participation in the events that FiOP has organised. I am delighted to report that the charity has not only maintained but further developed desired growth in stature as a Third Sector group contributing to the life and soul of the Scottish nation.

Trustees met four times via Zoom during the year giving us the opportunity to receive routine progress and financial reports, monitor FiOP's fundraising activities, increase our knowledge and understanding of the charity's work and ensure that FiOP was meeting its key objectives as well as responding timeously to issues arising that it could appropriately address. Year 3 of the Strategic Plan was adjusted to meet the ongoing situation and a company Risk Review was completed. In addition, the AGM approved constitutional amendments advised by OSCR.

On behalf of Board members and employees, I would like to take this opportunity to thank those Trustees who have reached the end of their active Board membership and left during the year. We therefore bid a fond farewell to Rohini Sharma Joshi, whom we recently congratulated on receipt of an O.B.E. and John Gillies. It has been our privilege to serve alongside you and we thank you for all that you have so ably shared that will be of lasting benefit to unseen beneficiaries in the years to come.

None of the important and groundbreaking work that FiOP does could be done without the competence of our enterprising and creative staff and Associates to whom we say thank you.

As Chairman, with the agreement of Trustees past and present, I would commend FiOP's innovative and timely work to you. We have no doubt that FiOP's contribution to national life, whether engagement is at the physical, intellectual or spiritual level, is key to ensuring that spiritual care finds its natural place at the heart of care for all older people wherever they may live or however they are cared for by our professional services in Scotland.

Robert Rendall
Chair

Introduction

It was a busy and fulfilling year in which we built on collaborative working; embarked on a major research project highlighting the contribution and value of older people; further developed our confidence in using IT as a way of working and had a strong focus on spiritual care education.

During the previous financial year FiOP adapted to new ways of working so that our momentum in highlighting the importance of spiritual care for older people and those who cared for them was not lost particularly as the pandemic had created a much stronger awareness of how it supported the resilience of individuals.

Our challenge was to find ways of engaging with a wide audience to fulfil the focus on the themes in FiOP's work plan of mental health; dementia; end of life matters and spiritual care education.

During the height of the pandemic, we established a 'Listening Service' for care home and care at home staff to provide support given the stresses they were experiencing. The service closed in August 2021 following an evaluation for which we were grateful to receive funding from the Scottish Government to complete. It was important for FiOP to understand and to share what we had learned from the experience so that future development of a similar nature could be informed. The report was published in March 2022 and circulated to relevant organisations.

FiOP continues to work on the themes identified by the Board as being priorities – spiritual care and education; supporting people with dementia in faith communities; developing awareness of the issues faced by older people with enduring mental health challenges and end of life matters. The theme of loneliness and isolation is a factor in all of them. FiOP has also highlighted the importance of Anna Chaplaincy in supporting older people in care homes.

Spiritual Care Education

In 2021 we received a grant from NHS Education to undertake a 'Scoping Review of Spiritual Care Education for nurses in Scottish Universities' which was completed and FiOP was pleased to receive a second grant from NHS Education to undertake a similar scoping review in Further Education Colleges for health and social care staff. This study, undertaken by Ruth Aird, was completed during the year and the report has been widely circulated to the institutions participating, regulatory bodies and the Scottish Government as we wish to influence the development of a spiritual care education programme as we move forward to the new Scottish Government National Care Service.

[Scoping-Review.pdf \(faithinolderpeople.org.uk\)](https://faithinolderpeople.org.uk/Scoping-Review.pdf)

[Scoping-Review-in-FE-Colleges.pdf \(faithinolderpeople.org.uk\)](https://faithinolderpeople.org.uk/Scoping-Review-in-FE-Colleges.pdf)

Fundamental to increasing knowledge, competence and understanding of spiritual care is to ensure that it is embedded in the education and training systems at undergraduate level and in continuing professional development which are incorporated in the indicative component responsibilities for education set out by the Scottish Government for spiritual care.

FiOP welcomed the appointment of a Spiritual Care Advisor in the Scottish Government and the opportunity to contribute to the development of spiritual care education as a member of the Spiritual Care Programme Board.



The Gift of Age Project



FiOP was very grateful to receive a major grant from the TOR Christian Foundation to undertake a research project on the contribution of older people within our faith communities – [The Gift of Age](#). The research was undertaken in collaboration with Simon Jaquet Associates, with Simon Jaquet, Sally Jaquet and Mike Nicolson. The objective was to “identify and better understand the contribution made by older people in our faith communities to volunteering, community well-being and citizenship. It will highlight the voluntary ‘ministry’ which lies at the heart of the Christian faith and is echoed in all faiths.”

This involved a large survey which was circulated to all faith communities in Scotland, and we were pleased to produce a short film which set out the objectives of the project and illustrated how different faith communities involved older people and the role they played. The report will be published in the autumn of 2022.

The TOR Foundation also provided funding for an education programme and the work on this is underway with a focus on supporting people experiencing dementia in our faith communities.

Holding our Events

As face-to-face events were not possible, a range of lectures, seminars and workshops were organised on-line and this proved to be very successful in attracting participants from a very wide geographical area in the UK and in some instances from overseas. We continued to work in a collaborative way with organisations and individuals to highlight the diversity of perspectives and expertise.

Death, Dying and Bereavement

The pandemic highlighted the importance of considering end of life matters including practical planning, identifying spiritual needs and support for individuals and relatives.

FiOP values the collaboration with the Scottish Partnership on Palliative Care (SPPC) which provides excellent resources which FiOP shares with faith communities.

In September, FiOP held a half-day conference which provided an opportunity to hear about different approaches to supporting individuals and their carers at end of life from Good Life, Good Death, Good Grief; Compassionate Inverclyde and North Berwick Compassionate Communities. **This event attracted 60 participants**

During the year the Director undertook training in the End-of-Life Skills for Everyone course developed by the Scottish Partnership on Palliative Care with the aim of facilitating courses in the future.

Pictured— from the top Rev Harriet Harris, Rebecca Patterson, Alison Bunce, Deborah Ritchie



Accounts: Income Account: for the year ended 31 March 2022

	2022	2021
	£	£
Income (Notes 3-4 in Accounts)		
Donations	2,207	1,435
Sales and events	452	227
Scottish Government for core funding	28,000	28,000
Hunter Foundation	-	8,000
Scottish Episcopal Church	5,000	5,000
Baird Trust	10,000	-
Souter Trust	3,000	-
NHS Education	7,980	7,000
Other	600	600
Life Changes Trust	-	3,500
TOR Christian Foundation Limited	40,000	-
Scottish Government – Wellbeing Fund	15,000	-
Total income	111,639	53,862

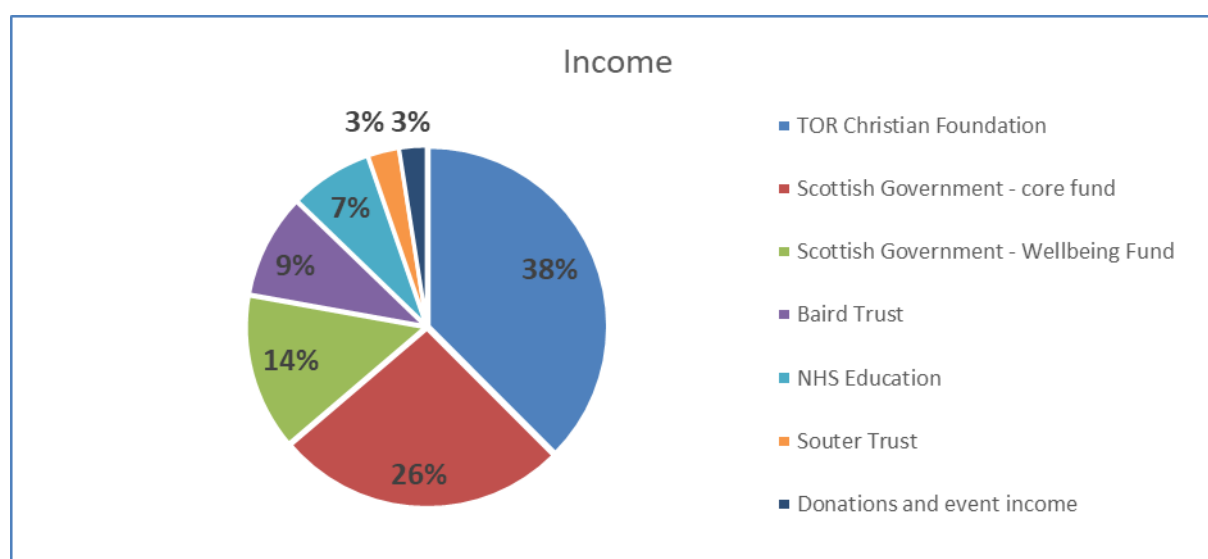


Fig 1. Income

The above accounts are an extract from the full statutory accounts which are available on request.

Statement by the Trustees

The accounts set out above are a summary of information extracted from the full accounts. For a full understanding of the financial affairs of the charity, the full Report and Accounts for the year should be consulted. These are available from the principal address of the charity at 21a Grosvenor Crescent, Edinburgh EH12 5EL.

The full accounts have been independently examined, in accordance with Scottish charity law, by David Jeffcoat of Alexander Sloan, 1 Lochrin Square, 92-98 Fountainbridge, Edinburgh EH3 9QA

The independent examiner's report on the accounts was unqualified.

Accounts: Expenditure Account and Balance Sheet at 31 March 2022

	2022	2021
	£	£
Expenditure (Note 5 in Accounts)		
Staff costs	42,383	41,818
Projects and activities costs	31,293	27,960
Premises costs	1,824	1,824
Running costs	8,128	5,661
Motor and travel costs	328	-
Legal and professional	2,639	3,262
Interest and charges	72	72
Independent examination	1,650	1,650
Governance costs	972	803
Total expenditure	89,289	83,050
Surplus/(Deficit) for the year	22,350	(29,188)

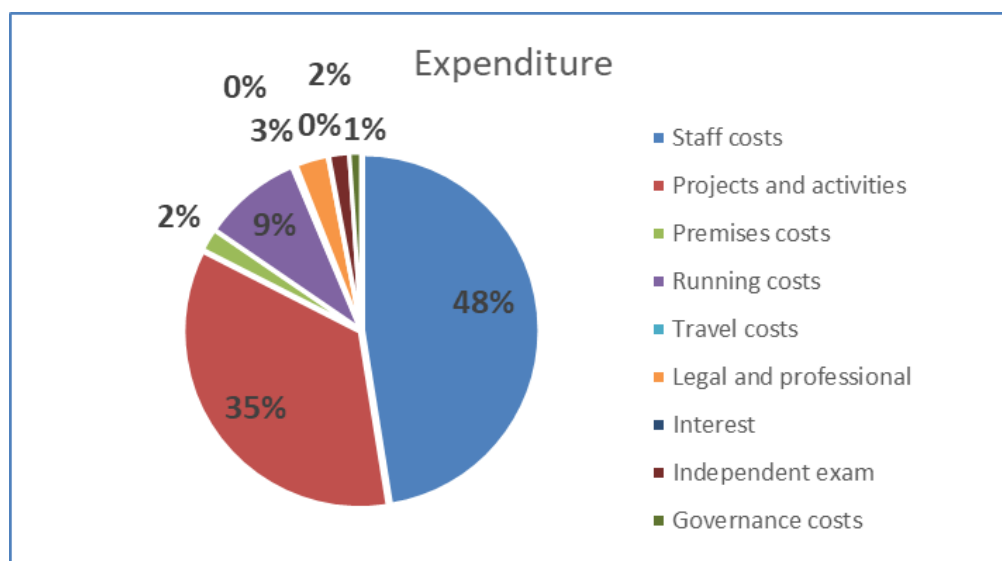


Fig 2. Expenditure

BALANCE SHEET			FREE RESERVES	
	2022	2021		
	£	£		
Assets				
Debtors	6,403	1,266		
Bank	49,482	47,155		
Liabilities				
Creditors and accruals	(1,800)	(16,686)		
Total Funds	54,085	31,735		
<i>Split:</i>				
Unrestricted Funds	28,685	26,735		
Restricted Funds	25,400	5,000		

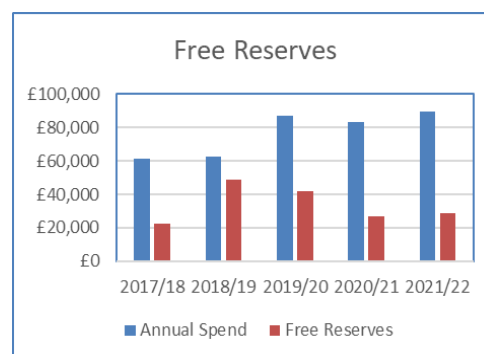
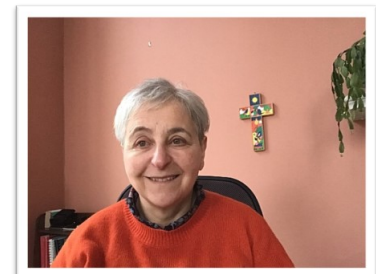
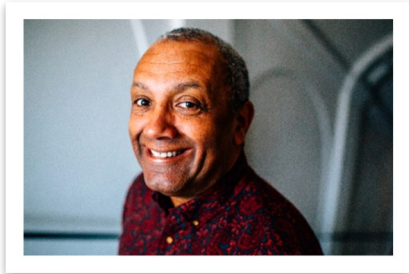


Fig 3. Free Reserves

Mental Health and Faith Communities

Building on the first of a series of seminars in March with **Professor John Swinton** we held three further seminars:

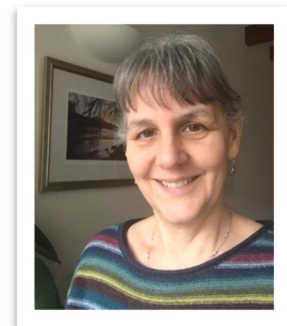
- mental health and chaplaincy – **Professor Austyn Snowden**
- mental health and spiritual care at the end of life – **Rev Canon Dr Marion Chatterley**
- a conversation with members of **Interfaith Scotland** to consider perspectives and support from different faith communities



These events attracted a total of 137 participants

An on-line workshop for pastoral carers also took place – ‘Talking about mental health’ which was led by **Dr Gill Yellowlees** (pictured right) – **places were limited to enable discussion.**

“Just to say that the mental illness workshop led by Gill Yellowlees yesterday was excellent. I did learn a lot and I knew I had a lot to learn! But her clear teaching and the discussion from those with more wisdom than I have at the breakout room was excellent.”



This theme continues to build on the research undertaken by Voluntary Health Scotland in which FiOP was a partner and further activity is planned and FiOP’s objective is to increase awareness, promote inclusion and prevent stigma around mental health challenges.

11 participants formed the workshop

FiOP and the Church of Scotland Guild

FiOP and the Guild jointly held two events during the year. The first was to consider the impact of the pandemic on different congregations and the second we collaborated with Christians on Ageing Christian Council on ageing – for older people and their life of faith and hope. (christiansonageing.org.uk) to hold a conference on **Harvest field** – A celebration of the contribution of older people to our faith communities with excellent contributions.



At the end of the conference we bade farewell to **Iain Whyte, General Secretary** who was retiring at the end of 2021. We look forward to continuing our productive partnership with the Church of Scotland Guild.

We were delighted to welcome 60 participants to these events

Anna Chaplaincy

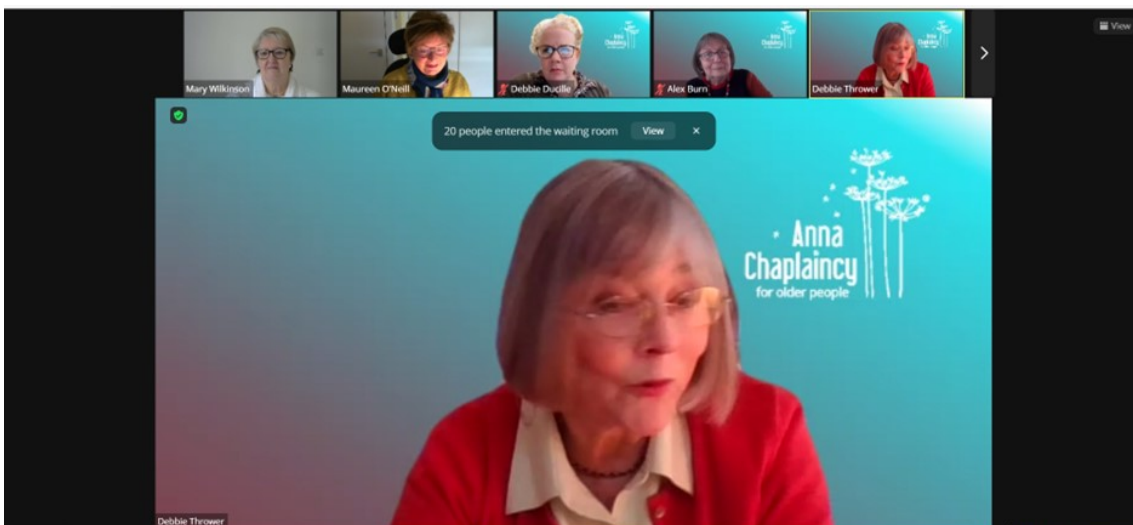
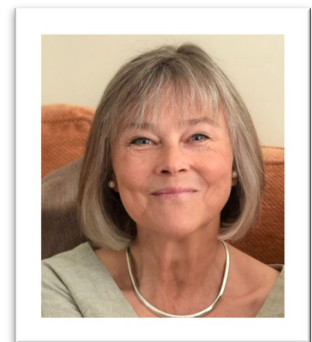
This was a new area of work; the role of **Anna Chaplaincy** is of increasing importance in the support of older people in care homes. Two seminars were run in conjunction with Anna Chaplaincy to highlight the role and value of Anna Chaplaincy.

Most care homes provide an opportunity for residents to attend a worship service, and this depends on building relationships with local churches or faith communities. This is very important for residents of faith, but a chaplaincy service offers a more individual opportunity to discuss critical issues with someone who is not responsible for offering physical care or family who also bring emotional needs.

This is why Anna Chaplaincy can play a vital role and FiOP is pleased to be working with the Anna Chaplaincy Team to encourage the training of individuals and the development of a movement to establish Anna Chaplaincy in different denominations to support care homes and people in their own home. The pandemic highlighted the importance of these connections

Debbie Thrower (pictured right) the founder of Anna Chaplaincy wrote:

“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.”



Working collaboratively with Anna Chaplaincy, Faith in Older People is building on this interest with different denominations. FiOP's Director also undertook the training in Anna Chaplaincy.

The two events attracted 100 participants

Anna Chaplains are named after the widow, Anna, who appears with Simeon in Luke's gospel; both are good role models of faithful older people. Anna Chaplains are there for people of strong, little or no faith at all.

Our vision is 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.annachaplaincy.org.uk



The Malcolm Goldsmith Lecture 2021

We were delighted to hold this lecture having had to postpone it from 2020. The Lecture was given by **Dr Donald Macaskill, CEO of Scottish Care** (pictured below) on *The fullness of humanity: human rights and spirituality*.



■ '[Human rights] are indeed frameworks of law, ethical principles and foundations, but their gift to us is that they proffer us a new way of being in relationship one with another. They picture a humanity which is shrouded in the nakedness of dignity. They depict a biological and environmental wholeness and holism at their heart.'

"This powerful lecture explored the relationship between human rights as a moral and legal framework and the world of spirituality. It considered our human rights in the context of social care and the treatment of older people, particularly in our care homes in the pandemic."

The Lecture attracted 90 people

Other Events

FiOP worked with other organisations to highlight specific issues which included:

Presentation from Katherine Southern of Hourglass which 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?

Relational Care with Jenny Kartupelis MBE – 'Relational Care' is a concept that has evolved in response to observed good practice and benefits in the care of older people.

It recognises the importance of creating environments of supportive relationships that are mutual and long-term in their nature, that enable purpose and meaning in life, and that empower and respect older people.

These events attracted 70 participants



FIOP and Other Organisations

Working collaboratively with other organisations and individuals underpins FIOP's work as it is a small organisation of two part-time staff members. Our associates and connections are vital to maintaining our work:-

Scottish Partnership on Palliative Care – end of life matters
Voluntary Health Scotland – mental health and inequalities
Scottish Government Older People's Strategic Action Forum – Strategy for older people and the opportunity to share information and ideas
Christians on Ageing – the sharing of mutual interests and contributing talks to their seminar series during the year
Interfaith Scotland and Edinburgh Interfaith Association to ensure that we reflect the needs of all faith communities
Attend the Scottish Parliament Cross Party Groups on Palliative Care; Health Inequalities
Contributed to the development of the Volunteering Action Framework in Scotland
Participate in the Action Group on Loneliness and Isolation
Chair the University of the West of Scotland research project on older people, dementia and prison
Speaker at All Souls Walsingham
Undertaking courses on Anna Chaplaincy and End of Life Skills for Everyone
Contributed to a range of Scottish Government consultations
Participated in an event around the establishment of a religion and belief network with Goldsmiths University, London
Contribute to Godly Play conference

The Future

- * Participating in the development of education and training for health and social care staff around spiritual care
- * Continue and develop work around end-of-life matters
- * Further development around mental health issues
- * Further develop the resource for faith communities around the support of people experiencing dementia
- * Highlight the contribution of older people in our faith communities by disseminating the findings of the research
- * Organise the Malcolm Goldsmith Lecture
- * Continue to develop and disseminate the monthly newsletter
- * Continue to invite contributions to our regular blog



OUR BLOGS

During 2021 to 2022 we published **22** blogs from invited contributors. We thank them for their insights and ideas.

**All our blogs are available at
www.fiop.org.uk**

OUR NEWSLETTERS

From April 2021 to March 2022, we distributed **12** newsletters to our 750 regular subscribers. The information shared was well received by many.

9,000
newsletters



... and thanks for the newsletter, it's always informative and interesting.



FUNDING SUPPORT

Faith in Older People is dependent upon the support of Trusts, public funding and individual donations. We are very grateful for the support we have received from:

**The Scottish Government
The Scottish Episcopal Church
NHS Education
The Baird Trust**

**The Souter Trust
TOR Christian Foundation Limited
and individual donations**

Our Associates *(listed on inside front cover)*

Our Listeners:

Marion Chatterley, Esther Elliot, Nancy Adams, Cath McManus
Our membership of **FRIENDS OF FAITH IN OLDER PEOPLE**
Edinburgh Diocesan Office (for their support and companionship)
and many other individuals

We would also like to acknowledge the support of
Form and Function for their on-going website support
vCita Scheduling Service for assistance in setting up the On-Line Booking for Listening and Caring in Confidence Service
RazorBlue (SARN) for their continued IT support

Faith in Older People



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