

OCTOBER 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

NEXT STEPS

Considering the recent events and changes in these past weeks it is appropriate to acknowledge the final thought-provoking blog of Bob Rendall, our departing Chairman, in which he talked about change and transition. Few could have imagined at its time of writing what momentous and historic events were about to unfold for the nation.



*Su Millar, Chairperson
September 2022*

On behalf of all at Faith in Older People I wish Bob every success as he transitions to new works and much fun too with all he has planned for the months and years ahead.

Meantime, and in recognition of these historic events and our beloved and late Queen's life, we add our voices to those of many others when we pay heartfelt tribute for her lifetime of dedicated and devoted service to the people in our United Kingdom and across the Commonwealth. We fully embrace our new Monarch, King Charles III. God save the King! Those very words are a powerful prayer and blessing on him.

In remembering the Queen, we know that in her earlier years she made a vow to the people that she would serve them to the best of her ability, whether her life be long or short, and that she thanked God that He would lead and guide her. The Queen demonstrated her personal faith, a strong foundation throughout her life, in word and in deed: with wisdom, compassion, kindness and love for the nation. I learned recently too that, in 1952 and on becoming Monarch the Queen thanked nations for their well wishes and that she asked for their prayers too, regardless of faith. This was an amazing thing to do in those days and times.

There is no doubt that she did fulfil her vow to the people, and before her God, with aplomb. In this regard, and in honour of the Queen's life, and her faith, may I now respectfully paraphrase from the Bible,

Philippians 2:16 (King James Version (KJV)):

"Holding forth the word of life, that I may rejoice in the day of Christ, that I have not run in vain, neither laboured in vain."

Personal faith is a very personal matter. It is a powerful influence for good, affecting both the individual but also those around them and their communities, regardless of faith beliefs. Imagine being able to harness such a force for good.

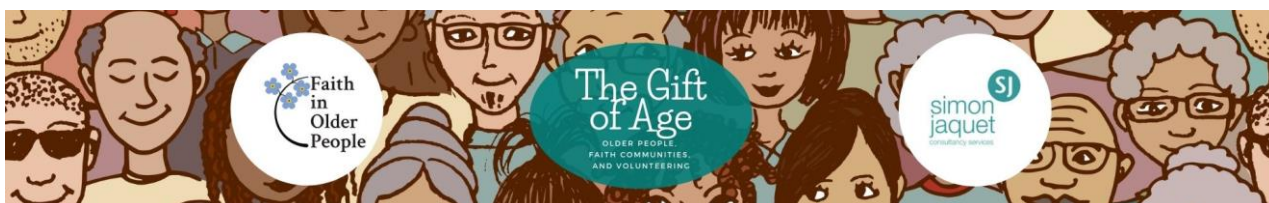
Our *Gift of Age* Conference explored some of these issues and looked specifically at how the contribution of older people within and our faith communities and to wider society and how we might recognise and appreciate this more. Also, how might this be manifested in the fabric of our society today? How might this impact on future older cohorts? What lessons from the research can we learn? What next steps could we take forward in our respective faiths and communities? The report will be published shortly.

Su Millar, Chairperson, Faith in Older People
September 2022

Our ANNUAL REPORT 2021/2022 is now available on our website
Please click [HERE](#) to read it

FAITH IN OLDER PEOPLE – RECENT EVENTS

FAITH IN OLDER PEOPLE CONFERENCE 2022 THE GIFT OF AGE



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

On 15th September FiOP organised a Zoom conference to share the findings of this important research project. We also wanted to get feedback from the participants in relation to these findings and whether there were any areas we should include. There were lively discussions in the various breakout rooms and the views expressed will contribute to our final report which we plan to submit to the TOR Christian Foundation in November this year.

We were sorry that the Minister, Christina McKelvie, was unable to join us as the event fell in the period of national mourning for Her Majesty Queen Elizabeth II which we acknowledged with a minute's silence.

The critical issue is the dissemination of the findings to ensure that the work has an influence on the perceptions of the contribution made by older people within faith communities and the wider society. We want to ensure that we learn from each other and that there is much more appreciation of the contribution made by faith communities across Scotland.

ANNA CHAPLAINCY

FiOP and the Anna Chaplaincy has been delighted with the interest shown in developing Anna Chaplaincy in Scotland. Following two successful seminars to raise awareness of its potential we plan a seminar on **29th November 2022** in which we will be focussing on positive ageing/discipleship with some provocative questions aiming to promote discussion and what next steps can be taken by local churches. The seminar will be led by Debbie Thrower.

If you are interested in pursuing becoming an Anna Chaplain please contact Maureen O'Neill at Director@fiop.org.uk so that you can be put in touch with the Anna Chaplaincy Team to have a more in depth conversation.

Please **SAVE THE DATE - 29th NOVEMBER 2022**

Conference Report

Maureen O'Neill was a speaker at the recent Anna Chaplaincy Conference in Penrith entitled 'Dancing with Grace: New Rhythms in Later Life'. Her focus was on 'Keeping the Spirit Dancing' in which she gave examples of ways in which there could be exploration of what matters to individuals that enhance their lives.

It was an enormous pleasure to meet people in person and to share ideas and examples of practice.

SPIRITUAL CARE EDUCATION

Faith in Older People is pleased to be involved in the newly established Spiritual Care Programme Board and for the Director to be a Co-Chair of the Expert Group on Education and Professional Development.

We are working to establish what is needed in relation to the education and training of all staff as well as the specific education required for chaplaincy. It is a stimulating and to some extent challenging discussion as we agree on definitions of spiritual care and how to encompass such a wide remit. The framework for action will be published in the spring of 2023 with the longer term aim promoting the inclusion of spiritual care in the proposed National Care Service.

FAITH IN OLDER PEOPLE – FORTHCOMING EVENTS

MENTAL HEALTH

Bring the Mental Health Conversation to the Heart of the Church

WEDNESDAY 2 NOVEMBER 2022: 4.30pm-6.15pm

FREE SEMINAR BY ZOOM

Mental Health is often perceived as a crisis issue, yet in this webinar we discover how we can all have a role in creating a safer community for those of us experiencing mental health challenges. Together, we will explore mental health in the current context of pandemic recovery, a model for understanding mental health challenges, and how a faith perspective offers an opportunity for building a community of mutual support and participation. In this model each member can be part of building a culture where stigma is tackled, becoming a community where our collective wellbeing improves. Learn how, at our webinar from Sanctuary Mental Health Ministries, on November 2nd at 4.30- 6.15 pm.

Corin Pilling will be our facilitator. Corin is Director of Sanctuary UK, a mental health charity equipping churches with resources and training to support those living with mental health challenges. Corin's work began with a twenty-year career working with homeless people, before moving into the disability community using the tools of community development and facilitation. He has led the work of Sanctuary since 2020.

PLEASE CLICK [HERE](#) TO BOOK YOUR FREE PLACE

BOOKS

Finding Jesus in the Storm. The spiritual lives of Christians with mental health challenges. John Swinton (2020) Published by Wm Eerdmans Publishing co.

Mental Health: The Inclusive Church Resource (2014) Published by Darton, Longman and Todd Ltd. The introduction to the **Mental Health** book is by Eva McIntyre. The theological reflection is by Jean Vanier and John Swinton. The book has stories of lived experience.

SCOTTISH GOVERNMENT

Scottish Parliament Health, Social Care and Sport Committee Tackling health inequalities in Scotland

Published 28 September 2022 SP Paper 230 11th Report, 2022 (Session 6)

The Committee recognises the effect of inequality on individuals, families and communities and that there are a number of communities that are disproportionately affected by inequality. The Committee calls on policymakers at all levels of Government to take proactive steps to ensure that future design and delivery of public services properly recognises and addresses the needs of those experiencing disadvantage. This approach should have the objective of reducing health inequalities including those resulting from multiple disadvantages.

Please see link below to the full report [Tackling health inequalities in Scotland \(azureedge.net\)](https://www.azureedge.net/inequalities)

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 \(www.gov.scot\)](https://www.gov.scot/publications/healthcare-framework-for-adults-living-in-care-homes/pages/5-about-this-framework/)

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 "

SCOTLAND'S VOLUNTEERING ACTION PLAN

The Volunteering Action Plan (the 'Plan') aims to create a Scotland where everyone can volunteer, more often, and throughout their lives. The Plan builds upon 'Volunteering for All: Our National Framework' (the 'Framework').

1 While the Plan will 'touch' a wide range of volunteering stakeholders, we anticipate that this document will have the greatest interest (and most relevance) for those providing national, regional, or local level development support to volunteering. COVID-19 showed how volunteering contributed greatly to our society

2 across the full 'Volunteering Spectrum (see 'The Framework' 3), and the Volunteering Action Plan identifies how we can maximise this impact going forward. The specific end goals of the Plan which will determine its success are: - Increase volunteering participation by focusing on non-volunteers and lapsed volunteers, and especially those who'll gain most benefit. - Widen access to volunteering by understanding and reducing the barriers to participation and supporting community-based, 'place-making' activities. - Listen to volunteers by ensuring that the volunteer 'voice' is heard and that volunteers help make the decisions that affect them. - Provide great experiences whereby volunteers feel supported, valued and recognised for their contribution.

For the full report go to the link below:

[Scotland's Volunteering Action Plan \(www.gov.scot\)](https://www.gov.scot/publications/scotland-s-volunteering-action-plan/pages/1-introduction/)

GENERAL INFORMATION

"What Makes You, You?" This World Alzheimer's Day, Alzheimer Europe is proud to collaborate on a new initiative that looks beyond an Alzheimer's diagnosis and celebrates the person



Luxembourg, 21 September 2022 – Today is World Alzheimer's Day, a day dedicated to raising awareness of Alzheimer's and other types of dementia, as well as challenging the stigma surrounding dementia.

This year, to mark this important day, Alzheimer Europe is proud to collaborate on a new initiative called "What Makes You, You?" The initiative is a collaborative effort between Roche, the European Working Group of People with Dementia (EWGPWD) and Alzheimer Europe. It aims to help create a world where people living with diseases that affect the brain, like Alzheimer's, can live life to the fullest and stresses the importance of looking beyond a person's diagnosis and of valuing them for who they are.

Short videos (approximately three minutes each) have been created, featuring three members of the EWGPWD who are living with Alzheimer's disease, together with some of their family members. Each tells the story of who they are, in their words.



Alzheimer Europe is the umbrella organisation of national Alzheimer associations and currently has 35 member organisations in 32 European countries. Alzheimer Europe sees its mission as changing perceptions, policy and practice in order to improve the lives of people affected by dementia. Alzheimer Europe's strategic objectives are: providing a voice to people with dementia and their carers, making dementia a European priority, changing perceptions and combating stigma, raising awareness of brain health and prevention, strengthening the European dementia movement and supporting dementia research.

FOR MORE INFORMATION PLEASE CLICK THE LINK BELOW

[Alzheimer Europe Press release - "What Makes You, You?" This World Alzheimer's Day, we are proud to collaborate on a new initiative with Roche \(newsweaver.com\)](https://www.newsweaver.com/Alzheimer-Europe-Press-release-What-Makes-You-You-This-World-Alzheimer-s-Day-we-are-proud-to-collaborate-on-a-new-initiative-with-Roche)



Remembering Together: Collective acts of reflection, remembrance, hope and healing with communities across Scotland

Greenspace Scotland is currently working with artists and communities across the country to honour the people we have lost during the Covid pandemic and to find the ways we most want to remember them. Offering a place to connect, to reflect and to create, Remembering Together is supported by the Scottish Government and will see memorial projects co-created between commissioned artists and communities in all Scotland's 32 local authority areas.

Through workshops, conversations, sharing spaces and public events, artists and creative practitioners are exploring what a Covid community memorial might look like. These community memorials need not necessarily be structures in parks or gardens. In fact, they may not be physical structures at all; walks, trails, things that tour to different locations or memorials that exist online could all be possible. What they will all have in common is that they have been created by communities to reflect what is important to them.

A community can be where people live. But it can also be a group of people that have something in common, and we're especially keen to connect with faith groups, youth organisations, people of global ethnic majority, communities of disability or those working with people that have assisted support needs.

You might know of a group of people in your area that have supported each other in various ways through the pandemic. If you feel they would like to be part of the co-creation process - or just find out more about it - then let us know.

On our web site at www.rememberingtogether.scot there are also other ways you can get involved. You could write or create something for our *Yellow Heart* series. This is a series that we will post on our News & Stories web page and on our social media channels that will use the symbolism of the Yellow Heart to share stories of bereavement and loss through Covid. This could be an image, text, poem, drawing, video, or anything that you would like to use.

You could also contribute to our *Voices* series. *Voices* is dedicated to people who often do not find platforms to express their voice. It's for anyone who feels they have a story to tell, whether an image, some text, a drawing or a song. This series is a place to share what is challenging, but also perhaps what has been gained during the Covid pandemic.

To submit something to either *Yellow Heart* or *Voices*, or to simply find out how artists are working with communities in your area, contact Project Officer John Saich:
john.saich@greenspacescotland.org.uk

National Power of Attorney Campaign: September 29th was National Power of Attorney Day

This day is when the campaign seeks to celebrate our successes and inform a wider section of the community about the importance of having a Power of Attorney in place. We have developed an extensive pack of usable video and static content that can be used on the day and throughout the wider campaign. Please find attached the link to the Media pack, detailing what the campaign is and what it intends to do and also there is also a link to downloadable content for you to use. Importantly, there is a Campaign Calendar Spreadsheet, telling you when we are posting specific material each day - you will find Post Dated folders within the links we sent you so that you can download the material for each day and use it in your own style to promote the Power of Attorney message.

Our ask is very straight forward:

- we would like you and your social media teams to download the materials and use them as you see fit in the promotion of the Power of Attorney message.
- we would like you and your social media teams to link to the national Power of Attorney Facebook Campaign page at <https://www.facebook.com/starttalkingpoa>
- we would like you and your social media teams to link to the national Power of Attorney Twitter Campaign page at @StartTalkingPoA
- Finally, we would ask that whenever you see our Power of Attorney campaign material, that you interact with it by **Liking, Sharing & Commenting** on it.

Thank you for taking the time to engage with the campaign and we look forward to updating you on how well the day (and 3-week campaign) have gone!

Here are the links you'll need to access all the content - we suggest you access the link and download the folder to a usable, local disk space.

Google Drive Link

https://drive.google.com/drive/folders/1oM-iv0uxC0FOHE_qa3z6qLABN0PZtZmr?usp=sharing

WeTransfer Link

<https://we.tl/t-rxk72akYvc>

If you have any issues downloading or accessing the materials, please let me know -

Fionna@mypowerofattorney.org.uk

Fionna Farrell

Community Engagement Manager

mypowerofattorney.org.uk



Interfaith
Scotland

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



Welcome to our
September e-news

Welcome to our September e-news where we bring you an update from our Annual Conference held in early September, as well as news of a recent drug trial that has showed promising results.

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

**SPREAD THE WORD ABOUT THE SANCTUARY COURSE ON
WORLD MENTAL HEALTH DAY
SHARE THE INVITATION TO FREE WEBINAR**

"Christian hope means certain expectation of something not yet seen."

These words of Archbishop Justin, from the sermon at Her Late Majesty's funeral, land with particular poignancy as we transition into another season. Times of uncertainty might induce anxiety in many of us. When these periods of uncertainty become drawn-out, we often function in highly reactive states. Over a period of time, we might not see that we are becoming gradually worn down—particularly when those around us are operating with the same energy. Perhaps over-used, but the metaphor of the 'boiling frog' applies here. As the temperature incrementally rises, the frog is unaware it's slowly being cooked. We might be even less likely to leap when we are all in the same pan.

Yet, in a time when there is growing need and uncertainty, extra attention to our own states and needs is still vital. I have often been surprised at how much time away from activity I require to get beneath the question, 'What do I need?' This may feel like a luxurious question, but if it goes unasked, it can lead to burn out.

Very few of us at this time will be functioning at an optimal level in this state, and we should be wary of comparing ourselves with those who appear to be. To be connected to ourselves, God, and others, requires proper attention to our own rest cycles. As I hear how others have benefited from *The Sanctuary Course*, I'm reminded that chances to learn and listen from one another are going to be key in this coming season.

For those considering running the course, join us for a one hour introduction to *The Sanctuary Course* on 10th October, World Mental Health Day. We'll be joined by Sanctuary Ambassador, Rev. Dr. John Swinton. More details are included below.

Let's find ways to remain connected as we look after ourselves and one another, as we live out of a deeper hope.

**SPREAD THE WORD ABOUT THE SANCTUARY COURSE ON WORLD MENTAL HEALTH DAY.
SHARE THE INVITATION TO FREE WEBINAR**



Introducing *The Sanctuary Course*
Join the Sanctuary UK team for a one hour webinar

Discover how *The Sanctuary Course* can equip your church to support mental health and wellbeing, ensuring it is a place where everyone has a role in creating a positive approach to mental health.

- Discover how this free course works, how it has been used, and its impact on real communities
- Hear from theologian John Swinton on why he supports the work of Sanctuary
- Explore the best ways to get the course up and running in your setting
- Ask your questions about Sanctuary's approach and resources

7.30pm BST | 10th October 2022

SANCTUARY
Mental Health Ministries

If you're considering running *The Sanctuary Course* in your church, or wanting to spread the word, we'd love to invite you to our webinar on 10th October, World Mental Health Day.

We know from our experiences of the pandemic that addressing issues of loneliness and isolation can make a huge difference to our resilience levels. We want to equip our communities to support one another well and to contribute however we can to people feeling connected.

The Sanctuary Course is a rich source of help for churches seeking to support mental health and wellbeing.

In this powerful excerpt from Session 1 of *The Sanctuary Course*, listen to Matthew as he describes his own experience of anxiety.



WATCH

Will you join us to ensure *The Sanctuary Course* can reach as many people as possible?

If you're a church leader, please come to the webinar on 10th October, and invite any others who have pastoral oversight in your church. Who else in your network needs to know about this event?

Please do pass the information on and encourage people to join us.

REGISTER HERE



CARING, DYING AND GRIEVING: encouraging and supporting action in communities

A WINTER GET TOGETHER TO REGROUP,
RECONNECT AND INSPIRE.

1st December 2022, 10am-4pm
THE RENFIELD CENTRE, 260 BATH STREET,
GLASGOW G2 4JP



We're pleased to launch the [programme for the Good Life, Good Death, Grief winter get-together](#) - our first major event since 2019.

The event will explore how to give people in Scotland opportunities, skills, and confidence to support people who are caring, dying or grieving.

The [programme](#) will include a mix of plenary sessions, interactive smaller groups, and opportunities for stakeholders to share their work. We'll explore:

- public health palliative care
- compassionate communities
- planning ahead for ill health and death
- death education and bereavement support in schools
- bereavement-friendly workplaces
- public education about death and dying.



There will also be plenty of time to meet up informally over a cup of tea, to chat, to learn about what others are doing, and to share your own work. Explore...

- **Stalls:** A range of information and resources from charities, community groups and other organisations working in this field.
- **End of Life Aid Skills for Everyone:** get a sneaky preview of some of the resources from EASE, the End of Life Aid Skills for Everyone public education course.
- **It Takes a Village:** A powerful and challenging series of portraits and personal stories, *It Takes a Village* explores the idea that as people's health deteriorates, care and support comes in many guises.
- **Strategising:** What would you put in a new palliative and end of life care strategy? Share your thoughts.
- **Noticeboard of opportunities:** Are you seeking others to get involved in a local project? Would you like to work with others to get something done? Put a notice on the noticeboard advertising your project, or check out the notices put there by others.

Check out the draft programme and book here: [Caring, dying and grieving: encouraging and supporting action in communities](#)

You are invited to share some time looking at important issues

Christians on Ageing

gathers people together to share knowledge and experience on things that matter right now and new ideas that need a bigger audience. These gatherings are called **Conference Calls**.

Book now for our autumn series

18 October 2022

Carol Sargent will present:

Holidays for the mind and soul: people with dementia and their family carers

Carol Sargent is the founder and CEO of *Mind for You* which specialises in providing bespoke holiday experiences for people with dementia and their carers. She believes that holidays are important instruments helping people refresh and find times of peace and hope

[The MindforYou Story | MindforYou](#)

15 November 2022

Dr Karan Jutlla will present:

Reaching people with dementia of different cultures and different faiths – lessons for everyone

Karan Jutlla is Dementia Lead in the Faculty of Education, Health and Wellbeing at The University of Wolverhampton [Dr Karan Jutlla | Cultural Inclusivity in Dementia Care \(drjutlla.com\)](#). Her work has attracted widespread interest and respect. Her studies with South Asian elders and their families demonstrate fear and mistrust of mainstream services for people with dementia. Faith communities can be helpful in this situation. The model may have wider applicability [UK health services failing south Asian people with dementia, says report | Dementia | The Guardian](#)

Register your interest by e-mail: discussion@ccoa.org.uk

Conference Calls are open to all and are free via a Zoom link which is provided nearer the date of the Call. Each Conference Call starts at 10.30 am and ends around noon. The discussion is introduced by an expert in the field.



[Click here to read our latest news](#)



THE UNIVERSITY of EDINBURGH School of Divinity



New College Festival of Books and Belief

3-5 November 2022 Programme is Live!

Scholars, Professors, University Lecturers, former Bishops of the Church of England, award-winning fiction and non-fiction writers, journalists, novelists, poets, playwrights, filmmakers and translators are gathering to share their life stories and discuss their work.

The three days of New College Festival of Books & Belief will be opened by the Principal and Vice-Chancellor of the University of Edinburgh, Peter Mathieson. Followed by a conversation with the former Bishop of Durham, Burkitt Medal awarded for Biblical Studies and Fellow of the Royal Society of Edinburgh, Professor N.T. Wright.

On Friday November 4th, Helen Bond and Joan Taylor, co-authors of *Women Remembered: Jesus' Female Disciples*, will explore the role of women in the New Testament. Dina Nayeri (*The Ungrateful Refugee*) and Chritra Ramaswamy (*Homelands*) will discuss some of the religious aspects of what it means to be a refugee. Distinguished poets Kevin MacNeil, Alycia Pirmohamed and Alan Spence, all currently working in Scotland, will discuss religious influences on their work.

On Saturday November 5th, former Archbishop of Canterbury Rowan Williams will open the festival's final day with a talk about the role of art and the sacred. There will be a conversation on the impact of Islamic spirituality and humanism on the works of the acclaimed novelists Leila Aboulela (*Bird Summons*) and S.J. Parris (*While you Sleep and Storm* plus the Giordano series). Also, a panel of award-winning playwrights will reflect on the role of religion in Scottish drama today. Amongst other events! Explore our line up and follow the links to get tickets. Some events are paid for but, many are free.

[**Book Now**](#)

News



We're hugely excited to announce that our new CEO, Lucinda Godfrey, has joined us this week. She'll no doubt have a busy few weeks ahead as she settles into her new role and gets to know the team at ACOSVO. Lucinda will be coming along to the ACOSVO Annual Conference this month and we are sure that she will receive a very warm welcome.

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 HAVE ALREADY SIGNED UP

**IF YOU WISH TO UNSUBSCRIBE FROM OUR NEWSLETTER,
PLEASE EMAIL info@fiop.org.uk**



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