

NOVEMBER 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

OUR LATEST BLOG

Effective Responses to Loneliness & Mental Health

Loneliness and mental health have always been intertwined issues and this will continue to be the case in the future. Whilst loneliness is not a mental health condition in and of itself, it can (and does) often lead to mental health problems. These can include various types of social phobia, depression, anxiety, low self-esteem, sleep problems and increased stress. ('About Loneliness'- Mind website). Equally, mental health problems of varying types and levels can often lead to significant experiences of loneliness and so the two issues can exacerbate each other.

In July 2020, the Campaign to End Loneliness published a report called 'The Psychology of Loneliness' and this explored the relationship between mental health and loneliness and made a number of recommendations as to how individuals and agencies could address this growing problem. These included:

- increasing understanding about the effects of loneliness
- groups addressing loneliness exploring ways to incorporate the effects on mental health and psychology
- offering more one-to-one opportunities for those with complex needs

Impact of Covid-19

These issues were already being discussed prior to Covid-19 in terms of an 'epidemic' and since March 2021 there is evidence that the numbers of people experiencing mental health problems and loneliness has increased and has affected people of all ages, backgrounds and geographical area regardless of levels of affluence or deprivation. The ONS found that 'up to a million more people became chronically lonely as lockdown continued – increasing the total to 3.7 million adults by the beginning of 2021. ('Loneliness beyond Covid-19' – Campaign to End Loneliness, July 2021) Similarly, churches also expressed similar concerns and over 90% of [church leaders] said that loneliness/isolation and mental health were affecting people "a little more" or "much more" than before the pandemic.' (Church in Action: A Survey of Churches' Community Responses to the Pandemic' – Church Urban Fund & Church of England, April 2021)

How can we all respond to loneliness & mental health?

Despite lockdown measures now being removed, bereavement and other implications are still being felt by many people and are unlikely to be resolved for many months or years.

We all have a role to play in responding to these issues and these fit into two categories:

1. Individual action – We all have opportunities in our day to day lives to engage with those around us and demonstrate care, love and compassion. Psalm 68 says ‘A Father to the fatherless is God in His holy dwelling. God sets the lonely in families.’ By remaining aware and responding to the needs of those on our doorstep, we are expressing God’s love directly in ways that we may never appreciate.



2. Organisational action - Many organisations and community groups have been addressing issues around mental health and loneliness either implicitly or explicitly for many decades. In recent years, however, there have been many initiatives set up at a community level which specifically aim to address this, including support groups, counselling services, community activities and events, befriending/ mentoring services. These activities need to continue to develop and grow which means investment of time, finances and people including within churches and faith groups.

Exciting developments in Scotland!

Linking Lives UK is a national Christian charity working to address loneliness and social isolation in partnership with churches. We are now focusing on the need to provide a wide variety of resources that can be used to address loneliness and mental health in local communities. In some instances, this will be by creating a local befriending scheme (using our Two’s Company Befriending model). We currently work with 65 churches running such schemes including five in Scotland. We also run webinars and training outlining ways in which all

of us can informally support those around us by becoming more aware of these issues in our communities.

We have recently secured three-year funding to enable us to further develop this work specifically in Scotland and we plan to employ a National Development Manager for Scotland. This role will involve researching needs and opportunities for the work and to build networks across the country.

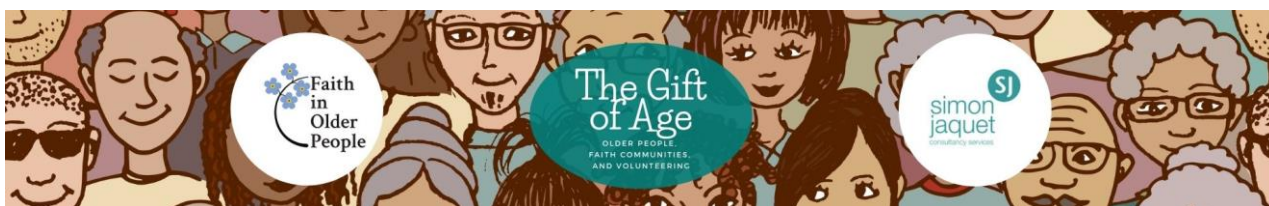
If you would like to know more about these plans or ways in which you can respond to loneliness and social isolation in your local area, please contact us at admin@linkinglives.uk or 0300 302 0225

Jeremy Sharpe, is the National Director of Linking Lives UK and is based in Reading, Berkshire



FAITH IN OLDER PEOPLE – OUR RECENT EVENTS

FAITH IN OLDER PEOPLE CONFERENCE 2022 THE GIFT OF AGE



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

The final report of this project will be published soon. We are developing a dissemination strategy as we feel it is vital that this unique exercise in Scotland should be widely discussed and ideas shared.

FAITH IN OLDER PEOPLE – OUR FORTHCOMING EVENT

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 are running a further seminar on **Tuesday 29th November 2022** when 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.

FAITH IN OLDER PEOPLE AND ANNA CHAPLAINCY WEBINAR

'What would make for a hopeful older age - an exploration'

Tuesday November 29, 10am to 12pm- via Zoom

PLACES STILL AVAILABLE - CLICK [here](#) TO BOOK YOUR FREE PLACE

Who thinks of their own ageing process as an adventure?

Perhaps, few of us. How might it change our perspective if we could regard our advancing years not so much with dread as with anticipation?

In many churches those who are over 60 are the bedrock of the church's life, often active in volunteering and lay leadership. As these generations grow older so their needs differ and change and as the younger generation become the focus of the church's energy, they can sometimes struggle to know their place.

How can churches contribute to a safe community for those at the so-called Third and Fourth stages of life and help them to continue to grow spiritually?

Debbie Thrower, Pioneer of Anna Chaplaincy for Older People, explores these questions alongside explaining how to develop a caring ministry among the more mature where they receive the spiritual care they need; for some this is within a framework of their continuing discipleship journey. Creative approaches will emerge of how to engage actively in support and outreach to older generations within our local communities.

Debbie Thrower – Pioneer, Anna Chaplaincy for Older People

Debbie is a former journalist and broadcaster, and Church of England licensed lay minister (LLM). She first developed Anna Chaplaincy for Older People in Alton, Hampshire from 2010, and joined BRF in 2014 to scale the work up nationally. She was a newspaper journalist before becoming a broadcaster for both the BBC and ITV. Her media experience informs her approach to promoting the spiritual welfare of older people, using the narrative of people's lives to seek shape, meaning and purpose, and to foster hope and resilience.

The link to Debbie's latest blog is below:

[The morning after the day before... \(annachaplaincy.org.uk\)](https://annachaplaincy.org.uk)

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.

FAITH IN OLDER PEOPLE INFORMATION

SPIRITUAL CARE EDUCATION

There is significant activity on the development of the framework for action which it is intended to be published in the spring of 2023 with the longer-term aim promoting the inclusion of spiritual care in the proposed National Care Service.

FiOP is a member of the Spiritual Care Programme Board and Maureen O'Neill is a Co-Chair of the Expert Group on Education and Professional Development which feeds into the Board.

MENTAL HEALTH

Bring the Mental Health Conversation to the Heart of the Church

WEDNESDAY 2 NOVEMBER 2022

Corin Pilling facilitated our well attended event last week. Corin is Director of Sanctuary UK, a mental health charity equipping churches with resources and training to support those living with mental health challenges. He has led the work of Sanctuary since 2020. Mental Health is often perceived as a crisis issue; in this webinar we discovered how we can all have a role in creating a safer community for those of us experiencing mental health challenges.

Together, we explored 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.

A recording of this event will be available on our website soon.

SCOTTISH GOVERNMENT MENTAL HEALTH AND WELLBEING STRATEGY CONSULTATION

Faith in Older People was actively involved with Voluntary Health Scotland and Health in Mind to consider the issues affecting older people in relation to mental health challenges. VHS has recently published its response to the Scottish Government Strategy consultation.

[Consultation-Response-Mental-Health-and-Wellbeing-Strategy-.pdf \(vhscotland.org.uk\)](https://vhscotland.org.uk/Consultation-Response-Mental-Health-and-Wellbeing-Strategy-.pdf)

FAITH IN OLDER PEOPLE – FORTHCOMING EVENTS FOR 2023

SAVE THE DATES

THURSDAY 26 JANUARY 2023

LINKING LIVES WEBINAR – 4.30PM –6.00PM

With Jeremy Sharpe

A view of loneliness and isolation and its impact on mental wellbeing

Jeremy Sharpe is the National Director of Linking Lives UK and is based in Reading, Berkshire

Effective Responses to Loneliness & Mental Health

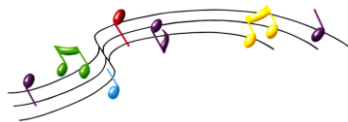
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TO BOOK YOUR FREE PLACE NOW – click [HERE](#)

THURSDAY 2 FEBRUARY 2023

reviving our popular event

THE POWER OF MUSIC - SINGING FOR HEALTH



**A WORKSHOP LED BY DIANA KERR, DEMENTIA CONSULTANT,
AUTHOR AND SINGING GROUP LEADER**

**THE POWER OF MUSIC for people with dementia and their carers
*CREATING SINGING GROUPS FOR PEOPLE WITH DEMENTIA***

Who should attend?

- Do you like a good sing song?
 - Have you had your spirits lifted by music?
 - Are you looking for an opportunity to be involved in bringing fun, joy, and a sense of wellbeing to others?
 - Would you like to be involved with the support of people with dementia and their carers?
- If so then come to this workshop and be inspired to have a go.

What will you get from the workshop?

- You will hear about why music, and especially singing together, is so important to people with dementia and their carers
- You will learn about what songs to use
- You will learn about different ways of using songs to increase the fun and sense of achievement
- You will experience the joy of a sing song
- You will learn what you need to do to set up a group in either a community or residential setting
- You will be offered follow up advice and support after the event

Venue to be confirmed. FURTHER DETAILS TO FOLLOW SOON

Faith in Older People's ANNUAL REPORT 2021/2022
is now available on our website.
Please click [HERE](#) to read it

SCOTTISH GOVERNMENT

The Scottish Government has recently launched a National Conversation to inform the development of a **new Dementia Strategy**.

Overview

We want a national conversation with everyone interested in what a new Dementia Strategy for Scotland should look like. To help inform your response, we have put together [a short discussion paper](#). Please read this before responding.

We have also created an [audio version](#) of this document to ensure this Conversation is accessible to a wide range of communities. This platform enables a written response, but we will also hold online discussions, which you can sign up for below. We are also keen for opportunities to meet in-person with you and your communities, so [please get in touch](#).

[A national conversation to inform a new Dementia Strategy - Scottish Government - Citizen Space \(\[consult.gov.scot\]\(https://consult.gov.scot\)\)](#)

GENERAL INFORMATION

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

Volunteer Scotland is planning to submit a response to the Scottish Government's national conversation to inform a new Dementia Strategy. In particular we hope to focus on the role of volunteers in supporting people affected by dementia, as well as their families and carers, in both community and statutory settings. We will also touch on the health and wellbeing benefits of volunteering for those with dementia and their carers.

If you have any evidence or case studies to support the role of volunteering in dementia care, I'd be very grateful to hear from you. The deadline for the consultation is the 5th of December, so I'd be grateful if you could share any evidence you might have by 14 November please.

Sarah Latto | Policy Officer | (She/Her)

Volunteer Scotland | Jubilee House | Forthside Way | Stirling | FK8 1QZ (01786) 479593

sarah.latto@volunteerscotland.org.uk | www.volunteerscotland.org.uk (->
eur01.safelinks.protection.outlook.com)



13 - 20 November 2022

Storytelling

www.scottishinterfaithweek.org

Now is the time to check out the events coming in for Scottish Interfaith Week 2022! Our programme is filling up with events from Dumfries to Shetland, both in person and online. With a variety of music, food, discussion, and more - there's something for everyone.

If you are organising an event, you still have time to [submit it on our website](#).

Register Here



**Alzheimer
Scotland**
Action on Dementia

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

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



**Edinburgh Forget Me Not Garden –
Lauriston Castle, 2 Cramond Road South, Edinburgh EH4 6AD**

The Edinburgh Forget Me Not Garden Trust would like to invite you to see the garden at the Lodge House at the entrance to the Lauriston Castle estate. This is a memory and activity garden for people living with dementia, their carers, and their families. It is not only aimed at providing reminiscence and activity, but also to give a relaxing, safe garden to sit in and walk around.

It is our hope that, on seeing and learning about the garden, you will wish to bring members of your dementia community and their carers and families to visit us in the near future.

To arrange a date for your visit, please contact:

Patricia Eason

patricia.eason@virgin.net



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

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.

Harlawhill Day Care Centre

Prestonpans –

Email: hhdcc2007@yahoo.com



About us –

Our Services include

Our aim at the Centre, is to provide social contact and stimulation in homely surroundings for those who cannot get out of the house without assistance. Our specially adapted minibus brings people to and from the Centre and is also used for day trips, meals out, afternoon tea and visits to places of interest.

Some activities we offer include

- Outside Speakers
- Church Services
- Singing & Dancing
- Arm Chair Exercises
- Day Trips
- Group Reminiscing



Our staff are full of enthusiasm and the groups certainly seem to thoroughly enjoy the music and events.

Visit our website for more information

<https://harlawhilldcc.co.uk/https://harlawhilldcc.co.uk/>



The national intermediary and network for voluntary health organisations in Scotland

E-bulletin



[Click here](#) to read our November e-bulletin: sharing news and views affecting the voluntary health sector

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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