

JANUARY 2023 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 NEW YEAR MESSAGE

All good wishes for 2023 which is likely to be a year of challenges as we face the energy crisis and cost of living issues which will affect all of us in different ways as individuals and organisations.

We are hopeful in FiOP that the work we have been undertaking in the past few years has come to fruition and that it will have an impact on the education of health and social care staff in relation to spiritual care. That the focus on the contribution of older people in our faith communities as highlighted in the Gift of Age Report will raise awareness of what older people and faith communities add to the wellbeing of those around them and the potential for collaboration.

With the wellbeing of older people as our primary focus we want to develop the potential of Anna Chaplaincy to support older people in residential care by sustaining their spiritual and faith lives. This is echoed in the work we are doing around building awareness of issues around enduring mental health challenges for older people; providing support to faith communities in relation to the needs of people living with dementia.

As always, our emphasis will be on collaboration with individuals and organisations to make sure we work from a basis of knowledge and that we have called on their specific expertise.

Much to do and to achieve and we remain ambitious in wishing to influence awareness and change. Your ideas and suggestions about future work or events would be welcome as we set out our strategy for the next few years.

**Maureen O'Neill
Director**

FAITH IN OLDER PEOPLE – FORTHCOMING EVENTS FOR 2023
AVAILABLE TO BOOK NOW

THURSDAY 26 JANUARY 2023, 4.30pm –6.00pm

LINKING LIVES WEBINAR – 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

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.

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

THURSDAY 9 MARCH 2023, 4.30pm – 6.00pm

EXPLORING CARING – INCLUDING EMOTIONAL AND SPIRITUAL SUPPORT

Richard Meade, Director, Carers Scotland will present this seminar and discuss the impact of the caring responsibilities of unpaid carers and their wellbeing; in particular, in relation to spiritual, emotional and physical wellbeing including financial consequences and social isolation.

Family, friends, neighbours and those who provide care to others face huge emotional, spiritual and physical challenges in their caring role. The burden of caring can often exceed their capacity to cope, which negatively affects their psychosocial and physical health, morbidity, social life and quality of life.

Spiritual care has been shown to play a very important role in supporting carers, particularly when the person they are caring for is terminally ill and approaching the end of life. A good spiritual wellbeing can reduce levels of burden and stress for carers as well as increase levels of happiness, but not every carer is able to get the support they need.

Carers need a range of support including health and social care services, communities and faith groups as well as their families and personal networks in order to continue to provide the care that they do. This presentation will explore the importance of spirituality and caring, what it means and how we can do more to support carers to improve their spiritual wellbeing.

TO BOOK YOUR FREE PLACE CLICK [here](#)

Reviving our popular event
THE POWER OF MUSIC - SINGING FOR HEALTH
for people with dementia and their carers
CREATING SINGING GROUPS FOR PEOPLE WITH DEMENTIA
Date – Thursday 2 March 2023
Venue – St Augustine’s Church, George IV Bridge, Edinburgh
TICKETS £30.00



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

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?

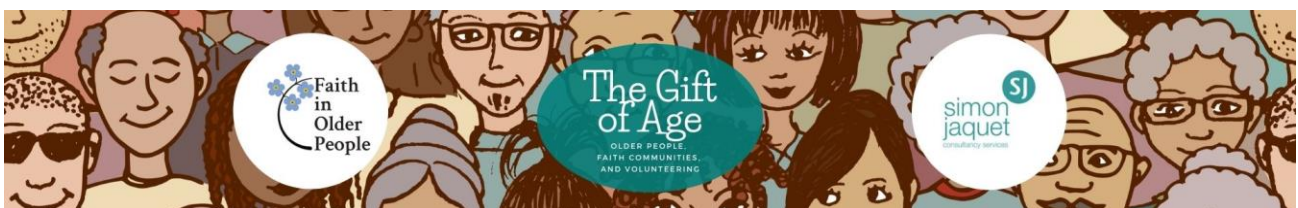
If so then come to this workshop and be inspired to have a go.

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 learn what you need to do to set up a group in either a community or residential setting

TO BOOK YOUR PLACE CLICK [here](#)

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.

SCOTTISH GOVERNMENT

Research Report about the impact of COVID on faith communities

This Research Report has been published on the government website and is available via the following link:

[The impact of COVID-19: Conversations with Faith Communities - gov.scot \(www.gov.scot\)](http://www.gov.scot)

Update on the Benefits Assessment under Special Rules in Scotland (BASRiS) Form

- update on the BASRiS form for disability assistance in Scotland regarding clarification of the date required on the BASRiS form and the launch of the updated BASRiS form. Also, below is a link to the CMO letter we have previously issued, which includes an example of both the new version of the BASRiS form and the BASRiS Fee payment form.

[CMO Letterhead.dot \(scot.nhs.uk\)](http://scot.nhs.uk)

Mimi Nicholls | Policy Officer | Disability Benefits Policy Unit, Scottish Government, Area 1B (South), Victoria Quay, Edinburgh, EH6 6QQ Mimi.Nicholls@gov.scot

[Winter Illnesses Campaign Launch and Updated Stay Well This Winter Resources](#)



[Download](#)

New Winter Illnesses campaign fronted by Professor Jason Leitch and Stay Well This Winter updated campaign resources now available.

As Scotland's NHS faces more pressure now than at any point during the pandemic, National Clinical Director Jason Leitch fronts a new **Winter Illnesses campaign**.

A new TV advert has been created and a shortened version of this is available for sharing across networks and on social media channels. The videos are available for download via the Winter Resource Hub.

In addition to the Winter Illnesses campaign, the **Stay Well This Winter campaign** resources have been updated to deliver stronger messaging on wearing face coverings and trying to stay at home if unwell.

GENERAL INFORMATION



National Development Manager - Scotland

We are looking for a National Development Manager for Scotland who has a good understanding of issues relating to Scotland; lived experience in the charity and/or faith sector – ideally in community development roles; and a passion for addressing loneliness and social isolation among older people.

Do you have a passion to support older people experiencing loneliness and social isolation?

Do you believe that the church has a key role to play in addressing these issues in communities across the country?

Do you have experience of working at a strategic level within the faith, charity or corporate sector?

If you have experience and a proven track record in Christian faith-based development work, this role could be for you! Linking Lives UK exists to reduce social isolation and loneliness, with a particular focus on older people. This is achieved by setting up befriending schemes in partnership with churches; training volunteers in community-based activities and running regular webinars aimed at inspiring individuals to support those around them.

RESPONSIBILITIES:

By the end of this three-year project we aim to have met the following targets:

- Established 25 new befriending schemes across Scotland
- Enabled 30 churches to receive training for 180 volunteers to operate in informal community-based settings
- Trained 20 volunteers and 4 paid chaplains in Scotland to support older people on their spiritual journeys (within a Christian context)

DETAILS:

Rate: £25,000-£27,500 (£31,250-£34,375 FTE)

Hours: 32 hours per week

Status: Employed (6-month probationary period)

Location: Home-based in Scotland

Contract: 3 Year initially (subject to 6-month probationary period)

Shortlisted applicants will be invited to attend an interview in person.

Closing date: Wednesday 8th February 2023



For informal enquiries please contact Jeremy Sharpe on 07970 100131. To request an Information Pack about this role, please email us at

recruitment@linkinglives.uk

We look forward to hearing from you!

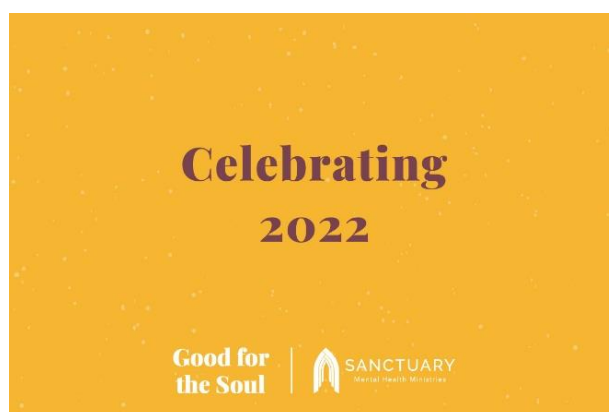


JOB OPPORTUNITY

TRUTH BE TOLD <https://truthbetold.org.uk/work-for-us/>



Welcome to all our [VHS members](#) and wider network of supporters, we hope you will enjoy this January e-bulletin: sharing news and views affecting the voluntary health sector.



CHURCHWORKS

Corin was invited to offer a reflection at this year's ChurchWorks Summit in Westminster, with the topic being the Church's response to the UK mental health crisis.

The summit aims to showcase the incredible work already being done by churches up and down the country, and to catalyse further partnership among denominations and with government departments.

Corin urged those attending to think beyond crisis responses to mental health, towards a more hopeful and long-term recovery.



FAITH IN OLDER PEOPLE

It was wonderful to be able to join a webinar hosted by Faith in Older People (FiOP) earlier in the autumn. FiOP educate, encourage and support volunteers, health and social care workers, members of faith communities, and other agencies to increase their understanding of spiritual care and issues around ageing. We

were so encouraged at the level of engagement from those on the call and their commitment to learning and action.

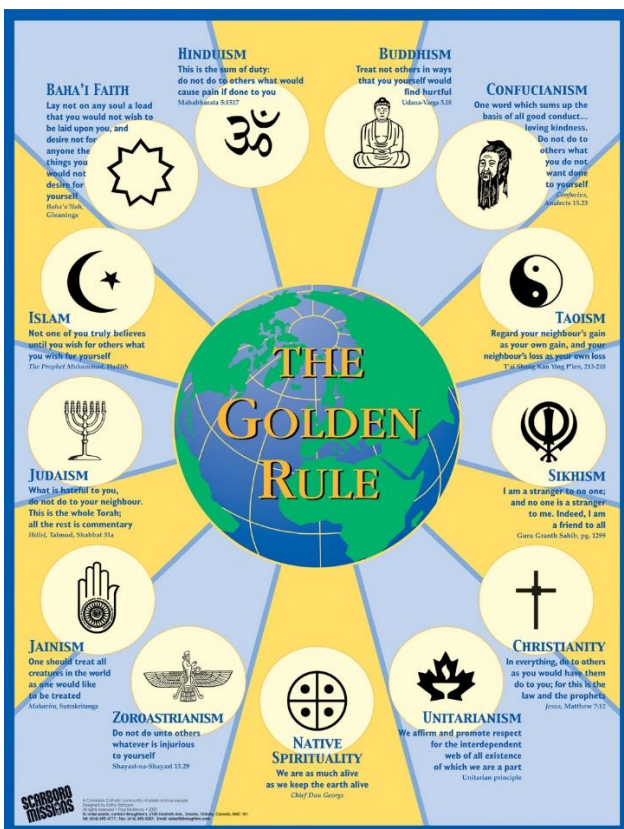
Expect to hear more from us over the next couple of weeks as part of our Christmas giving campaign. Financial support is only one way to be part of reaching our communities. If there's any way you can help—getting the word out there about our free resources, or with prayer, as well as finances, please get in touch by reply or click the link to my email address below.

May these stories and resources be as a welcome friend to you in this season—helpful, warm, and encouraging. And may they ignite the conversations you have with your loved

ones about mental health and faith. We so appreciate your prayers and support; as always, we are honoured to be praying along with you.



With gratitude,
Corin and The Sanctuary Team
Corin Pilling, National Director, Sanctuary UK
corin@sanctuarymentalhealth.org



This poster has been translated into a number of languages and electronic versions of these posters available — **free of charge**.

You are free to download, post and print (in volume) the poster in numerous languages. Below, see links to other languages including Hebrew, Spanish, French, Urdu, Swahili and bilingual (English-French).

- [English Golden Rule Poster \(free online\)](#)
- [Spanish Golden Rule Poster \(free online\)](#)
- [French Golden Rule Poster \(free online\)](#)
- [Hebrew Golden Rule Poster \(free online\)](#)
- [Turkish Golden Rule Poster \(free online\)](#)
- [Slovenian Golden Rule Poster \(free online\)](#)
- [Amharic Golden Rule Poster \(free online\)](#)
- [Urdu Golden Rule Poster \(free online\)](#)
- [German Golden Rule Poster \(free online\)](#)
- [Flemish Golden Rule Poster \(free online\)](#)
- [Italian Golden Rule Poster \(free online\)](#)
- [Bilingual Golden Rule Poster – French & English \(free online\)](#)
- [Portuguese Golden Rule Poster \(free online\)](#)
- [Japanese Golden Rule Poster \(free online\)](#)
- [Swahili Golden Rule Poster \(free online\)](#)
- [Australian Golden Rule Poster](#)

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

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**



Faith in Older People
Registered Company SC322915 Registered Charity SC038225
21a Grosvenor Crescent, EDINBURGH EH12 5EL
Email: info@fiop.org.uk Website: www.faithinolderpeople.org.uk