

FEBRUARY 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

THE GIFT OF AGE



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

The final report of this major FiOP project has been published and is available on the FiOP website [The-gift-of-age.pdf \(faihinolderpeople.org.uk\)](https://www.faihinolderpeople.org.uk). 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. This is a unique project in Scotland, and we hope it will highlight the immense contribution made by faith communities to society and that it will influence perceptions of faith in action in relation to policies at all levels and the contribution of older people to volunteer activity.

Extract from Executive summary

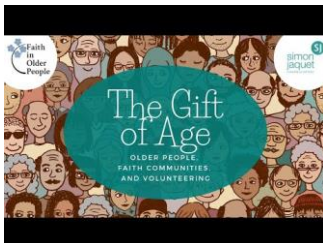
“The role and contribution of faith communities to their local neighbourhoods can be understood through the presence of four key dimensions.

- Inclusion: the faith community as a place where all are welcomed and valued, irrespective of belief, political standpoint, or age. This is especially important in the context of local, often febrile, community politics.
- Trust: faith communities as trusted community assets that are rooted in practical community action.
- Longevity: the simple fact that faith communities are in it 'for the long run' means that solid relationships can be built, initiatives begun and developed at the pace of people, and a commitment made to the long-term development of communities over generations rather than funding periods.
- Hope: the net result of being inclusive, trusted, and present is that faith communities can offer hope to individuals and groups in local communities.

This contribution from faith communities to the lifeblood of local neighbourhoods is often largely unheralded. It is only recognised in small measure, with attention more usually focused on internal politics or ecclesiastical scandal. The profile of faith communities in the public sphere is limited. When asked why this is (...and shouldn't they make more use of Twitter and Facebook?), faith communities will often respond 'It's what we do', 'Our lives are messy'.

A striking (but sometimes overlooked) feature of what faith communities bring to a neighbourhood is the practice of hospitality. This infuses most of their work and expresses itself not least through the informal sharing of food. It was striking to read the number of community initiatives where this was the case.

(FiOP is very grateful to the TOR Foundation for funding this project which was undertaken by FiOP in collaboration with Simon Jaquet Associates).



FAITH IN OLDER PEOPLE – FORTHCOMING EVENTS FOR 2023

MARCH 2023 NEWSLETTER

Our March Newsletter will be in collaboration with the Scottish Partnership on Palliative Care and Good Life; Good Death; Good Grief. We will be focussing on end-of-life matters and bereavement in particular. We will hear about the UK Bereavement Commission and Report; advance planning and a range of resources and training available.

FiOP is planning an EASE course (End of Life Skills for Everyone) in the early summer. This takes place over 4 half days on line and has excellent resources behind it. If you are interested please let Maureen O'Neill know on email: director@fiop.org.uk

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](#)

THE POWER OF MUSIC - SINGING FOR HEALTH
UNFORTUNATELY WE HAVE HAD TO CANCEL THIS EVENT

for people with dementia and their carers
CREATING SINGING GROUPS FOR PEOPLE WITH DEMENTIA
Date – Thursday 2 March 2023

SCOTTISH GOVERNMENT

Benefits for Carers Research Recruitment - Voices Needed

Share your experience
and help us improve
benefits for carers

The Scottish Government is working to improve benefits for people who care and we would like to hear from you.



mygov.scot/carers-survey

[Download](#)

The Scottish Government's Social Security Programme is currently working on developing new carer's benefits in Scotland, and they are looking to speak to carers to help us design the new benefits offering. So far the team have spoken to over 160 carers about their experiences and taken their feedback on board, and they would love your help reaching more voices.

The Social Security Programme Team would appreciate your help in sharing our social media assets via your relevant channels. They have created a graphic that provides a link to a five-minute, online survey where carers can register their interest in taking part in our research.

Social media, website, newsletter and poster assets are available for download. The printable poster also contains a QR code that links directly to the survey and also has a phone number for people that do not have

access to a mobile device or internet to contact us to register.

How You Can Help

- Please **share** the campaign assets via your social media, website, newsletters
- Please **post** the printable posters available in your relevant buildings.
- Please **forward** these assets to relevant stakeholders who may be able to spread the word

Please don't hesitate to get in touch with eduard.vasile@gov.scot if you have any questions or feedback.

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 \(www.gov.scot\)](https://www.gov.scot/publications/research-reports/2021/04/faith-communities-impact-covid-19/summary/)

GENERAL INFORMATION

Christians on Ageing

Online events with: February, March and April 2023

Conference calls

Feb 21st 10.30am – 12 noon

Dr Katharyn Mumby: Accessible Communication for Spiritual Health

My heart lies in practical spirituality and ministry. I have a long career as a speech and language therapy clinician-researcher, offering experience and communication expertise within the NHS, third sector organisations, further education, and now within independent practice. I am particularly interested in adjustment processes after trauma or loss, with the impact of communication impairment and neurological change, and holistic care including spiritual health. These themes cross into my voluntary role as a Licensed Lay Minister in the Church of England. I am drawn to working with people on the boundaries and finding ways of being unconditionally inclusive.

*My PhD (Psychology, 2008) investigated apraxia of speech. I led post-doctoral research using mixed methods to evaluate a complex intervention coproduced with people who had long term aphasia (acquired language impairment). My current work concerns evolving accessible materials for assessing and promoting spiritual health irrespective of religious background, in a variety of populations, including people experiencing stroke, head injury, brain tumour, dementia, and normal ageing. I have recently published 'The WELLHEAD Toolkit' from this work, and a co-edited book on 'Perspectives on Spirituality in Speech and Language Therapy'.
(Please see the link to my independent practice website: <https://www.new-pathways.co.uk/> which gives links to my publications and other online profiles).*

The two publications are due out on 5th January 2023, from J&R press.

<https://www.jr-press.co.uk/wellhead-toolkit.html> (normally £140 plus p&p)

<https://www.jr-press.co.uk/spirituality-speech-language-therapy.html> (normally £24.99 plus p&p)

J&R press are offering a pre-publication 10% discount and free postage in the UK during December if you contact them direct to place an order: <https://www.jr-press.co.uk/contact.php>

Katharyn will speak to the evolution of her understanding of communication and spirituality from her clinical, research and pastoral experiences. She will be pleased to discuss the observations of others attending the session

March 21st 10.30am – 12 noon

Dr David Jolley: Light of Faith - Reflections on growing old by Bishop George Appleton (available from Christians on Ageing)

Bishop George Appleton CMG, MBE 1902 – 1993. He studied at Cambridge University and was ordained an Anglican priest at 23. His war years were spent in Rangoon. He became Archbishop of Perth aged 62, and the second Archbishop of Jerusalem aged 66. He was truly ecumenical and had knowledge and interest in many faiths.

His life and writing brought hope and maturity to many. The death of his wife, Madge, after a long illness brought him deep loneliness.

He wrote Light of Faith - Reflections on growing old for Christians on Ageing not long before his death. In it he reflects upon his life's experience, things which he had read, pain, depression, memory, the future and facing death.

David Jolley will read through parts of the booklet and invite observations from people on its words and the topics as they are addressed

Annual General Meeting of Christians on Ageing: April 26th 1pm – 2.30pm Invited Speaker

Debbie Thrower:

Debbie will speak from about 1.30pm to the title:

Trust in Old Age – How to avoid becoming our own worst enemies as we grow older!

Debbie Thrower explores erosion of self-belief in our later years and what part Christian faith can play in affirming one's identity - and future - in the face of inevitable change.

Pioneer of Anna Chaplaincy for Older People at BRF (Bible Reading Fellowship) Debbie Thrower is a former journalist and broadcaster working for both BBC and ITV. In less than a decade the Anna Chaplaincy national network has grown from just one – Debbie was the first Anna Chaplain - to more than 270.

Conference Calls and attendance at the AGM are open to all and are free via a Zoom link which is provided nearer the date of the Call.

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

INTERFAITH MATTERS...

FEBRUARY EDITION

READ [HERE](#)

THIRD FORCE

An article from Third Force News 14th February 2023

The resilience of volunteers is under strain like never before

[Funding cuts and volunteering: you can only take out so much before there's a collapse - TFN](#)

CAPS' Minority Ethnic collective advocacy group have just announced they are holding some online workshops aimed at people working within mental health. You can find the details below. **“Are you interested in mental health in Minority Ethnic communities and/or want to be more inclusive of people from these communities in your practice?”**

The Minority Ethnic Collective Advocacy group at CAPS is pleased to announce their new workshop series: **Insights into Minority Ethnic Mental Health**. This is an experience-led workshop series containing three monthly workshops on the challenges faced by people from Minority Ethnic communities, living in Scotland, and how this impacts their mental health. In addition, they look at how these challenges create barriers when trying to access services outside of their cultural experiences.

Workshop 1: Racial Discrimination in Scotland, and the UK
Monday 20th February 1:30-3pm

Workshop 2: Our everyday realities
Monday 20th March 1:30-3pm

Workshop 3: Mental health stigma within Minority Ethnic communities and challenges accessing services
Monday 17th April 1:30-2:30pm

They encourage participation at all three workshops however, this is not mandatory. These workshops are free to attend and will be held online via Zoom. To register your interest please email Mohasin at mohasin@capsadvocacy.org **Please feel free to share within your networks.**

OSCR

Welcome to the first OSCR Reporter of 2023!

[OSCR | 2022 in numbers](#)

NEWS FROM LUMINATE

Arts and Ageing Gathering



Bookings are now open for our Arts and Ageing Gathering that will take place on Tuesday, 28th March at the Festival Theatre, Edinburgh.

This free event is open to Scotland-based artists and creatives to explore the opportunities for the arts and for people as our population gets older, and will reflect on some of the challenges that come with this change.

The one-day event is for:

- Older artists, whether you have a longstanding career or have come to your practice later in life
- Artists of any age who work with and for older people in community settings
- Professionals in cultural organisations who are involved in creative ageing work

More information and a link to our booking page can be found [here](#).



February Update



Welcome to our February newsletter. We're excited about the (slightly) lighter nights and milder weather - Spring is on its way!

This month, we've got plenty of updates for you. We'll be (re)introducing team members and sharing our upcoming meeting dates, external research opportunities, partner events, website developments and funding news - phew! We're always over the moon to hear from you, so you have any comments, questions or suggestions, or something you'd like shared in the next newsletter, drop us an email at aboutdementia@agescotland.org.uk. Until then, take care and hopefully we'll see you soon.

Sophie Kirkwood

Communications Officer, About Dementia

Dates for Your Diary

Human Rights of Unpaid Carers - Covid-19 Inquiry Focus

Wednesday 22nd of February, from 2.00-3.30pm

What is your recollection of your experience during the pandemic? And what lessons can we learn from this time?

We have been contacted by the Scottish Covid-19 Inquiry's listening project. They would like to hear your views of the pandemic, the impacts that these experiences had, and what lessons can be learned by others as a result. We know this period was a significant time, which put enormous strain on informal caregivers, so we are really keen to support you to have your voice heard.

Though it has been almost three years since the first lockdown, we know that the pandemic is still ongoing and is still impacting particularly on people living with dementia and unpaid carers, so your voice is really important to hear in this work.

Please do join us as we discuss key human rights experiences as a group in a safe and supportive space.

Coffee & Blether for People Living with Dementia

Friday 24th of February, from 10-11am

Fancy a blether - why not join peers for a catch-up? With no agenda, this is our regular online meet-up to just have a chat. Do feel free to drop in and say hello!

Human Rights of People Living with Dementia - Covid-19 Inquiry Focus

Thursday 2nd of March, from 2.00-3.30pm

What is your recollection of your experience during the pandemic? And what lessons can we learn from this time?

We have been contacted by the Scottish Covid-19 Inquiry's listening project. They would like to hear your views of the pandemic, the impacts that these experiences had, and what lessons can be

learned by others as a result. As it was a wee while back that the pandemic began, back in 2020, we'll work together to stimulate memories of this time. A lot happened that affected people living with dementia, so it's important we capture your views and feelings. Though it has been almost three years since the first lockdown, we know that the pandemic is still ongoing and is still impacting particularly on people living with dementia and unpaid carers, so your voice is really important to hear in this work.

Please do join us as we discuss key human rights experiences as a group in a safe and supportive space.

DFC Network update!



We mentioned last edition that the Scottish Dementia Friendly Communities network was launching soon. We're very excited to announce that the [webpage](#) for the network is now live! Take a look to find out more about the network, what it will do and how you can get involved.

Keen to find out more? The first meeting will take place on Wednesday 29th March and we'd love to see you there. If you're interested in coming along or you have questions about the network, you can contact Colm McBriarty on colm.mcbriarty@agescotland.org.uk. In the meantime, if you haven't already, why not take part in our short [consultation exercise](#)? Your views could help shape the network, so don't be shy! Responses can be emailed to Colm directly or sent to aboutdementia@agescotland.org.uk.



Just a quick e-bulletin to let you know about an informal online session taking place on 22 February - a chance to find out more about [Demystifying Death Week grants](#), and get some inspiration about events you could host. Also, a reminder that we're looking forward to receiving your nominations of people, organisations and projects for the [Demystifying Death Awards](#). Read on to find out more.

- [Information session - Demystifying Death small grants](#)
- [Demystifying Death Awards](#)

Information session - Demystifying Death small grants



DEMYSTIFYING DEATH WEEK

SMALL GRANTS INFORMATION SESSION

Come along to an informal session to hear more about Demystifying Death Week small grants, and get some inspiration about events that you could host!

When? Monday 22nd February 2023
Time? 3.30pm - 4.30pm
Where? MS Teams



For more information and to book a place email:
ACPSupport@ggc.scot.nhs.uk

Demystifying Death Week (1-7 May) is about giving people knowledge, skills and opportunities to plan and support each other through death, dying, loss and care. There is an opportunity for organisations and community groups to apply for small grants of up to £250 to help support the organisation and running of events for the week.

Come along to an informal session to find out more about [Demystifying Death Week grants](#), and get some inspiration about events you could host. The session will be a chance to chat to others and hear more about the funding process.

The session will take place on Monday 22nd February 2023, 3.30pm - 4.30pm on MS Teams.

Whether you work in care home, 3rd sector, public sector, community organisations or looking to do something with friends and neighbours, everyone is welcome!

Please email ACPSupport@ggc.scot.nhs.uk for more details and to book a place.

More information about the small grants scheme is available here: [DD week small grants scheme 2023](#)

Demystifying Death Awards

We're inviting nominations for the [Demystifying Death Awards](#), recognising pioneering work that shines a light on death, dying and bereavement in Scotland.

The awards are designed to celebrate those working to make Scotland a place where everyone can help when someone is caring, dying and grieving. The award categories are:

- **Inspiring Community**
- **Promoting Planning**
- **Creative Innovation**
- **Progressive Policy**
- **Increasing Understanding**
- **Celebrity Champion**



Nominations can be for an individual or organisation or specific project or piece of work. Awards will be made for work that is based in Scotland or has had an impact in Scotland. Please send your nominations to samara@palliativecarescotland.org.uk by **Friday 3rd March**. More information is available on our website: [Demystifying Death Awards](#)

Generations Working Together is proud to announce its 12th Global Intergenerational Conference, taking place on Wednesday 8th March 2023 at the Technology & Innovation Centre, University of Strathclyde in Glasgow.

The event is a unique opportunity to join over 125 intergenerational practitioners to learn about new innovative practices.

Our morning workshops will empower teachers, social workers, health workers and early-years specialists to unlock the potential of intergenerational work.

You will be able to choose from the following topics:

- Developing a pathway for children and young people
- Intergenerational interventions – an evidence gap map: bringing research to you
- How do we support Scotland to become an Intergenerational Nation
- Intergenerational Age-Friendly Cities and Communities
- Community learning and development goes intergenerational.

We would be grateful if you could promote our event in your upcoming newsletter and social networks.

By helping us spread the word and encouraging others to take part in this exciting event you will be supporting the growth and development of intergenerational work in Scotland and beyond.

Find the full details of the conference [here](#).



SILVER SUNDAY

THE NATIONAL DAY FOR OLDER PEOPLE – 1 OCTOBER 2023

As we head towards the brighter days of spring, we are so excited to be looking ahead and making plans to hold the biggest celebration of older people yet. So, if you haven't already, make sure **Silver Sunday on 1st October** is firmly in your calendar and join us and thousands of others to celebrate older people this year!



Silver Sunday 2022 was an overwhelming success, with more than 1,000 events for older people taking place across the country. From dance-a-thons to dog shows, communities and generations came together to celebrate, connect and try something new. Thank you so much to everyone who took part and brought so much happiness to lonely and isolated older people. We're well underway with plans for this year's event and look forward to hearing your ideas. Look out for our updated Info Pack and other [resources](#) later this month.



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.

dementia :...connections

READ [HERE](#)

COLIN GRAY CAUGHT BETWEEN

Street Level Photoworks

CAUGHT BETWEEN is a new monographic exhibition by photographer Colin Gray and forms the third chapter in his auto-biographical exploration of memory, loss and the family album - the culmination of a journey which he commenced over four decades ago.

11th February - 23rd April 2023

Street Level Photoworks

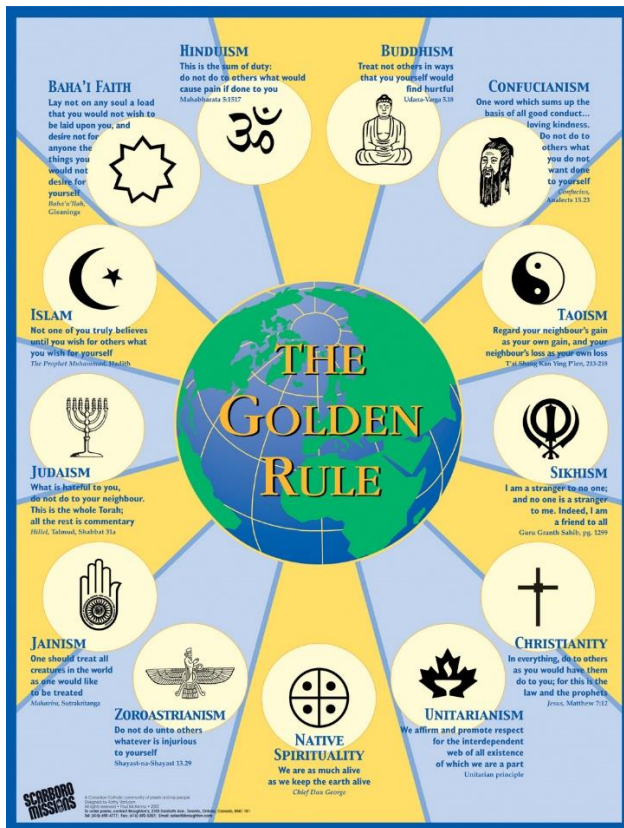
Trongate 103 Glasgow G1 5HD

For more information please visit

www.streetlevelphotoworks.org

reception@streetlevelphotoworks.org

[In 2017 Colin Gray undertook a project for Faith in Older People on Identity and Belonging; we are pleased to highlight two of the eight photographs from that project.]



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](#)

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

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**



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