

JUNE 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 BIG STORY – *on Saturday 3 June 2023, The Scottish Episcopal Church Diocese of Edinburgh brought together congregations from across the Diocese, in St Mary's Cathedral, Edinburgh to reflect on the work they were doing in the context of the Bible - thus the title of the Big Story. It was an opportunity to share ideas and to worship together. There were also workshops which embraced a variety of topics".*

Storytelling is important to understanding from where we get our sense of identity and how we understand ourselves and our relationship with others. If our story is not understood by others, it can make you feel alienated from those around you.

“Spiritual stories, stories that tell us what makes our spirits lift, reminds us of our common shared humanity, our need for love, respect, and dignity.

An attentive community will tell and sustain good stories and will be able to find a place for a changing person, someone with dementia perhaps, to tell their own story.

A good story is one that stands in opposition to stories that misrepresent a person and depersonalises them. Such stories are ‘good’ in the sense that they work for the good of the person; they are profoundly re-humanising.

Stories are a ‘negotiated truth’. This means that they are not always accurate in every detail, but they are felt to be true. The feelings that go with the stories told are as important as the specific detail.”

(The above is an Extract from the Purple Bicycle written by Professor John Swinton, Dr Harriet Mowat, Dr Donald Mowat and Ms Lynda Wright – Aberdeen University 2017)

The Purple Bicycle Project was run by Faith in Older People in six care homes in Scotland with the focus on using stories to engage older people with dementia to ascertain their spiritual needs.

Stories underpin every faith and the belief systems for those who do not subscribe to a particular faith. and bring alive the reasons for adhering to that belief.

On Saturday 3rd June the Edinburgh Diocese organised a celebration of the ‘Big Story’ in St Mary’s Cathedral. It gave the opportunity for congregations to share the work they were doing which included eco-issues; supporting people with dementia; hospitality, prayer, and many others. The

unifying theme was that it should be in connection to a passage from the Bible. For instance, the poster around hospitality from one congregation placed this in the context of:

“Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me.” (Matthew 10:40-42)

Faith in Older People and the Anna Chaplaincy were invited to facilitate two workshops on the topic of ‘Anna’s Story – ageing well and how the church can help’. **We were delighted that 26 people attended and that we had lively discussions.**

Debbie Ducille, Church Lead for the Anna Chaplaincy told the story of Anna (Luke 2:36) which is the basis on which The Anna Chaplaincy is developed.



Debbie Ducille

This was followed by small discussion groups which asked people to consider what they noticed about Anna, and this moved on to who had most influenced their perceptions of older age.

Maureen O’Neill, Director, Faith in Older People explained the commitment that its founder, Malcolm Goldsmith, had for older people in congregations, particularly those who experience dementia and loss, and he reflected on Psalm 137 “By the waters of Babylon we sat down and wept; when we remembered thee O Sion

how shall we sing the Lord’s song in a strange land”.



Maureen O’Neill speaks to the group

Through the development of Anna Chaplaincy, we would wish to see more spiritual support for older people in our care homes and through the work of FiOP we would wish to see that supporting older people with dementia or other challenging conditions that it is not a foreign land.

Resources

One Step at a Time – an interactive dementia resource

[FIOP-One-Step-at-a-Time-MAY-2023-version-for-website-etc.pdf \(faithinolderpeople.org.uk\)](#)

The Gift of Age – Older People, faith communities and volunteering

[The-gift-of-age.pdf \(faithinolderpeople.org.uk\)](#)



THE GIFT OF AGE – OLDER PEOPLE, FAITH COMMUNITIES AND VOLUNTEERING

The following is a case study drawn from the Gift of Age report.

Glasgow Friends of Israel

Main focus of activities Asylum seekers and refugees

Local authority area Glasgow Geographical

<https://www.glasgowfoi.com/about/>

In August 2021, one of the founders of the Glasgow Friends of Israel, wanted to do something for refugees making their homes in Scotland. With the support of Rabbi Rubin and the Glasgow Jewish Representative Council, she secured storage space for donations in the Jewish Community Building in Giffnock. She worked with one of the leaders of the Afghan communities in Scotland who was able to make contact with families in need of donations.

Word soon spread on social media and through faith communities, and a team of volunteers let people know that donations could be dropped off on three separate days last September. They asked for toiletries, clothes, baby items - and for everything to be in good condition. "Little did we know that our publicity via all forms of social media would lead to kind contributions of thousands of bags, boxes and van loads of clothes, toys, toiletries, electrical appliances, bedding, cots, prams and baby items. People had their suits dry cleaned so new arrivals could wear them to job interviews once they got settled."

The appeal resulted in a lot of Interfaith work and reached far beyond just the Jewish community in Glasgow. Many members of the Muslim community volunteered and secured warehousing for donations when they had to clear the rooms in the Jewish Community Building. A Muslim warehouse owner in Paisley gave storage in his cash and carry warehouse and the Bishop of Paisley praised the efforts of the many volunteers.

Calderwood Jewish Primary school shares a campus with St Clare's Catholic school and an appeal was put out in both primary schools that resulted in a huge number of donations. "This effort showcased Glasgow and our community at its best. Without regard for religion or political views, ordinary people came together to help others.

I learned that the Arabic word for charity is Sadaqa (similar of course to Tzedakah) and was reminded that we are all children of Abraham."

Key features • Relationships were built between different religious groups • Afghan refugees benefitted from high quality donations of household goods • The value of committed volunteers.

GENERAL INFORMATION



Conference Calls

Tuesday 20 June 2023

Preparing professionals to help people with issues of spirituality and belief as they are approaching the end of life.

Dr Karen Grove

Dr Groves is a consultant in Palliative Care Medicine and Director of Medicine and Education at Queenscourt Hospice in Southport. In association with colleagues at Edge Hill University she has created and delivered innovative educational courses in aspects of palliative and end of life care over a number of years. Karen will share her experiences in helping with the realities faced by professionals, patients and families

Tuesday 18 July 2023

The Spirituality of Ageing

by Metropolitan Anthony of Sourozh

Professor Emeritus Peter Coleman

*Peter Coleman is Professor Emeritus of Psycho-gerontology at The University of Southampton. He is a long-standing member of Christians on Ageing and had contributed generously to research and teaching in the field. He provided friendship and support to Metropolitan Anthony in his later years. Peter will speak to the issues raised in this classic **Christians on Ageing** publication and reflect on his own views on the subject*

Conference Calls gather people together to share knowledge and experience on things that matter. They 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 10.30am and ends around noon. The discussion is introduced by a person familiar with the issues involved in the topic.

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

Our annual Conference will be held on 20 September 2023. It will be conducted via Zoom. Details about the topics and speakers will be circulated in the next regular newsletter.

HOURGLASS

Join us in raising awareness on World Elder Abuse Awareness Day 2023

Although the day has past but it is important to highlight this important issue.

In 2021, the government launched a new strategy to tackle Violence Against Women and Girls (VAWG). This strategy saw the implementation of a range of measures to help protect women and girls from abuse and support those affected.

This year for World Elder Abuse Awareness Day, we're asking for your support to appeal for a similar strategy to tackle **Violence Against Older People**.

It's estimated that 1 in 5 people over 60 experience some form of abuse or neglect. That means **2.6 million** older people in the UK experience abuse each and every year.

On the 15th June, we hope you'll join us in spreading the message and calling for the government to implement a dedicated strategy to tackle Violence Against Older People.

The Hourglass Team



Anna Chaplaincy

Offering spiritual care in later life

Latest posts from the blog

Kindness – 'a cardinal virtue'

Posted on 31 May 2023

Kindness – 'a cardinal virtue'

Study highlights spiritual needs

Posted on 31 May 2023

Study highlights spiritual needs

Thoughts on a benign universe...

Posted on 25 May 2023

Thoughts on a benign universe...

Cheerfulness – an underrated quality?

Posted on 25 May 2023

Cheerfulness – an underrated quality?

BBC's Sunday Worship focuses on older people

Posted on 25 May 2023

BBC's Sunday Worship focuses on older people

Celebrating lay ministry in London and the South East

Posted on 25 May 2023

Celebrating lay ministry in London and the South East

**Do remember that you can read all the previous posts on the [Anna Chaplaincy blog](#).
Debbie Thrower and the Anna Chaplaincy team at BRF annachaplaincy@brf.org.uk |
annachaplaincy.org.uk | brf.org.uk**



Alzheimer Scotland
Action on Dementia

Welcome to our
May e-news

TO READ ALZHEIMER SCOTLAND'S LATEST NEWS, please click [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.



The national intermediary and network for voluntary health organisations in Scotland

E-bulletin

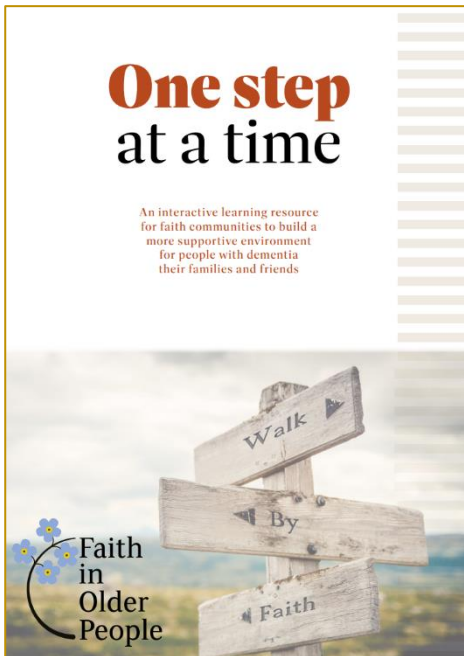


Welcome to all our [VHS members](#) and wider network of supporters, we hope you will enjoy this June e-bulletin: sharing news and views affecting the voluntary health sector.

Join VHS

New National Dementia Strategy

On 31st May, the Scottish Government launched the new National Dementia Strategy; Dementia in Scotland: Everyone's Story'. The strategy launched at Ostlers House Meeting Centre in Kirkcaldy. [dementia_scotland_everyones_story.pdf \(mcusercontent.com\)](https://www.dementia.scotland/everyones_story.pdf)



In May 2023, **Faith in Older People** published its new interactive resource; this workbook can be downloaded free of charge from our website.

Please click [HERE](#) to download a copy.

Health Ageing in a Changing Climate - www.ageandclimate.com

It would be appreciated if those eligible could fill in the survey, which will inform future work in this area, and also encourage their members and extended networks to do so. The website for IncludeAge is under development, and will be shared once it is ready.

Give Carers a Break: The vital need and urgent challenges in Scotland



This year's Carers Week is focused on ensuring unpaid carers are recognised and supported in our communities. One of the most important

ways we can do this is by giving carers opportunities to have time-out from their caring responsibilities.

Often, we take for granted the simple freedoms of meeting up with friends, reading a book, going on holiday, pursuing hobbies, or even just having time to rest. These activities enhance and bring joy to our lives but for many carers and those they care for, these opportunities are beyond their reach.

[Read more](#)



The Big Lunch has been bringing communities together for friendship, food and fun annually since 2009.

An incredible **13.4 million people (almost 1 in 5 of the UK population)** have taken part so far this year, raising **£14.4 million for charity**, with 75% going towards local causes.

Over 2,000 Coronation Big Lunch events took place in Scotland, 6-8 May (more on the highlights below) and that's just the start, with more Big Lunches planned for the [Month of Community](#), throughout June.

The impact of The Big Lunch reaches far beyond the events, with new friendships made and community strengthened.

This work would not be possible without funding from the National Lottery or the continuing generosity of our [partners](#), as well as the many councils and organisations that get behind the campaign.

Thank you to everyone who has supported The Big Lunch in Scotland and to those who also have Month of Community activities planned



Morningside Hope

This is the umbrella name that we'll be using for the projects being made possible by the generous grant received from TOR Christian Foundation and the matched funding from the church itself.

Entry is by donation – all welcome!

HEART FOR ART: workshops for those with dementia and their partners/carers
MUSIC AND MEMORIES IN MORNINGSIDE workshops for those with dementia and their partners/carers
DEMENTIA FRIENDLY CONCERTS We offer 4 or 5 dementia friendly concerts each year
andnd much more

FOR FURTHER DETAILS OF all EVENTS DURING 2023 PLEASE CONTACT our Pastoral Assistant Jacqui Lindsay on: 07834 364 628 or e mail: pastoralassistant@morningsideparishchurch.org.uk

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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