

SEPTEMBER 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 LATEST BLOG

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

The Gift of Age is a major research project undertaken by Faith in Older People in collaboration with Simon Jaquet Associates to explore, affirm, and celebrate the contribution of older people both to Scotland's faith communities and to the wider community at large. It is a unique study which highlights the range of activities undertaken by older people across our faith communities. It provides case studies, illustrates the commitment but also considers the challenges.

Debbie Maltman, Research Officer, Volunteer Scotland

['The gift of age - Older people, faith communities, and volunteering'](#) provides invaluable new insights into volunteering in faith communities for older Scottish adults. While we know how many people volunteer with faith-based organisations and something of what they do, there is much we don't know. This research not only fills current research gaps in Scotland but also provides key insights into areas of societal change and challenges, for example the proportion of older people facing difficulties returning to volunteering post COVID-19. The use of case studies brings to life beautifully some of the many faith-led volunteering initiatives.



Debbie Maltman

It is important to note that this research is not limited to religion. Both Faith in Older People (FIOP) - who initiated the research - and the TOR Christian Foundation - who funded the research - embed the importance of local community in their organisational aims, a golden thread of this research.

The ways in which this study extends our knowledge, include:


- **Faith groups' support for local communities** – Faith groups provide a vast range of support to local communities, from foodbanks to play schemes, counselling to debt advice, and addiction support to community cafes. While some employ paid staff almost all utilise volunteers. This study looks at the role of older volunteers in each of these main areas, considering not only if older volunteers are involved but also differentiating between existing and new areas of support (whilst describing the role of older people in each).


- **Faith groups' identifying 'community need'** - The study finds four key ways in which community needs are identified: through local community based research to find the gaps; through existing informal contacts and relationships; through dialogue with a range of professional services (including health, education and social care); and through links with other faith groups and other local voluntary organisations. This shows the importance of relationship building and joint working between organisations to identify community needs. While this resonates with existing research, particularly during COVID-19, the depth of analysis in this area is impressive.
- **Focusing on motivations for older people volunteering** - By exploring the motivations of older volunteers, the range of ways in which older people engage in volunteers and the challenges they face this research brings evidence forward that can effect real change.
- **Exploring the 'language' of volunteering** - Faith-based volunteers often do not self identify as volunteers, they see volunteering as 'service' or duty to serve, others refer to themselves simply as 'helpers'. The self identified language around volunteering for this group could be considered when we communicate.
- **The challenge of aging congregations** - Similar to the Scottish population, congregations are ageing, which presents challenges in how to make faith based volunteering sustainable for the future and how to encourage younger people to participate in faith based activities including volunteering.
- **Older people returning to volunteering Post COVID-19** - This study highlights that it has become more difficult for older people to volunteer since the pandemic and explores current cost of living impacts – such as the cost of transport. The role of older volunteers in intergenerational approaches post COVID-19, where the lived experience of older volunteers can benefit both beneficiaries and younger volunteers, is an important insight.
- **Technology** - a real positive finding is around technology. this study shows how technology allows older people to stay in touch with others, without leaving their home. The importance of technology to faith groups in keeping in contact with their congregations is also a useful finding.


This is merely an overview of some, of the many, new insights and benefits this research brings to the volunteering evidence base in Scotland. Volunteer Scotland will utilise this evidence in both policy and practice. For research, the findings will be used in support of VAP actions, particularly around community and lifelong engagement. For policy a separate policy briefing will be produced with FIOP and circulated to all MSPs.

Thank you to all involved in this incredible project!

FAITH IN OLDER PEOPLE EVENTS


EVENT PLANNER FOR AUTUMN 2023		
DATE	EVENT	REGISTER
<p>Wed 18 October 4.30pm by ZOOM</p> <p>This event is FREE</p>	<p>SPIRITUAL CARE – DISCOVERING MEANING, PURPOSE AND HOPE</p> <p>to present the framework and to open discussion on the potential of faith communities to embed spiritual care in our health and social care services. Rev Mark Evans, DCS, Professional Advisor in the Scottish Government (Participation Team) who led the development of the framework will be giving this seminar for Faith in Older People (FiOP).</p> <p>This year so far has seen the publication of the Scottish Government Spiritual Care Framework and Delivery Plan: Discovering meaning, purpose and hope through person centred wellbeing and spiritual care: framework - gov.scot (www.gov.scot)</p> <p>Faith in Older People (FiOP) was a member of the Advisory Group and was pleased to Co-chair the Education Sub-Group with Gerrie Douglas Scott.</p> <p>The Framework reflects the considerable developments resulting from the increased professionalism in spiritual care over the last twenty years. It firmly establishes the role of spiritual care as an integral part of health and social care provision.</p>	<p>TO BOOK YOUR PLACE – register HERE</p> <p><i>The link to join the event will be sent to you closer to the date of the event.</i></p>
DATE		
EVENT		
REGISTER		
MALCOLM GOLDSMITH LECTURE 2023		
<p>Tues 24 October 2023 - 4.30pm - by ZOOM A donation to this event would be appreciated</p> <p style="text-align: center;">FiOP is delighted to welcome</p> <p style="text-align: center;">The Rt Rev Sally Foster-Fulton, Moderator of the General Assembly of the Church of Scotland as our 2023 Lecturer</p> <p><i>The Revd Sally Foster-Fulton is Moderator of the General Assembly of the Church of Scotland for 2023-2024. Born and raised in South Carolina in the USA, her faith journey began in the Presbyterian Church of the United States of America and Religion at Presbyterian College, she secured a Theological Seminary in Georgia.</i></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p><i>Mrs Foster-Fulton came to study on an exchange her Divinity training, she worked District Royal Infirmary and The Royal National Scottish Hospital in Larbert, before being accepted as a candidate for ministry in the Church of Scotland.</i></p> </div> <div style="width: 30%; text-align: center;">  </div> <div style="width: 30%;"> <p><i>Trinity College in Glasgow to scholarship. Having completed as a chaplain at Falkirk and</i></p> </div> </div> <p><i>Mrs Foster-Fulton's first charge was Camelon Irving Parish Church in Falkirk. After four years she relocated to South Carolina, serving as co-pastor for a PCUSA congregation. On returning to Scotland, Mrs Foster-Fulton was appointed Associate Minister at Dunblane Cathedral where she served for ten years, before taking up the role of Head of Christian Aid Scotland in 2016. Married to Stuart, a recently retired Church of Scotland minister, the couple have two daughters and one granddaughter.</i></p>		
TO BOOK YOUR PLACE –register HERE		


DATE	EVENT	REGISTER
<p>Wed 15 November 4.30pm By ZOOM</p> <p>This event is FREE</p>	<p>FAITH IN OLDER PEOPLE AND INTERFAITH SCOTLAND JOINT EVENT: TACKLING LONELINESS AND ISOLATION IN OUR COMMUNITIES</p> <p>This online conference is being held to highlight the issue of loneliness by discussing the Scottish Government Policy on Loneliness; the action that faith communities do and can take to tackle loneliness and to explore proposals for the future. The Government Strategy has been up-dated and the link is below. We know that faith communities play a significant role in supporting people who feel lonely and isolated, so it is important we take this opportunity to consider the issues and differing roles.</p>  <p>Social isolation and loneliness: Recovering our Connections 2023 to 2026 A Plan to take forward the delivery of A Connected Scotland – our strategy for tackling social isolation and loneliness and building stronger social connections. www.gov.scot</p> <p><i>"Of course, the Scottish Government cannot end loneliness by itself. Tackling this public health crisis is a shared responsibility across society and requires a shared commitment. From Scottish Government, local government, NHS Scotland, communities, the private and third sectors, and down to each of us as individuals, everyone has a part to play".</i></p> <p>(The above is an extract from the introduction to the recent update on the Scottish Government Strategy, by Christina McKelvie - Minister for Equalities and Older People (at the time))</p>	<p>TO BOOK YOUR PLACE – register HERE</p> <p><i>The link to join the event will be sent to you closer to the date of the event.</i></p>





Online
**TACKLING
LONELINESS IN
OUR COMMUNITIES**


Discussing the Scottish Government's policy on loneliness and exploring ways for faith communities to tackle loneliness

 **4.30–6pm**
15th November

 **Book tickets
on Eventbrite**

 **Interfaith
Scotland**

 **Faith
in
Older
People**

DATE	EVENT	REGISTER
		
<p>Thurs 30 November 4.30pm By ZOOM</p> <p>A donation to this event would be appreciated</p> <p>Please save the date</p>	<p style="text-align: center;">THE GIFT OF AGE CONFERENCE</p> <p>Faith in Older People undertook a major and unique survey of the contribution of older people within and from our faith communities.</p> <p>The overall aim of the research was to identify and better understand the contribution made by older people in faith communities to volunteering, community well-being and citizenship, highlighting the voluntary 'ministry' which lies at the heart of Christian faith, and is also echoed in all other faiths.</p> <p>To achieve this, we had the following objectives:</p> <ul style="list-style-type: none"> • Understand the extent to which older people sustain faith communities through voluntary service • Learn about the impact from the experience of the current 'lockdown' on older people undertaking voluntary service • 'Map' the needs, contribution, and potential of older volunteers in faith communities • Identify examples of innovative and challenging practice, particularly ones which have developed in response to the pandemic, exploring how sustainable they are in practice <p>The research was supported by the TOR Christian Foundation, and we want to ensure that the research is disseminated as widely as possible and that individuals and different faith communities have the opportunity to learn about the outcomes and to hear about a range of initiatives that are undertaken across Scotland and we are sure that many are replicated and that there are many more activities being undertaken.</p> <p>The-gift-of-age.pdf (faithinolderpeople.org.uk)</p> <p>The aim of this Zoom conference is to share the research with you and to invite you to share your faith community's experience and initiatives.</p>	<p>TO BOOK YOUR PLACE – register HERE</p> <p><i>The link to join the event will be sent to you closer to the date of the event.</i></p>

FAITH IN OLDER PEOPLE - COURSES AND EVENTS – additional information

ONE STEP AT A TIME

In 2013 Faith in Older People published a learning resource for faith communities to help support individuals within their congregations who were experiencing dementia. We had consulted widely on what would be helpful and since its publication this resource has been downloaded around 500 times across the world. After the pandemic we reviewed this resource and felt that it would be helpful to up-date it and to make it more interactive and include the voices of people with dementia, their carers, clergy, and congregations.

We hope that you will find the resource helpful, and we would welcome your feedback.

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

ANNA CHAPLAINCY

Over the past two years FiOP has been working collaboratively with Anna Chaplaincy to explore the potential of training Anna Chaplains in Scotland and considering how Anna Chaplaincy can support older people within our care homes.

We have organised several very well attended seminars to build awareness and we feel that it is important to take things to the next step so we are planning some Zoom seminars in January 2024 so please watch this space.

SPIRITUAL CARE EDUCATION

Fundamental to all the work which FiOP undertakes is education around spiritual care. An introductory eLearning course is available on the FiOP website which provides an opportunity to consider your own spiritual care needs and to incorporate spiritual care activities into your daily work.

[Spiritual Care Matters \(faithinolderpeople.org.uk\)](#)

GENERAL INFORMATION



Christians on Ageing Conference: Challenging Exclusion in a Harsh Environment

Date: September 20th 2023 Conducted via Zoom: [Challenging exclusion in a harsh environment \(free conference\) Tickets, Wed 20 Sep 2023 at 10:00 | Eventbrite](#)

CHRISTIANS ON AGEING - three new activities for its members

Many people who receive Christians on Ageing's e-newsletter will be familiar with CoA's Conference Calls – regular discussions open to everyone covering topics from how churches can best support older people in hospital to the importance of faith to Black older Christians, as well as its annual conferences. This autumn it is launching three new activities for its members. Culture Club will be a bi-monthly Zoom event to discuss a recently released film, book, TV or radio programme or work of art which relates to older people and their interests and concerns in an interesting and provocative way. *Hallelujah*, directed by Richard Eyre and starring Judi Dench, released earlier this year will be the topic at the first Culture Club, on September 8th. We hope that participants will voice their own views about the quality of the film and its depiction of older people and their challenges, and we shall be joined by Catherine Shoard, the film editor at *The Guardian*, who visited the set and talked to its director and stars. We shall ask attenders for suggestions for the focus of future meetings, but expect soon to examine the film *The Great Escaper*, starring Michael Caine and Glenda Jackson, to be released in October.

Many members of Christians on Ageing, dotted around the country are busy with a wide range of activities involving the church and older people. To find out more about what they are

doing and to facilitate contact between them, in September CoA will release its first *Meet The Members* – a short article (100 – 200-words) written by a different member on each occasion about their background and current activities relating to older people and the church.

Finally, in *The Older Person Who Has Inspired Me*, Christians on Ageing invites its members to share with other members a short article about an older person who has inspired them, whether their grandfather, a Greenpeace older activist or the manager of a local care home. Both *Meet The Members* and *The Older Person Who Has Inspired Me* will be circulated direct to members by email or post bi-monthly. Members of Christians on Ageing already receive a quarterly journal called *plus* – see the [latest copy](#) on CoA's website. But perhaps the greatest benefit is the knowledge that they are supporting the work of a small voluntary group which aims to address the key issues of the day as far as older people's spiritual and material needs are concerned. For instance, CoA has long championed the needs of older people in prison and is currently seeking to ensure every older prisoner in the UK receives a copy of CoA's specially-written free, glossy booklet *Prayers for a Peaceful Heart: Prayers and Reflections to Help You in Prison*.

Information about all the benefits of CoA membership and how to join are available [here](#) or can be obtained by writing to The Honorary Secretary, Christians on Ageing, 23 Nelson Street, Ryde PO33 2EZ.

Age Scotland support Bill to establish Older People's Commissioner

The national charity for older people is backing a members bill consultation launched by Scottish Labour MSP Colin Smyth, which aims to see a dedicated commissioner for older people appointed in Scotland. Findings from Age Scotland's Big Survey of over 4,100 over 50s revealed that 80% of older people support calls for a commissioner, and the proposal has received backing from over 30 organisations.

Age Scotland's Deputy CEO, Michelle Supple, said:

"We have long held the view that a commissioner for older people would be incredibly valuable to Scotland and strengthen the rights of our older population today and in the future. It would have a uniquely powerful role in holding government and our public services to account for their actions, challenge ageism and discrimination, and investigate breaches of older peoples' rights.

"It is depressing to think that only one in five older people in Scotland feel valued by society and hundreds of thousands live in poverty, low income and fuel poverty.

"The support from the public for a commissioner for older people is overwhelming. Our polling showed that nearly 70% of younger people are in favour of this role being established and our national survey of more than 4,000 over 50s highlighted that 80% were in support – this rose to 97% when those who didn't have a view were removed.

"Now is the time for the government and MSPs to act and we are delighted that Colin Smyth is driving this forward at Holyrood."

The [consultation](#) is open from 13 June and will run until 12 September. Paper copies of the consultation are available on request. Details are available on the [Scottish Parliament website](#).



Anna Chaplaincy
Offering spiritual care in later life

You can read the latest blog and 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

Bringing Hope

A Christian **Befriending Conference** in Edinburgh

Guest speaker:

Andy Murray from Safe Families

When? Saturday 23 September, 9am – 1.00pm

Where? Craiglockhart Parish Church,
Craiglockhart Drive North,
Edinburgh, EH14 1HS



Loneliness and social isolation is a growing problem

Our modern way of life distances people further and further away from their family roots, and we're spending more time with technology rather than real people.

Newcomers to the city can also struggle to make meaningful connections with local people.

As **Christians and churches** in Edinburgh, we can make a difference by **befriending** people in our communities as we demonstrate God's love in action. The conference will equip and inspire new and existing **befrienders** from churches to build meaningful friendships with professional boundaries and see lives touched by God's Spirit in our communities.

Enjoy practical training sessions, prayer, a personal and biblical reflection on **befriending** by Andy Murray, Programme Manager (Scotland) from Safe Families, and the option to stay for a delicious lunch starting at 1pm. *The morning will be an opportunity to learn more about Befriending older adults, people facing homelessness, refugees and families in the city.*

The cost is **free** but you are welcome to make a donation when booking on Eventbrite, or on the day.

Find out more and book your place Eventbrite

- <https://bringinghope23.eventbrite.co.uk>

Bringing Hope is organised by Bethany Christian Trust and Edinburgh City Mission in partnership with local Churches and Christian organisations.

Julie Young,

Project Coordinator – Two's Company

Mobile: 07435 246602 Office: 0131 225 9445

edinburghcitymission.org.uk

NEWS FROM LUMINATE



Creative Ageing Perspectives

Date: Wednesday, 27th September, afternoon **Where: central Glasgow, venue TBC**

Please check your diaries and mark this date for an event we are planning to hold in Glasgow for artists and creatives who have an interest in creative ageing.

The afternoon will comprise presentations, discussions and there will be plenty of time for networking. This 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 details about the venue and content in the next week or so. A booking link will also be included. if you have questions email: info@luminatescotland.org or phone 0131 668 8066.

Human Rights Consortium Scotland

After a long delay, the Scottish Government has finally published the consultation on the Human Rights Bill. As you probably know, the big plan for this Bill is that it will bring more of our international human rights directly into Scots law. It will include economic, social & cultural rights – things like the right to food, to adequate housing, to education, to social security. It will also include environmental rights such as the right to clean air, clean water, and non-toxic places to play, live and work. And rights for particular groups – for disabled people, for women, for LGBT people, for older people, and on race. **You can read the consultation, including in various formats, [here](#).**

We are holding a whole series of **events called 'It's All Rights'** that will look at some of the detail of the consultation and include space for questions & discussion – you are welcome to join one of these to find out more and bring your expertise.

For now, we are also asking the pressing question 'What about the UNCRC?' The Bill to put this children's rights convention into Scots law was passed in March 2021, but we're still waiting on it being amended to become law. We'll be in touch with more on this.

Mhairi Snowden, Director, Human Rights Consortium Scotland, 66 Hanover Street, Edinburgh EH2 1EL @HRCScotland; hrcscotland.org

[Scots faith leaders back care workers' wage campaign - TFN](#)



[Scots faith leaders back care workers' wage campaign - TFN](#)

Frontline care staff need fair wage for challenging jobs
[tfn.scot](#)

Rt Rev Sally Foster-Fulton, Moderator of the General Assembly of the Church of Scotland, said:

"As people of faith we have a calling to honour care and service. Dignity and respect for others is at the very heart of the faith message.

"We are delighted to have this opportunity to have our collective voice heard on this matter of great importance."



As you probably already know there is a draft proposal for a bill to establish an independent commissioner to promote and safeguard the rights and interest of older people. The consultation runs until 12 September 2023. If you would like to participate in the consultation

survey the details are here: [Proposed Older People's Commissioner Scotland Bill | Scottish Parliament Website](#). SOPA will be arranging the next members' day shortly and this will be one of the items of discussion for members.
Hetty Malcolm-Smith | Lead Officer | Scottish Older People's Assembly | Eric Liddell Community, 15 Morningside Road, Edinburgh, EH10 4DP | 07434 867890 | hetty@scotopa.org.uk
Find out more at www.scotopa.org.uk



Scottish Interfaith Week
12 - 19 November 2023
Community
www.scottishinterfaithweek.org

Striving for change on our own is an insurmountable challenge. Striving for change together is when we can have the biggest impact.

Over recent years we have stood together for our planet, the rights of women, refugees and all those affected by injustice around the world.

But big change always starts small. By tending to our friends, our neighbours, and our local communities, we can challenge loneliness, break down stereotypes and nurture resilient relationships.

This Scottish Interfaith Week we invite people across Scotland to open their doors and organise meals, workshops, coffee mornings, family fun days, concerts, gatherings and more.



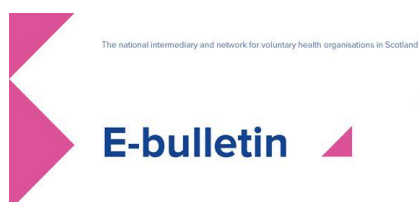
SILVER SUNDAY

THE NATIONAL DAY FOR OLDER PEOPLE – 1 OCTOBER 2023

How are your Silver Sunday plans coming along?

It has been fantastic speaking to so many of you over the past couple of months and hearing how your Silver Sunday events are coming together. More than 150 organisations across the country including the Royal Albert Hall, London Zoo, Liverpool Royal Court Theatre, Ulster Museum, Bupa and Metro Bank have already pledged their support and we can't wait to see their events come to life in church halls, gyms, parks, cafes, libraries, museums, care homes (anywhere and everywhere!) in October.

And if you're not sure how you might be taking part this year, don't worry – there's still plenty of time! Check out our [info pack](#) and [event toolkit](#) for lots of tips and ideas.



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

[Join VHS](#)

[Tell us your news](#)

EIFA Members / Board Members

Our **Keynote Lecture & AGM** will take place on Tuesday 26th of September 2023 from 5:00 PM - 7:00 PM. More details can be found in this newsletter.

UPCOMING EVENT

Our Keynote Lecturer will be Irene Mosota chair of the Edinburgh Slavery and Colonialism Legacy Review Implementation Group.

Topic: Addressing Edinburgh's historic past role in sustaining slavery and colonialism! In 2020 Edinburgh agreed to address historic racial injustice and stem modern day discrimination. As a consequence, the independent review group was appointed to review the cities links to slavery and colonialism and to make recommendations to the council in how to respond to this.

Among the 10 recommendations which were accepted was for the city to acknowledge its past role in sustaining slavery and colonialism and to issue an apology to those places and people who suffered. In October 2022 the Lord Provost Robert Aldridge apologised on behalf of the city. Irene will share some of the work, aims and objectives of the commission and how we as individuals and faith communities can support that work.

Irene Mosota, an Edinburgh-based social enterprise practitioner with experience in delivering a variety of social projects and campaigns, has been nominated to chair the implementation group. With a Master of Science in Intercultural Business Communications, Ms Mosota is the founder and managing director of Knowledge Bridge, which supports organisations to translate equity, diversity and inclusion (EDI), and sustainability strategies into meaningful action, change and impact.

[**Register Here**](#)

Location: Edinburgh City Chambers 253 High St Edinburgh EH1 1YJ

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.everyonesstory.pdf \(mcusercontent.com\)](https://www.dementia.scotland.everyonesstory.com)

“I am so glad I came across this course! It has been so helpful and motivated me even more to persist and strive to bring the generations together.”



Our 8 week course, International Certificate in Intergenerational Practice, is available to anyone who wants to gain a deeper understanding of intergenerational work, its purpose, impact and practical application to enable them to apply this within their own work.

Cost – Member: £230 Non-Member £275 Starts Monday 11th September 2023

The course is open to all including: community workers, care home activity coordinators, nursery/playgroup staff, primary/secondary teachers, classroom assistants, community learning & development, social care professionals, social workers, sociologists, psychologists, leisure & physical activity professionals, employment advisors, doctors, nurses and healthcare workers, librarians and third sector professionals of all backgrounds and levels.

The course will consist of three on-line modules taking approximately 75 hours to complete over 8 weeks. The next course starts on Monday 11th September 2023 and finishes on Sunday 5th November 2023. Each student will receive support from an online tutor.

The course is accredited by the CPD Standards Office who will provide 75 hours of CPD if successfully completed.

Find out more and sign up here >> <https://generationsworkingtogether.org/training/international-certificate-in-intergenerational-practice-edition-3-11092023>

Cara MacDowall, Communications and Marketing Officer, Generations Working Together
07482 104669, cara@gwt.scot, www.gwt.scot

LET'S BE HEARD

The closing date for this period of national engagement is now 20 December 2023.

A new information session date will take place – Thursday 21st September 11am - 12pm.

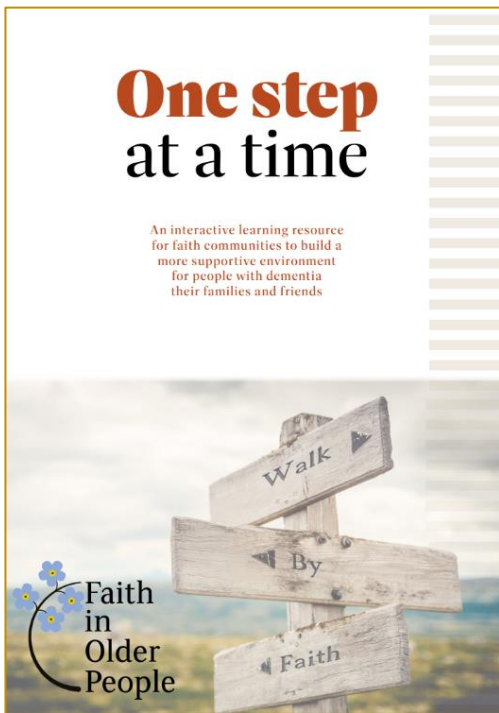
Here is the link: [Book a place](#)



Catherine Evans

Public Engagement and Participation Manager
Scottish COVID-19 Inquiry

Freepost SCOTTISH COVID-19 INQUIRY
www.covid19inquiry.scot



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.

PLEASE 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