

# MARCH 2024 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**

### **Rebecca Patterson, Director of Good Life, Good Death, Good Grief reflects ...**

*Last March, Good Life, Good Death, Good Grief worked with Faith in Older People to pull together a joint newsletter focusing on bereavement issues.*

*One year on, Rebecca Patterson, Director of Good Life, Good Death, Good Grief reflects on some of the developments that have happened since then...*



*Rebecca Patterson*

### **Moving from talk to action on bereavement**

Last Summer saw the publication of the [Scottish Bereavement Summit Report](#). Bringing together the views of people working across the Scottish bereavement sector, the report drew attention to the difficulties faced by people who are grieving in Scotland, and set out 10 recommendations:

- Improve signposting to available support.
- Increase public awareness, confidence, comfort and skills relating to bereavement issues.
- Ensure strategic direction, accountability and responsibility for improving bereavement support.
- Enable schools and educational institutions to be more supportive of people who are bereaved.
- Address equity/equality issues and improve access to services for people with a range of needs.
- Encourage and support workplaces to be better at supporting bereaved staff.
- Support opportunities for professionals to network, learn and share good practice.
- Improve Bereavement Support for Health and Social Care staff.
- Improve how bereavement services, projects and initiatives are funded.
- Ensure future action is informed by evidence, information and builds on existing work.

Following on from a meeting between sector representatives and Scottish Government to discuss the report, Maree Todd, Minister for Social Care, Wellbeing and Sport has agreed

to be Ministerial Champion for Bereavement. This is a hugely positive development, hopefully a herald of good things to come for work to improve experiences of bereavement in Scotland.

However, a key message from the Bereavement Summit was that while there was a need for more action and co-ordination from Scottish Government, people were also keen to continue to work together as a sector to actively find ways of achieving positive change.

With this in mind, Good Life, Good Death, Good Grief and the Scottish Bereavement Charter Group are working together to hold a series of 'moving from talk to action on bereavement' events. The idea is to take each of the summit recommendations in turn, and explore how to make change happen in each area.

The first in the series of events took place on 23rd January 2024, and explored the first recommendation: improving signposting to bereavement information and support. 140 people attended, discussing questions such as what are we hoping to achieve by improving signposting? What would improved signposting look like? What steps are needed to get there?

Notes from January's discussions have informed the production of [a draft vision for improvement of bereavement signposting](#) in Scotland and a [rough outline theory of change](#). On the 19<sup>th</sup> March we'll gather together again to discuss and build on these outlines, with the aim of developing a more detailed theory of change/action plan for the future.

Meanwhile, plans are in place for an event to explore another of the Summit recommendations – encouraging workplaces to be better at supporting bereaved staff. The event is aimed at employers, senior management and HR professionals from all sectors, including business, commercial and retail, and will be an opportunity for delegates to explore how to make their workplaces more supportive of people who have been bereaved. We're delighted that Maree Todd MSP will be there, visibly supporting this work in her role as Ministerial Champion for Bereavement.

At Good Life, Good Death, Good Grief it is our mission to make Scotland a place where people help each other through the difficult times that can come with death, dying, loss and care. When someone is bereaved the support they receive from those around them – their family, friends and wider communities – makes a huge difference to their experience. Communities including workplaces, schools and faith communities therefore have a hugely important role to play.

Learn more about, and join in with, the growing movement to improve experiences of bereavement here: <https://www.goodlifedeathgrief.org.uk/news/news/moving-from-talk-to-action-on-bereavement1/>

**Rebecca Patterson**  
**Director of Good Life, Good Death, Good Grief**

## FORTHCOMING EVENTS FOR 2024

### Faith in Older People and The Anna Chaplaincy

**Faith in Older People** has been working in partnership with Anna Chaplaincy over the past two years during which we have had several very well attended seminars and discussions. Last year we held a workshop as part of the BIG STORY Day at St Mary's Episcopal Cathedral to discuss the potential of becoming an Anna Chaplain. We are therefore delighted that an Anna Chaplain has been Commissioned. We now have two – one in the Scottish Episcopal Church and the other in the Church of Scotland. Please see below for information on a forthcoming conference and we look forward to welcoming you and to seeing more people become Anna Chaplains.

**FAITH IN OLDER PEOPLE IN COLLABORATION WITH THE ANNA CHAPLAINCY IS HOLDING AN EVENT ON WEDNESDAY 20<sup>TH</sup> MARCH 2024 BY ZOOM 10-12.30am**

#### **Practical approaches for spiritual care among older people- the potential of Anna Chaplaincy**

There will be small group discussion and information about the specific training to become an Anna Chaplain. **Confirmed speakers include:**

- Rt Rev Sally Foster-Fulton, Moderator of the General Assembly of the Church of Scotland
- Professor John Swinton, University of Aberdeen, Chair of Divinity, and Religious Studies
- Dr Donald Macaskill, CEO Scottish Care

**BOOKING FEE £20.00 - TO BOOK YOUR PLACE PLEASE CLICK [here](#)**



**Anna Chaplaincy**  
Offering spiritual care in later life

#### **Extract from the Anna Chaplaincy website**

##### **What does an Anna Chaplain do?**

Most importantly, an Anna Chaplain is appointed and authorised by, and sent out under the authority of, their church or local group of 'Churches Together'.

An Anna Chaplain should never operate under his or her own auspices, because of the fundamental need for accountability. Best practice shows it is essential to have a dedicated line manager who is responsible for supervision.

Different regions will have some obvious and some subtle differences, and this may well require tailoring the chaplaincy approach to the specific needs of those communities. Anna Chaplaincy tends to flourish from the grassroots up wherever there is a desire to see it started up, by one or more people who genuinely catch the vision.

The main purposes of an Anna Chaplain are:

Offering spiritual support to older people who are living in care homes and sheltered housing complexes, their relatives and staff who look after them.

- Promoting the spiritual welfare of older people in the wider community, particularly those facing challenges living independently.

To find out more go to the Anna Chaplaincy website: [About Anna Chaplaincy | BRF](#)

**Do remember that you can read all the previous posts on the [Anna Chaplaincy blog](#).**

Latest posts from the blog

Immanuel Church Southbourne seeks a new Memory Lane leader and offers a new resource

Posted on 19 January 2024

Theos research into funerals

- Posted on 19 January 2024

Anna Chaplains providing hope and connection to isolated rural communities

Posted on 19 January 2024 Full house at St Mary's Ely

Posted on 18 January 2024

Spotlighting the Spiritual Care Series

Posted on 18 January 2024

**The Anna Chaplaincy team at BRF**

[annachaplaincy@brf.org.uk](mailto:annachaplaincy@brf.org.uk) |

[annachaplaincy.org.uk](http://annachaplaincy.org.uk) | [brf.org.uk](http://brf.org.uk)

## 15<sup>th</sup> May 2024 2-4pm – A Joint event with Generations Working Together



**Generations Working Together**

An on-line conference to explore the principles of intergenerational work and to consider examples of work and how it is differently perceived.

**'What's the difference between intergenerational and multigenerational work – what impact does this have in faith communities'.**

The aim is to explore the principles of intergenerational work and consider examples of how is beneficial. There will be an opportunity for discussion in small groups.

**A donation to this event would be appreciated  
TO BOOK YOUR PLACE PLEASE [CLICK here](#)**

## ONE STEP AT A TIME - LEARNING RESOURCE TO SUPPORT PEOPLE EXPERIENCING DEMENTIA IN OUR CONGREGATIONS

The resource is practical and can be considered in groups which include those who are experiencing dementia. It is not intended to be prescriptive but to ask questions to find out what might be helpful to all those wishing to be more inclusive.

We hope that you will find the resource helpful, and we would welcome your feedback. We would be pleased to discuss the resource with you so that we can consider the way forward as we feel this is a resource which needs to evolve.

Please note that it is designed as an on-line resource which can also be downloaded.

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

**Faith in Older People's workbook can be downloaded free of charge from our website.**

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



## FAITH IN OLDER PEOPLE free ON-LINE TRAINING



***Spiritual Care Matters*** are a series of e-learning courses for front-line staff and volunteers working in care homes, health and other care settings. Find out more about the courses and how they work by listening to our [introductory podcast](#).

### **Spiritual Care Matters 1:** Supporting the Spiritual Needs of Older People



This course builds confidence, skills and resilience to support the spiritual well-being of older people. The course explores how spiritual care is defined, what it means in practice and why it matters to support the spiritual needs of older people.

### **What's involved?**

Listening and learning from the course podcasts. Each course involves five half-hour lessons that you receive in a daily email. You can access the course through a laptop, computer, tablet, smart phone. You'll need an internet connection to receive the daily emails and podcasts.

Both courses use Scottish Social Services Council [Open Badges](#) to recognise learning for ongoing staff development and provide important evidence of learning for registration.

### **Spiritual Care Matters 2:** Looking after your own Spiritual Wellbeing



This course speaks directly to care workers and their need to develop tools for coping in emotionally demanding situations. The course explores why it is important to look after yourself, builds your skills and confidence and will help you find support when you need it.

**to enrol, click [HERE](#)**

**Faith in Older People's ANNUAL REPORT 2022/2023  
is available on our website.**

**Please click [HERE](#) to read it**



## **HAVE YOU THOUGHT ABOUT becoming a FRIEND OF FIOP?**

PLEASE CONTACT US FOR AN APPLICATION FORM –  
[info@fiop.org.uk](mailto:info@fiop.org.uk)

Although, currently, most of our events are held by ZOOM – and are FREE - we still have overheads to cover from our limited budget. 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. You can find out more about our work at [www.faithinolderpeople.org.uk](http://www.faithinolderpeople.org.uk)

WE'D LIKE TO EXTEND OUR GRATEFUL THANKS TO THOSE WHO HAVE ALREADY  
BECOME A FRIEND

## **GENERAL INFORMATION**

[View in browser](#)



**Generations  
Working  
Together**

**Recent News from Generations  
Working Together include**

**[Intergenerational Community Music Groups  
and Social and Emotional Wellbeing](#)**

Could you be part of research into  
Intergenerational Community Music Groups

**[Developing Resources for Age-friendly  
Communities \(AfCs\) - free seminar in  
Edinburgh](#)**

Join Scottish Older People's Assembly  
(SOPA) seminar on Developing resources for  
Age-friendly Communities...

**To see a full list of events and  
activities please visit [Generations  
Working Together | 4 March 2024](#)**

**PLAYLIST FOR LIFE**, is delighted to send you this invite to join us with who will offer some expertise and knowledge to Generations Working Together Networks on how music can help to connect to someone living with dementia, and the benefits a personalised playlist can have.

**Wednesday 20th March 2024, 10:30am - 12:00pm online**

There will be time for discussion and sharing ideas at the end. Please think of a song that evokes a happy memory and we can share some thoughts on this too.

**BOOK YOUR PLACE**

Bella Kerr, Intergenerational Development Officer [bella@gwt.scot](mailto:bella@gwt.scot)



## Message from the Interfaith Scotland team

It is with great sadness that we note that the Inter Faith Network for the UK (IFN) is currently *'on a path to closure'* due to the UK Government's withdrawal of funding. The Inter Faith Network for the UK has been a beacon of light in its role of supporting good interfaith relations across the country and the UK will be a darker place with its loss.

Despite the imminent threat of closure, IFN continues to send out messages of concern about the current situation where *'Jews and Muslims in the UK are experiencing high levels of antisemitic and Islamophobic hate incidents and others are also at risk through mistaken identity'*. We echo our concern for communities in Scotland who are feeling increasingly vulnerable and will continue to do all we can to play our part in tackling hatred in all its guises.

We thank IFN for all it has done over so many years and we continue to hope that there will be a turnaround and that the UK Government will see the value of such a strong, inclusive and informed organisation.

Meanwhile we absolutely endorse the message that IFN sent to members recently expressing: *"strong support for all working in local communities and at the national level to de-escalate negative discourse, to tackle hate, to maintain relationships at this challenging time, and to take steps to ensure the safety and well-being of those who are currently experiencing a threat to their wellbeing and safety."*



Booking is now open for two SOPA seminars in March 2024 on Age-friendly Communities in Scotland (admission is free but you must register via Eventbrite)

The two seminars are:

**Developing Age-friendly Communities (AfCs) in Rural Areas in Scotland**

14<sup>th</sup> March 2024, 11am-3pm, Perth Concert Hall, PH1 5HZ

Booking link: [SOPA Seminar on Developing Age-friendly Communities \(AfCs\) in Rural Areas Tickets, Thu 14 Mar 2024 at 11:00 | Eventbrite](#)

**Developing Resources for Age-friendly Communities (AfCs) in Scotland at Local Level**

26<sup>th</sup> March 2024, 11am-3pm, COSLA Conference Centre, 19 Haymarket Yards Edinburgh EH12 5BH

Booking link: [SOPA Seminar on Developing Resources for Age-friendly Communities \(AfCs\) Tickets, Tue 26 Mar 2024 at 11:00 | Eventbrite](#)

Hetty Malcolm-Smith (she/her) | Lead Officer | Scottish Older People's Assembly | Eric Liddell Community, 15 Morningside Road, Edinburgh, EH10 4DP | [hetty@scotopa.org.uk](mailto:hetty@scotopa.org.uk)  
Find out more at [www.scotopa.org.uk](http://www.scotopa.org.uk)



It's that time of year again when we invite people to get involved in Demystifying Death Week. Demystifying Death Week takes place across Scotland from 6-12 May, and is about shining a light on death, dying and bereavement.

Demystifying Death Week is a collaborative effort. Each year all kinds of organisations and individuals organise events for people to discuss death, dying and bereavement. For example death



cafes, discussion groups, lectures, film screenings, craft workshops, theatre performances, seminars and information stands.

If you'd like to get involved this year, please read on for more information...

- [Demystifying Death Week 2024](#)
- [What are the small things that make a big difference?](#)
- [Small grants available](#)
- [Getting ready for Demystifying Death Week: Lunchtime Chat](#)
- [Moving from Talk to Action on Bereavement](#)
- [SunLife's Cost of Dying 2024 Report](#)

### **Demystifying Death Week 2024**

People usually want to do the right thing when someone they know is affected by serious illness, death or grief. But often they can feel awkward offering help, or worry about making things worse. People can have questions about serious illness or dying. But often they don't know who to ask. Making plans when you're healthy means there is less to think about when you're ill. But people put off making plans until it is too late.

[Demystifying Death Week](#) is about giving people knowledge, skills and opportunities to plan and support each other through death, dying, loss and care.

It will take place across Scotland 6-12 May 2024. More information is available here: [Demystifying Death Week 2024](#)

Photo credit: David Mollison Photography

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### **What are the small things that make a big difference?**

This year, the theme of Demystifying Death Week is **small things can make a big difference**. During the week we'll be sharing examples of some of the things that, though they may seem small or insignificant, can make a big difference to someone who is seriously ill, or dying, or grieving, or caring for a loved one.

Do you have an example of something 'small' that made a big difference to you when you were ill or grieving?

Or have you done something seemingly inconsequential that you believe made an important positive impact for an individual or family facing end of life issues?

If so, we'd love to hear from you. Please email your reflections to: [samara@palliativecarescotland.org.uk](mailto:samara@palliativecarescotland.org.uk)

Photo credit: Nicolas Ruiz

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### Small grants available

A small grants fund has been set up to support organisations to put on events as part of Demystifying Death Week 2024. Grants of up to £250 are available. The deadline for receipt of completed applications is 12pm on 22 March 2024. More information, resources and ideas, as well as the application form, are available here: [DD Week Small Grants scheme](#).

Photo credit: Micheile Henderson

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### Moving from Talk to Action on Bereavement

Good Life, Good Death, Good Grief and the Scottish Bereavement Charter Group are organising a series of events to encourage action around the 10 recommendations from the [Scottish Bereavement Summit Report](#).

*improving signposting to bereavement support and information*

The first in the series of events took place on 23rd January 2024, and explored how to improve signposting to bereavement information and support. A recording of the presentations given at the session is available to view here: [Recording: Improving Signposting to Bereavement Support and Information](#)

[improving signposting to bereavement support and information part II](#)

Tuesday 19th March, 10am-12pm, on Zoom

At this event we will look at the report from the January event (still being written) and look at how those of us working in the sector can build on this to take action that will achieve meaningful change. More information and booking is available here: [Eventbrite](#)

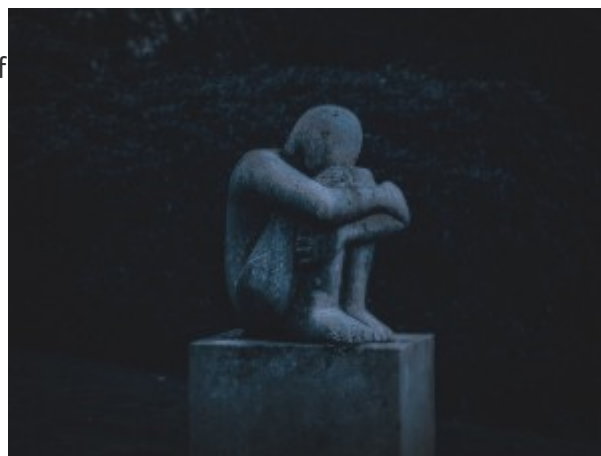
*employer seminar: supporting bereaved staff to return to work*

Tuesday 30th April, 9.30am - 12.30pm, central Edinburgh

The third in the 'Moving from Talk to Action' series will focus on Recommendation 6 of the [Scottish Bereavement Summit](#) - "Encourage and support workplaces to be better at supporting bereaved staff". The event is aimed at employers, senior management and HR professionals from all sectors, including business, commercial and retail. The event will be an opportunity for delegates to explore practical ways that they can take action to make their workplaces more supportive of people who have been bereaved. A programme and booking details for this event will be available in due course.

Photo credit: K Mitch Hodge

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## SunLife's Cost of Dying 2024 Report

### SunLife's Cost of Dying 2024 Report

SunLife has published its Cost of Dying 2024 report, highlighting rises in costs for funerals, basic funerals, and overall death-related costs.

Read the report in full [here](#).

Infographic credit: [Sunlife](#)

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#### The cost of a basic funeral

How much the cost of basic funeral has changed between 2022 and 2023



(This includes a burial or cremation, all funeral director fees, a mid-range coffin, one funeral limousine, as well as doctor and celebrant fees)



**dementia**  
**connections**

RESEARCH NEWS – VOICES OF LIVED EXPERIENCE – EXPERT ADVICE

Read some news from a Canadian dementia association –

[https://issuu.com/dementia\\_connections/docs/march\\_2024\\_newsletter\\_1?fr=xKA\\_E9\\_zU1NQ](https://issuu.com/dementia_connections/docs/march_2024_newsletter_1?fr=xKA_E9_zU1NQ)

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### Welcome to the February Edition of the Hourglass Newsletter

February has been a busy month for Hourglass as we look forward to the annual Hourglass conference, to be held on Tuesday 19th March in Brighton. More speakers and breakout sessions have been added to the programme, all exploring how we work to end the abuse of older people. If you haven't yet bought your ticket to the Hourglass Conference 2024, there is still time to do so. [Group discount for five or more tickets are still available here.](#)

**The Hourglass Team**

Please find below the link to the latest policy briefing from Generations Working Together.

[Resources \(generationsworkingtogether.org\)](https://generationsworkingtogether.org)



As a lead into our annual conference, [‘Our Voice, Our Rights, Our Future’](#), our Chief Officer Sara Redmond will be chairing a webinar with Professor Derek Feeley on April 17 at 10 – 11:30am.

We would be grateful if you could share this in your newsletters and/or social media outlets and would be delighted if you would [be interested in attending](#). Below is some text that can be used for promotional purposes and how to sign up:

Join the Health and Social Care Alliance Scotland (the ALLIANCE) for a webinar on 17 April, at 10-11:30am, with Professor Derek Feeley, former Chief Executive of NHS Scotland, as he shares his expertise and global perspective on the future of health and social care in Scotland. Professor Feeley’s insights will be invaluable for people interested in shaping health and social care. Professor Feeley will explore the key challenges and opportunities facing health and social care in Scotland. Drawing on his extensive background in leadership and policy development, including chairing of the Independent Review of Adult Social Care, he will share how design and delivery of health and social care must be grounded in rights and valuing the voice of lived experience. As part of [the ALLIANCE annual conference](#), “Our Voice, Our Rights, Our Future,” this webinar holds particular significance, with a strong emphasis on looking at how action now will shape future change.

[Find out more and sign up here.](#)



February 2024 Edition:

- [Best Start Foods Extended](#)
- [Security Notice](#)
- [New Guidance on Terminal Illness](#)
- [Over £29 Million paid in Winter Heating support](#)
- [Universal Credit Reminder](#)
- [Help to pay for funeral costs](#)
- [One million payments to carers](#)
- [New to our website](#)

[Best Start Foods Extended](#)

Rule changes around eligibility for Best Start Foods mean another 20,000 people could receive this vital payment.

Previously, Best Start Foods was paid to people who receive qualifying benefits if their incomes did not pass certain limits. Those income thresholds have now been removed, allowing thousands more people to apply for a card. Other rule changes have made it

simpler for eligible young parents to receive the benefit.

We would be grateful if you can help raise awareness by sharing these changes on your channels. New [Best Start Foods resources](#) on our website are available to download and share.



More information is [available on our website](#)



Welcome to our  
February e-news

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

<https://mailchi.mp/alzscot/februaryenews-729998>

**Sage-ing International** is a non-profit 501(c)3 organization open to anyone interested in conscious eldering.

In his 1995 book *From Age-ing to Sag-ing*, Rabbi Zalman Schachter-Shalomi, the most influential Jewish change-maker of his generation, created a new way of looking at aging in the second half of life called “Sage-ing.” Instead of seeing this stage of life as a time of loss and diminishment, Sage-ing affirms the importance of aging as a time for deep reflection, continued learning, and spiritual growth.

[Reb Zalman’s Commitment to Inclusiveness and “Deep Ecumenism” - Sage-ing International](#)

## JOY IN AGEING

Poetry | Art | Multimedia

## COMPETITION

### Express the Joy: Celebrate Ageing with Poetry, Art, and Multimedia

Does the thought of ageing bring a smile to your face or a frown to your brow? Many people view ageing negatively, yet it is a universally experienced privilege for those of us with breath still in our lungs.

Embracing Age, a Christian charity working towards a world where older people are

valued, connected and full of hope, believe there is much joy to experience in growing older. To showcase the vibrant potential of later life, we are thrilled to announce JOY IN AGEING: a dynamic competition celebrating the joys of ageing through poetry, art and multimedia.

### Unleash your creativity!

We invite you to capture the essence of ageing in its most joyful forms. We believe this Joy in Ageing competition will serve as a powerful reminder that ageing is a journey filled with laughter, love, and continued discovery. Share your voice, unleash your creativity, and help us

rewrite the narrative on ageing – one brushstroke and verse at a time.

The competition opens on 1st February 2024 to anyone aged over 50. Of course, we're all ageing from the day we're born until the day we die, but we want to hear from those in the second half of life.

International Older Peoples Day on the 1st October 2024.

The closing date is 30th April 2024, and entries can be submitted by post or email. Full competition guidelines and details of where the poems should be submitted are on the Embracing Age website or can be requested by phone. Shortlisted poems and artwork will be published in an anthology to celebrate

To learn more visit

<http://www.embracingage.org.uk/joyinageing>  
or phone 0203 778 0035

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International Longevity Centre UK

## Latest news

### ILC Friday three

- [Reasons for optimism](#) - younger generations value public libraries
- [Lifelong learning](#) - what can the UK learn from other countries?
- [Parkinson's](#) - a multidisciplinary approach to complex needs

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Reasons for optimism:  
some forms of  
pessimism have  
benefits too

*"When you look for the bad,  
expecting it, you will get it.  
When you know you will find  
the good—you will get that...."*  
Eleanor H Porter  
Pollyanna, 1913

**Reasons for optimism - some pessimism is beneficial** Last week we [wrote](#) about the body of evidence that being optimistic leads to better health and wellbeing. In response, however, one reader gave us pause for thought by highlighting the dangers of "false optimism" and raising interest in further research into people who "function daily without being motivated by hope or de-motivated by despair".

Pessimism is not about negative thinking. It also includes a focus on future outcomes and might often allow for a more realistic and informed approach. Personality scientists describe this as [defensive pessimism](#), where negative thinking is harnessed to help people succeed. However, the other main form of pessimism, which involves [blaming](#) oneself for negative outcomes, has fewer positive effects.

On a population level, defensive pessimism is a necessary approach to prevent or mitigate negative outcomes from realistic challenges or threats such as pandemics, climate change and ageing populations. And this is possibly why the ILC has been described previously in a [UK newspaper](#) as "a gloomy think tank." Having said that, the benefits of such realistic pessimism are best realised when combined with positive solutions and at least some optimism that such strategies will work.

If you think there are reasons for optimism (or realistic pessimism), we would like to hear more. Last year we were able to include some of them in our [One hundred not out](#) document. From cold water swimming to greeting the day with a smile, this year we aim to further explore the things that, like [Pollyanna](#), we can be glad about.

[READ MORE](#)

IF YOU WISH TO UNSUBSCRIBE FROM OUR NEWSLETTER, PLEASE EMAIL [info@fiop.org.uk](mailto:info@fiop.org.uk)



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