

APRIL 2024 NEWSLETTER

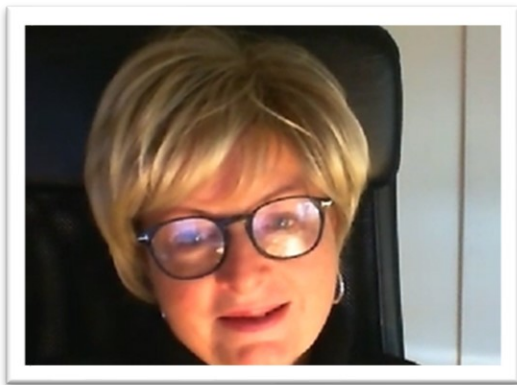


FAITH IN OLDER PEOPLE is a small voluntary organisation which aims to enhance the quality of life and well-being of older people by working with those providing practical, pastoral, or spiritual care

OUR LATEST BLOG

'Inspiring' Faith in Older People /Anna Chaplaincy webinar

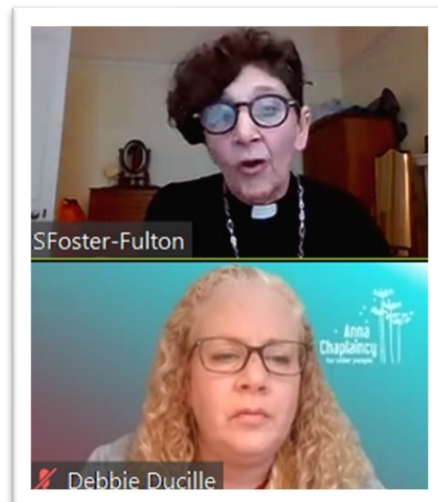
Attendees from all over Scotland, and beyond, joined the Anna Chaplaincy team at BRF Ministries and Edinburgh-based charity Faith in Older People yesterday (March 20) for the fourth in a series of such webinars in recent years. The topic - 'Practical approaches to spiritual care among older people - The Potential of Anna Chaplaincy'.



Chaired by FiOP Director, Maureen O'Neill, with an impressive array of

key speakers, and many Anna Chaplains from across the country also took part, including Angela Wilson (Church of Scotland) from Lanarkshire, and Judith Wilkinson (Scottish Episcopal Church) in East Lothian.

Anna Chaplaincy is 'offering something unique'.



First to address the gathering of around 40 participants was the Moderator of the General Assembly of the Church of Scotland, the Rt Revd Sally Foster-Fulton (who also heads the Christian Aid team in Scotland). Speaking on 'The Benefits of Anna Chaplaincy within Church Congregations' she said:

'I find this an extraordinary gift that you are offering the churches. It is a timely space for Anna Chaplaincy to come in.'

At a period of great change for the Church of Scotland - 43 presbyteries coming down to just 12 - she spoke of moves to combine congregations, and of 'church-based empowerment of the local.' There is now a 'real energy around Ecumenism' she said. Having recently visited Anna Chaplaincy-led activities in two churches and clearly been impressed, she said, 'It felt like coming home.'

The Moderator highlighted the shift towards much more 'grassroots resourcing' and emphasised 'collaboration is key to the future':

'We are creating something entirely new. It is very exciting and I hope that we can do that ecumenically and continue those conversations together. There is a danger that we can lose people in this process. We don't want older people being 'lost in transit'.

Anna Chaplaincy can help protect us against this as it is so easy to lose touch with people and let them down. Anna Chaplaincy offers a church-based approach. It offers something unique to the team. They become empowered activists. I promise I will be a huge advocate, especially of your Anna Chaplaincy training. It's a no-brainer to be honest, it's a timely thing.'

'Hospices in the heart of our communities'



Dr Donald Macaskill, CEO of Scottish Care, the voice of the independent social care sector in Scotland, the largest group of social care providers across Scotland, spoke next. He focused on the 'huge amount of stigma around care

homes, especially post-pandemic', and stressed how different care homes actually are from the stereotype.

He described how people are leaving it later to move into care (into their early 90s now, with average stays of 14-18 months compared with 3-5 years in the past); one is 'more likely to celebrate someone's 100th birthday each week in care homes now, as opposed to one a year, as used to be the case'.

Nowadays, care homes are more like 'hospices in the heart of our community,' he said.

'Care homes are places of life and positivity rather than negativity and decline. Places where people can come to terms with things, often for the first time, and we can explore who we want to be? Places that enhance life, the derivation of the word enhance being 'to raise up higher', with all the potential of change, the adventure of difference, that entails. Places where we open ourselves to the possibility of enhancement and address the questions surrounding how do you enhance and raise your personhood? Spaces where people can become the people they dream to be, and we are addressing our care and support to the totality of the person.'

Debbie Thrower, the original pioneer of Anna Chaplaincy listened to this vision with great interest. 'The picture Dr Macaskill paints is really inspiring, and undoubtedly there are striking examples of enlightened spiritual care, yet it will require much more focus in future on good quality spiritual care across the whole landscape of residential care for older adults if every care home is truly to become a 'hospice in the heart of the community'.

The Purple Bicycle Project

Professor John Swinton (pictured below), Chair in Practical Theology and Pastoral Care at the University of Aberdeen, unpacked the Purple Bicycle Project approach to capturing stories to aid in the spiritual care of people living even with the most advanced cases of dementia.

'Stories are the way we make sense of our lives.' he said. *'When dementia becomes part of your life, though, people stop listening to you. 'You've lost your keys, oh that must be part of your dementia', they say.*



'The Purple Bicycle Project helps communities hold on to stories for people. There are ways of unearthing stories that are invisible under normal conditions. We're on a journey together, hence the purple tandem bicycle image, conveying a sense of movement, things to look forward to and develop. What can we do now to lift people's spirits? Creating communities of people that pay attention - family, friends, practitioners, care staff - who together create a map, a plan, so we begin to see the individual differently and create safe, spiritually fulfilling places'.

There was time during the webinar for Ministry Lead Debbie Ducille to encapsulate the key features of Anna Chaplaincy's approach to community-based spiritual care, and support for carers, and the movement's focus on all that older generations contribute to society; how the wisdom and capabilities of people in later life should never be under-estimated.

Towards the end of the webinar, Training and Development Lead for Anna Chaplaincy, Julia Burton-Jones, described the Anna Chaplaincy training opportunities. There are now 358 Anna Chaplains across the country and fresh cohorts are trained throughout the year.

Julia also reminded people of the Spiritual Care Course series, with videos presented by John Swinton, that's available for churches to run. It boosts the work of pastoral teams and helps people engage fully with the issues of living well in the second half of life. There is also an online version of the course, led by trainer Anne Milton-Worsell, former Anna Chaplain in Surrey, who was also part of the webinar.

Reflecting on what had been 'a thought-provoking, re-invigorating event', Debbie Thrower concluded:

'What first class speakers; they fulfilled their briefs so well and spoke genuinely from the heart. All the input and chairmanship was excellent and really fleshed out the whole topic.

Time in breakout rooms talking with others was invaluable. It was lovely to hear from several very different Anna Chaplains - Angela Wilson and nonagenarian Jimmy were a star turn together!'



Angela Wilson and Jimmy

'What a period of change this is in the ecumenical landscape and what an opportunity there is for both FiOP and Anna Chaplaincy to contribute at this juncture. Let's hope there will be many of those present who go away inspired to be 'salt and light' in terms of bringing what they have learnt to an even wider audience, especially to those in a key position to implement new ideas and ways of working collaboratively'.

Thank you so much for all you are doing to help us develop Anna Chaplaincy in Scotland and in all parts of the UK more widely. I do hope we meet up in person again before too long. May Easter's blessings be yours and for all your family.

Warm regards,
Debbie Thrower
Founder of Anna Chaplaincy and Ambassador

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
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

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

FORTHCOMING EVENTS FOR 2024

15th May 2024: 2.00-4.00pm

A Joint event with Generations Working Together

PLEASE JOIN US IN THIS IMPORTANT ZOOM CONFERENCE WHICH FOCUSES ON ONE OF THE KEY ISSUES CONFRONTING OUR SOCIETY

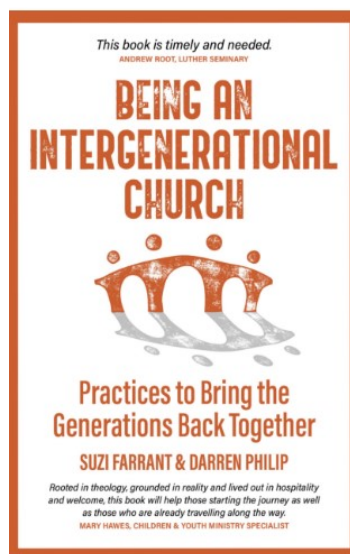


Generations
Working
Together

A Zoom 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 both in society generally and within our churches.



We are very fortunate in have the authors of a new book which has

recently been published on '**Being an Intergenerational Church – Practices to bring the generations back together**' by Suzi Farrant and Darren Philip.

A review of this book stated that "**it has the potential to radically transform the experience of church for all ages**" (Chris Barnett, InterGen, Australia.)

Rev Dr Ken Jeffrey stated that "**it provides a compelling hope filled vision of becoming an intergenerational church**".

FiOP is delighted that **Lorraine George** from Generations Working Together will focus on the work of GWT and then in conversation about how we bring the different, (or are they), strands together.

Generations Working Together is the nationally recognised centre of excellence supporting the development and integration of intergenerational work across Scotland.

In 2020 it launched a call for Scotland to become the first intergenerational nation. GWT believes the Scottish Government and all elected representatives should focus on ensuring that relationships between generations are strengthened and Scotland becomes more connected and inclusive.

GWT believes that intergenerational work has a unique and significant contribution to make in our communities by connecting people across generations. It's expertise in this arena places GWT in a strong position to support the development of policy and practice.

GWT's vision and ambitions as an organisation are:

1. To enable Scotland to become an intergenerational nation.
2. To influence national and local policy in favour of intergenerational practice
3. To promote, support and increase innovation in intergenerational practice in Scotland.
4. To increase participation in intergenerational practice.
5. To ensure sound governance.

The seminar will explore what we mean by intergenerational, multi-generational and the impact it has on society and within a faith context.

The authors of the book invite us into the world of intergenerational church communities in which adults, youth and children come together to create a confidence in intergenerational relationships.

<https://standrewpress.hymnsam.co.uk/books/9781800830363/being-an-intergenerational-church>

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

A donation to this event would be appreciated – Thank You

ONE STEP AT A TIME - A 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 \(faithinolderpeople.org.uk\)](#)

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](#)

SCOTTISH GOVERNMENT



[Supporting documents - Programme for Government 2023 to 2024 - gov.scot](https://www.gov.scot)
(www.gov.scot)

NATIONAL CARE SERVICE (NCS) (SCOTLAND) BILL: SCOTTISH GOVERNMENT RESPONSE TO STAGE 1 REPORT

Maree Todd responds to National Care Service (Scotland) Bill

Maree Todd MSP, Minister for Social Care, Mental Wellbeing and Sport has provided a full response to the Health, Social Care and Sport Committee's Stage 1 report on the [National Care Service \(Scotland\) Bill](#). This follows on from the interim response on February 28th and advises on details and timings for the next stage of work. Read the [response here](#).

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

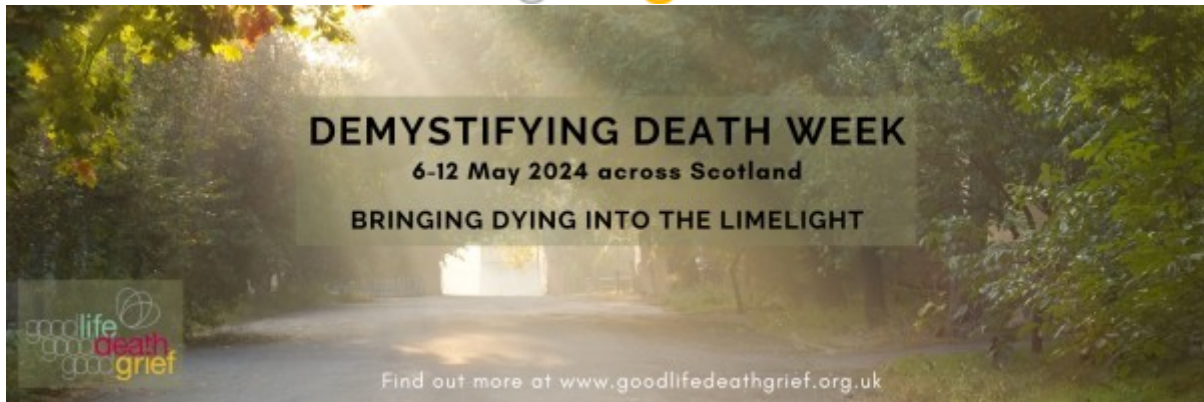
Please find below the link to the latest policy briefing from Generations Working Together.

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

[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](#)



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 are 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

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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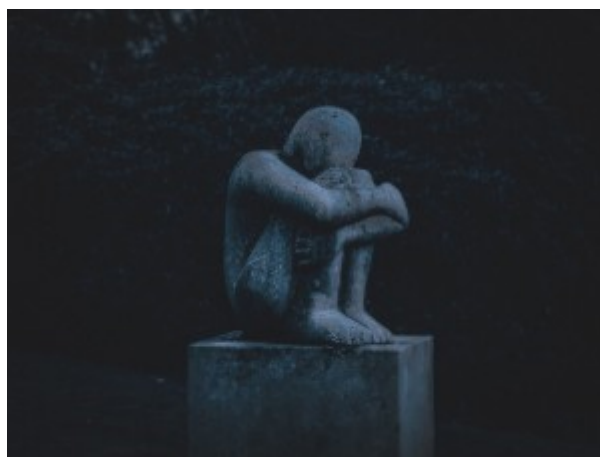
Moving from Talk to Action on Bereavement

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](#)



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 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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WORLD HEALTH ORGANISATION: Global report on Ageism

Extract from the United Nation's Secretary General's introduction-

"Ageism is widespread in institutions, laws and policies across the world. It damages individual health and dignity as well as economies and societies writ large. It denies people their human rights and their ability to reach their full potential.

Despite its pervasive nature and harmful impacts, ageism still lacks a solid knowledge base of dedicated research, information, disaggregated data, and systematic trends analysis. This new Global report on ageism fills this gap and underscores the need to adopt a forwardthinking, rights-based approach that addresses the underlying societal, legislative and policy structures that support long-

standing assumptions about 'age' across the life course.



[Global report on ageism \(who.int\)](https://www.who.int/global-report-on-ageism)

ACCOUNTS COMMISSION



challenge that requires a coordinated response from a wide range of organisations. There is a need to focus on prevention and early intervention while maintaining access to specialist services for those with severe mental health issues. This is a difficult balance to achieve”.

Faith in Older People has had a focus on enduring mental health challenges for older people for several years and will continue to highlight them and the role of faith communities in providing support, understanding and empathy.

“Supporting and improving mental health and wellbeing is a significant public health



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.**

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.](#)



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.

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 International Older Peoples Day on the 1st October 2024.

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

See the link for further information - [HOME - ILCUK](#)



**Generations
Working
Together**

Global Intergenerational Week April 24th – 30th – Summary

Global Intergenerational Week is an annual campaign celebrating all things intergenerational. It is an opportunity to celebrate good practice, ideas, moments, and opportunities local to us, where different age groups come together and intergenerational friendships are formed! It provides an opportunity to share and discuss, on a global platform, creative and effective new ways of connecting generations.

You can find out more about Global Intergenerational Week on the [Generations Working Together website](#).

Individuals and organisations in Scotland can [register as supporters](#) of the event and have access to all campaign [resources](#) for 2024 including posters, social media assets and our Supporter's Pack, and will be first to hear about upcoming events and activities.

Each day of Global Intergenerational Week takes on a different theme. 2024's themes are as follows:

- Day 1 (24/04) : Let's Raise Intergenerational Awareness
- Day 2 (25/04): Let's Build Intergenerational Partnerships
- Day 3 (26/04): Let's Combat Loneliness and Social Isolation
- Day 4 (27/04): Let's Celebrate Intergenerational Spaces and Communities
- Day 5 (28/04): Let's Break Down Age Barriers
- Day 6 (29/04): EU day – Solidarity between Generations
- Day 7 (30/04): Let's Build Intergenerational Workplaces

On the website you can click on the [Scotland tab](#) to see what is going on in your area and we encourage everyone to share their event so that we can highlight what you are doing.

Please use **#GIW24** when sharing events on social media.

Any questions regarding Global Intergenerational Week can be sent to Ruairidh@gwt.scot

GENERATIONS WORKING TOGETHER

Delighted and excited to share we have now got a very special reduced cost for the GWT one day training - happening in Musselburgh on 25th April, as part of Global Intergenerational Week. #GIW24

Times are tough for everyone so this one-off is fantastic!

For all GWT members this training was already discounted £30 pp, but now the cost has been reduced by a further 50% - so....£35.00 pp instead of general cost of £100.

Now that is a brilliant piece of news to share!

Please don't delay if you would like to book - as I am sharing across all the East and Midlothian network, but it's on GWT website and open to all of-course.

"Intergenerational work is something we can all do well, when we know what we are doing."

- Intergenerational Practice is based on definition of IG Practice
- Intergenerational Practice is based on key principles

Open to anyone interested in developing intergenerational projects and embedding the approach / raising awareness. Please do share (but remember to book your own space and make sure everyone knows to sign up to GWT first of course).

[Book here](#)

LONELINESS WEEK

Loneliness Awareness Week runs from June 10th to June 16th, 2024.

It promises to be their biggest campaign yet! The goal is to encourage conversations about loneliness and help people understand this normal human emotion. Loneliness is our body's way of signaling that we need more connection. By growing our understanding of loneliness, we can better manage the feeling and support others who may be experiencing it.

[marmalade trust loneliness awareness week - Search \(bing.com\)](#)

[Extract from website]

The Scottish Government recognizes the importance of addressing social isolation and loneliness. Their strategy, "Recovering our Connections 2023 to 2026", builds upon the earlier initiative called "A Connected Scotland". Let's delve into the details:

1. A Connected Scotland (2018): This was the Scottish Government's first strategy to tackle social isolation and loneliness. [It aimed to build stronger social connections and ensure that everyone, regardless of age, status, circumstance, or identity, could develop meaningful relationships 1.](#)
2. Recovering our Connections (2023 to 2026): This plan extends the ambitions of the original strategy. Here are the key points:
 - **Strategic Priorities:** The four strategic priorities remain unchanged:
 - Empower communities and build shared ownership.
 - Foster positive attitudes and tackle stigma.
 - Create opportunities for people to connect.
 - Support an infrastructure that fosters connection.

- **Impact of the Pandemic:** The COVID-19 pandemic highlighted the impact of social isolation and loneliness. While everyone was affected, certain groups—such as disabled individuals, younger people, those living alone, and low-income families—experienced heightened challenges.
- **Cost of Living Crisis:** The current cost of living crisis poses additional threats to people’s ability to connect and maintain relationships.
- **Shared Responsibility:** The Scottish Government acknowledges that it cannot end loneliness alone. [Tackling this public health crisis requires collective commitment from government, communities, healthcare, private sectors, and individuals 2.](#)

In summary, while the Scottish Government plays a crucial role, ending loneliness is a shared responsibility across society. [By fostering positive attitudes, creating opportunities for connection, and supporting infrastructure, Scotland aims to build stronger social bonds and alleviate social isolation and loneliness 2.](#)

FiOP is a member of the Voluntary Sector Action Group on Isolation and Loneliness and recently presented the responses from faith communities and held a conversation about the issues in collaboration with Interfaith Scotland. .



Welcome to the April 2024 SOPA Newsletter

[View the newsletter here as a PDF](#)

IF YOU WISH TO UNSUBSCRIBE FROM OUR NEWSLETTER, PLEASE EMAIL info@fiop.org.uk



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