

JUNE 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

HIGHLIGHTING LONELINESS WEEK

OUR LATEST BLOG

Belonging

Why is a sense of belonging so important to our wellbeing. How can we nurture it?

So much has been written and spoken about loneliness and isolation but fundamental to this experience is a lack of a sense of belonging and identity. We have a basic need to feel we are connected to others through family ties, like interests, faith, learning or other activities or relationships which give meaning and purpose to our lives and encourage social connections and the ability to form connections.

A strong sense of belonging encourages interactions with others and motivates us to reach out to others which supports wellbeing and confidence. However, without such a sense physical and mental wellbeing can be affected just as is instanced through experience of loneliness and isolation.

For many people loneliness becomes increasingly inhibiting and a struggle so that it is difficult to create relationships, identify a group, an individual or an activity which could release them to take the risk of the first step and not to perceive or to fear rejection. I was struck by a research report ¹which defined:

“A sense of belonging – the subjective feeling of deep connection with social groups, physical places, and individual and collective experiences – is a fundamental human need

that predicts numerous mental, physical, social, economic, and behavioural outcomes.”

So how can we nurture ourselves to overcome the struggle against feeling lonely and what do we need from others?

- We need to develop our own social and cultural awareness so that we feel more comfortable in different social situations.
- We need to seek opportunities that respond to our interests or needs whether through volunteering, faith, or learning.

Taking that step out of the door requires motivation which might be difficult for some people if they have experienced discrimination or feeling excluded. What motivates people is often difficult to pin down.

None of this is easy and it takes persistence and a gulp of courage to make changes. It might be difficult to take that needed step alone and there are several organisations which can help. But it is also important for us as individuals to show kindness, to take the opportunity of smiling or talking to someone, to draw people into a group and help people feel welcome in different circumstances.

Maureen O'Neill
Director, Faith in Older People

[linking lives uk - Search \(bing.com\)](#)
[Befriending Networks — Befriending Networks](#)

¹ Allen, K. A., Kern, M. L., Rozek, C. S., McNerney, D. M., & Slavich, G. M. (2021). Belonging: a review of conceptual issues, an integrative framework, and directions for future research. *Australian Journal of Psychology*, 73(1), 87–102.
<https://doi.org/10.1080/00049530.2021.1883409>

LINKING LIVES UK - Join us for our unique webinar event on '[Loneliness and the way out](#)' to mark the end of Loneliness Awareness Week 2024. As someone with an interest in addressing loneliness and helping to create connections, we think you'll find this event both motivational and practical. And you won't leave empty handed: there'll be lots to take away!

Event details: Loneliness and the way out

- Date: Tuesday 18th June 2024
- Time: 11am-12pm
- Venue: Zoom

Sign up and learn:

- **How to spot the signs and symptoms of loneliness:** These are not always obvious, and *identifying* that loneliness is the cause of these symptoms is the first step in addressing it.
- **Strategies for taking control and overcoming loneliness personally:** We will explore practical steps for those experiencing loneliness to help build connection and break the cycle.
- **Practical ideas to help someone else out of loneliness:** We'll cover ways to come alongside someone feeling lonely and lift them out of loneliness.
- **How Linking Lives UK resource individuals, volunteers and churches** to tackle loneliness, one life at a time. We'll briefly unpack our growing number of resources for equipping those passionate about addressing loneliness.



Come away with clear actions to tackle loneliness, whether for yourself or for those around you. Space is limited so we encourage you to book your free place early to secure your spot.

Book your free place now!

Sent on behalf of Joe Harrison from Marmalade Trust

LONELINESS AWARENESS WEEK

I'm Joe the Campaign Manager for [Loneliness Awareness Week at Marmalade Trust](#) and I wanted to get in touch to tell you more about this year's campaign as I'm aware that the Action Group for Isolation and Loneliness has been involved previously and it would be great to have the support of the network this year too.

As you may know, Loneliness Awareness Week is all about creating supportive communities by having open, honest conversations. Loneliness is a natural human emotion - we are hardwired to need social connections. By talking about it, we can support ourselves and others.

This year Loneliness Awareness Week is taking place from **10th - 16th of June** and our theme is '**Random Acts of Connection**'; encouraging everyone to increase those simple, everyday moments of connection that help us and others to feel happier and less lonely.

We would love for organisations to get involved by:

- Making **#RandomActsofConnection** and encouraging your network to do the same, spreading the word about loneliness and the campaign. We have some ideas online [here](#).
- **Hosting a Connection Event or Activity** - please add it to [our](#) and check out what other organisations are doing for inspiration.
- **Learning about loneliness** - share our expert [resources](#) to grow understanding of loneliness and how to get better connected.

Are you able to share this information with the network please? We are running some short information sessions which might be of interest too. These are designed to give organisations the chance to hear more about the campaign and get some practical ideas and inspiration for how you or your organisation can get involved through events, fundraising and activities.

Many thanks, Joe

Joe Harrison (he/him), Campaign Manager - Loneliness Awareness Week, Marmalade Trust

CHRISTIANS TOGETHER AGAINST LONELINESS AND ISOLATION

FiOP is pleased to be a member of this group which brings together a range of organisations which support older people in a variety of ways, including mental health, social prescribing, bereavement and loneliness. The link below highlights the work of these organisations and how the churches respond to loneliness and isolation.

[Resources - Christians Together Against Loneliness \(ctal.uk\)](#)

See also the 'Lonely Nation Report'.

<https://www.centreforsocialjustice.org.uk/library/lonely-nation>

FAITH IN OLDER PEOPLE would like to extend its appreciation to everyone who made a donation following our recent appeal. We are grateful for your interest in our organisation as well as your financial support. Our appeal is still open –

DONATIONS CAN BE MADE BY –

1. Bank Transfer - directly to our account at Unity Trust Bank

Sort Code 60 83 01 Account No 20230135

Payment reference SUPPORT

2. Cheque payable to Faith in Older People; please send to

Faith in Older People, 21a Grosvenor Crescent, Edinburgh EH12 5EL

3. BECOMING A FRIEND OF FIOP – please email us for a standing order form at info@fiop.org.uk

FORTHCOMING EVENTS FOR 2024

PLEASE NOTE THE DATE - Wednesday 13 November 2024: 10-12.30

A Joint event with

Faith in Older People and Generations Working Together

BRINGING THE GENERATIONS TOGETHER



**Generations
Working
Together**

A Zoom conference to explore the principles of intergenerational work and to consider what we can do to become more intergenerational in our church communities.

Unfortunately due to the low uptake for this event, we made the decision to postpone it until later in the year. Further information will be available soon.

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



SANCTUARY MENTAL HEALTH

AN INTRODUCTION TO THE SANCTUARY COURSE

If you'd like to explore how to get started with The Sanctuary Course, join us for this month's webinar.

Lisa runs **An Introduction to The Sanctuary Course** on the **last Thursday of every month**, from 1:00-2:00pm. Each session covers the vision behind the course, how it can transform your faith community, and practical tips to get it up and running. We'll also have plenty of time for your questions. You can sign up using the link below:

<https://sanctuarymentalhealth.us2.list-manage.com/track/click?u=4680db88f475657832e4a2864&id=77b8058824&e=4598e17613>

GENERAL INFORMATION



**Celebrating 20 years of Scottish
Interfaith Week**

11 - 18 November 2024

Discovery

www.scottishinterfaithweek.org



**Generations
Working
Together**

Book events and training, access
funding resources and read the latest
Intergenerational Practice news

1 June 2024

FOR DETAILS PLEASE SEE OUR FULL NEWSLETTER

[Generations Working Together | 10 June 2024](#)

GENERATIONS WORKING TOGETHER

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

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

Dr Donald Macaskill, CEO Scottish Care

It's time to turn around homecare

The following is based on an address given at the Scottish Care, Care at Home and Housing Support Conference, 'Care Revolution: Time to Act' held In Glasgow.

[It's time to turn around homecare - Scottish Care](#)

The importance of homecare and other forms of social care will have touched most of us. As always Donald Macaskill stresses the need for humanity –

"what we have arrived at is a state of affairs which requires revolutionary change not just a tinkering or a slightly increased budget here and there – we need a re orientation and a rediscovery of the essence of who we are as one another related in our common humanity."



Anna Chaplaincy

Offering spiritual care in later life

Latest posts from the blog

[PLEASE CLICK HERE TO READ](#)

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

The Anna Chaplaincy team at BRF

annachaplaincy@brf.org.uk | annachaplaincy.org.uk | brf.org.uk

Spiritual Care -Multi-faith resource for healthcare staff

NHS Education for Scotland (NES) produced this booklet through its Spiritual Care and Chaplaincy Programme. It was prepared with input from Interfaith Scotland, individual faith and belief communities in Scotland and Hospital Chaplains. A copy of this resource can be found: Online at <https://learn.nes.nhs.scot>. Find it in the Person-centred Care Zone.



I'm delighted to share the publication of [Befriending Networks Strategic Plan for 2024-29](#).

At Befriending Networks, we envisage a society where quality befriending support is available to everyone who needs it and where meaningful connection is recognised as important. We know that befriending changes lives and strengthens communities because every day we hear life-changing stories of human connection, made possible by dedicated volunteers, compassionate coordinators, and resilient befriending services. Befriending benefits the health and wellbeing of individuals, increases social connections, and adds value to people's lives, so it is a privilege to support organisations to deliver services making such a significant difference.

Our new five-year strategic plan has taken into consideration the collective voice of our members. We understand that our members are operating during challenging times, with increased operational costs, competition for funding, declining trends in volunteering, and a greater level of need in our communities. So, our network has never been more vital, ensuring that all members have access to the support they need for good practice, to manage challenges, and to find connection with each other. With a proven track record of delivering services for our members over the past thirty years, going forward, we want to consolidate our core activities and seek investment for new work. With a renewed mission and clear values, this strategic plan sets our direction for the next five years, which gives priority to delivery with and for our members. We remain accountable to them and are committed to providing opportunities for member engagement to inform and shape our services.

Susan

meet with me: <https://calendly.com/susan-bn/1-hour-meeting>

Susan Hunter, Chief Executive Officer

Work Pattern: Monday-Thursday; Friday morning.

susan@befriending.co.uk

www.befriending.co.uk

HOURLASS

To read our latest newsletter – please click on the undernoted link:

[https://mailchi.mp/wearehourglass.org/heres-the-latest-news-from-hourglass-17970386?e=\[UNIQID\]](https://mailchi.mp/wearehourglass.org/heres-the-latest-news-from-hourglass-17970386?e=[UNIQID])

Our Good Conversation Training
online and in person
is free for volunteers for any bookings
made in June.



Bookings made in June will still apply for July onwards.

For online training booking [Good Conversations volunteer training Tickets, Multiple Dates | Eventbrite](#)



"This training will definitely be useful for people looking to run and volunteer at cafe style befriending/chat/listening events."

Training for volunteers hosting conversations in community settings such as community cafes, lunch clubs, food banks or community drop-in centres.



The 2 Hour Online Training includes

- Understanding guests needs and how to approach them
- How to open and maintain beneficial conversations
- Active listening skills
- Keeping guests, volunteers and organisations safe
- Understanding boundaries
- Managing expectations and risk

★ builds skills and increases confidence in volunteers ★

Training is online at £5/person and arrangements can be made for training to be delivered at your venue.
Contact michelle@linkinglives.uk



Linking Lives UK 0300 302 0225 Admin@linkinglives.uk www.linkinglives.uk Charity No: 1170325

Online feedback.....



OUR LATEST NEWS

[The ALLIANCE Weekly Bulletin - Wednesday 5 June - Health and Social Care Alliance Scotland % \(alliance-scotland.org.uk\)](https://www.alliance-scotland.org.uk)



**Alzheimer
Scotland**
Action on Dementia

Welcome to our
April e-news

CLICK FOR OUR LATEST NEWS
<https://www.alzscot.org/news>

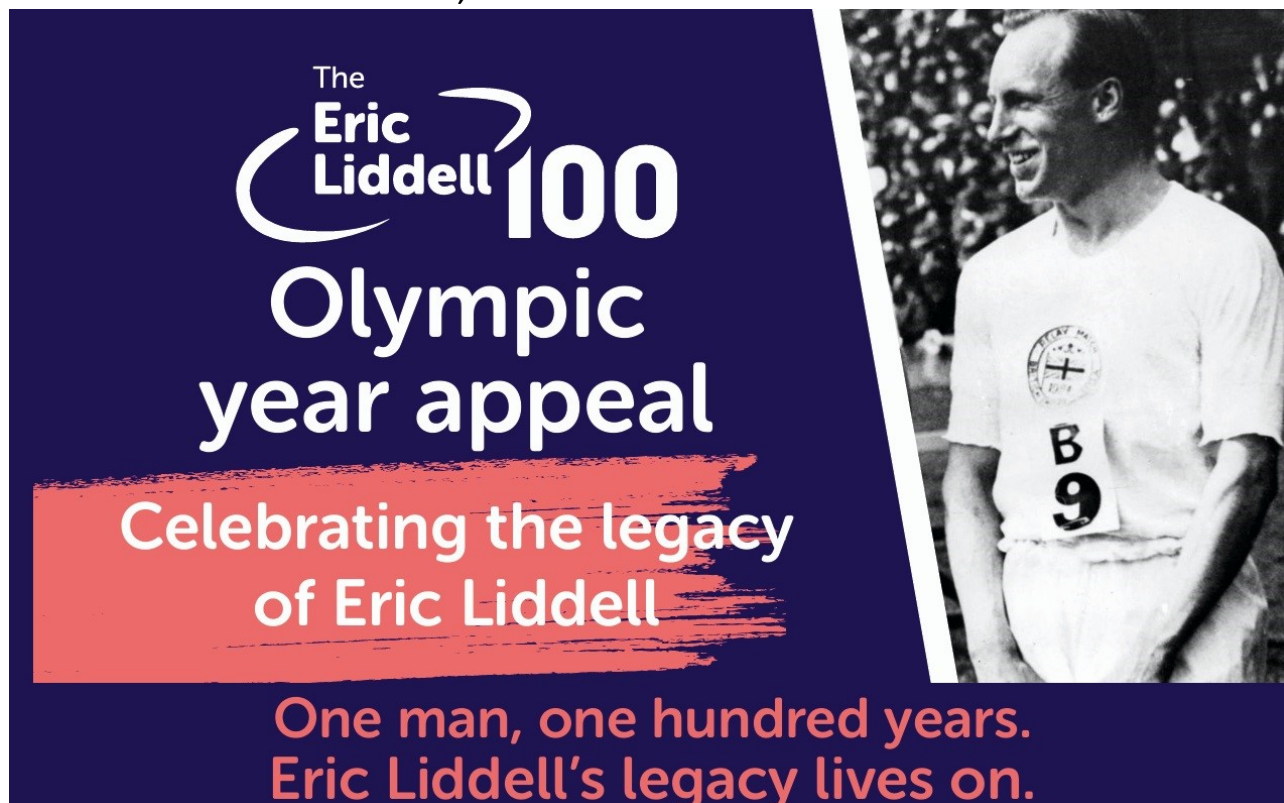
Alzheimer's Scotland

Commission on the Future of Long Term Care in Scotland report

The Commission was set up in 2022 to consider alternative approaches to delivering more effective methods of long term care and support. Today sees the publication of the Commission's report and key recommendations.

Find out more - [Long Term Care Commission | Alzheimer Scotland \(alzscot.org\)](https://www.alzscot.org/)

THE ERIC LIDDELL CENTRE, EDINBURGH



Securing Eric Liddell's Legacy: Olympic Year Appeal

The Eric Liddell 100 has launched an Olympic Year Appeal to secure our charity namesake's legacy.

As we approach the centenary of Eric Liddell's historic triumph at the 1924 Olympic Games in Paris, there has never been a more opportune moment to ensure that his legacy continues to inspire future generations. We have launched our Olympic Year Appeal to secure his legacy during this special year, for future years to come. The Eric Liddell 100 programme, dedicated to celebrating Liddell's life, sporting achievements, and community service, is at the forefront of this effort. But we need your help to ensure that Liddell's legacy lives on.

The Eric Liddell 100 programme encompasses a range of initiatives aimed at inspiring young people to embody the values of integrity, compassion, and passion that defined Liddell's life. From educational outreach to sporting events, these initiatives are designed to engage and empower the next generation to fulfil their potential. It is led by The Eric Liddell Community, a specialist care and dementia charity based in an area of Edinburgh where Eric Liddell lived and studied.

One of the key pillars of the Eric Liddell 100 programme is its educational outreach efforts. Through the distribution of free educational resources to schools across Scotland, we aim to

keep Liddell's legacy alive in the hearts and minds of young people. But to expand our reach and develop even more comprehensive resources, we need your support.

In addition to educational outreach, the Eric Liddell 100 programme also includes a range of sporting events and initiatives designed to promote Liddell's legacy of athleticism and sportsmanship. Your donation could help fund these events, providing young athletes with the opportunity to participate in tournaments and competitions that celebrate Liddell's spirit of passion and dedication.

Finally, your support could help us create a dedicated exhibition space to honour Liddell's

life and legacy. By establishing a permanent home for the Eric Liddell exhibition in our community, we can ensure that his story continues to inspire visitors of all ages for generations to come.

Together, we can ensure that Eric Liddell's legacy remains a source of inspiration for future generations. Your donation, no matter the size, can make a real difference in our efforts to honour Liddell's memory and inspire young people to make a positive impact on the world around them. Join us in securing Liddell's legacy for the next hundred years and beyond.

To donate: <https://checkout.justgiving.com/c/249218>

Visit our website: <https://ericliddell.org/the-eric-liddell-100/>

Email: EL100@ericliddell.org

Faith in Older People's ANNUAL REPORT 2022/2023 is available on our website. Please click [HERE](#) to read it.



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



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