

SEPTEMBER 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 BLOGS

Silver Sunday – The National Day for Older People

Maureen O'Neill – Director, FAITH IN OLDER PEOPLE

As we approach **Silver Sunday on 6th October**¹ it is a time to recognise the enormous contribution made by older people to our faith communities and to the wider community. It offers an opportunity to bring older people to the fore and to have events which are inclusive and fun across generations. It is, however, good to know that many activities are run throughout the year by and for older people and we should celebrate their commitment, initiative and time given.

One of FiOP's aims is to highlight the contribution made by faith communities to the wellbeing of the local community and the role of older people. To do this we undertook a major scoping exercise to better understand what faith communities provided and the extent to which older people were contributors. The result is the '**Gift of Age Report**'ⁱⁱ which clearly illustrates across all faiths and local authority area what is provided and the way in which local needs are met as well as bringing to life Government policy, probably without realising it. As a society we probably don't think about the contribution of faith communities, yet they are present in nearly all our towns and villages and have been described by the journalist, India Knight, as being the Hub in many communities. A gathering place for those of faith and a resource for those who live there.

For many their faith community is a place of worship, the source of identity and belonging and companionship as well as service to those who are in need and vulnerable.

Our study showed so many services which are and could be replicated in different parts of the country and in different faith settings. I would urge you to read the report to find out from the case studies what is going on but there are examples of supporting people with dementia, refugees, families, food banks, keeping sight of our origins and languages, mitigating loneliness and so much more. Is this volunteering? Yes - but not considered by many as such as it is 'just what we do'.

Our faith communities help to build resilient individuals and communities and support the spiritual as well as religious wellbeing of communities. Those within faith communities bring a range of gifts – a human, social, economic, physical and cultural.

"Older members of our community bring love and a great example of perseverance and willingness to be part of this community, taking an active part in a variety of ways. Even their presence is a great influence because of their faith, wisdom and dedication" (FiOP Survey respondent).

‘I came to this country in 1975 as a young bride and say people support me by letting the younger people have a good time. I learnt from my elders and now have the same opportunity to support the younger generation ‘. (Hindu Mandir Temple survey respondent).

“Being a village community on the edge of a town the contribution of older people is vital in maintaining the identity of the community and its heritage. Our faith community would be much the poorer without the significant

contribution that has been made and continues to be made by older residents”.

Let us celebrate Silver Sunday in our faith communities and all those wonderful groups across Scotland which are active in bringing older and younger people together to share mutual interests and to bring joy to one another and not just for one day.

¹[Silver Sunday | The National Day for Older People, 6th October 2024](#) Silver Sunday is co-ordinated by AGE UK.

¹ [The-gift-of-age.pdf \(faithinolderpeople.org.uk\)](#) The authors of the project, which was funded by the TOR Christian Foundation, are Simon Jaquet, Mike Nicholson and Sally Jaquet

FIOP was pleased to collaborate with Volunteer Scotland in the production of this policy statement

[The Gift of Age: Older People, Faith Communities, and Volunteering \(faithinolderpeople.org.uk\)](#) and for its support of the project.

www.faithinolderpeople.org.uk

Church of Scotland Learning

The overarching aim behind Church of Scotland Learning is to equip people to live out the mission of God; supporting them to develop in purpose, gifting and calling for their journey of faith.

We’re seeking to do this through the development of a vibrant learning community open to anyone connected with the Church of Scotland. This community is centred around a dynamic online learning platform, where we seek to equip people through a range of independently accessible online modules. Furthermore, recognising the value of engagement and learning with others, we’re hosting a range of online live sessions and are collaborating with our presbytery colleagues on how best to enable in-person learning and development opportunities to be hosted in presbytery and congregational settings.

Many of the modules can be applied to any context as they are not purely Church of Scotland-specific. Anyone can sign-up to Church of Scotland Learning and use it, we welcome participation by those from other denominations and church organisations. However, the live sessions and our other engagement with participants will generally come from the perspective that we're focused on those within the Church of Scotland.

A selection of the modules that can be currently found on Church of Scotland Learning is provided below. To see the full range please sign-up to Church of Scotland Learning by following this link: [Register for Church of Scotland Learning \(office.com\)](#)

Mission

Talking About Your Faith: Encouraging us to become more confident in sharing Jesus with others.

New Ways of Being Church: Learning how to pioneer and take early steps in our own venturing!

Discipleship

Exploring Discipleship: Enabling us to begin or deepen our experience of following Jesus together.

Calling & Spiritual Gifts: Enabling you to discern more of God’s purpose for your life and the gifts he’s growing in you.

Leadership & Relationship

Growing as a Leader: Becoming more confident in your leadership in local church and beyond.

Being an Elder: Helping you to explore more deeply the purpose and role of the office of Elder in the Church of Scotland.

Worship, Sacraments & Preaching

Finding and Sustaining Your Voice: Enabling you to develop your unique communication style to connect well with an audience.

Character, Ethics & Development

Equality, Diversity and Inclusion: Encouraging us to reflect and engage with the topics of Equality, Diversity and Inclusion.

Faith Vocation & Spirituality

Knowing You, Knowing Me – Theological

Reflection for Everyone: Learning to understand more fully where God is working and what God is calling us to be part of.

This short video with Rev Dr Martin Fair gives an introduction and overview of the vision of Church of Scotland Learning.

It would be perfect to share in a newsletter, on social media, to show in a church service, at Kirk Session or at Presbytery.

Learning in Action - Testimonial

In this video, Rev Dr Marjory MacLean shares her congregation's experience in using material available on Church of Scotland Learning.

Discover how this program has enriched their faith journey and strengthened their community bond.

Courses Coming Late Summer 2024

Could It Be You?: Exploring a Calling to Ministry in the Church of Scotland

Formation for Ministry: An introduction to the Formation Framework for Candidates entering into Initial Ministerial Education.

Moderating a Kirk Session: Equipping individuals to moderate Kirk Session meetings effectively.

Unpacking the Bible: Travelling life's journey with the Bible as your guide

Knowing the Kirk: Understanding how the Church of Scotland is structured and operates as a denomination.

Upcoming Modules

These modules will be available across 2024 and 2025.

- Ways of Working Together
- Sharing Faith Amongst Families
- Mission in New Housing
- Stewardship
- Intergenerational Church
- Navigating Your Way Through Change



<https://youtu.be/4dAwwaHrftk?si=sQwDBjt-luy9pi2r>



https://youtu.be/ZZ5Y-XIHPBw?si=XaKzar5_H40D3c9N

The Sanctuary Course

Mental Health & Faith in Dialogue

St Mary's Episcopal Church and **Faith in Older People** are delighted to collaborate to offer this fortnightly 8-session course.

- Have questions about mental health and want to be better informed?
- Come and learn about important topics such as stigma, recovery, companionship, and self-care.
- Bringing mental health and faith into dialogue.
- Working to make our churches a sanctuary where those with mental health challenges feel safe and supported.
- Learn, explore, discover and reflect in a safe group with others.

For further info and to register please contact info@fiop.org.uk

sanctuarymentalhealth.org/uk



Photo: Peter Backhouse

cathedral.net



Scottish charity No. SC014741



Maureen O'Neill, Director of Faith in Older People was pleased to have the opportunity to meet with the Moderator of the General Assembly of the Church of Scotland, the Rt Rev Dr Shaw J Paterson and to have a wide ranging discussion.

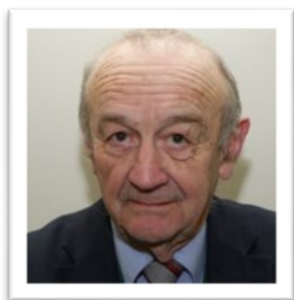
CHRISTIANS TOGETHER AGAINST LONELINESS AND ISOLATION

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 \(ctal.uk\)](http://ctal.uk)

See also the 'Lonely Nation Report'. <https://www.centreforsocialjustice.org.uk/library/lonely-nation>

Professor David Jolley



I have had the privilege of working with Professor Jolley and the Christian Council on Ageing, of which he was Chairperson, having undertaken joint events over the last few years. We were deeply saddened to hear that he had died in the early summer and our thoughts and prayers continue to be with his family. He had an amazingly active and productive career and will be greatly missed.

Maureen O'Neill, Director, Faith in Older People

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 EVENT

PLEASE NOTE THE DATE - Wednesday 13 November 2024: 2pm-4pm

**A Joint event with
Faith in Older People and Generations Working Together
BRINGING THE GENERATIONS TOGETHER**



A Zoom conference to explore intergenerational working together

The term intergenerational is often used but perhaps we are not aware of what it means or the benefits it can bring in the way we work, volunteer or hold discussions.

Faith in Older People is delighted to be collaborating with Generations Working Together and the authors of an important book 'Being an Intergenerational Church', Suzi Farrant and Darren Philip. Our aim is to increase understanding of the potential and to challenge perceptions and where we could go in the future.

Our afternoon conference will explore our understanding of intergenerational and particularly the vision for intergenerational church and how "intentionality could bring generations together in mutual serving, sharing or learning within core activities".

Being an Intergenerational Church: Suzi Farrant and Darren Philip (2023) Published by St Andrew Press, Edinburgh.

Generations Working Together: <https://generationsworkingtogether.org>

TO BOOK YOUR PLACE, please click [HERE](#)

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.

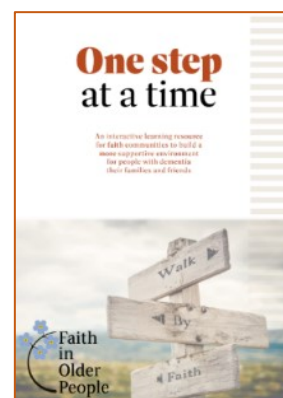
We hope that you will find the resource helpful, and we would welcome your feedback. We would be pleased to discuss the resource with you so that we can consider the way forward as we feel this is a resource which needs to evolve.

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



GENERAL INFORMATION

Pension Age Disability Payment, the Scottish replacement for Attendance Allowance, will be piloted in 5 local authority areas (see table below) from **21 October 2024**.

The benefit will then be available in additional local authority areas in the second pilot phase from **24 March 2025** before opening for new applications nationally across Scotland on **22 April 2025**. Please see the attached for details.

Pension Age Disability Payment - Pilot Phase 1 from 21 October 2024
Available in: Argyll and Bute; Highland; City of Aberdeen; Orkney Islands; Shetland Islands
From 21 October 2024 a BASRiS form (instead of an SR1/DS1500 form) should be completed and sent to Social Security Scotland for all adults of state pension age, living in the above areas, who are terminally ill and applying for Pension Age Disability Payment

For those who become terminally ill and are already in receipt of Attendance Allowance but living **outwith the above pilot areas**, please continue to complete an **SR1/DS1500 form** and return it to the **Department for Work and Pensions (DWP)**.



ABOUT LEVI THE POET

Born the introverted son of a father who lived with mental illness and died by suicide, and of a mother who clung to her faith, Levi Macallister turned to writing as a therapeutic means of private expression. At eighteen, he began to share his work in the form of spoken word poetry.

Levi has been a touring spoken word artist for the past fifteen years, playing well over 1000

shows worldwide. His writing, performances, and keynote speaking reflect a passion for inclusivity and a belief in the inherent belovedness and dignity of each and every human being. He has been an involved mental health advocate since losing his father in 2011, and speaks and writes regularly in partnership with organizations invested in the flourishing of all people, without condition.

We are so grateful to partner with Levi and to shine a light on the important work he's doing, putting words to our very human experiences. Perhaps you may see yourself or glimpses of others in his poetry. You can [find Levi on Instagram here](#), [check out his website](#) (he's currently on tour), and learn more about Sanctuary Spotlight below.

[**LEARN MORE**](#)



September 2024 e-Newsletter
[VHS September e-Newsletter](#)
vhscotland.org.uk

VHS is Scotland's membership body for health charities and other third sector organisations working to support people's health and wellbeing.



A CELEBRATION OF REB ZALMAN, SAGE-ING INTERNATIONAL AND YOU: OUR ROOTS AND WINGS
Tuesday, October 15th,
1:00-3:00PM ET | 12:00-2:00PM CT | 11:00AM - 1:00PM MT | 10:00AM - 12:00PM PT



SI Fireside Ritual—2024



Reb Zalman--early 2000s



SI Strategic Planning-2024

You may not be aware of this, but Reb Zalman would have celebrated his 100th birthday this year (he died just ten years ago). *And....*our wonderful organization, Sage-ing International, is celebrating the 20th anniversary of its founding in October. We're celebrating these events and we want you to celebrate with us at a *free* virtual event on October 15th.

Our journey down memory lane will start with Reb Zalman and some of his colleagues (including Ram Dass, Bob Atchley, and Rick Moody) meeting in the early 1980s to create a positive aging movement; continuing with the maturing of that movement in the 1990s through the Spiritual Eldering Institute under Reb Zalman's leadership; and its further growth and transformation into the Sage-ing Guild in 2004 (renamed Sage-ing International in 2014) which now continues to serve thousands of elders throughout the world.

Our celebration will recreate some of this history and envision where Sage-ing International is going in the future. With [stories from seven of the Sage-ing movement's leaders](#), coupled with pictures and video clips, we'll tell the story of our roots and wings. We'll also invite questions and comments from you, our partners in this ongoing journey. We hope you will join us.

[Please sign up for the free celebration!](#)

<https://tinyurl.com/REBZALMAN>

on behalf of the Celebration Planning Committee



04 Sep 2024

[Rethink Dementia Campaign - NOW LIVE](#)

**RETHINK
DEMENTIA**

[Download](#)

Today marks the launch of the new 'Rethink Dementia' campaign, in partnership with COSLA.

The campaign encourages people to 'Rethink Dementia' as evidence shows social contact can help alleviate some symptoms commonly associated with dementia and help them stay

well for longer. By maintaining contact with friends or loved ones living with a dementia diagnosis and doing the things we've always done with them, we can all make a difference. This important campaign was developed in collaboration with a National Lived Experience Panel and in response to insight that shows many people associate dementia primarily with its later stages. Also, there is a lack of understanding that it is a progressive disease and that in the earlier stages particularly, people can live independent, fulfilling lives. If you have any questions or any thoughts about how we can work together, please do not hesitate to get in touch. Thanks so much in advance for your support. Contact Becky Inglis becky.inglis@gov.scot

Christians on Ageing Annual Conference

25th September 2024, online 10am-4pm



What on earth should we do about dying and death?

Join us online to hear from expert speakers and take the opportunity to discuss this vital and current topic.

In the morning session we'll hear from Rev. Dr. Joanna Collicutt, Anglican Priest, Theologian and Clinical Psychologist, and one of the authors of the recent BRF publication *Death & Life: A church's guide to exploring mortality*. Her presentation will be followed by discussion groups and feedback, ensuring you have a chance to exchange views with others.

Over lunchtime we will continue our habit of offering a creative practice slot which this year will be led by Music Therapist Brigitta Schwartling who will share about way in which music can act as a support for those approaching death.

The focus in the afternoon will be on Faith Perspectives in a Secular Society as our former chair, Gerry Burke, will launch our new revised CoA Booklet, *Dying and Death: A Christian approach in a secular society*.

Then, in light of current moves in various UK legislatures, we will look at the topic of Assisted Dying. Our two speakers both featured in a recent BBC Radio 4 edition of *Beyond Belief* which explored the issue. Rabbi Dr Jonathan Romain is leader of the Maidenhead Reform Synagogue and Chair of the Religious Alliance for Dignity in Dying, a group of religious people from across the country who are fighting for a change in the law on assisted dying. Rev. Katie Tupling is Chaplain at St Hugh's College Oxford and Disability Adviser for the Oxford Diocese. They will both offer their perspectives on the debate and in discussions our focus will be what protections might make any proposed law more acceptable.

We look forward to seeing you there for what promises to be a stimulating and informative day. And it's free of charge!

Email secretary@christiansonageing.org.uk to register

Climate Change – Intergenerational Climate Action

We know the [world's climate is changing](#) (IPCC - International Panel on Climate Change). Going forward, changes we're already experiencing in Scotland and across the world are projected to intensify. The IPCC's latest [synthesis report](#), published March 2023, states that human activities have caused global warming.

[Scotland's changing climate change](#) - Scotland generally has cool summers, mild winters and rainfall throughout the year but our climate is changing. Over recent decades, Scotland has seen a warming trend and shifting rainfall patterns. In future, we expect warmer wetter winters and hotter drier summers with more extreme events. These changes will have major implications for our way of life. (Scotland's Environment - <https://www.environment.gov.scot/>)

[Our response to the challenges of a changing climate is adaptation](#). Good adaptation can deliver both short-term benefits and progress towards long-term outcomes. (Adaptation Scotland - <https://www.adaptationscotland.org.uk/>)

Generations Working Together are keen to understand what GWT members are thinking about climate change and what climate activity your intergenerational group is planning or already doing.

We believe an intergenerational approach can be effective in climate action. We want to know how we might help.

Please take ten or so minutes to complete this [short survey](#) for GWT. Your thoughts, support needs and ideas are important. We will share our response to your feedback. Thank you.

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."

GENERATIONS WORKING TOGETHER

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

[Resources \(generationsworkingtogether.org\)](#)



Anna Chaplaincy

Offering spiritual care in later life

This is your weekly Anna Chaplaincy blog update.

Debbie Thrower talks about dementia - new podcast

Posted on 12 September 2024

[Debbie Thrower talks about dementia - new podcast](#)

Making the most of every care home visit...

Posted on 6 September 2024

[Making the most of every care home visit...](#)

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.



We are thrilled to announce the launch of the **Volunteering for All: National Recruitment Campaign**, a transformative initiative as part of the Volunteering Action Plan.

The [National Recruitment Campaign](#) is a collaborative initiative that supports the voluntary sector in Scotland. Its specific aim is to enhance volunteer recruitment. A [recent survey](#) by the [VAP Cost of Living Task Group](#) highlighted declining volunteer numbers, particularly among young people and diverse communities. Key sectors affected include health, disability, wellbeing, and local activities.

Alzheimer's Scotland

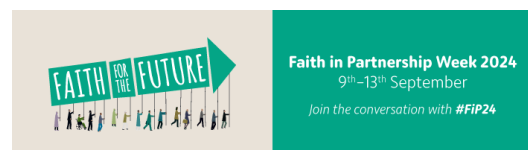
Commission on the Future of Long Term Care in Scotland report

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 \(alzscot.org\)](#)

FaithAction

What is Faith in Partnership: and Why Does it Matter?



Take me to...

- » [News from the Sector](#)
- » [Funding](#)
- » [Health and Care News](#)
- » [Training and Events](#)

Find out more, and how our events last week demonstrated this.

[Find out more!](#)



Befriending Networks

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

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.....

GOOD CONVERSATIONS FEEDBACK

LINKING LIVES UK

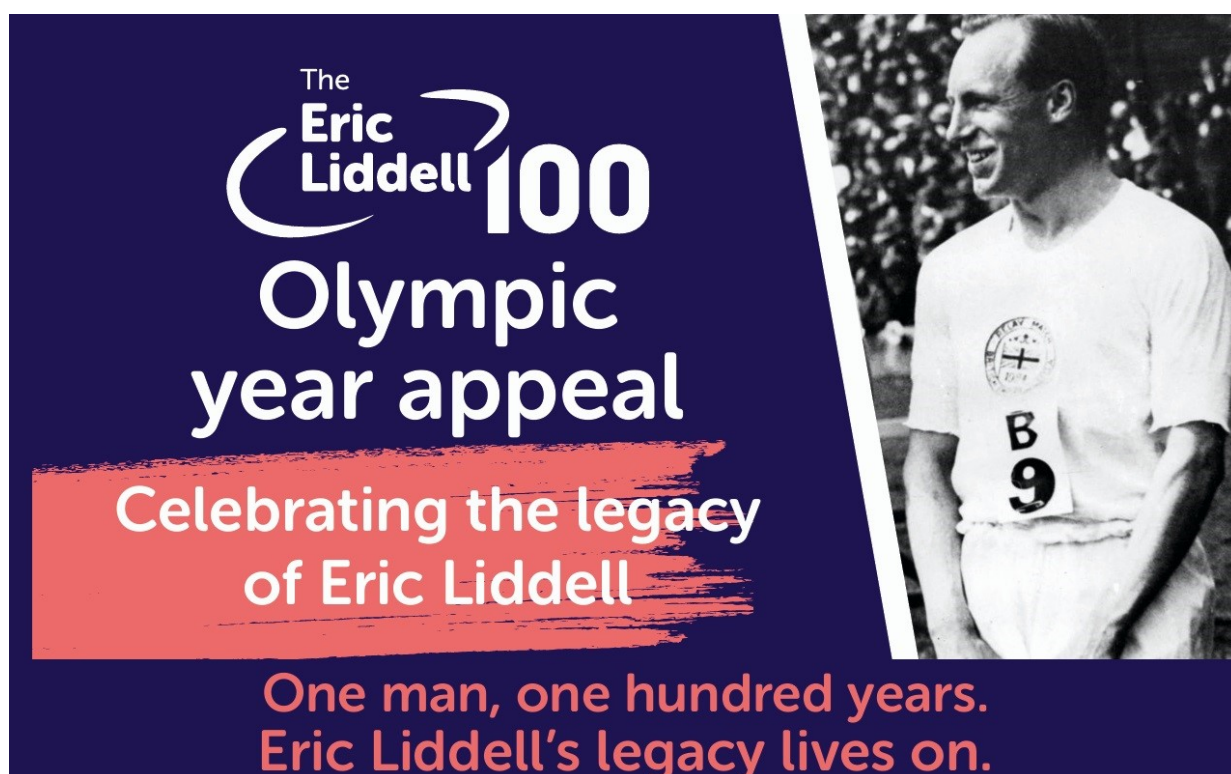
"I feel empowered to go to my next shift in the cafe feeling more confident and with a deeper understanding of what a good conversation actually is! Thank you!"

"Really useful and timely for a new venture."

"Very thought provoking and practical."

"Thank you so much for making this training available - it was really comprehensive and clear and I'll definitely recommend the course to others."

GOOD CONVERSATIONS



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.iustgiving.com/c/249218>
Visit our website: <https://ericliddell.org/the-eric-liddell-100/>
Email: EL100@ericliddell.org



In our latest blog post, “[Dismantling the Silence of Suicide](#),” Catholic writer and attorney Melissa Presser writes about grieving loved ones who died by suicide and the challenges of discussing her own mental health journey and experiences with suicidal ideation in faith spaces. We hope that today, on World Suicide Prevention Day, you take the time to read Melissa’s story.

[READ THE BLOG](#)

As encouraged by the [International Association for Suicide Prevention](#) (IASP), you can also **mark this day by lighting a candle near a window at 8:00pm** to show support for suicide prevention and remember loved ones who died by suicide.

WHEN A LOVED ONE DIES BY SUICIDE



Throughout the month of September, we’ll be sharing resources related to suicide awareness

on our social media channels. One of those resources includes [When A Loved One Dies by Suicide](#).

It is a grief support resource written by and for Catholics who have experienced suicide loss. In the films, you’ll hear from Catholics—both clergy/religious and laity—as they share about their loved ones, their journey with grief, and the comfort and hope they have found in faith, community, and the Church.

Those who are not experiencing suicide loss may also find the resource helpful. Listening to these stories can cultivate greater compassion within us and prepare us to encounter suffering with grace, as we are all called to the ministry of accompaniment.

[ACCESS THE RESOURCE](#)

If you are experiencing suicidal ideation, or if you’re concerned for the safety of someone you know, it is important to seek help immediately. We’ve listed crisis and emergency hotlines [here](#).

With love and care, **The Sanctuary Team**

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
