



## *A look back over 10 years*

**2007-2017**

“People with no religious faith have spiritual needs. Spiritual well-being is relevant and important. Attention to spiritual needs leads to a better quality of life. Meeting them is not an add-on ‘icing on the cake’ but an integral part of the whole person care. Spiritual care involves giving time and concentrated attention to an individual, listening carefully to what they say, ensuring their well-being and attending to their religious needs if they have a faith”.

*Daphne Wallace, Maintaining a Sense of Personhood in Dementia: A Personal View in ‘Spirituality and Personhood in Dementia’ (2011) Jessica Kingsley edited by Albert Jewell*

# **Spiritual care is everyone’s business**

Incorporating summary accounts 2016/17



*Bruce Cameron*  
*Chairperson 2011-2017*



*Chris Davies*  
*Chairperson 2007-2011*

## Our Board over the years

**Bruce Cameron (Chairperson)**  
**Christopher Davies (Chairperson)**

Previous Board Members

**Sandra Carter**  
**Theresa Fyffe**  
**Malcolm Goldsmith**  
**Liz Grant**  
**Geoff Lachlan**  
**Geoffrey Lord**  
**Helen Mein**  
**Ivan Middleton**  
**Lissa Smith**  
**John Starr**  
**Margaret Stevenson**  
**Helen Thomson**

Current Board Members

**Elsbeth Glasgow**  
**Harriet Harris**  
**Jo Hockley**  
**Chris Levison**  
**Mary Marshall**  
**Anne Mulligan**  
**Bob Rendall**  
**Isabel Smyth**  
**Dianna Wolfson**

**Martin Fairley (Previous Treasurer)**  
**Paul Bannon (Current Treasurer)**

### THEOLOGICAL ADVISOR

John Swinton

### FIOP ASSOCIATES

Kate Allan  
Penny Grieve  
Jenny Henderson  
Diana Kerr  
John Killick  
Mary Marshall  
Harriet Mowat  
Jenny Williams

## Our staff over the years

**Mary Moffett,**  
Training Officer 2005-2012  
**Jean Myers,**  
Administrator 2006-2012  
**Maureen O'Neill,**  
Director 2007-  
**Joanna Kemp,**  
Administrator 2012-2015  
**Helen Welsh,** Training and  
Development Co-ordinator  
2014-2015  
**Mary Wilkinson,**  
Administrator 2015-

FiOP has appreciated  
having office space in  
the Scottish Episcopal  
Church Edinburgh  
Diocesan Office and the  
friendship of colleagues.

## Chairman's Report

Ten years ago, on 10<sup>th</sup> May 2007 Faith in Older People (FiOP) was officially registered with OSCR although it had already begun a few years before in the visionary work of Malcolm Goldsmith and others. This Annual Report reflects the journey FiOP has been engaged in since its inception. "Journey" is an appropriate word to describe the development of FiOP, for like "pilgrimage" it speaks of the spiritual journey human beings are engaged in throughout their lives.

First it has been a journey in which we have grown in our **understanding of the nature of ageing**. Some of these days describe growing old as a "problem" – economic, medical and sociological. Politicians are concerned about how to maintain pensions, the burden on the NHS, and the increasing workload of community care. FiOP has sought to balance these political issues with a recognition of the immense contribution older people make. There is much to celebrate in ageing. Even when the need is on care, FiOP stresses that the focus should be on the person as much as the treatment ("the PERSON with dementia rather than the person with DEMENTIA" - *Malcolm Goldsmith*).

Secondly it has been a **journey with others**. The partnership with individuals and organisations has been crucial and enriching to the work of FiOP. This report highlights those with whom we have co-operated in projects, research and conferences. FiOP is no longer a "Cinderella" organisation, but is welcomed and recognised by Government, other organisations, and churches as contributing to work with older people.

And thirdly it has been for FiOP a **theological journey** as it seeks to understand and communicate the "spiritual dimension" of its work within the secular and interfaith context that we live in; allowing us to explore the meaning and purpose of people's lives in a spirit of openness and inclusion. In this FiOP offers a specific contribution.

Our varied programme of events and workshops have all contributed to this journey involving over the years a significant number of people. Our thanks go to those who have worked with FiOP in

facilitating our programmes of training workshops, conferences, and projects.

Underlying this work there is a financial cost and we are enormously grateful to Government, Trusts, Churches and individuals who have given generous financial support over the years. While at present the financial statement does present a healthy position we cannot be complacent and the Board is ever mindful of the continual need for fundraising.

So, to the Board itself and my thanks to them for their support and commitment to the work of FiOP. As well as myself, Mary Marshall completes her two terms as a Trustee and we owe our gratitude to Mary for her wise words and active participation in FiOP over the past six years. The AGM will be asked to confirm as new members of the Board, Richard Baker and Cliff Jackson; and to confirm the Board's recommendation of Bob Rendall as the new Chairperson.

Finally, members of the Board would join me in expressing our immense gratitude to our staff, Maureen O'Neill and Mary Wilkinson, who work as a strong and enthusiastic team which has previously included our two excellent training co-ordinators, Mary Moffett and Helen Welsh. Mary has brought to the administration a great deal of experience and skill and carries on the excellent service that has been given to FiOP by our past administrators, Jean Myers and Joanna Kemp. Maureen has been with FiOP as our Executive Director from the beginning and what FiOP is today is due in many ways to her skill and knowledge, her great gift of networking, but above all her deep commitment to the vision of FiOP.

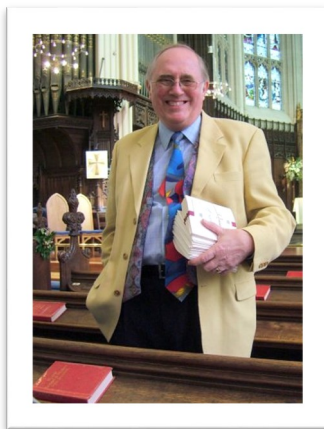
It has been a great joy to have been part of the FiOP journey as Chairperson. I have learned a great deal in that time and thank many of you for your friendship and support. I would hope to continue in other ways my connection with FiOP.



**Bruce Cameron**



Founder Rev Malcolm Goldsmith



Mary Moffett, Training Co-ordinator

## Introduction

### Where we came from

**Faith in Older People** became a registered charity in 2007 following preliminary work undertaken by our founder, **Rev Malcolm Goldsmith** with **Mary Moffett** (both pictured above). He recognised that many older people were becoming more isolated from the activities in which they had been involved and the friendships they had formed. In his own congregation, he had appointed Mary Moffett to support the needs of older people and believed that it was important to share the learning and potential with others.

Drawing on his considerable skills of persuasion and determination Malcolm drew together a small group to form Faith in Older People. He recognised and appreciated the gifts and experience of old age, but also understood the losses that occur. He acknowledged how easy it is for congregations to lose sight of older members when they are no longer able to participate. Importantly the work should **encompass those of faith and those without a faith but emphasising that we all have spiritual needs**.

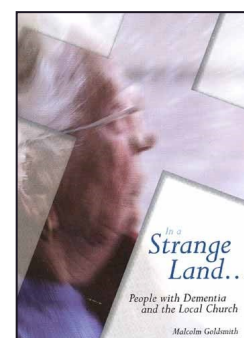
His vision, patience and inspiration established the organisation. It has grown in influence by developing innovative methods of encouraging and supporting people to value the importance of the spiritual lives of older people in their care in a

practical way with other congregations and into the wider sphere of health and social care.

Our small team is committed to the work to make sure that his vision becomes a reality. For many older people the end of their lives is spent in a 'strange land' whether because of dementia or the need for care away from familiar surroundings.

**The challenge to FiOP is to help people discover how to live their lives with creativity and hope.** "To face up to the presence of (ageing and) dementia within our midst is to discover opportunities for service and growth that are entirely consistent with the church's distinctive mission and role in society. To ignore that challenge is to raise serious questions, not only about our understanding of what it means to be a church, but also our understanding of what it means to be human. To ignore the challenge must raise questions about our understanding of the importance of the spiritual dimension to life and to the lives of countless people". (*In a Strange Land*; Malcolm Goldsmith 2004).

Malcolm died in 2011 but his legacy continues.

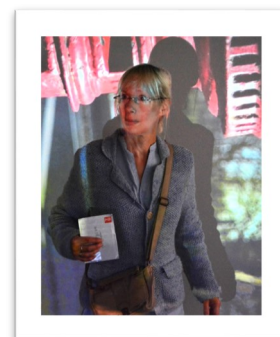
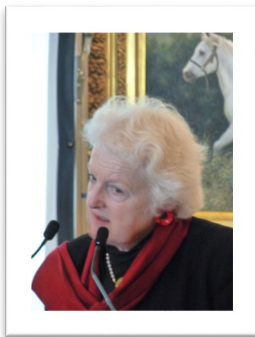






## Malcolm Goldsmith Lectures - 720 people attended over the past six years

These lectures have developed awareness of spiritual care in relation to dementia, the role of the faith communities in health and social care and end of life.



*Pictured left to right, Rabbi Baroness Julia Neuberger, Professor Sir Harry Burns, Claire Webster-Saaremets Skimstone Arts Company*

### The Lectures have attracted international speakers:

**Professor John Swinton, Aberdeen**

Who will hold my soul

**Professor Elizabeth Mackinlay, Australia**

Finding the meaning in the experience of dementia

**Professor Susan McFadden, USA**

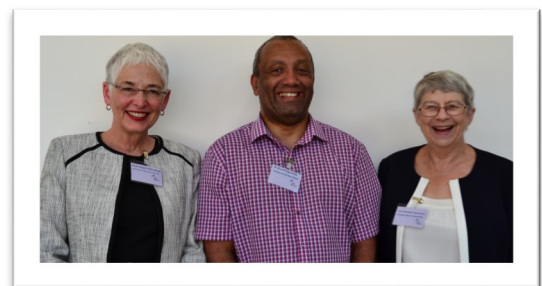
Maintaining the fabric of the world:  
Spiritual gifts of persons with dementia

**Rabbi Baroness Julia Neuberger**

Dying well and why it matters

**Professor Sir Harry Burns**

The causes of wellness throughout life  
**Skimstone Arts Company (Newcastle)**  
Jack and Jill and the Red Post Box and a discussion on faith communities and dementia with Mary Marshall and Jenny Henderson.



*Professors Susan McFadden, John Swinton and Elizabeth Mackinlay*

*Professor Mary Marshall 2016*





Harriet Mowat and Helen Welsh

**OUR TRAINING AND  
EDUCATION REACHED  
3375 PARTICIPANTS  
THROUGH  
196 SESSIONS**

*\* "I was really challenged by this course to question how I see dementia and how I approach care home residents. I feel inspired to try a new approach" .  
(Course participant)*

## How we have progressed

Over the years we have:

**Developed and run courses** for care home staff and pastoral carers and others. Topics include:

### Worshipping with people with dementia

Dementia and Spiritual Care

### Listening Skills

Coping with Death and Dying and Grief and Loss

### Creative Communication \*

Pastoral Visiting

### Building Resilience

Coping with Pain

### Understanding Transitions

Spiritual tasks of Ageing

### Spiritual Care Matters



## Organised major conferences and events

### Ageing: Wasteland or Harvest field –



partnership with Action on Churches Together and the Scottish Episcopal Church in Society Committee (2009) Edinburgh and repeated in Inverness (2010).

### A Debate - **Is there a difference between good person-centred care and spiritual care? (2010)**

The focus of the debate was on the definitions of person-centred care and that of the spiritual dimension. It was made clear that it was not one approach against another but to consider the areas of overlap in the context of what gives meaning and purpose to the lives of older people. The outcome was that in person-centred care there should be recognition of the spiritual element however the individual expresses this.

**"We have an obligation to treat each other with deep respect**

### **and never as a means towards some other end"**

The debate demonstrated the complexity in understanding spiritual care and the importance of continuing to highlight how important this dimension is to the lives of older people

### **Spiritual Journey and Well-being in Later Life**

A **conference in Dumfries**, in collaboration with the Church of Scotland, the Scottish Episcopal Church and Glasgow University Crichton Centre for Research in Health and Social Issues. 2011.

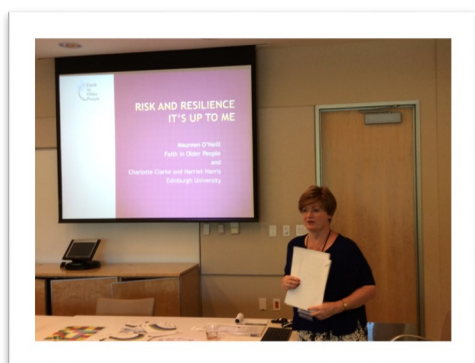
# Ten Years

**5<sup>th</sup> International Conference on Ageing and Spirituality 2013 with MHA** in Edinburgh **attended by 140** people over three days. Faith in Older People was part of an advisory group for the 6th (Los Angeles) and 7th (Chicago) Conferences in the USA and facilitated a workshop in Los Angeles.



*Our Volunteers at the 5th International Conference*

*QUILT* created at the 5th International Conference on Ageing and Spirituality and now passed to future conferences. Our Quilter Carol Sowton 2nd left.



*Maureen O'Neill,  
Los Angeles Conference Workshop  
2015*

**Inspiration today – Hope for tomorrow.** A collaborative Conference with NHS Education Spiritual Care; Health and Social Care Alliance and Faith in Communities Scotland together with Animate to highlight the grassroots action in tackling inequalities and improving health and spiritual well-being (2014)

**Scottish Parliament Reception 2015** FiOP organised a reception in the Scottish Parliament with the sponsorship of two MSPs – Sandra White who convenes the Cross Party Group on Age and Ageing and Richard Baker. The aim was to celebrate the contribution made by older people to our society and also that made by faith communities which is often under-recognized.

**Palliative Care and Spiritual Care.** A collaborative conference with the Scottish Partnership on Palliative Care (2016) to consider the impact and implementation of the different policies.

**Cultural Diversity, Faith and Dementia.** A collaborative conference with MHA (2016) to consider the issues around ageing, cultures and faith from different religious and non-faith based perspectives and to find out how our faith communities can adapt to an ageing society and focus on the inclusion of older people.







*Cultural Diversity, Faith and Dementia, 2016*



*Canon James Woodward and Maureen O'Neill Windsor Consultation 2013*



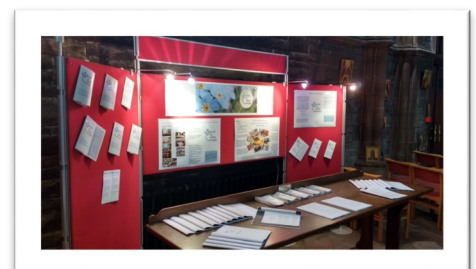
*Total Well-being with Tayside Healthcare Chaplaincy, Dundee 2015*



*Diana Kerr, The Power of Music, Edinburgh 2016*



*Debate, Edinburgh 2010*



*Exhibition, St Mary's SEC Cathedral 2016*





Professor Sir Harry Burns, Malcolm Goldsmith Lecture 2015



Professor Mary Marshall, Outside Spaces, Edinburgh 2015

Inspiration Today, Glasgow 2015



Singing ..... to the end ..... the 5th International Conference 2013

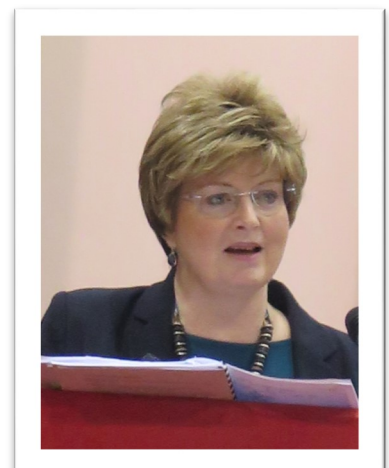


Spiritual & Palliative Care Conference 2016



Dr Harriet Mowat, Golden Age Project 2012

Maureen O'Neill, Kirkcaldy Presbytery 2016



Civic Café, Edinburgh 2009



# Ten Years

## Ten Years

## Research

**Delivering Spiritual Care: An Action Research project.** Providing training on spiritual care and to establish the training needs of staff in residential homes for older people conducted by Faith in Older People and Dr Harriet Mowat. 2009

**Contribution of faith communities to the Reshaping of Care for Older People Agenda.** *Analysis of a survey carried out by FiOP on the involvement of faith communities in Reshaping Care for Older People.* Samantha Luker, MA Student at Edinburgh University. 2013

**Addressing the spiritual care needs of older people in care homes.** Helen Welsh, Training and Development Co-ordinator, Faith in Older People. 2015

**Evaluation of dementia friendly communities in Edinburgh.** Jenny Henderson for Faith in Older People. 2015

**Survey of all care homes in Scotland—Spiritual Care for people with dementia in Care Homes** —Simon Jaquet for Faith in Older People funded by the Life Changes Trust in 2016-2017 (to be published)

**Spiritual Care education in Hospital Based Complex Clinical Care Units in one health board area.** A qualitative appreciative enquiry into spiritual care delivery by health care workers. Ruth Aird and Maureen O'Neill, Faith in Older People. 2017 (to be published)

*"I have just been enjoying reading the recent newsletter; what a wealth of good things going on."*

## Conference Reports

- **Civic Café on Dying Well and Why it Matters.** In collaboration with Edinburgh University Chaplaincy and Scottish Partnership on Palliative Care 2014
- **Inspiration Today, Hope for Tomorrow 2014.** Animate with Faith in Older People.
- **Enhancing Spiritual Care** — in collaboration with NHS Lothian Spiritual Care—Report of the results of the appreciative enquiry. 2017
- **The Role of the Church in combatting loneliness and isolation** in collaboration with Church of Scotland Guild. 2017

## Publications

**Spirituality and Ageing:** Implications for the care and support of older people. Harriet Mowat and Maureen O'Neill. Insights 19. IRISS. 2013

**Our Life Seasons.** Harriet Harris and Maureen O'Neill. Retreats. 2017

OVER 20,000  
NEWSLETTERS  
CIRCULATED OVER  
TEN YEARS

## Projects - past and present

**Spirituality — Have you found any yet?** This Project was aimed at care home staff to help them to understand better the meaning of spiritual care and how to enable residents to have their spiritual care needs met.



This was a collaborative project between FiOP, Alzheimer’s Scotland Beyond Barriers Project (Jenny Henderson) and Artlink Edinburgh (Anthony Schrag). With the magnificent co-operation between the residents, relatives and staff at Barlochan Care Home in Dumfriesshire we talked and filmed them discussing their lives; their understanding of spiritual care and their reservations about how to discuss these issues which were so personal. Although the DVD was produced in 2010 it remains relevant and feedback shows us that it is still used. *(Funded by the Scottish Government)*

### The Golden Age Project – Breaking down walls: transforming lives by thought and deeds

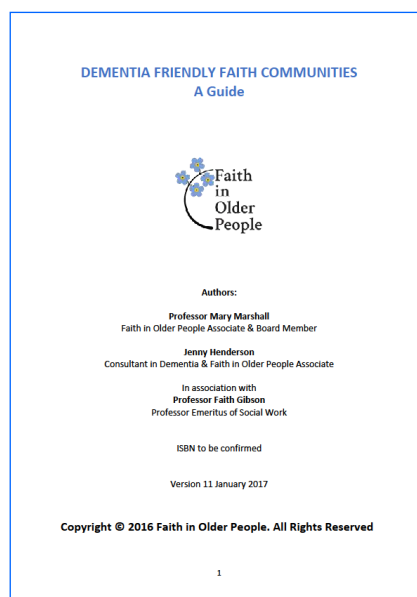
FiOP was one of the partners in this Church of Scotland Guild 125<sup>th</sup> Anniversary celebratory activity. The Project involved 13 churches to build a resource which encompassed activities and attitudes that would be of value for older people in all faith communities as well as those interested in spiritual care of older people who have no particular faith.

**Copies of the resource can be obtained from  
The Church of Scotland Guild  
121 George Street, Edinburgh EH2 4YN**

### Dementia and Faith Communities

FiOP, together with a working group of representatives from different denominations and faith communities has been developing a tool to encourage their members to talk about dementia and their understanding of what it means. We want people to consider what practical action can be taken and to raise questions which overcome fears and perhaps the stigma that attaches to dementia. We want to create a dynamic Guide as a resource. We are consulting widely so that different faith communities can add their perspectives, good practice and questions. The discussions will also inform us of the best way to provide a resource that builds on the excellent work undertaken by a range of organisations so that it can be provided in an easy-to-use format .

**This is an on-going project.**



## FAITH IN OLDER PEOPLE WEBSITE



As part of our **10<sup>th</sup> Anniversary** celebration, we are working with the Graphics Co-op to revamp our website. We have much to celebrate from our work and the individuals with whom we have collaborated over the years.

**Help us to celebrate with your ideas as to what you feel it is important for FiOP to tackle in the coming years.**



## Projects - past and present

### Spiritual Care for people affected by dementia in Scotland

A major project funded by the Life Changes Trust which has two elements:-

1. A mapping exercise, undertaken by Simon Jaquet, to ascertain how care home providers deliver spiritual care to people with dementia and
2. a practical initiative which is focussed on enabling staff to recognise and meet the spiritual care needs of people with dementia.



**This will be delivered through the 'Purple Bicycle' workshops developed by Professor John Swinton and Dr Harriet Mowat and will be undertaken in different parts of Scotland.**



**This is a two-year project which will be completed in 2018.**

### Spiritual Care Matters – Supporting the spiritual needs of older people

This is an on-line course designed to promote, recognise, respect and support the spiritual well-being of older people and introduces spiritual care, how it is defined and what it means in practice. The work is supported by the Care Inspectorate and through the Scottish Social Services Council Open Badge scheme. The development has been led by Dr Lesley Greenaway and Colin Gray. **This is an on-going project.**



### Older People and the Church, worship, prayer and action!

FIOP is working with the Church of Scotland Guild with the support of Action on Churches Together in Scotland to develop an ecumenical consultative group which will examine issues relating to older people within church communities and to promote practical action.

**The first identified issue is 'How can the churches combat loneliness and isolation'.**

**This is an on-going project.**












## Who we have worked with over the years

NHS Education Scotland Spiritual Care	Chaplains
Edinburgh University - Chaplaincy; Global Medicine; and Health and Social Science	
West of Scotland University	Glasgow University
Scottish Partnership on Palliative Care	Edinburgh Interfaith Association
Interfaith Scotland	Church of Scotland & Guild
Scottish Episcopal Church	Methodist Homes (MHA)
Christian Council on Ageing	URC
Voluntary Health Scotland	Many congregations in different denominations
Scottish Care	Many care homes
Marie Curie	Stonewall
Epiphany Group	Care Inspectorate
Scottish Social Services Council	AGE Scotland
Aberdeen University	Many individuals
Scottish Parliament Cross-Party Group on Older People, Age and Ageing	

## What have we achieved?

-  We have reached a significant number of people over the 10 years through events and better embedded the importance of spiritual care. A measure is the number of people taking up the courses and attending conferences.
-  FiOP has contributed to a better informed, confident and empathetic staff in relation to the needs of older residents including loss and bereavement and different ways of working with older people to identify their spiritual needs.
-  Increased interest and knowledge of best practice in relation to spiritual care within care homes based on established standards for care homes and palliative care.
-  Awareness of FiOP has grown as the number of requests to attend the events of other organisations has increased including an ecumenical consultation in Windsor, a multi-faith conference in London on end of life issues as well as speaking at range of meetings and conferences.
-  Working collaboratively on conferences, policy and research has extended our networks.
-  Increased joint working with different denominations and faith communities.
-  Increased work with care homes.

## Accounts

### Income & Expenditure Account: For the Year Ended 31 March 2017

Income:	2017	2016
	£	£
<b>Grants &amp; donations:</b>		
Henry Smith Charity - <i>for Director post</i>	25,000	25,000
Scottish Government:		
- <i>s10 for core funding</i>	10,000	10,000
- <i>s16B for training co-ordinator post</i>	10,475	20,950
- <i>s16B for dementia friendly faith communities</i>	5,263	3,737
- <i>s16B for on-line resource development</i>	8,000	-
- <i>s16B for general purposes</i>	40,000	-
Scottish Episcopal Church - <i>towards November 2016 conference</i>	2,500	-
Life Changes Trust - <i>for spiritual care in care homes</i>	40,000	-
Queensberry House Trust - <i>for general purposes</i>	-	10,000
Catholic Bishops Conference of Scotland - <i>for general purposes</i>	-	5,000
Scottish Episcopal Church - <i>for general purposes</i>	-	3,800
Individual donations & fund-raising (including Lenten appeal)	8,223	1,443
<b>Other income:</b>		
Workshops, conferences & events	8,506	2,914
Project fees & other income	5,204	6,226
Bank interest	32	170
<b>Total Income</b>	<b>163,203</b>	<b>89,240</b>
<b>Expenditure:</b>		
Staff costs	43,440	41,390
Workshops, conferences & events	11,087	6,175
<b>Direct project costs:</b>		
- Dementia Friendly Faith Communities	4,508	3,737
- Dementia Friendly Edinburgh City report	-	4,250
- Continuing Care project	2,484	1,400
- On-line learning project	12,034	-
- Life Changes Trust project	20,353	-
Travel & subsistence	765	1,750
Other direct costs	841	2,007
Rent & premises costs	1,824	2,408
Other office costs	4,500	5,512
Insurance	727	715
Accountancy / independent examiner's fee	1,170	1,140
Other professional fees	2,280	1,416
Trustee meetings & AGM	931	914
Other expenditure	616	897
<b>Total Expenditure</b>	<b>107,560</b>	<b>73,711</b>
<b>Net income in year</b>	<b>55,643</b>	<b>15,529</b>
<b>Funds brought forward</b>	<b>31,281</b>	<b>15,752</b>
<b>Funds carried forward</b>	<b>86,924</b>	<b>31,281</b>



## Accounts

### Balance Sheet at 31 March 2017

	2017	2016
	£	£
<b>Fixed Assets</b>		
Tangible assets at cost	3,527	3,527
(less) depreciation	<u>(3,527)</u>	<u>(3,527)</u>
	<u>-</u>	<u>-</u>
<b>Current Assets</b>		
Debtors & prepayments	390	1,408
Cash at bank	<u>88,153</u>	<u>57,541</u>
	<u>88,543</u>	<u>58,949</u>
<b>Creditors:</b>		
Deferred income	-	26,313
Accruals & other creditors	<u>1,619</u>	<u>1,355</u>
	<u>1,619</u>	<u>27,668</u>
<b>Net Current Assets</b>	<u>86,924</u>	<u>31,281</u>
<b>Net Assets</b>	<u>86,924</u>	<u>31,281</u>
<b>Funds:</b>		
<i>Restricted funds:</i>		
Training co-ordinator	-	8,241
Continuing care project	6,016	3,600
Dementia Friendly Faith communities	755	-
On-line resource development	966	-
Life Changes Trust project	<u>19,647</u>	<u>-</u>
<i>Total restricted</i>	<u>27,384</u>	<u>11,841</u>
<i>Unrestricted funds:</i>		
Designated reserve fund	20,000	-
Designated project fund	27,000	-
General fund	<u>12,540</u>	<u>19,440</u>
<i>Total unrestricted</i>	<u>59,540</u>	<u>19,440</u>
<b>Total funds</b>	<u>86,924</u>	<u>31,281</u>

The above accounts are an extract from the full statutory accounts which are available on request.

#### Statement by the Trustees

The accounts set out above are a summary of information extracted from the full accounts.

For a full understanding of the financial affairs of the charity, the full Report and Accounts for the year should be consulted. These are available from the principal address of the charity at 21a Grosvenor Crescent, Edinburgh EH12 5EL.

The full accounts have been independently examined, in accordance with Scottish charity law, by John G. Norman C.A. of John G. Norman Ltd, Chartered Accountants, Bonnington Mill Business Centre, 72 Newhaven Road, Edinburgh EH6 5QG. The independent examiner's report on the accounts was unqualified.

Registered Charity SC 038225   Registered Company SC 322915   Company Limited by guarantee with charitable status

Accountants: John G Norman Ltd

Treasurer: Paul Bannon

Bankers: Unity Trust Bank, Birmingham

Royal Bank of Scotland, Castle Street, Edinburgh

## FUNDING SUPPORT

Faith in Older People is dependent upon the support of Trusts, public funding and individual donations. We are very grateful for the support we have received from

Scottish Government  
The Henry Smith Charity  
Queensberry House Trust  
Porticus  
Catholic Church  
Scottish Episcopal Church  
Preston Trust  
Old St Paul's Tithing Group  
Pump House Trust

Robertson Trust  
Russell Trust  
Waterside Trust  
ACTS  
Christina Hendrie Trust  
Esme Fairbairn Foundation  
Pilkington Trust  
Souter Foundation  
and many individuals



### Faith in Older People

Registered Company SC322915 Registered Charity SC038225

21a Grosvenor Crescent, Edinburgh EH12 5EL

Tel: 0131 346 7981 Email: [info@fiop.org.uk](mailto:info@fiop.org.uk)

Website: [www.faithinolderpeople.org.uk](http://www.faithinolderpeople.org.uk)