

OCTOBER 2017 NEWSLETTER



2017

Celebrating 10 years

FORTHCOMING EVENTS

THE 10TH ANNIVERSARY
MALCOLM GOLDSMITH LECTURE 2017
8th November 2017 at 10.00am
Methodist Halls, 25 Nicolson Square,
Edinburgh EH8 9BX
£10.00 including refreshments



Mr Naved Siddiqi

British Islam(s): Faith at Home with Culture and Belonging

Naved Siddiqi is a Trustee of New Horizons in British Islam and a Researcher at the Woolf Institute, where his special interests include faith issues in palliative care. A social scientist and trainer, he has trained extensively across the public and third sector and contributes to research and policy discussions on faith identity, end of life care, integration and extremism. Naved served as a board member of the Islamic Society of Britain for over 10 years. He was tutored in theology and in Islamic social and political history by the late Professor Zaki Badawi, and is a reader in anthropology and comparative law, including the contextualisation of Sharia.

To book, please click [HERE](#)

FAITH IN OLDER PEOPLE ACTIVITIES

LONELINESS AND ISOLATION

This issue of our Newsletter is dedicated to this important matter and includes articles from colleagues in the voluntary sector:

- **ROAR – CONNECTIONS FOR LIFE page 3**
- **BEFRIENDING NETWORKS page 4**
- **ALTERNATIVITY page 5**
- **CHEST HEART & STROKE SCOTLAND page 6**
- **SILVERLINE SCOTLAND page 8**

Faith in Older People and the Church of Scotland Guild are collaborating on developing an ecumenical group to consider issues affecting older people and what solutions are already in place; what more could different congregations do and how can we share. This work is supported by ACTS.

In October we drew together an ecumenical group for our second discussion on the critical issue of how to combat loneliness and isolation. We know that many congregations have activities that draw in individuals whether of faith or not. We used the event to share information with a range of voluntary sector organisations to increase our awareness of the potential to collaborate at a local and national level.

We were pleased to welcome **ROAR, Inspiring Scotland, Chest, Heart and Stroke, Befriending Scotland, Silverline and Alternativity** who each gave a presentation about their important work. They all demonstrated that supporting communities at grassroots level and empowering them to make decisions about what would make a difference was a critical element.

A report of the conference will be made available and in the meantime the organisations have provided articles to outline their work.

The Scottish Government is currently developing a strategy on the issue so it is important that faith communities make their activities known and highlight issues that need to be addressed. Please contact Maureen O'Neill – email Director@fiop.org.uk

Helpful resources:

Voluntary Health Scotland (VHS) brought together a briefing paper:

<https://www.vhscotland.org.uk/?s=VHS+Conference+briefing+on+loneliness>
<https://www.vhscotland.org.uk/?s=VHS+briefing+on+loneliness>



Roar

– **Connections for Life's** mission is to 'connect lives and promote health and wellbeing in later life.' We operate throughout Renfrewshire, supporting over 1000 older people annually with 160 volunteers and 10 staff. We see a correlation between enabling people to stay mobile, on their feet and able to reduce their risk of falls or fear of falling with enabling people to stay connected, less isolated and able to participate in their communities longer. Over the past two years we have won a series of awards and accolades because of our innovation in designing preventative services. We are one of a network of organisations, including Faith in Older People, who are engaging with the Scottish Government as they develop a national strategy to Tackle Loneliness and Social Isolation.

It is impossible to minimise the complexity or individuality of the personal experience of health damaging loneliness. In Roar we are increasingly working with people in their 80's and 90's, many, if not all have had full and rewarding lives (few appear to make it to this age if they haven't had a health beneficial level of connectedness and my concerns for our younger lonely will need to wait for another edition) Through friends and, in increasing old people have found a terrible reality that few important that we identify transition times. The silver identify and reach this cohort able to boost their mobility be supported to join a group, social skills to make new and with people of all For this groups the biggest socially connected (apart maintaining their ability to get into a car or bus and get This ability is being numbers of hours people deterioration in their sit to the nerve-end messages being sent from the soles of their feet to their brains and the unsteadiness and related fear all this generates. Without intervention, the most likely outcome is a fall, which just perpetuates the cycle into frailty and loneliness. But this is not an inevitable part of ageing! There are simple home and group exercises that make a massive difference to strength, balance and confidence. Roar has developed a #Stop1st Falls whole systems approach which recognises that firstly we need to campaign to motivate older people and their families to take a more solution focussed approach to falls prevention, we work with a range of partners to assess people and their homes to help identify and reduce risks, we deliver a whole network of fun places to go – making staying mobile and connected a reality and we have a toe nail cutting and footwear checking service as this is no longer provided by the NHS.



My message is stay mobile – stay connected.

If you would like more information please visit our website

www.roarforlife.org

Befriending Networks



Befriending offers supportive, reliable relationships to people who would otherwise be socially isolated. The results of befriending can be very significant. Befriending tackles loneliness and social isolation, and can provide people with a new direction in life, opening up a range of activities and leading to increased self-esteem and self-confidence.

A report on the results of an epidemiological survey was recently published in Lancet Public Health. In the research, both social isolation and feelings of loneliness were identified as factors increasing the risk of a premature death. This study joins the growing body of evidence on the negative impact social isolation and loneliness can have on individual's physical and mental health.

It is encouraging to note national responses to this issue. The Scottish Government is at the early stages of developing a National Social Isolation Strategy "to ensure a holistic approach across government to problems of loneliness and isolation". This, plus the aim of the Jo Cox Foundation to

bring communities closer together, and the work being undertaken by the Campaign to End Loneliness, provide a national strategic and policy framework within which befriending is an important component.

[Befriending Networks](#) has been closely involved in the development of the Scottish Government Strategy and has close links with the Campaign to End Loneliness.

Befriending Networks is the national intermediary for befriending organisations and projects across the UK and beyond. We have approximately 270 members providing befriending for; children and young people, families, people with mental ill-health, people with learning disabilities, and older people, amongst many others. Several of these members are projects within faith based organisations.

We provide support, guidance and training to members. We also manage the [Quality in Befriending \(QiB\) Award](#), the only award in the UK specifically tailored for befriending services. It is appropriate to services of all kinds and is valued by

referrers, befrienders, commissioners and funders. We work on our members' behalf to promote the benefits of befriending to local and national government, to raise awareness of befriending services, and to co-ordinate the contribution of the sector in addressing social isolation throughout our communities.

Annually we manage [National Befriending Week](#) which aims to raise awareness of befriending and the impact it has on individuals and communities.

This year the theme for the week, 1st to 7th November, is **Befriending Builds Communities** and we are delighted by the [Parliamentary Motion](#), put forward by Monica Lennon MSP, recognising National Befriending Week and the work of befriending organisations.

During Befriending Week we hold our AGM and national conference. The title of this year's conference, in Edinburgh on 3rd November, is **'Befriending and communities: The role of relationships in building a stronger future'**.

At time of writing there are still a few places left so to book [click here](#). We would be delighted to meet you. If your Church or faith group are considering how to go

about establishing a befriending project and would like some information. Befriending Networks may be able to help. We can provide some information and support

and there are a number of resources freely available on our website.

So please get in touch.

Muriel Mowat, Membership Office info@befriending.co.uk www.befriending.co.uk temporary phone: 07741 109 408



ALTERNativity

Twenty years ago two women founded the charity *ALTERNativity* – strapline “Just God, Simply Christmas”. They were fed-up with the over-commercialisation of Christmas, and the pressure which resulted in debt for many poorer families. With the Magnificat at the centre of their approach they looked at issues around Christmas in relation to injustice, inequality, exclusion, and celebration. The charity produced resources for schools and groups, to enable them to explore these issues creatively. The charity grew, and today we still seek to empower people to make choices which are fun, challenge the pressures of commercialisation, avoid the trap of debt and improve the quality of life, especially for the poorest. Our resources can be found on our website at www.alternativity.org.uk

Over the years – funding permitting – we have employed a group worker to work with three groups of women (in priority areas) to explore celebrating Christmas while avoiding debt. These groups have been documented and validated by an external authority, and always provide us with material to inform new resources.

Three years ago we received funding for a group worker. Out of this came evidence – surprisingly to us – that loneliness was to these women, more of an issue than debt. This, alongside feedback from Guild Meetings and meetings with other interested organisations, indicated that people (all ages and even in families) are feeling increasingly isolated and lonely. With help from the Rowntree Foundation, Families Outside (who work with prisoners’ families), we spent time exploring firstly: is loneliness more acute around Christmas; and that was a “Yes!” Then secondly: why is loneliness more acute then?

The result of our work is a pack - "Loneliness... who cares? Simply connecting at Christmas." There is no one-size-fits-all solution for those trying to alleviate loneliness. Instead we offer resources which could facilitate an event or series of events, to help explore and better understand loneliness in **your** community, or group. The format is workshop based, and we hope to update the pack each year using feedback and suggestions from those who have used it.

The stories people shared with us touched us deeply –

The single parent who said,

"It's harder at Christmas as everyone else appears to be having a better time than you."

The young woman on her own who said,

"Loneliness is the ding of the microwave meal for one."

The older woman who said

"I don't want to burden my family or friends... I can't really take my husband there – he is too demented."

We hope churches, groups, communities will be empowered by our pack to explore what they can do to make life better for some isolated and lonely people at Christmas.

We have also produced the Family Box -fairly traded box (diameter 5"/12 cms) with a page for each day in December – on one side are activities for children, on the other something for adults – ideal for grandparents to share with grandchildren!

Again, they are available via our website. www.alternativity.org.uk . On our website there will be daily Advent Reflections from the beginning of December.

Helen Cook, Trustee of ALTERnativity.



Chest Heart & Stroke Scotland working together to combat loneliness and isolation

Paul Okroj, Director of Strategy & Communications and Hilary Stevenson, Head of Advice and Information from Chest Heart & Stroke Scotland attended the Faith in Older People and Church of Scotland Guild conference about combatting loneliness and isolation. CHSS were delighted to join together with a number of organisations from across Scotland to discuss what impact the third sector can have on improving the lives of those affected. Paul Okroj said, "We thoroughly enjoyed the conference and it was great to identify different ways that we can all work together collaboratively towards the same goal. It's not about one single organisation but about working in partnership to help support those people in Scotland who are both isolated and facing loneliness."

CHSS has a vital part to play in addressing these issues within Scotland as we already support many of the people most at risk.

Our Peer Support Groups offer people a wide range of support including exercise, social activities and an opportunity to talk with others who may understand how it feels. All group members have a say in how the group is run. The groups are a great opportunity for people with our conditions to come together and share their experiences.



Fiona Dickens, peer support Fisherrow



Edie Garlick, CHSS Advice Line Nurse

Our award-winning Advice Line service provides free, confidential advice, information and support for people living with lung disease, heart disease and stroke. In addition, we give advice to families, carers, and health and social care professionals across Scotland. The Advice Line nurses can also provide details of local support services and groups as well as information about help with practical and money issues such as grants, benefits advice, and travel insurance. We want to make sure no one feels alone.

We also provide Rehabilitation Support Services which offer advice, support and practical help to people to get their lives back on track after a stroke. For example, we help people living with communication difficulties after stroke, which is e hugely important in preventing isolation, and in helping them to regain their confidence and rebuild their lives.

We have some 1,500 volunteers who work in our support services, and across fundraising and our shops. In recognition of the huge investment we put into supporting them we recently received our fourth Investors in Volunteers accreditation. Thankfully, wider acknowledgement of the detrimental effect Loneliness can have to a person's health and wellbeing is increasing. The Scottish Government have announced their national strategy with tackling loneliness a core focus for the third sector and beyond. In September a National Summit on Loneliness in Scotland was held in Edinburgh, sponsored by the Scottish Government and Befriending Networks. In November, Voluntary Health Scotland's annual conference will focus on tackling the issue. It is positive that organisations, experts and policy makers are coming together to ensure Scotland wakes up to its hidden public health issue and tackles this complex challenge together. For this reason CHSS are extremely excited to be working in collaboration with Faith in Older People, the Church of Scotland Guild and the many other organisations to combat loneliness and isolation.

To contact CHSS Advice Line Nurses call 0808 801 0899 (**FREE** from mobiles and landlines).

For more information about CHSS visit our website: www.chss.org.uk or to discuss joint working please call us on 0131 225 6963.

The Silver Line, Scotland - 0800 4 70 80 90

Founded by Dame Esther Rantzen, The Silver Line is a simple concept – a free helpline for older people, available 365 days-a-year, 24- hours-a day, where you can ask about local services, talk in confidence, get some friendly advice, or simply have a chat. Silver Line Founder Dame Esther said:

“Since the death of my husband Desmond Wilcox, I know what it is like to feel lonely – and so I also know what difference it makes to speak to a friendly voice.

Many of the people who call The Silver Line have led fascinating lives but now find themselves alone, often because they have lost a partner or loved one.”

“There is still a stigma to admitting you are lonely, but I believe we should all be honest about our loneliness, so that others can help”

Callers to The SilverLine can also choose to be matched to a Silver Line Friend, and receive a regular friendship call. They can match the caller to a volunteer who shares their interests to ensure they suit each other and there is no cost for the call.

Other popular services that are offered include:

- ‘Silver Letters’ an exchange of regular letters and correspondence. This letter friendship service was created in response to the people who said they enjoy communicating with people by writing letters.
- ‘Silver Circles’ - a group call where people discuss things that interest them with a wider group.
- ‘Silver Connects’ – This team of experienced staff and volunteers provide support, advice and a voice for older people to express their views and challenge anything they are unhappy with.

Moira Gallagher Nations Manager, Scotland advised:

“Just under 70% of calls to the helpline are made at night or weekends when other services are often not available. Since the helpline was launched in November 2013 we have received over 1.5 million calls from lonely or isolated older people, about 10% of those calls from Scotland and we expect, as word spreads, that the number of calls received will continue to grow year on year. The Silver Line already has over 4000 trained volunteers and further recruitment will commence later in 2017 with information on the website.

It is important too for older people to know that there is no cost to the caller, or to the volunteer, for any of our services”

Whether you are interested in using The Silver Line helpline, know someone who would benefit from it, or would like to support us by volunteering, or with a donation,

Call 0800 4 70 80 90 or go to the website www.thesilverline.org.uk to find out more.

OTHER INFORMATION

**The Older Person and You –
Responses, Reactions and Realities**
One-day conference, Perth - Friday November 10, 2017
**Perth Royal Infirmary Conference Centre,
Taymount Terrace, Perth PH1 1NX**
0141 331 2419 | info@hds.scot | www.hds.scot



Working with older people has a powerful emotional impact and those caring for them can feel isolated with little opportunity to reflect on the meaning of difficult and distressing behaviour. The loneliness of older people at home and in residential settings is often reflected in the experiences of their carers. Many professional carers are also caring for and relating to older people in their personal lives at a time when their own advancing years have an impact.

This compelling event will explore different and creative approaches to thinking about and working with older people. The conference will address the psychological issues inherent in the state of mind of older people and is relevant to work with older people in a variety of settings. Offering a rare opportunity for those working with older people to meet colleagues from other disciplines and think together about the older people they work with, the day will provide insight and practical support to those working with individuals who can be challenging even to the most committed of professionals and carers.

In addition to plenary session with internationally renowned speakers, the conference will offer participants reflective space for small group discussion.

Keynote Speakers:

Margot Waddell – Consultant Child and Adolescent Psychotherapist and Psychoanalyst, London

John Starr – Professor of Health and Ageing, University of Edinburgh



Scottish Interfaith Week: 12 - 19 November



Interfaith Week: Creativity and the Arts

<https://www.edinburghinterfaith.com/events>

<http://www.interfaithscotland.org/events/>

The National Launch event will take place on **13th November** at Discovery Point, Dundee from 5.30 - 8.30pm

Email admin@interfaithscotland.org to book a place by Monday 6th November



ANNUAL CHRISTMAS CHARITY LECTURE – THE POWER OF PERSONAL MUSIC FOR DEMENTIA:

A Personal Journey - Monday 11 December 2017 – 7.00pm - £Donation

Venue: Royal College of Physicians of Edinburgh, Great Hall, 9 Queen Street, Edinburgh EH2 1 JQ

Sally Magnusson found the charity *Playlist for Life* after caring for her mother who suffered from dementia during her final years. In this lecture Sally will talk about her experiences with the charity and the support and inspiration that they give to individuals with dementia. Providing a connection to lost memories and helping to restore a sense of identity, Sally will discuss how personal music can help to transform daily life. **For online booking click [HERE](#).**

SPIRITUAL CARE MATTERS is for all staff and volunteers working in care homes, health and social care. It is an on-line learning course designed to promote, recognise, respect and support the spiritual well-being of older people.

The course is an introduction to spiritual care, how it is defined, what it means in practice and why it is important.



The course uses the SSSC Open Badge to recognise learning for ongoing staff development and the link is :

<https://www.badges.sssc.uk.com/badges/spiritual-care-matters/>



JOURNEY OF A LIFETIME. The idea of this series is to break the “I’m too old” mind-set and prove that age is just a number. We want to celebrate aspirational senior citizens who have a lust of life and a sense of adventure. We want to showcase the amazing things people can do when they put their mind to something and to potentially inspire others to do the same.

CONTACT *Serena Dhaliwal* at Serena.Dhaliwal@boundlessproductions.tv

Do you want to go on a journey of a lifetime?

Have you always fancied doing something amazing but never had the opportunity to do it?

Has life got in the way of you fulfilling your bucket list?

Do you want to challenge yourself, test your limits and experience something many only dream of doing?

From the makers of *Channel 4's Grand Designs* and *BBC Two's Great British Railway Journeys*, Boundless are putting together a unique expedition team who will trek through one of the world's most iconic routes and prove that you're never too old to have new experiences.

If you are/know anyone who is 65+ who would love the opportunity to go on one of the most exciting expeditions seen on television please get in touch:

Serena.Dhaliwal@boundlessproductions.tv

By expressing an interest there is no obligation to take part and all communication will be confidential.



Registered Company SC322915 Registered Charity SC038225
21a Grosvenor Crescent, EDINBURGH EH12 5EL Tel: 0131 346 7981 Email: info@fiop.org.uk
Website: www.faithinolderpeople.org.uk