

JULY 2018 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.

What have we been doing?

The Power of Music

FAITH IN OLDER PEOPLE has always had a focus on the creative aspects which contribute to an individual's sense of spiritual well-being.

"Spirituality encompasses wide ranging attitudes and practices which focus on the search for meaning in human lives, particularly in terms of relationships, values and the arts".

The session planned for March was affected by the 'beast from the east' and we are grateful to those who struggled to get to Perth and home again. We had such a good attendance planned for this date, so we decided to have a re-run in May and were delighted to see so many people there. The event was clearly enjoyed, and it is always gratifying to hear when people take the ideas for a music group forward. Please do let us know if you set up a group or have allied activities.

FiOP is planning with Diana Kerr to set up further sessions – one in Aberdeen (October 2018) and one in Dumfries (February 2019).

Do please let Maureen O'Neill know if you are interested – director@fiop.org.uk

"Would be great if every working day was as good as the 'Power of Music Workshop'"

"Cath and I had an amazing day and look forward to using everything we learned with our group"

Cathedral 'BIG DAY'



This very successful and happy event brought together a range of congregations, organisations and individuals in the Edinburgh Diocese to share ideas and current work. FiOP had a stall and Professor Mary Marshall presented a workshop on 'dementia'.

Loneliness and Isolation

This continues to be a key theme and we hope that many of you contributed to the Scottish Government consultation on the development of its strategy. Maureen attended a workshop organised by the Scottish Government which focussed on the issues affecting people experiencing dementia and their carers.

eLearning on "Spiritual Care Matters"

Lesley Greenaway and Colin Grey who are leading on this work organised a focus group with nursing students at Edinburgh University. It was a lively and constructive session aimed at further streamlining the approach to the two courses now on offer.

Spiritual Care Matters was developed by [Faith in Older People](#) and is based on the publication *Spiritual Care Matters – An Introductory*

Resource for all NHS Scotland Staff (NHS Education Scotland, 2007). For more information, contact: Maureen O'Neill, Director, Tel: 0131 346 7981, Email: director@fiop.org.uk

To find out about the course go to: <http://www.spiritualcarematters.com/>

These courses are part of the Scottish Social Services Open Badge scheme <https://www.badges.sssc.uk.com/badges/looking-after-your-own-spiritual-wellbeing/>

"It's a good course – I developed skills and confidence to support residents." Registered Nurse

"Looking after the spiritual well-being of the whole workforce means that staff feel respected, appreciated and trusted. It helps create a supportive atmosphere." Care Home Manager

Good Life; Good Death; Good Grief – Scottish Partnership on palliative Care

FiOP was pleased to be able to contribute to the work undertaken by the Partnership in drawing together a publication which considered different aspects of end of life care in relation to public health approaches to death, dying and bereavement in Scotland. '**A Road Less Lonely**' considers death education and bereavement support in schools; compassionate workplaces; compassionate communities; personal skills and knowledge; practical plans and media campaigns. The report was launched at a very well attended and stimulating conference in Glasgow entitled 'Everyday

Compassion' and Maureen O'Neill was pleased to lead a workshop around spiritual care which is one of the key principles in the Scottish Government Palliative Care Delivery Plan.

Audio recordings and PowerPoint presentations of the speakers on the SPPC website here:

<https://www.palliativecarescotland.org.uk/content/public-health-approaches-confere/>

Copies of the report 'A Road less Lonely' are available from Scottish Partnership for Palliative Care office@palliativecarescotland.org.uk

Spiritual Care in Care Homes

This research project funded by the Life Changes Trust was completed in April and Simon Jaquet presented the findings to the Life Changes Trust Gathering. The report is entitled 'Demystifying Spiritual Care' and copies of the report are available from Faith in Older People on request to director@fiop.org.uk

Life Changes Trust Conference on Human Rights, Citizenship and Dementia

This was an opportunity of those organisations who are funded by the Trust to come together and to have a stall to present their work as well as hearing inspiring speakers. FiOP was pleased to have a stall.

DEMENTIA AND FAITH COMMUNITIES

FiOP is keen to consult with congregations about the guide it has produced. Please do get in touch to organise a visit or a workshop. Email - director@fiop.org.uk

Scottish Care

Lesley Greenaway, Simon Jaquet and Maureen O'Neill co-authored an article for the Scottish Care Cameo series which looks at the importance of spiritual care and the policy background; the research undertaken in care homes and the eLearning course developed by FiOP. A copy of the report is available on request from FiOP director@fiop.org.uk and Scottish Care.

Lesley Greenaway and Maureen O'Neill facilitated a workshop at the Scottish Care Conference for 'care at home staff'.

Alzheimer's Scotland Conference

Maureen O'Neill was part of a 'Conversation' on spiritual well-being at the Conference together with Barbara Sharp and Martin Stepek. It was a lively discussion and drew on people's practice in care homes; the importance of the spiritual well-being of staff to better support those for whom they care and the important role that 'Mindfulness' can play. The format of a conversation enabled a free-flowing approach to a topic many people find difficult.

End of Life Matters for Members of the Jewish and Muslim Faiths

This new initiative was facilitated by Naved Siddiqi from the Woolf Institute in Cambridge and kindly hosted by Rabbi David Rose at the Edinburgh Hebrew Congregation. Although it was a small group the discussion was lively and clearly indicated that there is potential to hold another workshop later in the year



Naved Siddiqi

FORTHCOMING EVENTS

JUST FESTIVAL

FiOP will be holding a 'Conversation' on the theme of **'Identity and Belonging'** based on the stories of individuals on Thursday, 16th August 2018 at St John's Church, Lothian Road, Edinburgh at 17.15. Our aim is to explore where we get our sense of identify and belonging and how does religion, belief and culture and our family roots influence of sense of being human and our attitudes to our society. Tickets are available at: just-festival.org

Identity and belonging has been a key theme for FiOP and last year we commissioned a set of illustrative photographs from Colin Gray, Photographer. We would welcome the opportunity to display them and if you are interested in borrowing them for a short time please contact director@fiop.org.uk

DEATH AND DYING FOR CLERGY

Rev Canon Dr Marion Chatterley will be facilitating two more workshops on this important topic on **26 September** (Dundee) and **3 October** (Glasgow). This one-day workshop will offer support and tools to enhance confidence in having pastoral conversations about death and dying.

To register email info@fiop.org.uk. Cost £40.00

Using a model from the field of bereavement to explore emotional, psychological and spiritual responses and building on the experiences of the participants, the day will resource those who attend to go deeper in their pastoral encounters with people who are actively addressing their own mortality. Marion has extensive experience of working with younger people who are facing their own mortality and has a particular interest in bereavement theory.

The programme assumes a degree of personal sharing and therefore participation is restricted to clergy and others in authorised ministries within the churches.

INTERFAITH SCOTLAND AND FIOP

FiOP will be jointly hosting an interfaith dialogue on 'Tackling Loneliness and Isolation Together' on 4th September 2018 in the Burgh Hall, Linlithgow from

10.30. The event is **free**, but registration is essential. To register please email: admin@interfaithscotland.org

THE ANNUAL MALCOLM GOLDSMITH LECTURE

Thursday 8 November 2018. Grosvenor Hotel, Edinburgh.

GUEST SPEAKER - *The Rev Canon Dr Joseph John Morrow CBE KStJ QC DL LLD – “Mental well-being, faith and ageing” followed by a reception. Cost £16.00.*

To register please email info@fiop.org.uk

GROWING OLDER GRACEFULLY INTO SPIRITUAL ELDERHOOD

When Malcolm Goldsmith founded Faith in Older People he wanted to ensure that the lives of people as they aged were celebrated and that the gifts people bring could be used effectively and appreciated. We therefore want to offer the opportunity for people to think about growing older as a time of growth and discovery. We will be holding an introductory session on 11th October 2018 in Edinburgh led by Nancy Adams.

To register please email info@fiop.org.uk. Cost £40.00 including lunch.

The following article outlines the intention of the course.

Weathering Well: Growing Older Gracefully into Spiritual Elderhood

“Weathering. Patina, gloss, and whorl.

The trunk of the almond tree, gnarled but still fruitful.

Weathering is what I would like to do well.”

from “Weathering” by Alastair Reid

A challenge in the second half of life is to choose between weathering well into spiritual Elderhood, or simply aging and becoming elderly. Elderhood is a state of consciousness where women and men intentionally make an inner shift towards seeking a more fulfilled and meaningful life, where they choose an ongoing responsibility for helping maintain momentum towards a life-sustaining civilization, and/or are willing to assume roles of mentorship and guidance within their communities.

Tapping into the universal or perennial wisdom found in cultural anthropology, poetry, music, movement and meditation, our shared task will be to integrate this into contemporary life in our local contexts. Our exploration will include understanding more deeply some of the thresholds that people encounter as they transition into *spiritual elderhood*, where the fruits of a more fulfilled and meaningful life awaits them. At each threshold, we encounter a variety of tasks and challenges, some of which we may already have met and moved through, but there may be others we have avoided. This journey may provide the opportunity for seeing the ones we have avoided as now being ripe for further exploration towards

wholeness. Learning is encouraged through reflection and practice and at each threshold specific gifts emerge (including grace, body wisdom, curiosity, self-acceptance, balance, equanimity, authenticity, generativity, patience, compassion, gratitude and self-respect). Acknowledgement of the receiving of these gifts encourages us to pass through one wisdom gate on to the next.

Vision: The vision is of helping to restore more widely the ancient experience of *spiritual elderhood* as a state of consciousness where women and men are agents of resilience; where they live more intentionally out of a place of generosity and grace; and where they actively use their gifts by assuming roles of mentorship, guidance and keepers of wisdom in their families and local communities.

Intention: The intention is to enable participants to experience a rich journey of personal growth and discovery by tapping into the spiritual wisdom of cultures throughout time, using the creative forces of meditation, music, poetry and reflection.

The first session will explore the concept of Spiritual Elderhood and why it is so vital to our global community today.

OTHER INFORMATION

ADVANCE PLANNING FOR THE END OF LIFE

Whether you are in good health or living with a long-term condition or life limiting illness, whatever your age or stage, it is important to think ahead about your wishes for the end of your life and to write those wishes down.

Ask a solicitor for advice about your **Will**. It will give you peace of mind knowing that your estate will pass to the people you want to protect and benefit. Without a valid, up to date Will, the process for dealing with your assets after your death will be more complicated, take longer, and be more expensive, and your assets may not go to the people you want them to.

A **Power of Attorney** is a document in which you appoint a person or people you trust to act on your behalf in the event that you are unable to do so. You can appoint someone to act as your Financial (known as 'Continuing') Attorney and the same or a different person to act as your Welfare Attorney. Essentially, you give your Attorneys the power to do everything you would do yourself on a day to day basis, so that they can step into your shoes and act as if they were you if the need arises.

An **Advance Medical Directive** is a statement of your wishes about treatment that you would NOT want to have to prolong life. In Scotland, an AMD is not legally

binding but in practice the medical profession welcomes AMDs as extremely helpful in understanding a dying person's values and beliefs. The combination of a Welfare POA and an AMD is the most robust way of making sure your wishes are respected.

Record information about how and where you would like to be cared for if your health were to deteriorate and you were unable to tell others what you want to happen in an **Anticipatory Care Plan** or **Advance Statement of Wishes**. ACPs for people already diagnosed as terminal and therefore 'in the system' are prepared, recorded and accessed by all healthcare professionals involved in your care. If you are in good health, it is just as important to consider what kind of care you would want if they do become ill or are involved in a trauma and to record those wishes in an ACP of your own, making sure that your GP, family and Welfare Attorney all have copies of it.

If your heart stops beating it may be possible to start it again with cardiopulmonary resuscitation. If you do not want CPR or if your doctor decides that it will not work for you, a **DNACPR form** will be completed by your doctor and kept safe so that everyone involved in your healthcare is aware of it.

Compiling a **Playlist** of the songs woven through your life story captures music that may be soothing, uplifting, and joyful to listen to towards the end of your life, or indeed, to be played at your funeral. **Plan your funeral** too. It will help your family and friends to know how you would like them to celebrate your life, say goodbye, and remember you.



N H S – 70th ANNIVERSARY

As we are all aware the NHS celebrated its 70th Anniversary on 5th July. The Academy of Medical Royal Colleges has produced an [AOMRC 70th anniversary presentation](http://www.aomrc.org.uk/nhs70) (www.aomrc.org.uk/nhs70) which sets out 70 years of medical advances as our birthday card to the NHS. It is an interesting presentation and I am sure we are all grateful to have the NHS to support us through life.



20th June 2018



Dear Editor

Are you living with a chest, heart or stroke condition? Or perhaps you have a loved one or a friend living with one of these conditions? If so then you can help Chest, Heart & Stroke Scotland (CHSS) with our first ever Lived Experience Survey.

One in five people in Scotland are living with chest or heart conditions or have had a stroke. The survey seeks the views of those who have been personally affected by these conditions, and we are asking you to complete the short questionnaire based on your own personal experience.

We want to know how your life has changed? What matters most to you? What help and support has made the most difference?

The results will mean we can highlight to Scotland's key influencers – such as the Scottish Government, local authorities and the NHS – what the reality of living with our conditions is like, and the issues that are most important to the people who are at the heart of what we do. We will also be able to use your expertise to help us shape the support and services that we provide across the country.

Our mission is to create a Scotland where no life is half lived. We want people to live their lives to the full.

To have your voice heard and to take part in the first survey of its kind please visit

www.chss.org.uk/surveys

Yours sincerely

Jane-Claire Judson

Chief Executive

Chest Heart & Stroke Scotland

END OF LIFE DOULAS

Hilary Peppiette

WHAT IS AN END OF LIFE DOULA?

An End of Life Doula is a companion who supports a dying person, his or her family and others close to them. Doulas are not medical experts but work alongside other professionals to support a dying person to have the best quality of life possible right up to the moment of death, and to have the best death possible. They often work with a dying person from the time of a terminal diagnosis until death, and support the family beyond that, or may just be there for the last few weeks or even days.

What doulas do

Doulas offer loving support, kindness, respect, and compassionate presence, and help people feel more at peace with death and dying by creating an atmosphere of reassurance, acceptance and safety.

They guide people through decisions and choices that need to be made in anticipation of the end of life, including signposting to solicitors and other professionals to seek advice about Wills, Powers of Attorney, Advance Medical Directives, financial matters, funeral arrangements, and care at home. They can advise about available resources and options in the local area.

Doulas can help prepare Advance Statements of Wishes and Anticipatory Care Plans setting out exactly what the dying person wants and doesn't want for his or her death. Where do you want to be when you die, who do you want to be with you? What is more important – complete pain relief or staying conscious and alert? What matters to YOU? It may be easier for a dying person to talk to someone other than a loved one about their hopes and fears and wishes around death, or about any unfinished business they may have. A doula will listen and have those difficult conversations so that death may be faced with less fear and loneliness.

They will take on practical tasks like housework, walking the dog, making a cup of tea, preparing a meal, doing the food shopping, doing the ironing. They can accompany the person to appointments, or simply spend time doing small but meaningful things like creating memory boxes, writing letters, looking at old photos, reminiscing, listening to music, or reading aloud.

Doulas can be there to simply sit with the dying person and hold space, just Being, not Doing. They are there to respond to whatever is needed in that moment, sometimes with prayers or other rituals.

Doulas can support people dying at home, in care homes, hospices or hospitals. Nobody should have to die alone unless they choose to do so, nor in hospital if they would rather die at home.

Doulas can be there after the death too, to help lay out the body, and give the family the confidence and practical assistance they may need if they would like to keep the person at home for a day or two, or even until the funeral. They will also offer support in the journey of the grieving process.

More and more people want to take ownership of the ends of their lives. Doulas can support them to do that.

YOU MATTER BECAUSE YOU ARE YOU, AND YOU MATTER TO THE END OF YOUR LIFE. WE WILL DO ALL WE CAN NOT ONLY TO HELP YOU DIE PEACEFULLY

BOOKS

Grove Books have a range of helpful booklets – www.grovebooks.co.uk

Jessica Kingsley Publishers offer a wide range of books on dementia, spiritual care and a range of allied topics - www.jkp.com

[The Freedom of Years: Ageing in perspective:](https://www.amazon.co.uk/Freedom-Years-Ageing-perspective/dp/0857465066) Harriet and Donald Mowat
<https://www.amazon.co.uk/Freedom-Years-Ageing-perspective/dp/0857465066>

DATA PROTECTION

THANK YOU to all those who responded directly to our request to ensure you remain on our mailing list. In the absence of a reply we are assuming that you wish to receive our information; if not, please contact director@fiop.org.uk. Our privacy policy is on the website.

PLEASE CONTACT ME (Maureen O'Neill) at director@fiop.org.uk or telephone 0131 346 7981 to discuss the possibility of tailor-made courses.
All our events can be booked via our website www.faithinolderpeople.org.uk



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