APRIL (b) 2020 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

FiOP hopes you, your families, friends and colleagues are keeping well.  We continue to appreciate the huge commitment that so many people are giving at the present time to keep us fed, cared for and safe.  We applaud the incredible work that is being done by our NHS staff and we are so fortunate to have a good national health service which is available to everyone.  Our care home and care at home staff also do an extraordinary job caring for older and frail people and are faced with huge issues in protecting their residents as well as themselves. These staff have had the opportunity of getting to know residents for some time so feel a multiple loss when they die.

A whole range of voluntary sector organisations provide essential services and are busy reconfiguring what they are able to do, from expanding helplines to sustaining the care and support services we have come to expect.   They face all the struggles experienced in the NHS to receive PPE and face catastrophic losses of income because of the loss of fundraising.

The importance of all our service providers – statutory, voluntary and private – and the impact they have on so many lives is really highlighted in the current situation.  You will see links to many organisations further on in this newsletter for the help they are able to provide.

Our faith communities continue to offer support in many different ways.  Virtual worship is becoming the norm alongside established and new practical support.

We thank everyone for their contribution to sustaining our lives.

As we enter the fourth week of staying at home, we recognise the difficulties faced by families with little living space and few opportunities to be outside.  We commend their patience.  We recognise that the physical isolation increases loneliness and a loss of mental and physical well-being.  We need to find opportunities to talk to friends and family and to have a plan for each day.  I am sure many of you will have seen the public health broadcast, both serious and light-hearted, by Steve Coogan as he plans a whole day’s schedule of James Bond movies!

###### HUMAN RIGHTS

Our current situation with Covid -19 raises many fears and anxieties about our future and that for our friends and families.  We are concerned about the impact of the virus itself but also what it means to us as a society in making decisions about what activities we can do, how care and resources will be made available, what choices are health and social care staff being asked to make and how policy guidance is developed.  We are given a lot of information, but it does not always instil confidence.

At the heart of it all is the commitment to human rights in Scotland and in recent days this has been underlined by our Government Ministers as well as AGE Scotland and Scottish Care which strongly emphasise that the right to treatment should not be based solely or mainly on someone’s age. Donald Macaskill, Scottish Care, expressed concern that the recently produced guidance from the Scottish Government failed to clarify the criteria on which decisions for care or resuscitation would be made.  These are critical decisions for us as individuals as well as government and we need to consider them carefully with our families.

In these circumstances having an advance care plan as to how we wish to be treated is vitally important should we contract Coronovirus and then have little contact with our family or friends about our wishes.  We should do this anyway irrespective of the pressure of the current situation so that we are content with our wishes and that they have been fully set out and understood and that we have had these conversations with our family so that everyone has peace of mind.

We must be confident that we are not discriminated against because of our age or disability and that our wishes are clearly stated in relation to our future care. Our human rights responsibilities must remain core to everyone’s actions.

Maureen O’Neill, Director, Faith in Older People

###### Links:

Scottish Government – Guidance on Ethical Issues

<https://www.gov.scot/publications/coronavirus-covid-19-ethical-advice-and-support-framework/>

Why advanced care planning is important visit the Marie Curie Website

<https://www.mariecurie.org.uk/help/support/terminal-illness/planning-ahead/advance-care-planning>

Marie Curie also has a helpline which is open 7 days a week 0800 090 2309

## 1.   Time to Talk about Mental Illness in Older People

***Faith in Older People had identified mental health issues for older people as a priority for action.  The following article helps to keep the issue to the fore in these extraordinary times:***

Mental illness and old age are both areas of life that many folk would prefer not to think about, or to talk about. Old age is a fact of life for all of us and will become a personal reality for most of us. Mental illness also affects us all - if we don't experience a mental health problem ourselves, we will almost certainly be supporting a loved one, friend or family member who does.

Charities such as the Scottish Association for Mental Health (SAMH) and MIND have done much good work bringing mental health issues into public consciousness. High profile people willing to talk openly about their difficult journeys with depression, bipolar disorder and other conditions have helped this process. We are aware from public health campaigns that around one in four of us live with a mental health problem. We might hope that the fear, negative attitudes and stigma surrounding mental illness have softened a little, but research suggests that people with mental illness remain the group who feel the most discriminated against in society.

For many older people, the stigma associated with mental illness elicits denial, fear, shame and avoidance. Whilst the prevalence of mental illness declines a little for people in their sixties and early seventies, possibly helped by the freedom that retirement may bring, in later life the prevalence increases back to one in four and rises further. Up to one in two people in care homes or hospitals experience symptoms significant enough to be diagnosed as a mental illness, whether or not they also have dementia. These are, broadly speaking, the same mental illnesses as affect younger people.

In our churches, and wider communities, we know that there are many older people quietly suffering the misery of depression or anxiety, some struggling with substance misuse and others experiencing the fear and isolation of paranoid illness. This may be so long standing that it has become "normal" to be like this. Often it seems understandable, and perhaps inevitable, in the face of bereavements, loneliness, failing physical health and pain. The belief that nothing can be done to change these factors can lead to resignation and a sense of futility and hopelessness. Consulting with a GP, and perhaps taking medication or talking with a counsellor, may help, but most people don't even get that far. Specialist mental health services for older people currently see only a small proportion of those at greatest risk.

So, the big question is: How do we, as people with faith in the power of love, respond with compassion, understanding, and emotional, social or practical support? A good start is to begin noticing, thinking and talking about the reality of mental illness in our later years. Becoming more informed may be helpful, and we also need to look at our own deeper fears and assumptions, which can stop us from being able to walk alongside people.

Faith in Older People is keen to open up this conversation. The one- day workshop "Talking About Mental Illness in Older People" planned for early May has been postponed due to the Covid19 restrictions but will be rescheduled when these are lifted. In the meantime, we would love to hear about how you, your church, or your community, are trying to overcome the silence around this, and to reach out in love to those who are suffering. We can hope and pray too, that the wonderful community response to caring for and supporting our older people through the weeks of self-isolation due to Covid19 will be a wake- up call, with long term benefits for all of us.

##### When I needed a neighbour...were you there?

Gill Yellowlees

Dr Yellowlees lives in the Scottish Borders where she worked as a psychiatrist with the NHS Mental Health for Older People's team until retirement in 2014.  She serves as an elder in her local Church of Scotland congregation, and has trained in spiritual direction with the Epiphany Group.

<https://www.samh.org.uk/>

<https://www.mwcscot.org.uk/news/covid-19-mental-welfare-commission-advice-note-version-3-3-april-2020>

<https://www.mentalhealth.org.uk/>

## 2.   The Nation’s Comfort Blanket

For well over a hundred years, radio has played an important part in international, national and private lives journaling every part of our history. From a personal point of view the radio has become the friend in the corner who is always there! The BBC has been there to inform, encourage and support during times of crisis, seen vividly during World War II. The wireless was a focal point for family life drawing everyone around to hear important announcements form royalty and the government.

In recent years radio has taken on a new life.  It had been thought with the development of digital platforms radio listenership would decline.  However, in Ofcom’s recent publication, radio has maintained its numbers and in fact has increased community listeners due to the advent of local radio meeting the needs of the community.

Around 15 years ago a number of local community radio stations were established to allow linkage across the UK with local government funding.  In Scotland there are now approximately 30 community radio stations who are keen to provide that local intimate relationship within small communities.  They are willing to draw in interested people who want to become involved in running their own programmes either live or pre-recorded.

You can find your own local radio station by checking online or through the Ofcom website.

Within the local Midlothian and South Edinburgh area, Black Diamond 107.8 FM <http://www.blackdiamondfm.com/> was established in 2007 and since then it has broadcast 24/7 to the community and also to a worldwide audience online.  My particular involvement has been working with a passionate and committed team to produce a weekly ‘Faith spot’ called ‘Heart of the Matter’ which brings to the air those from the Christian tradition.  You can hear some of the past programmes at <https://www.heartofthematter.biz/> where you can also meet the team and email me if you want a particular programme sent to you in MP3 format.

Its format is in magazine style with interviews, music and a thought for the week with other interesting material for the listener. The main programme is broadcast through Black Diamond on Sunday mornings from 7am – 10am.

Black Diamond 107.8 FM; Crystal FM; Alive FM are all delivered online. Heart of the Matter links with other internet stations including Heartsong Live and Gospel4Grampian. More recently the Board has asked if a church service could be added to the schedule and these have been sourced from around Scotland.

If you wish to find out more you can contact me at [david.aird@blackdiamond.com](mailto:david.aird@blackdiamond.com)

David Aird

Black Diamond 107.8 FM Presenter

April 2020

PLEASE VISIT OUR WEBSITE AT [**WWW.FAITHINOLDERPEOPLE.ORG.UK**](http://WWW.FAITHINOLDERPEOPLE.ORG.UK)  
TO READ ALL OUR CURRENT BLOGS

###### We invite you to …..

FiOP would also like to sustain its on-line blogs and we would like to invite you to send us your reflection of our times and how we can consider what really matters to us.

Please send your contribution of not more than 500 words to Maureen O’Neill at [**Director@fiop.org,uk**](mailto:Director@fiop.org,uk).  We would love to hear from you.

## OTHER INFORMATION AND LINKS

**Outside the Box's Food Buddies Project** This new resource aims to help older people, people with dementia and unpaid dementia carers get the right food during these difficult times. The resource can be viewed on their website [here](https://otbds.org/food-buddies-tips-for-you-friendly-neighbours-during-times-when-we-cant-get-out-much/)

Please feel free to share it with your beneficiaries and contacts.

**Edinburgh Science Festival**, scheduled for 4–19 April 2020, was cancelled due to the global spread of COVID-19, we are incredibly excited to be hosting a digital alternative, ***Elements of #EdSciFest!***

Click on the link for more information – <https://www.sciencefestival.co.uk/all-fired-up>

More from the Fondation Robert Schuman … Whether you are confined, or working in difficult conditions, the whole team of the Foundation brings you the best of Europe again! Free documentaries, virtual tours of museums, concerts, kits for you and your children, we have found wonders. We will continue to send you other European surprises on a regular basis to share, with one click, without moderation.

Europe is so beautiful... <https://www.robert-schuman.eu/en/>

## COLLECTION OF HEARING AID BATTERIES FROM PUBLIC LIBRARIES

In some places, libraries are being used as the venues for Community Hubs, so batteries are being distributed as part of an overall package of support from these venues.  In most cases, libraries are looking for the NHS audiology departments to assist.

The Scottish Library and Information Council (SLIC) has confirmed that although the distribution process for hearing aid differs between local authorities, SLIC have assured the Scottish Government that all public libraries in Scotland have a record of who collects batteries from them, and are contacting people to make them aware of what alternative arrangement are in place for them.  The new arrangements consist of contacting their Health Board, arranging collection from a community hub, or arranging delivery of the batteries along with their food supplies.  In all cases, a supply of batteries is being issued so that people have enough to see them through the lockdown period.

Many library services have also published information about hearing aid battery collection on their website and on social media - and some local authorities are distributing a hearing aid leaflet with each battery and are including the number of a local Health Board audiology officer that should be contacted.

SLIC have also published a Signposting Resources page to support libraries during this time as they develop community services remotely: <https://scottishlibraries.org/staff-development/digital-resources-for-libraries/> It includes a number of digital resources, including for those who are isolated and vulnerable.

This is an organic resource and will be continually added to over the coming weeks.

## CHURCH LEADERS IN BRITAIN AND IRELAND

The following is the link to the statement from Church Leaders in Britain and Ireland

<https://www.churchofscotland.org.uk/news-and-events/news/2020/church-leaders-act-with-unprecedented-christian-unity>

**Hourglass**, the only UK-wide charity dedicated to calling time on the harm, abuse and exploitation of older people.    We provide the only national helpline for people concerned about or experiencing abuse.   Our experienced helpline Information Officers can help you make the best choice to keep yourself safe and put you in touch with the appropriate agencies.  It’s entirely confidential, free to call from a landline or mobile and will not appear on your phone bill.     **Call our Helpline on:  0808 808 8141 - Monday – Friday, 9am to 5pm**

LUMINATE **The** Luminate **team are now working from home but still meeting via video conference, ensuring we keep in touch with each other and with you.   It's been great to see so many people join in with the [Luminate@Home](https://luminatescotland.us10.list-manage.com/track/click?u=6f397ae4e5b7e82d7e56cf3f1&id=f2d5f5d0be&e=2155b4c278" \t "_blank) films.  These short films guide you through creative activities you can do in your own home or care home.  We've now posted 5 films covering singing, craft, writing, dance and museum making. All activities are led by professional artists and you can view them on our** [**Facebook page**](https://luminatescotland.us10.list-manage.com/track/click?u=6f397ae4e5b7e82d7e56cf3f1&id=f9aa18e2dd&e=2155b4c278) **as well as on** [**Vimeo**](https://luminatescotland.us10.list-manage.com/track/click?u=6f397ae4e5b7e82d7e56cf3f1&id=d549bff614&e=2155b4c278) **and** [**YouTube.**](https://luminatescotland.us10.list-manage.com/track/click?u=6f397ae4e5b7e82d7e56cf3f1&id=c893758f2c&e=2155b4c278)

**We hope you enjoy them!** <https://www.luminatescotland.org/>

During these uncertain and worrying times, we want to reassure you that we’re here for you.

Our 24 hour Freephone Dementia Helpline is available for you whether you are looking for information, emotional support or just need someone to talk to. We have a team of dedicated and experienced volunteers willing to listen, many of whom have personal experience of caring for someone with dementia.

##### Call our Helpline on 0808 808 3000

**An Anthem** Anne Atkins is an English broadcaster, journalist, novelist and controversialist.  A regular contributor to the Today programme's "Thought for the Day".  She said "On 16 March 2020 [my father](https://en.wikipedia.org/wiki/David_Briggs_(headmaster)) died aged 102. Shortly beforehand I wrote for him and my mother a song which would have been sung at his funeral had it not been cancelled due to Coronavirus Covid 19. Many of the musicians who would have attended recorded their parts in individual isolation and my son Ben, who arranged the music, brought them all together into a beautiful scattered chamber choir of connection:

[Anthem for Mary and David Briggs](http://anneatkins.co.uk/songofsongs)

<http://anneatkins.co.uk/songofsongs>

This is Anne’s anthem, written for her parents, arranged by her son Ben Atkins, sung and played by dozens of different musicians all in their own homes because of Coronavirus Covid 19 and dubbed together by Ben.   anneatkins.co.uk

###### NATIONAL GALLERIES SCOTLAND – Bringing the Galleries to you

##### Welcome to another week of art inspired ideas.  Take a breather from home-schooling and zoom meetings and delve into our programme of activities, films and fun for all ages.

###### Stay home, stay safe and enjoy some lie affirming art.   <https://www.nationalgalleries.org/>

### [The Foundation for Art & Healing - Stuck at Home (together) | The UnLonely Project](https://artandhealing.org/?gclid=EAIaIQobChMIt-Wx4cfY6AIV04jVCh1ITwEbEAAYASAAEgJRbPD_BwE)

The mission of the Foundation for Art & Healing is to promote creative arts expression as a means to improve health and well-being for individuals and communities. Our signature program, The UnLonely Project...

artandhealing.org

<https://artandhealing.org/?gclid=EAIaIQobChMIt-Wx4cfY6AIV04jVCh1ITwEbEAAYASAAEgJRbPD_BwE>

###### Let our care homes know we are thinking of them

It is important to keep the residents and staff in our care homes in our thoughts as well as our NHS staff.  They provide so much great care and particularly in the current circumstances.  Many residents will be confined to their rooms so do not see other residents and neither will they be able to have visitors who will also be feeling isolated from their family member or friend.

##### Could you send a card to your local care home, so they know they are being thought about?

## Below are some links to different denominations:

This is not an exhaustive list so please let us know if you have links to or resources you would like to share:

<https://www.churchofscotland.org.uk/worship/services-online>

[https://www.scotland.anglican.org/stay-at-home-with-online…/](https://www.scotland.anglican.org/stay-at-home-with-online-worship/?fbclid=IwAR3mFYxaW37BzSMdSXtNxpTZIu_OGPCnNoelZDxZtalzb7yTwFD_ri8ijcs)

##### The Catholic Church asks people to contact their own church about live-streaming

<https://pray-as-you-go.org/>  (<https://www.ignatianspirituality.com/> )

<https://www.quaker.org.uk/blog/living-adventurously-in-lockdown>

<https://urc.org.uk/worship-and-spirituality.html>

<https://edmosque.org/>

## Other organisations offering help and advice:

**Age Scotland**   <https://www.ageuk.org.uk/scotland/>

**Scottish Partnership for Palliative Care** - <https://www.palliativecarescotland.org.uk/content/coronavirus---latest/> which includes the following hard- hitting piece

<https://inkvessel.com/2020/03/18/palliative-care-in-the-time-of-covid/amp/?__twitter_impression=true>

I know many other organisations are offering support and we will follow up on these but again please let us know what you are doing by emailing [Director@fiop.org.uk](mailto:Director@fiop.org.uk)

## We included this information in our last Newsletter but repeat it in case you missed it previously:

###### Help for Faith Communities

William Grant Foundation, National Lottery Community Fund and we in Faith in Communities Scotland have created a rapid response fund so that Scotland’s faith group network can support people to maintain safe connections with loved ones during covid19.  Please share as appropriate – info and application form on our website, and on our FB/Twitter feeds (@ficscotland)

<https://www.faithincommunity.scot/covid19info>

## Third Sector Resilience Fund Launched

Applications are now open for the Third Sector Resilience Fund (TRSF).

Part of a £350m support package by the Scottish Government for the sector in response to the Coronavirus pandemic, the Third Sector Resilience Fund will support organisations across the third sector who are at risk of closure due to a sharp decrease in income or that are unable to deliver their services directly as a result of the Coronavirus pandemic. The fund’s primary intention is to help these organisations to stabilise and manage cash-flows over this difficult period.

The TSRF is delivered by Firstport, Social Investment Scotland and Corra Foundation and it offers charities, voluntary organisations and social enterprises grants of £5,000-£100,000.  In addition there will be up to a further £5m available in fully flexible, 0% interest loans starting at £50,000.

For more information and to apply, visit SCVO's [**Coronavirus Third Sector Information Hub**](https://go.scvo.org.uk/e/566562/s-third-sector-resilience-fund/82kyg/760610777?h=CiQO6Caisds_9dYSn4Rfhu9LlWkYFNBa2X6LQICEjao) which has lots of useful information on funding for voluntary sector organisations during the coronavirus pandemic.

# Coronavirus Third Sector Information Hub

SCVO is managing the official [coronavirus information hub for the third sector](https://go.scvo.org.uk/e/566562/support-coronavirus/82kyj/760610777?h=CiQO6Caisds_9dYSn4Rfhu9LlWkYFNBa2X6LQICEjao). We are constantly updating it with information, guidance and resources from official sources you can trust.

## FOR INFORMATION,

The Scottish Government’s COVID-19 webpage is updated regularly and has important information.  This is available here: <https://www.gov.scot/coronavirus-covid-19/>

The Scottish Council for Voluntary Organisations (SCVO) has a helpful list of available funds which can be accessed here: <https://scvo.org.uk/support/coronavirus/funding/for-organisations>

SCVO are also doing a COVID-19 bulletin which organisations can sign up to here:  <https://scvo.org.uk/support/coronavirus/what-scvo-is-doing/bulletin>

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| ACE IT – I.T Helpsheets now available With many people in isolation and not able to see family, friends or do our usual day to day activities such as grocery shopping, ACE IT has created a series of I.T helpsheets which can be accessed and used to set up key tools to help us through this difficult time.  The following helpsheets are available:  - [How to set up Facebook](https://eur05.safelinks.protection.outlook.com/?url=https%3A%2F%2Faceit.us4.list-manage.com%2Ftrack%2Fclick%3Fu%3D91d28c90e366b191c2ded23bc%26id%3D2f4bc19126%26e%3D2ac70fed07&data=02%7C01%7C%7Cdb045fee0441416889d508d7cf217597%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637205614916709635&sdata=OvJILD8WNb23kapdis1iEPWSHtKLVXFmnn0GW7U9MGE%3D&reserved=0)  - [How to set up video calling](https://eur05.safelinks.protection.outlook.com/?url=https%3A%2F%2Faceit.us4.list-manage.com%2Ftrack%2Fclick%3Fu%3D91d28c90e366b191c2ded23bc%26id%3Dc738fb3822%26e%3D2ac70fed07&data=02%7C01%7C%7Cdb045fee0441416889d508d7cf217597%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637205614916709635&sdata=RdTXI3adDbE771dDpRXtHefU1JCQyb7%2FR6N7znrnB3w%3D&reserved=0) - [Accessing medical advice](https://eur05.safelinks.protection.outlook.com/?url=https%3A%2F%2Faceit.us4.list-manage.com%2Ftrack%2Fclick%3Fu%3D91d28c90e366b191c2ded23bc%26id%3D46d12f9a33%26e%3D2ac70fed07&data=02%7C01%7C%7Cdb045fee0441416889d508d7cf217597%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637205614916719627&sdata=zzCtvLZ3wr4KX0hmGl4bfLIjZU3WQZRyy824Aeh0XCI%3D&reserved=0) - [Online shopping](https://eur05.safelinks.protection.outlook.com/?url=https%3A%2F%2Faceit.us4.list-manage.com%2Ftrack%2Fclick%3Fu%3D91d28c90e366b191c2ded23bc%26id%3Dafd43ed566%26e%3D2ac70fed07&data=02%7C01%7C%7Cdb045fee0441416889d508d7cf217597%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637205614916719627&sdata=FLJlJTHG3oTyjfU1hndPRmtOtpw0cj78gkfVeTQ5Eig%3D&reserved=0) - [Shopping on Amazon](https://eur05.safelinks.protection.outlook.com/?url=https%3A%2F%2Faceit.us4.list-manage.com%2Ftrack%2Fclick%3Fu%3D91d28c90e366b191c2ded23bc%26id%3Dc97f5191f5%26e%3D2ac70fed07&data=02%7C01%7C%7Cdb045fee0441416889d508d7cf217597%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637205614916729622&sdata=HJyGASsPtHSbnMfocY0zOObawMyc5r1yhbFYpkvXpb8%3D&reserved=0)  Please click the links above to download the helpsheets to your computer. If you have difficulty downloading these links, please email us and we can email you a copy as an attachment.  ACE IT are able to make extra helpsheets for any special requests, so please get in contact with us via phone or email if you have something in mind.  Also, just a reminder that our coaching helpline is open, so you are welcome to call us for any help via the phone if you are having difficulties.  You can contact us via:  Email: [info@aceit.org.uk](mailto:info@aceit.org.uk) or Phone: 07737 738551 |

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