

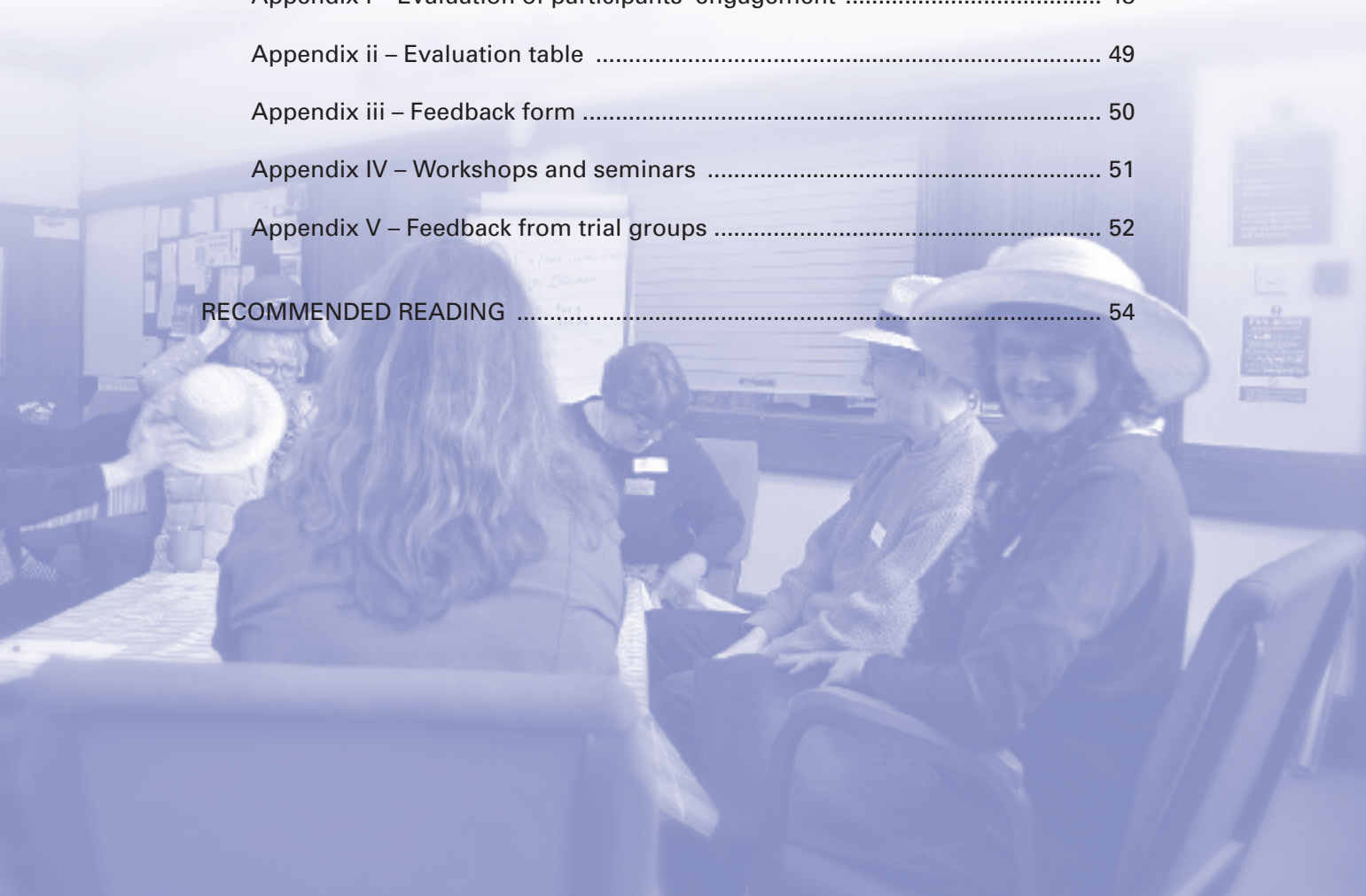
BRAIN AND SOUL BOOSTING SESSIONS *For Seniors*

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INTRODUCTION

Brain and Soul Boosting for Seniors (BSBS) was originally designed for small groups of seniors to provide cognitive stimulation and spiritual support. The first workbook contains evaluation forms so that leaders can judge how effectively the sessions and the course have worked – and feedback to date shows that the results have been outstanding. The sessions have been held in churches, in hospitals, in care homes, and in family homes.

Seniors enjoy socialising with the prospect of keeping their brains sharp at the same time. BSBS offers a proven format for engaging seniors with the Gospel in a way that will resonate with their most deeply held beliefs. It allows them to articulate what it means to them, and will reinforce their faith, stimulating new thoughts.

These courses also help combat loneliness. Research by the Church Urban Fund shows that group activities are better than one to one contact in breaking down social isolation and combatting feelings of loneliness. In this respect, the most effective groups are those that meet for a specific purpose.

‘The important thing is that an individual feels a part of the group: the more an individual identifies with the group, the stronger their sense of belonging and membership, and the more likely they are to experience significant physical and mental benefits as a result of that membership.’

SOME IMPORTANT PRACTICAL POINTS

- It's best if the group meets at regular intervals, until the course is finished.
- Meeting in the same, quiet place is better than changing the venue. When the weather is kind in the summer it's tempting to think that it would be pleasant to sit outside in the sunshine, but our experience shows that this doesn't work at all. Group members became distracted and lost their focus easily.
- We found that sitting around a big table works best of all! It creates a sense of 'togetherness' and at the same time is practical, giving participants a surface to put things on. If you don't have a big round table, you could put smaller tables together. Try to avoid long tables that separate people at either end – perhaps put two long tables together side by side, to avoid separated 'high table' participants.
- Arrange some items on the table relating to the theme of the session before participants arrive. The display will set minds thinking as they come in. You can see on the DVD (on our website) how the items lead to discussion and into activities. A flip chart is useful, too. It provides a handy focal point for the group and in the DVD you see how a former teacher is happy to write answers on it.
- The Group leader and helper should be comfortably settled well before the session begins. If you are relaxed and comfortable others are more likely to feel the same way. Be sure you are not bringing feelings of stress and anxiety to the group, and that you are positive and upbeat. Welcome each person by name, looking directly at them with a warm smile. You may like to check that everyone has their spectacles or hearing aids. After you've arranged the session items in the centre of the table it's good to take a few minutes to pray, committing everything to the Lord.
- Sometimes older people will remember old hurts, or grievances, and sharing them can create a low mood in the group. The Group leader can empathise, but always end the interaction with a positive remark. For example, if someone says that they can't remember any more that God loves them, the response could be to ask, 'Do you think that God has forgotten you?'
- The materials: The items suggested for each session have worked very well for us, but you may find that you have other ideas. We were able to obtain materials from the internet by Googling "activities for children to download and print for free" and "activities for elderly to download and print for free."

There are also a wide range of activity books etc. in most town centres at a chain store called 'The Works.' Materials for each session are listed at the end of each session, together with details of the quizzes.

- Evaluating the Course - we have included an evaluation form at the end of the sessions.

Summary of important points:

- Have people praying for the sessions,
- Have the meeting in a quiet place, with no distractions,
- Be at the venue early enough to prepare the room and settle down comfortably,
- Welcome everyone personally,
- The maximum number for the dementia group is eight,
- The optimal number for seniors without dementia is ten,
- The group works best when sitting around a big table, or around tables put together,
- Arrange items relevant to the theme on the table in advance,
- Have the materials and activities ready.

SESSION 1:

FRIENDS



FRIENDS

1 Prepare the room

Put some items on the table as clues to the theme for the session.

2 Welcome section

- A warm welcome to everyone today. (Welcome each person by name)
- Opening prayer – giving thanks to God for each person and for His blessing upon this session.
- We all have so much to thank God for. Today I want to thank God for a health and strength.
- At the end of our time together today you might like to thank God for something He has done for you this past week. When we share together it is so encouraging and brings glory to God.
- Sing the group's chosen Hymn.
- Ask if they can guess from the visual clues what the topic for today's session is... (Friends).

3 Read / ask someone to read

Proverbs 18:24

There is a friend who sticks closer than a brother.

4 Discuss a news item

Hand around newspaper or magazine clippings and discuss appropriate news item.

5 To Promote Discussion

- What makes a good friend?
- Where did you meet your best friend?
- Do you remember your first childhood friend?
- Has anyone had a pen pal?
- Talk about how we build and maintain friendships.

6 Suggested activities

- Have a selection of greetings cards; write one and send to a friend.
- Play games; Skittles, Carpet bowls, Darts, Dominoes.

7 Bible Stories

- **Proverbs 17 v 17** A friend loves at all times.
- **Matthew 11 v 9** Jesus a friend of tax collectors and sinners.
- **1 Samuel 20** The friendship of Jonathan and David.
- **Mark 2 v 1-12** Friends bring paralytic friend to Jesus.
- **John 15 v 15** Jesus said I have called you friends.

8 Ending the Session

Draw out a theme from the Bible.

Proverbs 17 v 17, a friend loves at all times

*'Can we find a friend so faithful
Who will all our sorrows share
Jesus knows our every weakness,
Take it to the Lord in prayer.'*

Jesus is the best friend we could ever have, He knows us thoroughly and in spite of our weaknesses He is always there for us. Friends may forsake us or let us down but Jesus won't. Jesus wasn't exclusive in His friendships, he was a friend of the poor, the sick, and sinners too.

We thank God for all of our friends who are and have been so special to us over the years and shared so much of our lives. Those who have been there to support, encourage, care and love us at all times. But it is wonderful to know that we can have Jesus as our very special forever friend, someone who laid down His life for us so that we can call Him our friend. It cost Him His life, and He said "I have called you friends" (John 15 v 15)

9 Finally

What good thing would anyone like to share that God did for them last week?

Next time we shall be looking at **Fruit**, bring anything that could contribute.

10 Ask if anyone would like to close in prayer (or leader)

Suggested Materials

Design a Banner

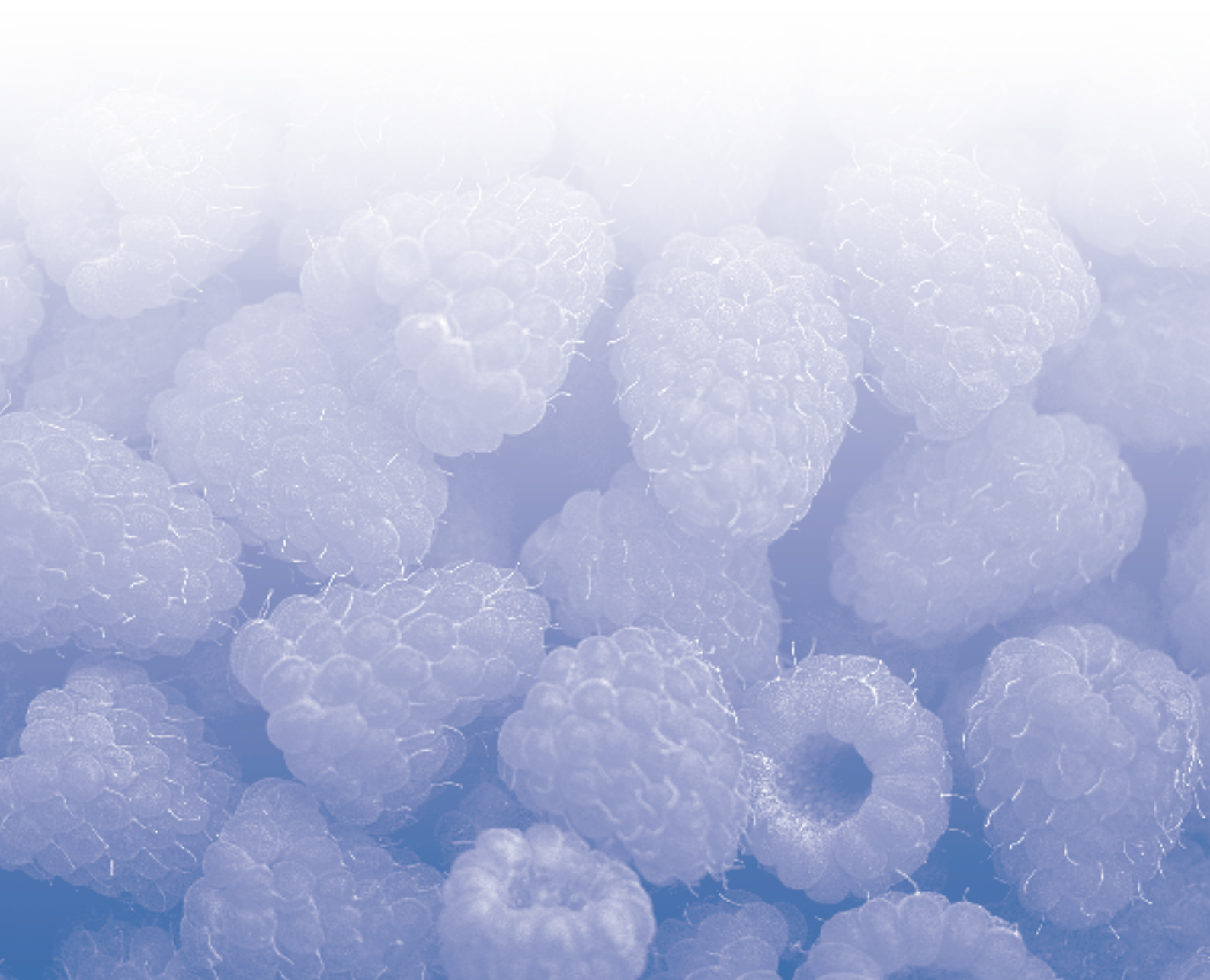
1. Write a card to a friend.
 - Have a selection of greetings cards/ notelets.
 - Pens
 - Stamps
2. Play games
 - Have a selection of games as suggested under activities.



What would you do differently?

SESSION 2:

FRUIT



FRUIT

1 Prepare the room

Put some items on the table as clues to the theme for the session.

2 Welcome section

- A warm welcome to everyone today. – (welcome each person by name).
- Opening prayer – giving thanks to God for each person and for His blessing upon this session.
- We all have so much to thank God for. Today I want to thank God for a health and strength.
- At the end of our time together today you might like to thank God for something He has done for you this past week. When we share together it is so encouraging and brings glory to God.
- Sing the group's chosen Hymn.
- Ask if they can guess from the visual clues what the topic for today's session is... (Fruit).

*3 Read / ask someone to read***Genesis 1 v 11**

'Then God said," Let the land produce vegetation: seed bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds: And it was so'.

4 Discuss a news item

Hand around newspaper or magazine clippings and discuss appropriate news item.

5 To Promote Discussion

- What is your favourite fruit?
- When you were a child were there any fruits not available?
- Has anyone been fruit picking? (Blackberries in the hedgerows – strawberries on a farm)

- Has anyone grown their own fruit....what did you grow?
- Do we have more fruit varieties available to us today? Is this a good thing?

6 Suggested activities

- Fruit tasting.
- Fruit Quiz,
 - a) have pictures of unusual fruits for the participants to guess the name of.
 - b) Have pictures of seeds and guess which fruit they are from.
- Do a fruit word puzzle, such as making as many words as possible from 'Grapefruit'.

7 Bible Stories

- **Genesis 1:11** Creation
- **Habakkuk 3: 17-18** The fig tree.
- **Matthew 7: 15-20** A tree and its fruit.
- **Luke 19: 1-9** Zacchaeus.
- **John 15: 1-8** The vine and the branches.

8 Ending the Session

Jesus said that 'there is no good tree which produces bad fruit, nor, on the other hand, a bad tree which produces good fruit.' He likens it to what comes from the heart of a man, saying, 'The good man out of the good treasure of his heart brings forth what is good; and the evil man out of the evil treasure brings forth what is evil; for his mouth speaks from that which fills his heart. (Luke 6: 43-45).

In Galatians 5: 22-23 it says,

'But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, self control. Against such things there is no law.'

When we look at this passage and read the list of fruit can we see these attributes in our own lives? Are we lacking any of them? Let us ask God to work in us by His Holy Spirit so that we may be more like Jesus. Let us remain in Jesus and know that living union and fellowship with Him so that we may bear much fruit for His glory and praise. Thank Him that you have been grafted into the vine.

9 Finally

What good thing would anyone like to share that God did for them last week?

Next time we shall be looking at **Good Samaritans**, bring anything that could contribute.

10 Ask if anyone would like to close in prayer (or leader)

Suggested Materials

Take the appropriate materials for the chosen activity.

- Fruit tasting – take fruits in season, plus knives, paper plates and handwipes.
- Pictures of fruits and their seeds can be found on the internet and downloaded.
- Word puzzles – Grapefruit – Pomegranate – Loganberries. Put the name of the fruit on the flip chart and ask participants to find as many words as they can within the name of the fruit,

Your Notes



FRUIT

What went well?

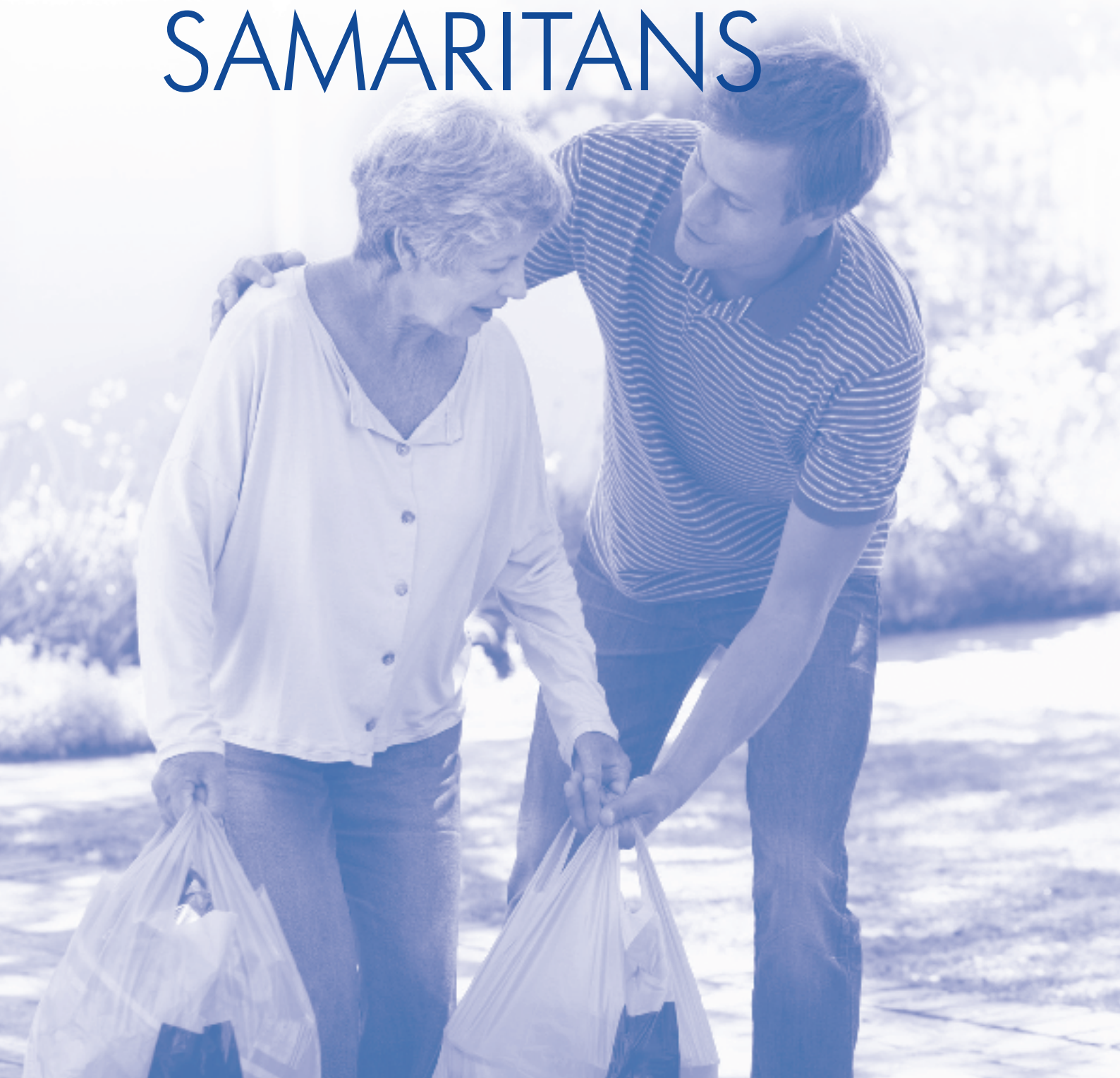
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What would you do differently?

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SESSION 3:

GOOD SAMARITANS



GOOD SAMARITANS

1 Prepare the room

Put some items on the table as clues to the theme for the session.

2 Welcome section

- A warm welcome to everyone today. – (welcome each person by name).
- Opening prayer – giving thanks to God for each person and for His blessing upon this session.
- We all have so much to thank God for. Today I want to thank God for a health and strength.
- At the end of our time together today you might like to thank God for something He has done for you this past week. When we share together it is so encouraging and brings glory to God.
- Sing the groups chosen Hymn.
- Ask if they can guess from the visual clues what the topic for today's session is... (Good Samaritans).

3 Read / ask someone to read

Psalm 46:1

God is our refuge and strength and ever present help in trouble, therefore we will not fear.

4 Discuss a news item

Hand around newspaper or magazine clippings and discuss appropriate news item.

5 To Promote Discussion

- Have you been in a situation where a stranger has helped you?
- What sort of help do you find valuable?
- Do we find it difficult to accept help at times?
- As we get older does the help we need change?

6 Suggested activities

- On the flip chart list the people that help us.
- Have pictures of tools and match them with the profession that uses them.
- Decorate cup cakes.

7 Bible Stories

- **Luke 10: 30 – end** The Good Samaritan
- **Romans 8: 26** The Spirit helps us in our weakness.

8 Ending the Session

Draw out a theme from the Bible such as – **Isaiah 46: 3-4**

“Listen to me you descendants of Jacob, all the remnant of the people of Israel, you whom I have upheld since your birth, and have carried you since you were born. Even to your old age and grey hairs I am He; I am He who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you”.

Don't you love these verses which remind us how loved and precious we are to God? He assures us that He made us and will care for us all the days of our lives. How wonderful to know He is in complete control and every one of our days we are in His care.

*What a friend we have in Jesus
All our sins and griefs to bear,
What a privilege to carry
Everything to God in prayer.*

9 Finally

What good thing would anyone like to share that God did for them last week?

Next time we shall be looking at **Light**, bring anything that could contribute.

10 Ask if anyone would like to close in prayer (or leader)

Suggested Materials

1. People that help us

- Doctors
- Nurses
- Social services
- Firemen,
- Police.
- Tradesman; plumbers etc
- Neighbours.
- People in church.
- Shop assistants.
- Charities
- WRVS

2. Tools and Professions

Have pictures of the following tools and ask which profession would use them. Discuss whether anyone has recently been in contact with one of these:

- Stethoscope
- Plumbline
- Paintbrush
- Fire Hose
- Handcuffs
- Sewing needles
- Hammer/nails
- Bible
- Spade/ Rake
- Concrete mixer
- Blackboard/chalk
- Ladders

Your Notes

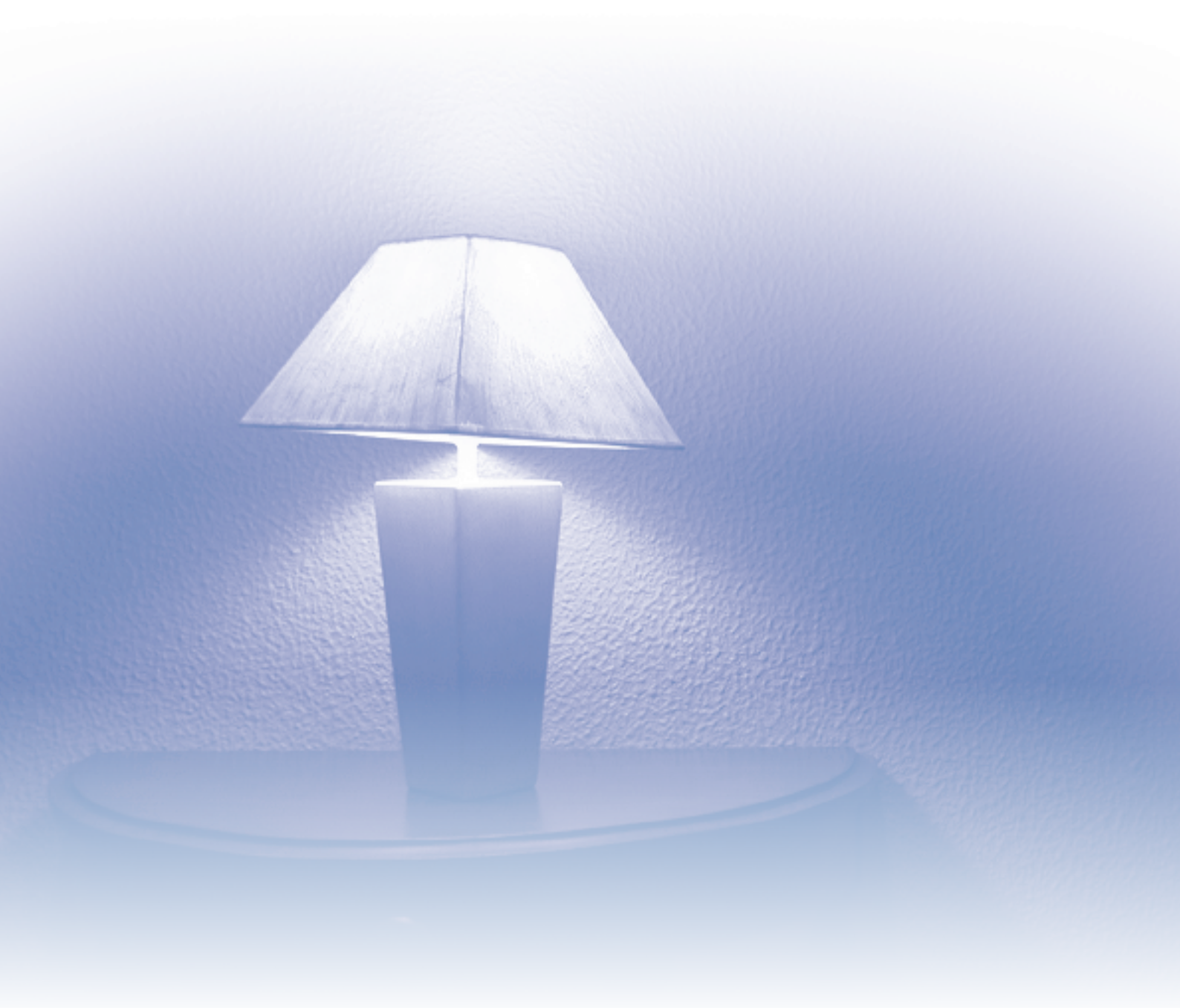


What went well?

What would you do differently?

SESSION 4:

LIGHT



LIGHT

1 Prepare the room

Put some items on the table as clues to the theme for the session.

2 Welcome section

- A warm welcome to everyone today. – (welcome each person by name).
- Opening prayer – giving thanks to God for each person and for His blessing upon this session.
- We all have so much to thank God for. Today I want to thank God for a health and strength.
- At the end of our time together today you might like to thank God for something He has done for you this past week. When we share together it is so encouraging and brings glory to God.
- Sing the groups chosen Hymn.
- Ask if they can guess from the visual clues what the topic for today's session is... (Light).

*3 Read / ask someone to read***Psalm 119: 105**

'Your word is a lamp to my feet and a light to my path.'

4 Discuss a news item

Hand around newspaper or magazine clippings and discuss appropriate news item.

5 To Promote Discussion

- Has anyone visited a lighthouse? Where was it and what were your impressions of it?
- Has anyone experienced the blackouts during wartime? What do you remember from this time?
- Does anyone have pretty lights in their house or garden?

- Has anyone ever lived in a home without electric lighting, or known a time before all houses had this?

6 Suggested activities

- How many words can you make from 'Lighthouse'.
- Decorate a tea light holder.
- Make a picture of a stained glass window.

7 Bible Stories

- **Genesis 1 v 3-5** Creation of Light
- **Matthew 25 v 13** The parable of the ten virgins
- **Luke 8 v 16** A lamp on a lampstand
- **John 8 v 12** Jesus is the light of the world
- **Revelation 1 v 12-19** Golden lampstands

8 Ending the Session

Draw out a theme from the Bible.

Psalm 27: 1. *The Lord is my light and my salvation – whom shall I fear?*

Are you afraid of the dark? It must have been awful during the war when blackouts were ordered. Today we are so grateful that we have light at the touch of a switch.

That was a physical darkness. But there is a spiritual darkness that separates us from God. But God has an amazing solution. He sent His son Jesus to be the light of the world. A spiritual light that shows us the need of a Saviour, and brings us into a right relationship with God.

King David was able to say that the Lord was his light and salvation and therefore had no need to fear anything. Let's join him in praising God for Jesus.

9 Finally

What good thing would anyone like to share that God did for them last week?

Next time we shall be looking at **Textures**, bring anything that could contribute.

10 Ask if anyone would like to close in prayer (or leader)

Suggested Materials

1. On the flip chart make as many words as possible from the word 'Lighthouse'.

2. Decorate a glass tea light holder
 - Glass tea light holder
 - Paint suitable for use on glass.
 - Brushes.

3. Stained glass window.
 - Paper
 - Scissors
 - Paints
 - Brushes
 - Coloured paper
 - Glue

Your Notes



LIGHT

What went well?

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What would you do differently?

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SESSION 5:

TEXTURES



TEXTURES

1 Prepare the room

Put some items on the table as clues to the theme for the session.

2 Welcome section

- A warm welcome to everyone today – (welcome each person by name)
- Opening prayer – giving thanks to God for each person and for His blessing upon this session.
- We all have so much to thank God for. Today I want to thank Him for the beauty which surrounds us, the colours of the flowers and fields, things that bring us pleasure and yet cost us nothing! At the end of our time together today you might like to thank God for something He has done for you this past week. When we share together it is so encouraging and brings glory to God.
- Sing the group's chosen Hymn.
- Ask if they can guess from the visual clues what the topic for today's session is... (Textures).

3 Read / ask someone to read

Matthew 6:25-30

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? And why do you worry about clothes? See how the lilies of the field grow. They do not labour or spin. Yet I tell you that not even Solomon in all his splendour was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will He not much more clothe you.'

4 Discuss a news item

Hand around newspaper or magazine clippings and discuss appropriate news item.

5 To Promote Discussion

- Ask if anyone can remember what they wore on their wedding day.
- Do they remember the cost of their wedding dress, and what material it was made from?
- What did the men wear for their wedding?
- What did they wear as children?
- How old were the men when they started wearing long trousers?
- Did they save ration coupons for clothes during the war and what did they exchange them for?
- How have fashions changed – are they better now, or then?
- Does anyone sew – or did they sew clothes?

6 Suggested activities

1. Show pictures of fashions throughout the ages and place in their timescale.
2. Matching colours game – Have a selection of gloves, scarves and hats and bags that participants can group together by colour, materials or style.
3. Match pictures of National dress from around the world with the name of the country.

7 Bible Stories

What stories or verses in the Bible talk about clothing?

- **Matthew 11: 1-8** John the Baptist and his distinctive clothes.
- **Luke 2:12** Jesus wrapped in swaddling clothes and lay in a manger.
- **Genesis 37: 1-3** The gift of a special coat for Joseph.

8 Ending the Session

Draw out a theme from the Bible

Colossians 3: 12-14

'Therefore as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. And over all these virtues put on love which binds them all together in perfect unity.'

Our clothing, what we wear, is not as important as what is in our hearts.

When we have the Holy Spirit dwelling within us He radiates His beauty through us.

9 Finally

What good thing would anyone like to share that God did for them last week.

Next time we will be looking at **Water**, bring with you anything that could contribute!

10 Ask if anyone would like to close in prayer (or leader)

Suggested Materials

- Copies of ration coupons and what was available to buy with them.
- Pictures of fashions through the ages.
- Selection of gloves, hats, scarves and bags in varying colours.
- Pictures of National Dress from around the world. Have cards with the name of the countries and match them to the picture.

Scripture verses containing 'Clothing/ clothes/ clothed'

Psalm 45:3

'Gird your sword upon your side, O mighty one; clothe yourself with splendour and majesty'.

Isaiah 52:1

'Awake, awake, O Zion, clothe yourself with strength. Put on the garments of splendour, O Jerusalem, the holy city. The uncircumcised and defiled will not enter you again.'

Romans 13:14

'Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature'.

Colossians 3:12

'Therefore as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience'.

1 Peter 5:5

'Young men, in the same way be submissive to those who are older. Clothe yourselves with humility toward one another, because "God opposes the proud but gives grace to the humble".'

Psalms 30:11

'You turned my wailing into dancing; you removed my sackcloth and clothed me with joy'.

Psalms 104:1

'Praise the Lord O my soul. O Lord my God, you are very great; you are clothed with splendour and majesty'.

Proverbs 31:22 & 25

'She makes coverings for her bed; she is clothed in fine linen and purple. She is clothed with strength and dignity; she can laugh at the days to come.'

Isaiah 61:10

'I delight greatly in the Lord; my soul rejoices in my God. For He has clothed me with garments of salvation, and arrayed me in a robe of righteousness, as a bridegroom adorns his head like a priest, and as a bride adorns herself with jewels.'

Luke 24:49

"I am going to send you what my father has promised; but stay in the city until you have been clothed with power from on high".

Galatians 3:27

'For all of you who were baptized into Christ have clothed yourselves with Christ'

Deuteronomy 8:4

'Your clothes did not wear out and your feet did not swell during these forty years'

Matthew 6:25 & 28

'Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes. And why do you worry about clothes? See how the lilies of the field grow. They do not labour or spin'.

John 11:44

'The dead man came out, his hands and feet wrapped in strips of linen, and a cloth around his face.

Deuteronomy 22:5

'A woman must not wear men's clothing, nor a man wear women's clothing, for the Lord your God detests anyone who does this'.

Psalms 22:18

'They divided my garments among them and cast lots for my clothing'.

Your Notes



What went well?

This image shows a single page of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper or a form designed for handwritten entries. There are no margins, text, or other markings on the page.

What would you do differently?

[illegible]

SESSION 6:

WATER



WATER

1 Prepare the room

Put some items on the table as clues to the theme for the session.

2 Welcome section

- A warm welcome to everyone today. – (welcome each person by name).
- Opening prayer – giving thanks to God for each person and for His blessing upon this session.
- We all have so much to thank God for. Today I want to thank God for a health and strength.
- At the end of our time together today you might like to thank God for something He has done for you this past week. When we share together it is so encouraging and brings glory to God.
- Sing the groups chosen Hymn.
- Ask if they can guess from the visual clues what the topic for today's session is... (Water).

*3 Read / ask someone to read***John 7: 37**

Jesus stood up and said in a loud voice "if anyone is thirsty, let him come to me and drink. Whoever believes in me as the scripture has said , streams of living water will flow from within him"

4 Discuss a news item

Hand around newspaper or magazine clippings and discuss appropriate news item.

5 To Promote Discussion

- Do you have a favourite place where there is water? a sea, or lake, a waterfall or river?
- Do you have memories of swimming in the sea or a lake?

- Where did you learn to swim?
- Has anyone swum across the channel?
- Has anyone experienced a water shortage; what did you do?

6 Suggested activities

- Write on the flip chart the different uses of water.
- Write on the flip chart sports associated with water
- Paint a picture.
- Have ready printed bookmarks to paint.

7 Bible Stories

- Psalm 23: 2 He leads me beside quiet waters.
- Isaiah 43: 2 When you pass through the water I will be with you.
- Isaiah 58: 11 You will be a well watered garden.
- Genesis 9: 13 God's covenant with Noah.

8 Ending the Session

Draw out a theme from the Bible such as:

John 4: 10

Jesus answered her " if you knew the gift of God and who it is that asks you for a drink you would have asked him and he would have given you living water"

Water is essential for us to keep fit and healthy. We see or read in the news what happens when people are denied this precious commodity; they become dehydrated and infected and death can and does occur.

The woman at the well came to get her water when other people were not there, because she was rejected by them. But Jesus was there on this occasion, and what a wonderful meeting that was. Jesus not only met her physical need, but her spiritual need too. We are all spiritually thirsty, people often ask what is the meaning of life, not realising their answers are to be found in Christ alone. He is the giver of true life; we all need to come and drink of the water of life that Jesus offers. We should be always thanking Him for this.

9 Finally

What good thing would anyone like to share that God did for them last week?

Next time we shall be looking at **Wells**, bring anything that could contribute.

10 Ask if anyone would like to close in prayer (or leader)

Suggested Materials

- For the display, a carafe of water and some glasses
- Paper, and paints to paint a picture
- Some bookmarks that can be coloured in

Your Notes



WATER

What went well?

[illegible]

What would you do differently?

[illegible]

SESSION 7:

WELLS



WELLS

1 Prepare the room

Put some items on the table as clues to the theme for the session.

2 Welcome section

- A warm welcome to everyone today. (welcome each person by name)
- Opening prayer – giving thanks to God for each person and for His blessing upon this session.
- We all have so much to thank God for. Today I want to thank God for a health and strength.
- At the end of our time together today you might like to thank God for something He has done for you this past week. When we share together it is so encouraging and brings glory to God.
- Sing the group's chosen Hymn.
- Explain our get-together today is going to be about **Wells**.

3 Read / ask someone to read

Isaiah 12: 3.

'With joy you will draw water from the wells of salvation!'

4 Discuss a news item

(It could be a story about charities helping to dig wells in a third world country, or a news item about water shortage in desert places.

5 To Promote Discussion

- Have you ever drunk water from a well?
- What picture pops into your head when you think of wells?
- The 'wishing well tradition'....when you were a child did you like the idea of 'making a wish'.
- Have you always lived where there is a mains water supply?

- What is the difference between a well and a cistern?
- Does anyone remember the rhyme 'Ding dong bell'?

6 Suggested activities

- Watch a DVD about well dressing.
- Play a board game
- Do a craft activity

7 Bible Stories

- **Genesis 24 :11** When Abraham's camels knelt by the well.
- **Genesis 21:19** When God made a well in the valley of Baca for Hagar and her son
- **Jeremiah 38** Jeremiah was lowered into the well
- **Isaiah 49: 10** God, who is compassionate, will guide people to wells of water

8 Ending the Session

Draw out a theme from the Bible such as Isaiah 12: 3

'With joy you will draw water from the wells of salvation'

Water is one of the essentials of life, and wells are an important part of many communities within the world today. Some people may have long, dangerous and difficult journeys to get to a well to draw clean water for their survival.

In this verse we are told that there is a well that all people can go to with joy and drink freely of the life giving and eternal water to receive blessing upon blessings from a well that will never dry out and is free and plentiful. This is all because of God and the eternal salvation He offers us all through His son the Lord Jesus Christ. Are we thirsty? let us go to the well and drink deeply.

There is an anonymous hymn that says...

'I tried the broken cisterns Lord but ah the waters failed

Now none but Christ can satisfy, no other name for me,

There's love and life and lasting joy, Lord Jesus found in Thee.'

9 Finally

What good thing would anyone like to share that God did for them last week?

Remember the good thing to share next session

Next time we will be looking at **Seasons and Weather**, bring with you anything that could contribute!

10 Ask if anyone would like to close in prayer (or leader)

Suggested Materials

Take the appropriate materials for the chosen activity –

- A DVD about well dressing
- Do a craft activity that involves an image of a well

What went well?

[illegible]

What would you do differently?

[illegible]

SESSION 8:

SEASONS AND WEATHER



SEASONS AND WEATHER

1 Prepare the room

Put some items on the table as clues to the theme for the session. Suggestions are an umbrella, a sunhat, a scarf and so on.

2 Welcome section

- A warm welcome to everyone today – (welcome each person by name)
- Opening prayer – giving thanks to God for each person and for His blessing upon this session.
- We all have so much to thank God for. Today I want to thank God for creation and all the wonderful colours and changes we see throughout the year.
- At the end of our time together today you might like to thank God for something He has done for you this past week. When we share together it is so encouraging and brings glory to God.
- Sing the group's chosen Hymn.
- Ask if they can guess from the visual clues what the topic for today's session is (Seasons and Weather).

3 Read / ask someone to read

Genesis 9:13-15

And God said" I have set my rainbow in the clouds, and it will be the sign of the covenant between Me and the earth. Whenever I bring clouds over the earth and the rainbow appears in the clouds, I will remember my covenant between Me and you and all living creatures of every kind. Never again will the waters become a flood to destroy all life."

4 Discuss a news item

Hand around newspaper or magazine clippings and discuss appropriate news item.

5 To Promote Discussion

- Do you have a favourite season?

- What is it that makes this season special for you?
- Have you noticed any changes in the seasons over the years?
- Are there seasons you dislike and why?
- What is your favourite weather?
- What weather do you like least?

6 Suggested activities

- Put the headings 'Spring, Summer, Autumn and Winter' across the flipchart, creating four columns and ask for words about the weather or the seasons, including the appropriate clothing for the season.
- Weather Quiz.
- Word Jumbles.

7 Bible Stories

- **Luke 8:22-25** Jesus calms the storm.
- **Genesis 7 and 8** Noah.
- **Ecclesiastes 3: 1-8** A time for everything

8 Ending the Session

Draw out a these lovely Bible themes:

Ecclesiastes 3:1

'There is a time for everything, and a season for every activity under heaven'.

Our lives have seasons too, some seasons may have been wonderful and enjoyable and others may have been difficult. What are we expecting from this season? Jesus knows us so well, and He has promised never to leave us or forsake us. This is so true for us today no matter which season of our lives we are in.

Proverbs 3: 5-6 says, *'Trust in the Lord with all your heart and lean not on your own understanding, in all your ways acknowledge Him and He shall direct your paths.'*

Be encouraged that even in the Autumn years God has a purpose for your life.

9 Finally

What good thing would anyone like to share that God did for them last week?

10 Ask if anyone would like to close in prayer (or leader)

Suggested Materials

- Put the headings 'Spring Summer Autumn and Winter' across the flipchart, creating four columns and ask for words about the weather or the seasons.

SPRING

- Flowers – tulips, daffodils, snowdrops
- March winds and April showers.
- Leaves start to appear on the trees.
- Desire to be outside as weather improves.
- Wrapping up and going for a walk.
- Lambs being born.
- Hope for good weather
- Plans to make for the summer

SUMMER

- Blue Skies.
- Fluffy white clouds
- Sunshine/warmth.
- Summer clothes, sandals, sun hat's, shorts, sundress, sunglasses.
- Summer holidays.
- Salad and Picnics
- Ice cream./ knickerbocker glory.

AUTUMN

- Nature starts to change her colours.
- Leaves changing colour from green to golds and reds.
- Leaves falling from the trees.
- Farmers harvest the crops.
- See bales of hay in the fields.
- Harvest Festival Services in church
- Scarecrows.
- Dark nights
- Wearing woollies/warmer clothing.

WINTER

- Cold weather.
- Snow.
- Dark nights and mornings.
- Warm clothes, hats scarves and gloves, boots
- Hot chocolate and cocoa.
- Warm pyjamas and dressing gowns.
- Stews and soups.
- Drawing the curtains and shutting out the cold.

Plant seeds/bulbs

- Seeds/Plugs/bulbs
- Small plant pots
- Potting compost
- Plastic trays – enough for each person to work on
- Labels
- Marker pens
- Plastic gloves

Word Jumbles

Druethn	–	thunder
Wons	–	snow
Niar	–	rain
Wossher	–	showers
Twiner	–	winter
Brownai	–	rainbow
Gripsn	–	spring
Reshvat	–	harvest
Niwd	–	wind
Waccerros	–	scarecrow

There may not be time for the weather quiz, but this is available below –

Weather Quiz

Q. The fastest wind ever recorded was in Mount Washington in the USA.

Was it:

- 171 Mph
- 271 Mph
- 371 Mph

(A. 371 in 1934)

Q. The biggest ever snowflake in the world measured –

- 15" across
- 7" across
- 1.5" across.

(A. 15" in Montana USA)

Q. What is the coldest temperature ever recorded?

- -51c
- -89c
- -125c

(A. -89°C)

Q. Where was the coldest temperature recorded?

- Siberia
- Greenland
- Antarctica

(A. Antarctica)

Q. The strongest hurricane happened where in 1988.

- China
- Chilli
- Jamaica.

(A. Jamaica – hurricane Gilbert)

Q. What is the hottest temperature ever recorded in 1922.

- 57c
- 65c
- 75c

(A. 57c)

Q. What is the driest place in all the world?

- Sahara Desert
- Gobi Desert
- Atacama Desert.

(A. Atacama Desert in South America, some parts haven't had rain for 400 years.)

Q. Which place in the world has the highest average temperatures?

- Singapore
- Petra – Jordan
- Dallol – Ethiopia

(A. Dallol – it averages 35°C throughout the year.)

APPENDICES



APPENDIX I

Evaluations of participants' engagement for completion after each session

A PLEASURE

1. Did not appear to have derived any pleasure.
2. Displayed a small amount of pleasure.
3. Showed much pleasure.

D COMMUNICATION

1. Did not converse.
2. Conversed when prompted.
3. Communicated but had difficulty finding the right words.
4. Communicated well.

B PARTICIPATION IN ACTIVITIES

1. Unwilling to participate.
2. Participated with verbal encouragement.
3. Participated well with help.
4. Participated independently.

E MOOD

1. Appeared flat and depressed.
2. Appears agitated/anxious.
3. Appears quiet but contented.
4. Appears to be in a good mood, very happy.

C RESPONSIVENESS

1. Reluctant.
2. Minimal.
3. Partially.
4. Wholly.

F SPIRITUAL RESPONSIVENESS

1. Attentiveness.
2. Engagement.
3. Input.
4. Appreciation.

APPENDIX II

Evaluation Table for Seniors

NAME	ATTENDED	A	B	C	D	E	F

Evaluating and monitoring for session with people with dementia

NAME	ATTENDED	A	B	C	D	E	F

APPENDIX III

FEEDBACK FORM TO SEND TO BSBS TEAM, PILGRIMS' FRIEND SOCIETY

NAME

CHURCH OR ORGANISATION NAME

ADDRESS

EMAIL

TEL NO

MY COMMENTS ARE:

PLEASE CONTINUE ON ANOTHER PAGE IF NECESSARY, AND RETURN TO:

Brain & Soul Boosting Team, Pilgrims' Friend Society, 175 Tower Bridge road, London SE1 2AL

Or email to: **B&SB@pilgrimsfriend.org.uk**

APPENDIX IV

Pilgrims' Friend Society Seminars

TALKS AND SEMINARS:

1. What matters in the end, the best preparations for end of life
2. Dealing with loneliness
3. Addressing depression in older people
4. Making a truly dementia friendly church
5. Dementia – practical and spiritual insights
6. Dementia – the support and help that churches can give
7. Early dementia and the vital circles of support
8. Effectively visiting people with dementia
9. Christians coming alongside caregiving families
10. Empowering and engaging seniors
11. Caregivers – how to care for yourselves
12. Ministering in care homes
13. How to prepare for a great old age
14. Developing your talents and gifting after retirement
15. Empowering older people
16. Caring for elderly parents and other relatives
17. Building communities, a street at a time
18. Christians and retirement
19. Legal issues in old age
20. Old age, a blessing from God
21. Meeting the spiritual needs of older people
22. Brain & Soul Boosting for Seniors

APPENDIX V

'We have so enjoyed being part of this group and look forward to starting up again after the break. It's a super resource to have. Thank you so much for making it available to use.'

'The spiritual content was very gentle, and I feel I could encourage responses more, but it was a lovely atmosphere.'

Feedback from trials

The programme was developed over two years with sessions held with people living independently in their own apartments in a retirement housing complex. (It was not a residential care home.) Most of these sessions were for people with early dementia and mild cognitive impairment, although a small number were held with seniors with no mental impairment.

A trial workbook was sent to people who agreed to try the programme in their own settings. Sessions were held at different locations in England and Wales. At the end of the trial period organisers sent us their assessments and comments, including some of their own ideas, many of which have been included in the final version of the first workbook.

Sessions were held in places as diverse as church halls, church rooms, care homes, a private home, a hospital ward and a hospital day room. Some programmes were run solely for seniors without dementia, and some were for people with dementia, or mild cognitive impairment. Group leaders and helpers included members of different churches, hospital chaplains, sheltered housing managers, and care home activities' coordinators.

The feedback we've received from the trials has been divided into three main sections. The first includes general comments, the second observations for the programme and the third suggestions for the sessions.

Some general feedback

- *'We have so enjoyed being part of this group and look forward to starting up again after the break. It's a super resource to have. Thank you so much for making it available to use.'*
- *'Those who have come have been very positive and have shared how much they have enjoyed being part of the group.'*
- *'One person with dementia seemed not to join in at all, but she seemed to be listening and sat with a big smile; and on one occasion, after we had finished, stayed in her seat and sang the whole of a Christian song.'*
- *'We have experienced what is called 'rementing'. it was such a blessing to us all to see one of our folk suddenly become the Sunday School teacher all over again!'*

- *'The spiritual content was very gentle, and I feel I could encourage responses more, but it was a lovely atmosphere.'*
 - *'I have run cognitive stimulation groups as part of my job in the past and was thrilled to see a 'spiritual' version of that concept.'*
 - *'We feel that the sessions we've been able to offer on our trial ward have been beneficial for our patients.'*
-

Observations on the programme

- *'I have read the notes in the front of the booklet, all of which are absolutely key'.*
- *'The whole introduction and key points section is well worth reading several times and when planning each session. It is a reminder of what the programme is all about and helps focus our thinking. It's good to watch the DVD several times, too.'*
- *'We have stuck to the format and sequence and have seen the benefits of doing so.'*
- *'We have realised that the theme of each session acts as a catalyst and that not everyone will react or interact in the same way.'*
- *'You do need extra hands on board when running a group.'*
- *'You may have to think about arranging lifts for people.'*
- *'We have a drink available for people coming in from their own homes and allow time for socialising before the session begins. Then, because some live alone they like time at the end to chat about the session. It makes the time overall longer, but it's very valuable.'*
- *'Very positive feedback from everyone who came. We were sorry to finish, but hope to start again later.'*

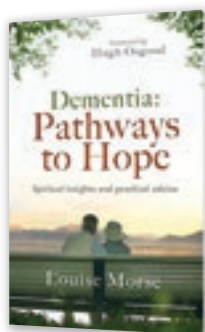
Comments from group participants

- *'Our brains were stimulated by intelligent conversation and company.'*
- *'... makes you think!'*
- *'I liked the themes; they were good.'*
- *'Good to go back over past life and share memories.'*
- *'Gives you permission to talk about things you don't usually think others would be interested in.'*

RECOMMENDED READING



RECOMMENDED READING



Dementia: Pathways to Hope

Louise Morse

Published by Lion Monarch, November 2015, 978-0857216557

'This book contains much helpful information and is enlightening and encouraging: it will help individuals and churches alike.'

Clyde Thomas, Senior Pastor, Victory Church, Cwmbran, South Wales



Could it be Dementia?

Losing your Mind Doesn't Mean Losing your Soul.

Louise Morse and Roger Hitchings

Published by Lion Monarch, 978-0-8254-6170-5

'Poignant, powerful and practical ...'

Lyndon Bowring, Executive Chairman, CARE



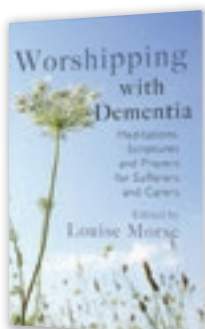
DEMENTIA: Frank and Linda's Story

Louise Morse

Published by Lion Monarch, 978-1-85424-930-2

'Firmly rooted in the sanctity of 'God's image', replete with practical advice and useful links, this is a resource for individual caregivers, health professionals, church families, and all thinking Christians.'

Dr Cameron Swift, consultant physician and Professor of Healthcare of the Elderly



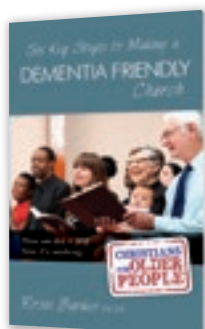
Worshipping with Dementia

Louise Morse

Published by Lion Monarch, 978-1-85424-931-9

Meditations, Scriptures and Prayers for people coping with dementia 'This is so helpful to me and my team visiting our local care homes.'

Team of retired Vicar and colleagues.



Six Key Steps to Making a Dementia Friendly Church

Rosie Barker

Published by the Pilgrims' Friend Society, 9780993-014802



What Matters in the End – End of Life Care

Louise Morse

Published by the Pilgrims' Friend Society 9780993-014895



God's Purpose in our Senior Years – developing usefulness in old age

Louise Morse and Roger Hitchings

Published by the Pilgrims' Friend Society 9780993-014833



Caring for an Elderly Parent

Sarah Jones

Published by the Pilgrims' Friend Society, 9780993—14871



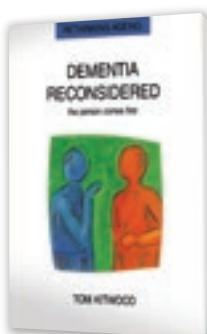
Helping to Put the Pieces Together

An information pack produced by the Pilgrims' Friend Society, with separate inserts on different aspects of dementia.



www.gloriousopportunity.org

With help and information from a professional and personal standpoint, by Dr Jennifer Bute.



Dementia Reconsidered

Tom Kitwood

Published by Open University Press, ISBN 0-335-19855-4

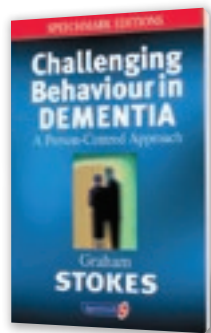


Contented Dementia

Oliver James

Published by Vermillion, ISBN 1407028871

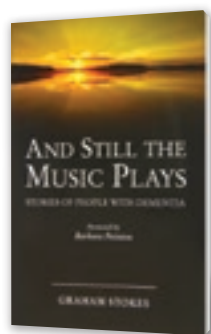
A ground breaking, counter-intuitive approach to caring for people with dementia.



Challenging Behaviour in Dementia: A Person Centred Approach

Graham Stokes

Published by Speechmark Publications, ISBN-13: 978-0863883972



And Still the Music Plays: Stories of People with Dementia

Graham Stokes

Hawker Publications Ltd: ISBN-10: 1874790957



Who will I be when I die?

Christine Bryden

Jessica Kingsley Publishers; ISBN-13: 978-184905312

Christine Bryden was a high flying executive in the Australian Government when diagnosed with dementia at the age of 46. Now in her sixties, she is still writing and giving talks about living with dementia.



Dancing with Dementia: My Story of Living Positively with Dementia

Christine Bryden

Jessica Kingsley Publishers, ASIN: B00CQ8NRUO

An account of Christine Bryden's life with dementia.



PILGRIMS' FRIEND SOCIETY (PFS)

The Pilgrims' Friend Society is a Christian charity with roots as far back as August 1807, when the Aged Pilgrims' Friend Society (APFS) was formed by a group of young believers in Islington, London. 1807 was also the year that the Slave Trade Act received its royal assent, abolishing the slave trade in the British colonies and making it illegal to carry enslaved people in British ships. Convinced of the value of every individual to God, anti-slave campaigner William Wilberforce became APFS' vice president, serving from 1824 until his death in 1835. He was a generous supporter of the work. Other notable Christian friends and benefactors included the Earl of Shaftesbury and the preacher Charles Haddon Spurgeon, who preached sermons on APFS' behalf. In the beginning APFS helped needy older people by giving regular pensions delivered in person, together with spiritual support. When the first financial period closed on March 31st, 1808, the records noted a total expenditure of £5 2s. 9d, and by the close of 1830, APFS had paid out in pensions £7,643.16.0d.

PFS' first housing scheme was built in Camberwell, in 1835. Today PFS has housing and care homes in sixteen different locations in England. It remains firmly rooted in its Christian principles while at the same time is a progressive organisation incorporating best practice. It is an Investor in People in every sense of the word.

PFS shares its experience and knowledge widely, holding training days and conferences and seminars throughout the UK. The aim is to enable and motivate others to support older people in their churches, families, and communities. You can find a list of events on the website www.pilgrimsfriend.org.uk, and you are warmly invited to attend those near you. We also offer publications that continue to receive very appreciative feedback from readers. The Brain and Soul Boosting for Seniors programme comes from this stable of experience and expertise.

Pilgrims' Friend Society

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www.pilgrimsfriend.org.uk