

THE PILGRIMS' . magazine

SUMMER 2018



- Loneliness is far from Godliness P4
- God's Purposes in Later Life: Conference 2018 P6
- Knitting for Health and Pleasure P27





Pilgrims' Friend Society provides care for the Christian elderly and inspires, informs and trains churches that care in the community.



Pilgrim Homes is the charity founded in 1807 that owns the care homes open to Protestant Christians.



Pilgrims' Friend Society is a founder member of www.faithinlaterlife.org.

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'For as in one body we have many members, and the members do not all have the same function, so we, though many, are one body in Christ, and individually members one of another'.

ROMANS 12:4-5 (ESV)

Loneliness is far from Godliness

STEPHEN HAMMERSLEY, CEO, PILGRIMS' FRIEND SOCIETY

God didn't design people to be alone, but loneliness has been described as a "modern epidemic". We are trying to do something about it by providing Christian communities for older people; by resourcing people through the "Faith in Later Life" website; and through seminars at our conferences.

The reality is stark: 2.2 million people over 75 who live alone and 3m older people say that the TV is their main source of company. Science magazine noted that "social relationships, or the relative lack thereof, constitute a major risk factor for health – rivalling the effect of well-established health risk factors such as cigarette smoking". More recently David Halpern, who heads up the Government's Behavioural Insights Team said, *"If you have got someone who loves you, someone you can talk to if you have got a problem, that is a more powerful predictor of whether you will be alive in 10 years' time, more than almost any other factor, certainly more than smoking"*.

Is Pilgrims' Friend Society alone in noticing that here is a problem that God has already addressed? First and foremost, through Jesus we all have the "right to become children of God" – friendship with God and a relationship that persists for eternity is open to all. Secondly, God has designed the church as a community of people of all ages charged with "Loving God with all that we have and loving our neighbours as ourselves".

Brierley Research suggests that there are up to 5m people in church every Sunday in the UK. If only half of us were able to reach out to a lonely older person,



there would be enough befrienders to reach every older person living alone in the UK! Is the Church the only group of people with the motivation and reach to address this epidemic and join up people across the generations to God's glory? We think so!

Pilgrims' Friend Society runs residential care homes and housing schemes for older people – enabling communities of people who love God and love their neighbours. We want to do more of this important work, and we also have a vision of many more older people finding out that they have the Lord Jesus

as *"someone who loves you"* for eternity through a friendship with a Christian who has been inspired and equipped by our magazine, conferences and resources.

We pray that this magazine will inspire and encourage you. Please read it prayerfully, praying for our work and for the people that are featured.

If you don't get the magazine and our other communications delivered to you direct, please visit our website and sign up, or complete and return the reply slip on the inside back cover.

Pilgrim Gardens • Evington, Leicester
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One bedroom flats available for rent.
For more information or to book a tour contact Mandy Smith:
Tel: **0300 303 8455**
Email: pilgrim.gardens@pilgrimsfriend.org.uk
www.pilgrimsfriend.org.uk/pilgrim-gardens
£164.00 per week

¹Genesis 2:18 ²John 1

God's purposes in later life

Society has changed. We now have the largest generation of older people in history, and ageist stereotypes are being challenged by people who are living full, productive lives into their 90s and 100s. Now the emphasis is on encouraging our seniors to use their gifts and talents to benefit their churches and to help others who are disadvantaged, those living with disability and loneliness. So it was encouraging to see All Nations' Centre in Leicester packed on 12th May with people who had come from all over the country to learn more. They were not disappointed. They told us: 'We attended last year's conference and enjoyed it so much we decided to attend again this year. Another excellent day!'

Keynote speaker was evangelist Roger Carswell, whose lively talk stressed that older people should be encouraged to reach others with the Gospel, particularly their grandchildren, and recommended the use of gospel tracts and booklets. Revd Canon Ian Knox spoke about the theology of faith in later life, and gave



ROGER CARSWELL

practical advice on sharing faith with older people.

'Where are God's purposes in dementia?' asked Dr Jennifer Bute, FRCGP, who has been living with dementia for 15 years. 'If we embrace what God has given us, He can do great things,' she said. Dr Bute described having dementia as a 'glorious opportunity', one where, with her medical background, she can help others understand it and live with it better. She is a regular speaker at both secular and Christian events, and her book, 'Dementia from the Inside: A Doctor's Personal Journey of Hope', (written with Louise Morse) will be published in November. Dr Bute also spoke on finding joy and peace in tough places, showing how the Scriptures throw light to help us through all our circumstances, whatever they are.

Hidden ageism in individuals lowers their expectations, explained Louise Morse in her session, 'Empowering and Enabling seniors'. The key was in Proverbs 4:23, which says, 'Above all else, guard your heart, for everything you do flows from it.' (NIV). Louise also examined the causes of loneliness and how churches can help people who feel lonely, beginning with those in our own church fellowships.

We heard from Debs Fidler, who heads a growing community outreach in Manchester, involving five churches with around 50 trained befrienders, and has the support of local police and social services. Most befriender's are retired older people, and her seminar explored a vision of community transformation through their involvement.

In the near future, the older people we encounter will no longer be 'the Sunday School' generation, and we will be reaching a 'Godless generation', explained Revd Roger Hitchings. Revd Hitchings is known for his passion for the Bible, and his love of older people. In his session, 'Re-tired, not retired,' he showed



CONFERENCE DELEGATES



DR JENNIFER BUTE

how keeping active in God's service is a biblical means of enriching later years: that godly activity enhances individuals' spiritual lives.

There was encouragement for carers, with Dr Sarah Jones, a former consultant in medicine for older people who retired early to take care of her husband's elderly mother. She spoke about how believers can encourage others in a caring role.

A focal point of the conference was PFS's Annual Meeting, which was an opportunity for supporters to hear about our work over the past year, and our plans looking ahead. It is always an encouragement for supporters as they hear how God continues to provide for our ministry, often seemingly miraculously.

It's often said that PFS conferences are always more than the sum of their parts! It was certainly true this year where, as well as benefiting from individual sessions, everyone enjoyed others' friendship and fellowship. As one participant said: "All excellent and informative speakers. Also, very good to chat to other delegates. A very inspirational day!"

Questions we are asked about dementia

There are some questions that always seem to be asked at one of our workshops or seminars. Here they are below, together with the answers.

Q: My relative has been diagnosed with Alzheimer's disease – does that mean they will get dementia?

A: Dementia is a set of symptoms (a syndrome) that are caused by physical and chemical changes in the brain. Alzheimer's disease is one of those causes.

Q: Are there ways of preventing dementia?

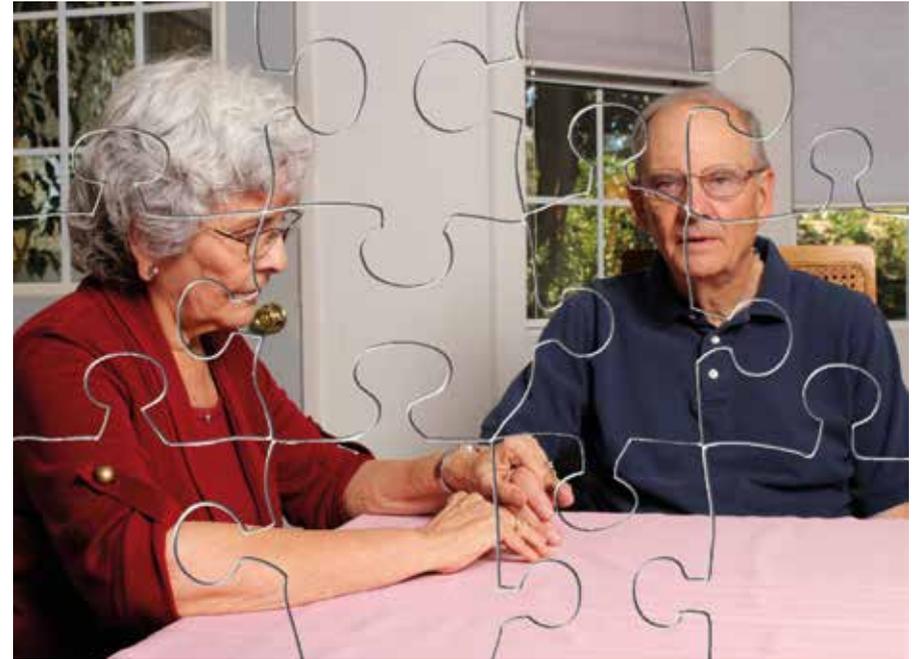
A: A 35-year study called "The Caerphilly Study" showed that having a healthy diet, not smoking, moderate alcohol intake and regular exercise helped prevent or delay the onset of dementia. (Google, Caerphilly Study, BBC for a good report.) Increasingly, the importance of avoiding negative emotions, such as depression and feelings of loneliness is being emphasised. Interacting with others is said to benefit the brain more than any other type of cognitive stimulation. Study after study show that the most important things are laughter (which releases enzymes that reduce stress), exercise, diet, and cognitive stimulation, all within the context of social engagement.

Q: My mother has dementia – does that mean I will too?

A: Studies with identical twins show that our genetic inheritance is not as important as our lifestyles. The science of 'epigenetics' shows that some genes are switched on or off, or even changed, as a result of the way we live.

Q: I have trouble remembering things – could I be developing dementia?

A: The symptoms of dementia include more than memory loss. People can become apathetic, for example. There are psychological and physical factors that affect our ability to remember things. Stress, and depression are common factors. Physical factors can include underlying infections, especially urinary tract infections. Also, reaction to medications can be a cause. Sometimes, in an older person, temporary memory loss can be caused by sensory information overload – for example, struggling to hold a conversation in a noisy place, or trying to do too many things at once.



Q: My relative doesn't remember who I am, and doesn't talk – so what's the point in visiting him?

A: This was answered, movingly, by author Christine Bryden, who has lived with dementia for over 20 years. She said, "If I enjoy your visit, why must I remember it? Why must I remember who you are? Please allow Christ to work

through you. Let me live in the present. If I forget a pleasant memory, it does not mean that it was not important for me." When facts are forgotten, feelings remain, and you take with you your love for your relatives. Even if they don't talk to you, you can sit alongside and talk to them, perhaps going through a magazine, or a newspaper.

Our dementia information pack, 'Helping to Put the Pieces Together' is available through our website, www.pilgrimsfriend.org.uk

Investment in our work

(and good news in and around Chippenham)

It is now 25 years since we built our last new care home. There is now so much more we can do to support older frailer people and their families spiritually, and personally in facilities that are designed



specifically for these purposes. New Homes usually have a community footprint, and this is consistent with our vision to use our schemes to encourage and equip local Christians and their churches who are caring in the community.

We need to invest in our Homes and to fail to do so will mean that they become less attractive to potential residents, less full, and a financial drain leading to inevitable closure. That is why we are prayerfully planning to invest.

The first of these investments will, God willing, be in Chippenham. We have prayed with local supporters and an offer for a site has been accepted. This is a wonderful opportunity to meet our goals for caring for elderly saints in the years to come.

Chippenham is only the first in a programme whereby we plan to open a Home into which our existing residents can move when it's ready. This is challenging on two fronts: we will need to find funds to cover losses pending a

new facility becoming operational; and across all our Homes we need to find around £18m of new capital over a ten-year plus period to make it happen.

At our May Annual Meeting, PFS Chairman Alan Copeman reminded us that when the tabernacle was built in the wilderness Moses was told by God to speak to the children of Israel to tell them to bring offerings to enable the construction of the Tabernacle. There is, therefore, a human responsibility in the Lord's work: to ask; to give; and to rely upon God to give the increase. Please continue to support us as you have over many years past with your prayers and your continued giving. Without your support in so many ways we cannot invest in being the Society we need to be to serve the Lord our God.

Fundraising for the new Home on a bicycle made for two!

Stephen Hammersley, Pilgrims' Friend Society's CEO, is passionate about the potential to partner with churches in Chippenham to provide Christian care through a new residential home, community facility and work with local church volunteers. Stephen rides on the front of the tandem.

Susan is married to Stephen and shares Stephen's anticipation for the new venture in Chippenham. Susan is a Chiropodist by training and rides on the back of the tandem!



Please sponsor us as we tandem to Chippenham

We will be cycling on our tandem from our home in Hertfordshire to the site of our new facility for older people who need Christian care in Chippenham.

The cost of the new Home and the church linked community outreach we hope to support will be in the order of £7m ... so next year we might have to go even further!

To sponsor us go to www.BTMydonate.bt.com and search for "Hammersley" under the "Sponsor a Fundraiser" tab. Gift Aid will be collected automatically, where relevant.

Using our God-given talents for others

BY LOUISE MORSE

'We want more people in later life to take up opportunities to contribute their skills, knowledge and experience to their communities,' says the Centre for Ageing website. Hundreds of charities in the UK are saying the same. The value to the Exchequer of older peoples' voluntary work is worth £billions, and it's been said that if older volunteers withdrew their services many charities would collapse. Our Homes' support groups are mainly older people, sometimes the same age as the residents they are befriending, and our work wouldn't be the same without them. They are worth their weight in gold!

When Christians retire they tend to look for something meaningful to do that's connected with their faith and their church. 'Developing usefulness in old age' is one of our popular seminars. On the same theme, but with a slightly more focused emphasis, I was invited to speak at Spring Harvest on, 'Developing your Giftings in Later Years.' The emphasis is helpful because it points to a key Scripture that is important when it comes to looking for direction, not just in retirement but through our whole lives. It's the Scripture that says, 'For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.' (Ephesians 2:10, NIV). God has 'good works' lined up for us, even before we were born! And sometimes we find that our talent leads us into certain 'works', for example, people who've worked in banking or accounting tend to become church treasurers.



VOLUNTEER GARDENER

God's equipping can often be seen in children when they're young – the boy who is good at building things and taking them apart who becomes an engineer; the nurse who as a little girl wanted a nurse outfit so she could look after her dolls, and I've even heard of a surgeon who used to dismember her dolls when she was small. So when people in these workshops ask for ideas as to what they can do, I ask what they enjoy doing best. Because God doesn't give us talents or gifts that we will not enjoy using.

Here are a few examples of how we've seen this working. Paul, a retired hospital consultant, who always enjoyed cooking for his family has completely revitalised his church café. Assessing the results, he writes, 'New and unexpected people are coming forward to help and to serve. Local unchurched people are seeing a new expression of Church in their community. Churched people are bringing their family and friends. Instead of dwindling numbers we are now almost at full capacity each week.'

Bill was a builder who found himself at a loose end when he retired. He began helping people in his community with little jobs – a leaking tap for example, or a stuck drawer, and found himself sitting having a cup of tea with people and talking naturally about his faith, and some started coming to his church. A lady in her 80s became so deaf she couldn't hear the sermon in church, so she began a prayer sheet



ELIZABETH LOCKWOOD,
SHOTTERMILL HOUSE SUPPORTER

for missionaries, contacting them by email. A man who'd been a 'middle-manager' for years organised a 'Men's Club' in his church, that meets once a fortnight to discuss pre-planned topics. A former teacher holds Brain and Soul Boosting for Seniors' meetings; a lady who loves talking over the phone and is housebound, telephones five other people who she knows are also housebound every morning with a Bible verse and an encouraging chat.

Sometimes it's a passion that leads us. Interviewing one of our Home supporters I was impressed with her love of 'her' residents and the Home. But, she told me, she was normally very quiet and shy. It was just that when it came to Shottermill House, she could 'talk for England!'

The Heart of care

If you were to choose a care home for one of your parents, or for yourself, what would you look for? What would be important to you? We have been looking after other people's parents and older people for over 200 years, and although times and circumstances have changed, human and spiritual needs are still the same.

Residents and relatives tell us what they think about our housing and Homes, but also importantly, there is another organisation that regularly conducts an independent inspection of each one and reports back to us. It's one of the benefits of the reports the Care Quality Commission (CQC) issues after each inspection. Then they put their reports on the CQC website.

Since Christmas seven of our locations have had CQC inspections. They've all been unannounced, and they've all involved individual interviews with our residents and their relatives. Here are some of the things the CQC inspectors were told:

From **Milward House** in Tunbridge Wells, the overriding sentiment was that residents feel 'safe'. A resident summed it up when she said, 'I feel safe... I think it's the atmosphere. My visitors say the same: the atmosphere is as near to home as it can be.' One relative said, 'she's safe here, without question. They make sure she knows where she's going, and even put white tape on the floor to stop her going the wrong way – it's an amazing place.' CQC reported, 'One person told us – 'staff are very caring...

When I hear them coming I think 'which lovely face am I going to see?'"

At **Brighton**, carers' kindly nature was highly spoken of. One relative said, 'you only have to look at my relations face when staff talk to her to know that she likes them.'

CQC noted that **Emmas House** in Yorkshire constantly sought feedback through resident and relative meetings and questionnaires, which included professionals who visited the Home. A relative said, 'I have complete peace of mind that my mother is being well looked after, and I am thankful to the management and staff at Emmas House.' When CQC asked what the good things about the services were, one resident replied, 'the care, the activities, the food hygiene, everything! It's a super place – nothing is too much trouble.'

At **Florence House** in Peterborough, the CQC team only received positive comments, they noted. A resident said, 'I keep my room door open and the staff wave or say hello when they go by. I feel really safe here; staff look after me – they know what I need and like.' Another resident said, 'it's like being part of a large

family. Staff spend time talking to me, and take a real interest in me and my family.'

CQC noted that at **Framland**, in Wantage, there were good communications between staff and residents, and that residents were offered choices. The inspector observed a carer asking a resident if she would like some music today, and on hearing the resident say yes, the carer asked 'what would you like?' The resident then said, 'come on, you know me!'. The carer then put on some classical music, and before moving away checked that the volume was right.

Pilgrim care is the domiciliary care provider at Royd Court in Yorkshire, an independent living complex where people live in their own apartments. CQC noted that staff explained how they maintained people's privacy and dignity, one saying, 'I treat all people here as though they were my grandparents, with the same respect and like a big family.' Individuals receiving domiciliary care said that they were happy to be at Royd Court, and that they were looked after very well. 'One said, 'the carers are nice, kind and helpful.'

Across the inspection criteria, **Bethany Christian Home**, our Home in

Plymouth, was given 'Good' for all categories except one, 'Is the service caring?', and for that the mark was 'Outstanding.' The report goes on to say, 'Exceptional feedback from people and their relatives told us staff were dedicated, caring, kind and went the extra mile. Staff demonstrated compassion for people through their conversations and interactions to make sure they mattered'. 'They did special things which made people feel valued. Feedback about the caring nature and acts of kindness continued to be excellent. People told us their privacy and dignity was promoted and those who were able, were actively involved in making choices and decisions about how they wanted to live their lives.'

CQC reports for these locations also included residents' comments on the importance, for them, of being in a Christian environment, and how the Home supported them in their faith. Across all of our Homes, spiritual support is central to all we do, as well as providing good physical care. Good care comes not from systems or regulations but from the heart, so perhaps the answer to the question asked at the beginning is, 'what's the ethos at the heart, here?'



CONNECTIONS

BY PIPPA CRAMER

One of the largest weekly gatherings for Seniors in the UK, "Connections" welcomes over 150 guests to Holy Trinity Church in Claygate, Surrey.

Started 8 years ago by Pippa Cramer, it's vision is "to create a safe and welcoming community for seniors living in Claygate where they can connect with each other and the church and to provide the opportunity to demonstrate and share the love of Jesus".

To that end, it reaches elderly church and non-church members, many of whom are lonely and isolated, building a community of support and friendship that has also served as a "bridge" into church so that Holy Trinity's 11.15 Sunday service is it's fastest growing congregation.

The church is transformed into café style – fresh coffee and homemade cakes are served around little tables with table cloths and pretty flowers. There are lots of different activity tables and a Christian Thought for the Day.



Connections follows a highly relational evangelistic model to help Seniors experience the love of God. Its 4 core characteristics are:

- **Welcome:** is KEY. People know they matter, they are known. Many are isolated, lonely or bereaved – the welcome and friendship they receive is vital in helping them relax and feel at ease.
- **Listening:** starts where the person is. Someone remembering your recent operation or the anniversary of your husband dying means so much and demonstrates you matter and are valued. Trust is built over time.
- **Generosity:** flows from God's grace for us. From coffee and delicious cakes, all free of course, to the incredible personal support given by the team, Connections seeks to share God's generosity.
- **Prayer:** surrounds and underpins each Connections meeting. Before launch Pippa and others spent many months praying for God's leadership, for the right team and the right way to build community.

Please contact Pippa at pippacramer@holytrinityclaygate.org.uk for any enquiries or further information.

Permission to Smile

Shoppers in the centre of Birmingham on 12th May were intrigued to see a giant ice sculpture with the logo 'permission to smile' inside and a team of 50 encouraging them to be photographed smiling through a 'smile-hole' in the ice.

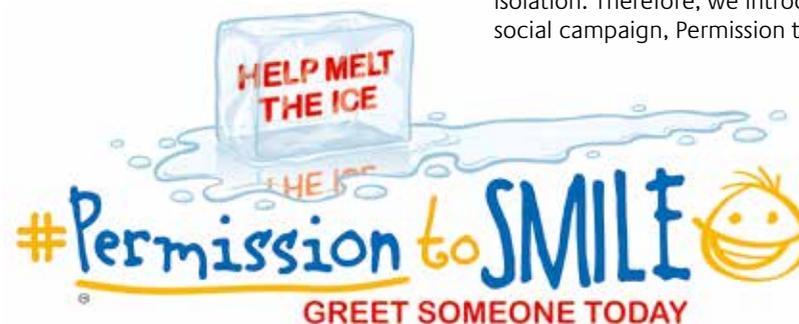
It was the launch of a campaign that offers a new opportunity for Christians and churches to connect with people in their community. It can be to send news or an invitation to a barbecue or a coffee morning, or start a book club or other interest group, or even to arrange to chat with a neighbour.

At the heart of the campaign is an interactive website, permissiontosmile.org. Register, and the map will focus on your postcode, putting a pin in the map, with a quarter-mile radius view. You can click on any other pins visible and start a chat group.

The Permission to Smile website also includes "How-to" downloads on arranging a gathering for different purposes, including older residents, and more. It also includes an innovative on-line 'Meeting Point', based on Google Maps, allowing community-minded people to find each other.

The campaign was started by the Christian directors of charity 'Street Associations', Martin and Gina Graham, who have helped transform areas of Birmingham by bringing together neighbours and forming communities on streets in low income neighbourhoods. It has made a huge difference to the lives of people in these areas, see: www.birmingham.ac.uk/generic/tsrc/documents/tsrc/reports/street-associations-final-evaluation-report-april-2015.pdf

Their experience showed much social isolation was due to a major barrier, that stopped local communities coming together. It had become 'inappropriate' to greet or even smile at people you don't know, and one in eight people didn't know the names of their neighbours. Martin Graham said, 'Our mission is to turn this around, we want to unite communities, encouraging them to get together, and reduce social isolation. Therefore, we introduced the social campaign, Permission to Smile'.



Day of prayer at Bethany

Every business meeting at Pilgrims' Friend Society, whatever the business, begins and ends with prayer, and usually, a Bible reading. Everything, large or small, is committed to God. In addition, a week is set aside each year for prayer that will involve everyone, and all over the country, supporters, relatives and residents, meet in their own homes, in churches, and in our care homes.

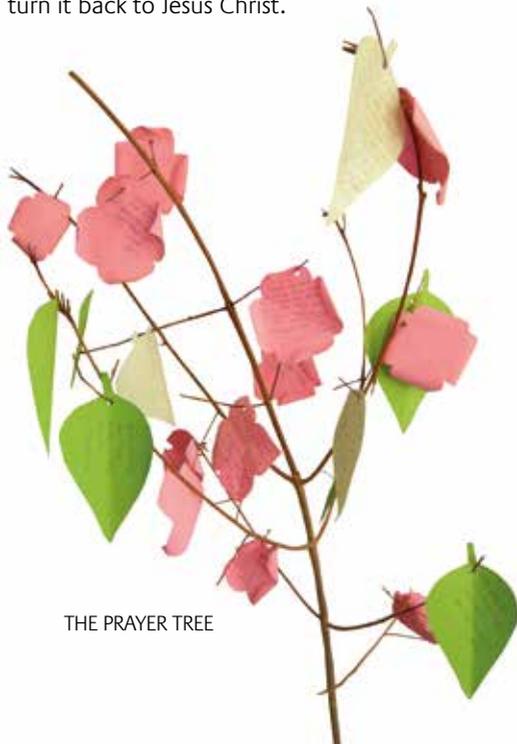
Visitors to the Bethany Home in Plymouth can see that prayer is central here. As soon as you are in the entrance hall, you see the prayer tree on the right. It's a branch taken from a tree in the garden with smaller branches still attached, and tied to them are paper leaves. The leaves hold prayers that include praise as well as petition. A few feet away is a more workmanlike prayer notice board.

Like all our care homes, Bethany feels like a family home. A 'Cake Sale Day' had been arranged by supporters to raise funds and awareness of the home, but it seemed to be more like a family getting together to have a jolly time and chat over a Devon cream tea. And of course, before it began, the most natural thing in the world was a Bible reading and prayer.



MANAGER EMMA HUGHES (2ND FROM RIGHT)

You might think that an older person frail enough to be living in a care home, has a very narrow worldview. But that is not the case: many of our residents are prayer warriors. They pray for the staff, for the Society, for each other, for their families, for missionary work, for their churches, and for the country. At times they are concerned about the state of our nation and pray that God would turn it back to Jesus Christ.



THE PRAYER TREE

Prayer Calendar

JULY 2018 – NOVEMBER 2018



'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.'

Philippians 4:6-7 (NIV)

A Prayer of Thanksgiving

Over the past six months we have been praying for some specific things, as well as for more general things like our Homes, our leadership and our staff. We give thanks to our Lord and Saviour for many blessings and answers to prayers over the period since the last prayer calendar, including:

- The identification and securing of a site in Chippenham on which to build "new Leonora". Praise God!
- For **good** recent inspections by the Care Quality Commission (CQC) at a number of our Homes.
- For the recent opening of new accommodation at Finborough Court.
- For God's leading and guiding as we continue to seek a new site for Brighton, and for Matt Kisler leading our Homes review work.
- For all those encouraged and impacted positively by the conferences and seminars we have held, and for our speaker team- and particularly for a blessed time at our Annual Conference.

How to use this prayer guide

Please go to the weekly calendar and pray for the PFS Homes, Schemes and people listed for prayer on that day. When you pray for a Home, Scheme or person please feel free to use the following to help guide your prayers:

Leadership

- That they will be led by the Lord and always seek Him first
- For a gracious approach and firm resolve to tackling challenging issues
- For the managers of our Homes and Schemes – for wisdom, discernment and energy

Colleagues and volunteers

- Thank God for the people called to work and volunteer with PFS
- Pray that God would prompt more people to come forward to serve
- Pray for encouragement for staff colleagues and volunteers – that they may see Christ in the people they serve (Matthew 25 v 37-39)

Churches

- For strong and fruitful relationships with our Homes/Schemes to be forged
- For relationships to be built with churches in areas where PFS does not have Homes/Schemes
- That our Homes/Schemes may be a beacon showing how to value older saints and support fulfilled living (Psalm 92 v 14)

Kingdom life in our homes

- For people leading devotions – that God would speak to and through them
- For all our volunteers and their ministry of prayer and support
- For managers' godly leadership of their Home/Scheme

Families and Relatives

- Guidance, strength and joy for staff colleagues in our Homes/Schemes as we model an environment where staff (when working) live alongside residents as family members, treating them as such
- Encouragement for relatives and friends
- For carers that you know struggling at home with the physical and emotional demands of caring for a loved one

Most importantly, please pray as the Lord guides you, as we lift up those who live and work in our Homes/Schemes, as well as for our wider employees and our supporters and volunteers, and the Society more generally. For those who have subscribed, we will continue to send out the monthly "Family Prayer" newsletter, as well as the newly added Spring and Autumn prayer newsletters which contain updates and fresh prayer requests. God bless you!

Sundays

Bethany Christian Home, Plymouth – Manager Emma Hughes

Brighton Home – Managers Sue Jones and Bob Hill

The Trustees – that they may guide the Society according to the Lord's leading

For Church leaders you know and their responsibilities for older members

For "Faith in Later Life" – that this will be a powerful initiative that encourages older people, helps reduce loneliness and brings more older people into a transforming knowledge of God's good news of salvation. (www.faithinlaterlife.org)

Mondays

Dorothea Court, Bedford – Manager: Evangelia Olszanski

Emmaus House, Harrogate – Manager: Lesley Harris

For the CEO and the Directors as they lead the work of the Society

For good progress in our search for an appropriate site for our Brighton Home

Praise and thanks for the gift of the Lord Jesus.

Tuesdays

Milward House, Tunbridge Wells – Manager: Ruth Meltz

Pilgrim Gardens, Leicester – Manager: Mandy Smith

Redbourn Missionary Housing – Warden: Sue Pratt

For the Finance team led by Adrian Bray

Churches holding community activities for older people – that they may know the love of Christ

For the HR and Payroll team led by Phil Wainwright.

Wednesdays

Evington Home, Leicester – Managers: Jeanette Davis, Paula Cashmore and Mark Dillamore

Finborough Court, Stowmarket – Managers: Rachel Fishburne, Claire Cates and Sylvia Humm

Pray for the Property Services Team led by Andy Walsh – particularly for planning for our new site in Chippenham

For visiting and befriending schemes that you know of in your community

For families that you know concerned about an older relative – for help in decision making

For everyone at PFS Head Office – that we may be good stewards (effective and efficient); servant leaders and a good support to our Homes and Schemes.

Thursdays

Leonora Home, Chippenham – Managers: Gaie Marshall and Jackie Bridgen

Luff House, Walton on the Naze – Managers: Rosie Ely and Sharon Rowley

For the Operations team led by Maureen Sim, as they lead and support Home/Scheme managers and keep PFS safe and compliant.

For care homes known to you – that they will do well for their residents

For Louise Morse, Janet Jacob and our speakers – that the Lord will bless the church training and conferences that they lead and that He will guide them as they write books and resources.

How churches are befriending older people in the community

One of our most requested workshops is on how to tackle loneliness in the community. Age UK, and MP Frank Field in Parliament have shown how many older people are suffering from loneliness and isolation, even to the point of some starving because they are unable to shop for themselves. Because of cuts to social funding there are aching voids that many are falling through, but the good news is that churches all over the country are helping to bridge those gaps.

Firstly, they are taking the ‘open arms, open doors’ approach, creating events in church that are attractive to older people, with all sorts of activities – craft groups, music sessions, keep fit, and more; ‘pampering’ days and themed ‘holidays at home.’ Research shows that groups that meet for a purpose, rather than for purely social reasons, have stronger beneficial effects, and our ‘Brain & Soul Boosting for Seniors’ sessions are proving to be effective here.



COMMUNITY MEAL, ROMFORD BAPTIST CHURCH

Then there are the ‘befriending’ programmes, where volunteers are trained to help people with deeper needs – perhaps because of an adverse life event. Leaflets are distributed through GPs surgeries and other local agencies. As well as telephoning, volunteers visit people in their own homes. In Manchester, the ‘Silver Cord’ programme receives referrals each week from local agencies, including social services and the police. The organisation ‘Linking Lives’ and ‘Friends of the elderly’ give valuable advice and training.

Churches are also beginning to recognise that people can feel lonely in their own fellowships. Often older people (raised in a more restrictive culture than today’s) are reluctant to begin a conversation, or let their needs be known. After a seminar on tackling this type of loneliness, two of the host church’s senior members organised a programme for its older members, including telephone calls and home visits. Churches are so well placed in their communities for this work, that many tell us if the government funded their work there would be tremendous results, including a reduction in hospital admissions.

Fridays

Florence House, Peterborough – Manager: Jennifer Mercader

Framland, Wantage – Manager: Beth Kneale

For the Engagement Team led by Carl Knightly – as they reach out to our supporters, churches, people at seminars, conferences and exhibitions, and in support of our volunteers who serve faithfully.

For people using “Brain and Soul Boosting” fellowship group resources, that people will find friendship with others and come to know the Lord Jesus.

Saturdays

Royd Court, Mirfield – Manager: Vicki Miller

Pilgrim Care, Mirfield – Manager: Georgina Lansdell

Shottermill House, Haslemere – Managers Vicki Burrows and Marie Brown

For people you know living with dementia and their carers

For people you know leading worship in care home settings

For church fellowships that we have trained, that the Lord will expand their work and bless them

For our Homes Review project – prayerfully considering the best way forward in updating our Homes/ Schemes where needed

That God would work mightily through older people for His glory.



Living and Caring in the light of eternity

As we continue our quest to deliver “Fulfilled Living” for older people living in our Homes and Schemes, let us persist in prayer for the LORD to bring the right people to fill the vacant roles in our Residential Homes and Retirement Schemes.

Please pray also for more Christians to hear the calling to care for the elderly and be drawn to advertisements looking for local staff.

Pray also that those staff who join us will settle into our PFS family and will flourish as they serve the elderly pilgrims living with us. For those who do not yet know the LORD, may their hearts be moved by the presence of the Holy Spirit and the witness of Christians (staff and residents) they work alongside every day.

‘O Lord, I will call upon you; hasten to me! Give ear to my voice when I call to you! Let my prayer be counted as incense before you, and the lifting up of my hands as the evening sacrifice!’ Psalm 141: 1-2 ESV

Ageism is destroying the lives of vulnerable elderly, says Age UK

A report by Age UK, entitled 'Struggling to cope with later life', and published earlier this year found that 'ageism really hurts some older people'. Interviews with older people showed that they believed that people in today's culture do not appreciate or value older people, and have a negative view of ageing. This forms a difficult backdrop to the problems they were experiencing and helped to compound them, intensifying their feelings of hopelessness. Those whose lives have been busy and purposeful can end up feeling that their contributions are long forgotten, and that they do not count for anything, any more.

Around a million and a half over-65's say that life has no meaning for them, and that what happens in their lives is beyond their control. They feel helpless and without hope – common themes in depression.

People interviewed said they struggled to connect to the wider world and cannot be bothered to look after themselves, potentially undermining their health as a result. They lacked hope that life could change for the better, and they were well and truly 'stuck' in the difficult situations they were in, despite in some cases the efforts of others around them – professionals, families and friends – to help.

These feelings are more common among the oldest age groups, affecting

nearly one in five over-85's, and one in 10 aged 55 to 65. Sometimes they had been brought on by a difficult life event, such as a bereavement or redundancy, but for others these feelings had been a lifelong challenge which continued with them into old age.

The report examines the issues in greater depth and includes a list of tips for older people and those around them, on how to avoid getting dragged down as they age and how to change their negative thinking should this happen. Carol Abrahams, Age UK's charity director said that some 'unfortunate few get stuck in a self-destructive rut from which they just cannot escape. Our report reinforces the fact that it is high time ageism was consigned to the past, along with all other forms of discrimination.'



VIEW THROUGH THE LENS OF AN OLDER PERSON

Significantly, the report also adds that 'more resilient older people may be able to strike such negative perceptions off.' Knowing God's view of older people should mean that Christians should be examples of the "more resilient", but this is not always the case. Comments such as, 'I am no use to anyone anymore,' and, 'I do not want to be a burden,' are not at all uncommon.

In 'What's Age Got to Do with It?' (Louise Morse, 2017) there are chapters that explain exactly what ageism is and how it shapes our view of ourselves and limits our expectations. God has a high view of old age (Leviticus 19:32). When He set time in motion He had in mind a purpose specifically for older people. He spends our lifetimes developing us to fill the roles He planned for us even before we were born, (Ephesians 2:10). The

book contains stories of older Christians who are not just 'resilient', but who are living full, joyful lives even in their 90s and 100s. They may have creaky joints and can't run to catch a bus like they used to, but they can give accounts of God's faithfulness throughout the years, and their experiences with Him.

Older volunteers are organisers of lunch and tea clubs, Holiday at Home summer events, craft clubs, dementia cafes and Street Pastors, and more. They are also 'befrienders' in community outreaches. There are opportunities for befriending with organisations such as Age UK, Independent Age and Friends of the Elderly. People over the age of 75 are the 'Sunday School' generation, and there may be ashes of the Gospel message that can be encouraged to glow when befriended by a believer.

Come and see our hummingbirds!

The National Institute of Health studied more than 800 people with dementia in 69 care homes in England from January 2013 until September 2015. People with dementia were randomly chosen to take part in the programme for nine months or continue with their usual treatment. At the end of the period they were assessed for quality of life, level of agitation, and other symptoms.

Study findings showed that just one hour a week of social interaction – that is talking with residents, improved their quality of life, and reduced levels of agitation and aggression.

This hardly comes as a surprise. A growing body of research shows the importance of social interaction for all people, especially those with dementia.

What is surprising is that in some care homes the average amount of time spent with people with dementia was just two minutes a day. Professor Clive Ballard of the University of Exeter medical schools said, “while many care homes are excellent, standards still vary hugely. We must roll out approaches that work to do justice to some of the most vulnerable people in society.”

Had our PFS homes been selected to take part in the trial, researchers would have found that our Hummingbird approach, where people with dementia have frequent social interactions, hugely

benefit both them and their carers. Where residents are contented, carers are better able to do their jobs.

The issue that Professor Ballard hasn't mentioned is that when staff numbers are low, there is little time to spend chatting with residents. Recruitment in the care sector is in crisis, which is one of the reasons that some care providers are trialling humanoid robots in their homes. (Read more on page 28).



ONE OF OUR 'HUMMINGBIRDS'!

Knitting for health and pleasure

It takes hundreds of little stitches to make a garment or blanket, but the finished products bring joy to those who receive them, from granddads in Swindon to babies in orphanages in Romania. Now research is showing that knitting also lowers blood pressure, helps avoid or reduce depression, and even slows the onset of dementia.

So many of their donors told *Knit for Peace*¹ about the benefits that the organisation decided to investigate. The findings led them to conclude that if more people knitted, the NHS would spend less on blood pressure treatments, antidepressants and pain killers, and other medications. Knitting could also be a cheap and effective way to fight a host of age-related conditions, they suggested, adding that it should be taught in schools and that GP's should consider prescribing it.

Knitting can also give a sense of purpose. Irene came into our Bethany Home in Plymouth with a prognosis of only six weeks to live. Although she was weak and confined to bed she



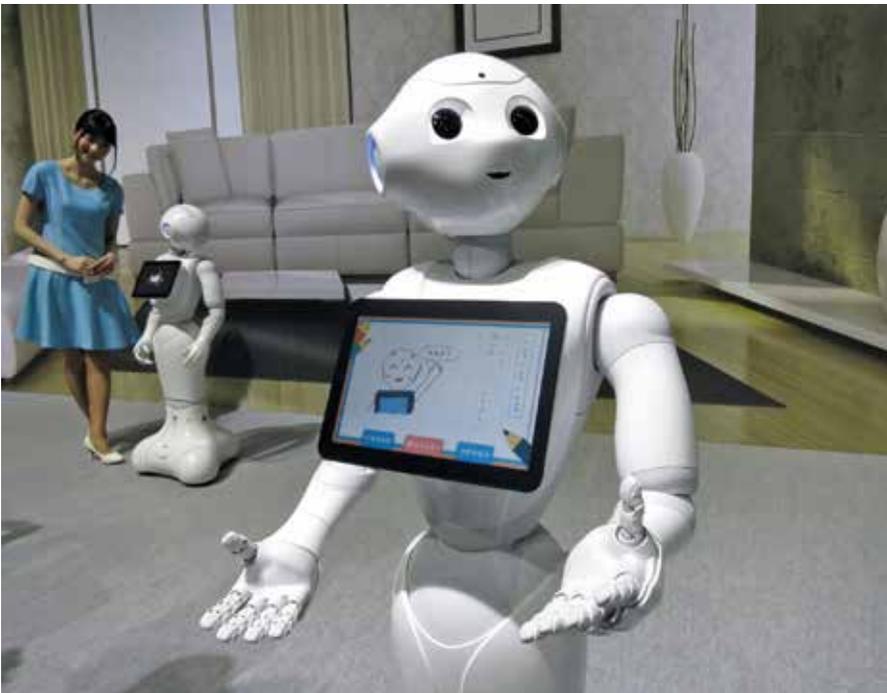
IRENE FROM BETHANY WITH HER KNITTING

would tell everyone that she wanted to find a purpose in her life. Her friend, Heather Brompton, suggested knitting blankets for an orphanage that she helped support in Romania, and brought in some wool and needles. From that moment there was no stopping Irene! As well as blankets for the children in Romania, she knitted 'cakes' and flowers for the homes' 'treasure boxes', and poppies to raise money for the British Legion appeal. No one could resist her invitation to buy a poppy! She was delighted with the 'thank you' letter she received from the British Legion for raising £70, and she loved the photographs Heather took of the blankets being used by the Romanian children.

Irene lived over a year longer than had been expected, and to the very end she had joy in her knitting, and a sense of purpose in her life. Often, it's the little things that make the biggest difference.

Meet Pepper, the humanoid care robot

Meet Pepper. He is 4-foot-tall, weighs 28 kgs and can learn from conversations in both Japanese and English. 'He' is not the correct pronoun to use as Pepper is a robot, the first to be introduced to care homes to help look after elderly residents. His sophisticated software helps him understand 80% of conversations, and even to memorise personality traits, perceive emotions and adapt his behaviour accordingly, even learning and tailoring conversations to the person they are interacting with.



The care-giving robots have been designed by Japanese company SoftBank Robotics. They have already been used in a number of places, including banks, shops and hotels. The company says the humanoid companions have been programmed to recognise the needs of residents, and digital tablets on the robot's chests mean that residents can Skype or call people, watch or listen to something, or be reminded when to take their pills.

The European Union is investing £2.5 million in a trial scheme starting in September. It's said to be designed to take the strain off overburdened carers, family and friends, and is a collaboration between researchers from the University of Bedfordshire and Advinia Health Care, one of the U.K.'s largest healthcare providers.

Dr Chris Papadopoulos, a public health expert at Bedfordshire, said the robots were not designed to replace care workers jobs, but to help an already strained workforce. He said the Peppers could be company for old people 'who would otherwise be by themselves.' They could also streamline processes such as medication delivery, setting reminders, and provide access to technology and entertainment.

The International Federation of Robotics, based in Frankfurt, Germany, forecast sales of professional service robots will grow between 20% and 25% a year by 2020, from about 79,000 last year.ⁱ

Pepper is not the first robot to be tried in a care setting. Paro, a therapeutic baby harp seal robot, has been used by the NHS to help dementia patients.ⁱⁱ And in Japan, a robot called Robear is capable of hoisting people out of bed and into a

chair.ⁱⁱⁱ However, the ethics around using automated technology for emotional support or personal care are still up for debate. Perhaps one of the concerns will always be what happens when there is a fault. Some years ago, our Brighton home had a robot cat that purred and moved when its long, soft fur was stroked, but some residents became distressed when they thought the cat had died when the power ran out because the batteries needed replacing.

When Southend-on-Sea Borough Council bought their first Pepper in October 2017, Sharon Houlden, Director of Adult Social Care said, "I recognise that some staff will be concerned about the implications of a Pepper-like creature. There are caveats around him, or anything like him, doing things like personal care. We're not advocating that he would take the place of any commissioned service we provide.

"We have so much feedback from staff – and it is the national debate around social care – that people cannot do what they came into the profession to do. For me, this is largely where Pepper will come in; he'll be able to do things that will free us up to do more of the direct work – possibly in ways that we can't even visualise yet."

Carol Abrahams, charity director at Age UK said "There's a lot to be said for making smarter use of technology to help people manage health conditions, stay independent for longer and improve the efficiency of back office functions. However, technology should only be introduced in situations where it delivers real benefits. When it comes to caring for older people, there is no substitute for the human touch."

ⁱ www.dailymail.co.uk/sciencetech/article-5726759/Elderly-people-care-homes-kept-company-ROBOTS.html

ⁱⁱ www.theguardian.com/society/2014/jul/08/paro-robot-seal-dementia-patients-nhs-japan

ⁱⁱⁱ www.theguardian.com/technology/2015/feb/27/robear-bear-shaped-nursing-care-robot

Spring at Pilgrim Gardens

See! The winter is past; the rains are over and gone.
The flowers appear on the earth; the time of singing has come.
Song of Songs 2:11-12



A spot of Gardening

**"A splash of colour brings such joy. I can forget my creaky knees as I anticipate the delight of looking at the garden each day."
Jill**



The Easter Choir by Gill & Lesley

The Epworth Singers are a mixed choir of about 20 people from 2 churches. At Pilgrim Gardens we have enjoyed evenings together when they have sung a variety of songs. These are usually appropriate for the season. This year the choir came to us on the Monday of Holy Week and excelled themselves with songs and readings telling the biblical account from the Passover to the Resurrection. Some items had been composed by members of the choir and others were familiar to us and we were able to join in! The evening concluded with refreshments shared by all.



Visit to Ulverscroft Grange, by David

A group of us from Pilgrim Gardens chose the warmest day of the year, thus far, to spend some time at Ulverscroft Grange which is situated in the beautiful, undulating countryside a few miles north of Leicester. There are a number

of facilities which are of interest even to the most physically challenged.

A highlight for me was visiting the large Model Railway Exhibition for the first time – no space to discuss technicalities other than there is a Dedicated Signal box with 210 levers requiring four Operatives when the set-up is at peak use! To prove that this is not exclusively a male domain I observed Irene from Pilgrim Gardens, whose late husband helped to build steam trains, in animated conversation with Anne, another lady in our party!

Another highlight was travelling around the large Ulverscroft Estate in an extended golf-buggy with others from our Group noting many items of interest such as a new Deer Park extension and facilities for school groups and the like with an interesting informal commentary from our driver. This, together with an excellent meal, made for a satisfying day out.

Age no indicator of health

Watchers of the Royal wedding on May 19 will have seen Prince Philip accompany Queen Elizabeth into St George's Chapel. The 96-year-old Prince walked without a stick, despite having had a hip replacement operation six weeks earlier. He wasn't the oldest person to have a hip replaced.

In 2015, 112-year-old Gladys Hooper had the surgery after falling and breaking her hip, earning her and her surgeon a place in the Guinness Book of Records. Mr Jason Millington, a consultant orthopaedic surgeon who performed the operation said: 'Nothing I or my team have done has been significantly different to what we do for any patient with this injury. The only thing that makes this interesting and unique is Mrs Hooper.'ⁱ

He added, 'Age is not a risk but more a marker that the patient is likely to have significant other health problems. As this patient has even made it to the age she has, by definition her health is much better than average.'

A report in Time Healthⁱⁱ says, 'if you're middle-aged or older you're probably at higher risk of developing cancer and heart disease. Beyond 70? You're probably more vulnerable to bone fractures and joint problems.'

The report quotes a new model for assessing ageing proposed by a team at the University of Chicago. The new model includes individuals' mental health, whether they've had a bone fracture and how mobile they are. The team studied 3,000 people aged 57 to 85 years for



more than five years and recorded various physical and mental health characteristics.

Surprisingly, the people in the group that was deemed the healthiest after five years were typically heavier and had higher blood pressure. But they had fewer specific diseases and were mobile, retained their eye sight and hearing, and had good mental health.

And scientists studying 'super-agers', people in their 80s and beyond who have 'young brains' functioning at least as well as 50-year-olds, found that they are not all sports people although they do have an active lifestyle. They seem to have certain common personality traits. They are often big readers. And they usually have healthy relationships and spend time with friends. They are for the most part, known for their optimism, resilience and perseverance.ⁱⁱⁱ

ⁱwww.theguardian.com/uk-news/2015/oct/16/uks-oldest-person-breaks-hip-replacement-record-at-112

ⁱⁱ<http://time.com/4329792/how-healthy-am-i/>

ⁱⁱⁱ<https://learningenglish.voanews.com/a/health-lifestyle-young-brains/4274448.html>

Royd Court opens Friendship Café

BY VICKI MILLER, MANAGER OF ROYD COURT

Last year we were asked to plan our vision for our individual Homes. We felt that Royd Court was operating smoothly, and that it was time to step out a little and to be a service and witness to our community. Last year's prayer week was a focus on loneliness, so our vision was to open a Friendship Café. Our vision is to open to local churches, as well as inviting those who are on our waiting list, and to have a poster advertising the Friendship Cafe, in the Doctor's surgery.

The café will also have others partnering with us to bring information to the people who attend. We have got Parkinson's UK, Age UK and Carer's Count already signed to work with us each month.

The idea is for people to come and have a cuppa and a chat, and whilst here should they have any problems we can signpost them to someone who may be able to help.

We also see this as a place for our residents to be involved in their witness. Phillipians 1:6 says, 'being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.' Our residents may be older in years, but the Lord can still use them and is still using them. He has not finished with them yet. Residents have been invited to come and have a cuppa and chat too, to encourage one another and to be there to talk to new

people coming into the building. We held our first café in April and had 10 visitors from the community, 17 residents, staff and representatives from the organisations were around too. It was very successful, one of our volunteers managed to catch up with a couple they used to live near some time ago, with whom they had lost contact. Many received further information from the organisations to help them on their journey. The local Co-op have agreed to send us volunteers and from time to time some cakes and biscuits. God is so good!



Dates for your Diary

June

Saturday, 23rd June 2.00pm

Fellowship walk for Shottermill House Pilgrims start at Bethel Baptist Church, Upper Hale GU9 0QA Refreshments provided afterwards in the church

July

Saturday 7th July 3.00pm

Strawberry Tea Evington Home, Grocot Road, Evington, Leicester LE5 6AB

Saturday 7th July

Foundations Fellowship Day – PFS / Finborough Court Auxiliary exhibiting
Red House Farm, Fen Lane, Earl Stonham, Stowmarket IP14 5EG

August

Saturday 4th August From 9:30am – 5.00pm approx

Sponsored Walk – Finborough/Luff to Dedham

A joint sponsored walk with starting points either from Finborough Court (Stowmarket) or Luff House (Frinton on Sea), terminating at Dedham (exact location tbc).

*Proceeds in aid of Finborough Court and Luff House.

Further information from Guy James (07798 526320)

*Relay transport system available for those not able to walk the whole distance.

September

Saturday 15th September Starting 10:30am

Sponsored Walk – 5 mile circular in the Wantage area

Details nearer the time from Mr Dave Pepler (01235 766863)

Monday 17th September commencing 7.15pm

Annual Harvest Praise Evening Mickfield Baptist Chapel, Stonham Road, Mickfield, Stowmarket IP14 5LS Speaker – Mark Howson

Saturday 22nd September

Evington Friends Country Walk and BBQ

Details nearer the time from Mrs Dilys Hill (0116 286 4232)

Saturday 29th September 10.00am – 1.00pm

Glossop Church Conference St Luke's Church, Whitfield, Glossop

More details on our website: www.pilgrimsfriend.org.uk

October

Saturday 6th October 10.00am – 4.00pm

Faith in Seniors workshop in partnership with CHIPPs Cost £15

(Churches In Pastoral Partnership)

Toton Methodist Church, Stapleford Lane, Toton, Nottingham NG9 6GA

Saturday 13th October 2.00pm – 4.00pm

Brighton Home – Sale of Work

Bethel Chapel, Wivelsfield, East Sussex RH15 OSJ. Refreshments served

Wednesday 17th October 3.30pm

Annual Thanksgiving Service (Finborough Court)

Rattleden Baptist Chapel, Felsham Road, Bury Saint Edmunds IP30 OSF

Speaker: Colin Grimwood

Saturday, 20 October – 10.00am- 1.00pm

Encouraging and Enabling Older People Conference Admission £10

St. George of Cappadocia, St George's Street, Shrewsbury SY3 8QA

November

Saturday 3rd November Commencing at 9.30am

Autumn Fayre Shottermill House, 14 Liphook Road, Haslemere GU27 1NX

Proceeds for a new PA System to take services into residents room and the small lounge

Saturday 10th November 10.00am

Annual Coffee morning/gift day Charter School, Wood Lane, Chippenham SN15 3EA

Friday 16th November 7.00pm

Quiz Night The Lounge, Pilgrim Gardens, Evington LE5 6AL

Saturday 3rd November 10.00am – 11.30am

Coffee Morning with Crafts & Annual Gift Day (in support of Finborough Court)

Stowmarket Baptist Chapel, Bury Street, Stowmarket IP14 1HF For more information contact Keith Reeve (01449 675443) or Philip Baker (01449 674193)

December

Saturday 1st December 10.30am – 12.30pm

Christmas Fayre Park Hill Evangelical Church, Park Hill, Brighton BN2 0BT

(next to the Brighton Pilgrim Home)

Monday 3rd December starting at 7.15pm

Annual Carol Service Stoke Ash Baptist Church, Chapel Lane, Stoke Ash IP23 7EU

Further information from Keith Reeve (01449 675443)

or Philip Baker (01449 674193)

Friday 14th December 6.30pm

Carol Service Evington Home, Grocot Road, Evington, Leicester LE5 6AB

Think You Could be a PFS Ambassador?



Do you have a heart for older people in your Church and in your community?

Would you like to encourage your church family to pray for older people?

Can you be someone who highlights the resources that Pilgrims' Friend Society provides to inspire and equip churches in their older people ministries?

Sign up by emailing info@pilgrimsfriend.org.uk or by calling **0300 303 8405**, and get a free copy of "When Evangelicals Care" which charts the rich history of Pilgrims' Friend Society.



Response Slip

Thank you for reading this magazine. PLEASE DO SUPPORT US as we have ambitious plans to improve our Homes and equip individuals and churches to help older people.

Yes! I would like to help.

- I would like to pray regularly for PFS. Please add me to the email list to receive the PFS Family News.
- I would like to make a donation.
[Please complete details overleaf, and don't forget to GiftAid it, if eligible].
- I would like to encourage more people to read this magazine and to pray. Please send me extra copies of Pilgrims Magazine, Free of charge.
- I would like more information about volunteering in a PFS Home near me.
- I am interested in hearing more about PFS training and conferences
- I would like to be the contact to receive information from PFS for my Church
- I would like to hear more about leaving a legacy to PFS

'Now He who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness' 2 Corinthians 9:10

Name: _____

Address: _____

Postcode: _____

Telephone: _____

Email: _____

Name of Church (if applicable): _____

Please return this completed form, together with the completed Gift Aid slip overleaf in the pre-paid envelope supplied.

Your details:

Yes I would like to support this ministry to older people:

STANDING ORDER FORM

To: (name of your bank) _____

Bank Address: _____

Sort code: ____ / ____ / ____ Account number:

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Please pay LLOYDS BANK PLC, Law Courts (Sort Code: 30-00-04) for the credit of PILGRIMS' FRIEND SOCIETY (Account Number: 00117405) the sum of £ _____

(write the amount in words below): _____

commencing (date) _____ Year: _____

and thereafter every month/quarter/year (delete as appropriate) until further notice

Signed: _____ Date: _____

I cannot take out a standing order at this time. Please accept the enclosed cheque made payable to "Pilgrims' Friends Society". Please charge my credit/debit card with a one-off gift:

VISA Mastercard Switch With a single payment of £ _____

Amount in words: _____

Card number: _____

Expiry date: _____

Name on the card: _____

GIFT AID DECLARATION

I want to Gift Aid my donation of £ _____ and any donations I make in *giftaid it* the future or have made in the past 4 years to Pilgrims' Friend Society.

I am a UK taxpayer and understand that if I pay less income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I give.

Signed _____ Date _____

Title: Mr/Mrs/Ms/Rev'd/Dr _____

Full name: _____

Address: _____

Postcode: _____

Telephone: _____

Email: _____

Please notify the charity if you change address or no longer pay sufficient tax on income and/or capital gains.

Contact details



BEDFORD

0300 303 1490

dorothea@pilgrimsfriend.org.uk



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LEICESTER

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WANTAGE

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LEICESTER

Pilgrim Gardens

0300 303 8455

pilgrim.gardens@pilgrimsfriend.org.uk

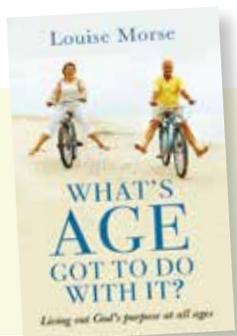


CHRISTIANS FOR OLDER PEOPLE

www.pilgrimsfriend.org.uk

CHRISTIAN RESOURCES

For the Wellbeing Of Older People



What's age got to do with it?

Old age is not a mistake in God's life design. He planned it on purpose. This book looks at that purpose and how to step out of the mindsets that prevent us realising it.

£8.50 (p&p free)

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20 loose leaflets on different aspects of dementia, including diagnosis, caring, managing challenging behaviour and caring for the caregiver – among others.

£8.00 (p&p free)

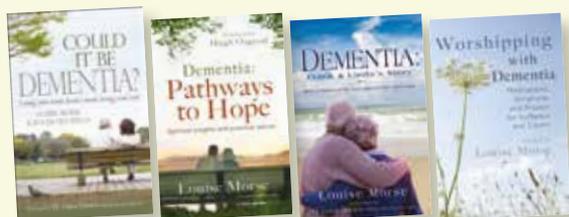
Download FREE the individual fact sheets from this pack at:

www.pilgrimsfriend.org.uk/fact-sheets



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£8.50 each (p&p free)



£20 (p&p free)



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Booklets

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- God's Purpose for our Senior Years
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