

PILGRIMS'
FRIEND
SOCIETY

The Pilgrims' Magazine

Summer 2015

CHRISTIANS
FOR
OLDER
PEOPLE

In this issue:

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Photo: River Great Ouse
at Bedford

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The Pilgrims' Friend Society is the umbrella organisation for the following ...



Christians for Older People is the campaigning wing of the Society.



Pilgrim Havens provides caring homes with a Christian ethos.

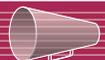


Pilgrim Homes provides caring homes for the Christian elderly.



It's a great blessing when answering questions at talks and conferences not just to be able to answer the question but also be part of the solution. A husband and wife at a conference several weeks ago asked what they could do about the wife's mother calling them several times a night. They were sleepless and exhausted. She would say that she'd been on her own all day and was feeling lonely. Would they come over? She'd forgotten that during the day she'd had several visits from regular carers and friends and neighbours, also that her daughter went straight from work each day, spending most of every evening with her, even though it meant spending less and less time with her husband. The problem was that during the night her mother felt lonely and abandoned, hence the phone calls. The couple were feeling the strain and their relationship was suffering.

VOICE



Tackling the loneliness epidemic

Louise Morse

Night-time disturbances like this can be a tipping point in dementia care. Fortunately, the couple lived in Suffolk and were told about Finborough Court, which was not far from them. There, surrounded by other residents and care staff, and occupied during the day, Ruth's mother would not feel lonely and would be able to sleep at night. The couple would benefit – they'd be able to sleep again and could relax knowing their mother was being lovingly cared for in safe hands. They'd also have more time and energy to develop a richer relationship with Ruth's mother.

Loneliness

We wish we had housing and care homes all over the country, and could help everyone. But for thousands of older people there will be no safety net, and no-one to advise or support them. An Age UK Fact Sheet gives some astonishing statistics, including those showing that for the first time



It may surprise us to know that 88 per cent of the over 65s give their religious affiliation as Christian.

in history, there are 11 million people aged 65 or over in the UK, 3.8 million of whom live alone. There are now officially more people over the age of 65 than under the age of 16.

It may surprise us to know that 88 per cent of the over 65s give their religious affiliation as Christian. But thinking about it, these were the Sunday school generation and they grew up in a country more attuned to Christian values than it is today.

It's estimated that 2.5 million of these solitary older people are suffering from intense loneliness. There are

many reasons, including fragmented and scattered families, and the sad fact that many have simply outlived their family and friends. Austerity measures mean that Councils have closed their day centres and curtailed other activities where they used to meet, though for frailer people in their eighties and beyond, mobility can be a problem and it's difficult to leave home anyway.

It's such an intense loneliness that many pensioners are happy to put themselves at risk. In some regions in the UK police are struggling to introduce "No Cold Calling Zones" because lonely pensioners don't want to put off sales representatives who may be the only person they see for days on end.¹ Every resident on a street needs to agree the no-go area before it can be given the go ahead, and in some areas they can't be given this protection because the older people won't give consent. And within the first six months of its existence, Silverline, a telephone Help Line for the elderly, received over 100,000 calls from those who had no-one else to talk to. Martin Graham, The Christian director of Street Associations, an initiative to restore community a street at a time, tells story after story of people meeting their neighbours for the first time. 'A resident was putting leaflets through letterboxes when the door was opened by an elderly gentleman who hadn't left home for

two years,' he said, 'He was looking after his wife with dementia.' (See <http://www.streetassociations.org/category/news/>).

Solitary living is way off God's grid for human beings. Loneliness and its accompanying depression are both risk factors for dementia. Researchers at Rush University, Chicago, revealed that people with feelings of loneliness are twice as likely to develop Alzheimer's disease.² A 10 year study of the health of 70,000 people, part of the Health Survey of England (a large and ongoing annual survey) confirmed their results and others around the world.³ Participants of the England Survey (average age 55) were free of dementia at the start of the study period in 1994. Of the 10,000 who died, those with the highest mental distress scores, where loneliness and depression ticked high, were more likely to have died from dementia than those who were psychologically healthy. The link was independent of other factors that may raise dementia risk, including smoking, alcohol abuse, or physical ailments like heart disease or diabetes.⁴

God's people know that He designed human beings to live in community in relationship with one another. Many church fellowships are developing community programmes, opening day centres in their buildings, for example, and running clubs for older people. And we know from our talks and conferences that many others would

God's people know that He designed human beings to live in community ...

like to do the same, but don't know where to start. It's a great privilege to share our experience and knowledge.

We're seeing a growing demand for both our publications and talks. It's exciting to see how our 'Enabling Churches' programme is growing, from a small start in 2007 to where it is today, and to know that there is scope for so much more.

We're blessed, too, to hear the difference we've made in the feedback we receive. Our vision is that every evangelical church will be empowered and enabled to give older folk in their community real companionship in the love of Christ.

1 <http://www.telegraph.co.uk/news/uknews/law-and-order/11429360/Lonely-pensioners-dont-want-to-ban-cold-callers.html>

2 <http://www.rush.edu/health-wellness/discover-health/loneliness-and-alzheimers>

3 Tom C. Russ, Mark Hamer, Emmanuel Stramatakis, et al: "Psychological Distress as a Risk Factor for Dementia Death." Archives of Internal Medicine, Vol. 171. No. 20, Nov. 14, 2011.

4 <http://www.alzinfo.org/03/articles/diagnosis-and-causes/anxiety-depression-increase-dementia-risk>

Manifesto for Prayer

Dear Supporter

The vision for our work that we shared with supporters at our annual meeting in May was to develop the work of Pilgrims Friend Society so that the people we help become like trees in the courtyard of God bearing fruit to his glory (after Psalm 92). Older age as a time of fruitfulness with people fully part of God's purposes across all generations, in and outside our homes, is a big vision and would be a daunting prospect if it were not for our sense of God's calling and enabling. There are some parallels with the people of Israel gathered on the banks on the river Jordan nervous about the challenges ahead but comforted by the word of the Lord that told them to get ready together and to be strong and courageous because the Lord is with them.

This magazine picks up on the themes of fruitfulness and challenge. We have written quite a bit about the work of our homes because that is where we "do" the work of caring for people and its where we learn the things that we can share with others who are ministering to the elderly as carers or as part of a church ministry. You will also read quite a bit about the reality of care for the elderly in the UK – the problems of loneliness and dementia amongst others that really do need Christian insight and a response that embraces the spirit as well as the body.

Finally, we need to pray for our nation, its approach to elderly care and our work in our homes, so please do read extra carefully the articles about the day of prayer on 23rd June and the prayer calendar!

With every blessing

Stephen Hammersley
Chief Executive

Go to page 23 for more about Pilgrims' Friend Society's Day of Prayer on 23rd June

Violet Harrison (104 years old), a resident of Emmaus House, has been a Christian since the age of 21 so she has sent up many a prayer over the years, especially for her family. She says she prays a lot for 'anything that comes to mind. When serious things happen in our country I make a special effort to remember them in my prayers.'

Violet's Prayer



'My prayer for this nation is that they would include God in their lives more. I think it has become a godless country with church only on special occasions and not taken seriously. It makes all the difference when you start leaving the Lord out. I pray that they would know the Foursquare Gospel – Saviour, Baptiser with the Holy Spirit, Healer, Soon Coming King. I pray that they would trust and believe in the Lord like I do because he never lets you down, He's always faithful. Bless the Lord'.

Violet was put on a train in the guards van in Peterborough at the age of eight and was sent to live with people she had never met before which was very hard for her. She became a Christian at the age of 21. Someone at Lister's Mill in Bradford where she worked, witnessed to her and invited her to church but she refused. Then one Saturday night she felt compelled to go to an evening meeting and even met another friend on the bus on the



Violet Harrison

way, who tried to persuade her to go to the cinema with her instead. She was determined to go to the church on her own, heard the gospel for the first time and gave her life to the Lord that night. She remembers hymn singing at St Luke's Hospital on the wards every Sunday afternoon. She got married at 26 and went on to have seven children (five girls and two boys).



Cook Shirley in the new kitchen at Bethany

They're getting used to it now, but the main highlight at the **Bethany Home** in Plymouth has been the new kitchen. Manager Emma Hughes enthuses, "It meets all the up-to-date standards; is lovely for our cooks to work in, and looks fabulous!" Work on the new kitchen started in November and it was completed two days ahead of schedule, in December. In the meantime staff coped with a temporary kitchen in the car park. They did brilliantly, said Emma. 'I'd like to say a special 'thank you' to our cooks Shirley and Elaine, and our maintenance officer Brian. Thanks to

Highlights from housing and homes

their hard work, the whole process ran smoothly.' She also mentions Steve Mayo, who managed the work and encouraged everyone in the home to stay calm and carry on. • Residents are also enjoying a new trolley shop, which



The trolley shop at Bethany

was purchased with funds raised by the Bethany Friends Group.

Residents at the **Brighton Home** were delighted when the Trinitarian Bible Society paid their annual visit. Their talks are always well received and residents enjoy buying the books they bring. • In February, more residents than ever took part in the event organised each year by the Home Visitors with poetry and Scripture readings, and singing hymns and favourite songs. • To mark national

Dignity Day for the Elderly on the 1st of February, residents planted flower seeds that will flower in May and June. Each pot was labelled with the owner's name and when blossomed, the tallest one will win a 'green fingers' competition. Manager Sue says to look out for pictures of the winning sun flower and a beautiful flower display in the next magazine!

All of the flats at **Dorothea Court** are occupied now, which is a great blessing, says Manager Deryn van der Tang, as there were a few vacancies for a while. After several weeks of hassle with poorly coordinated suppliers and technicians, the main lift in the central house was fitted with an opening and closing device which makes it easier for residents with zimmer frames and sticks to use it without the door closing on them precipitously. The device has been fitted on all three floors. 'Some



Potting seeds on Dignity Day for the Elderly at Brighton

Bedford Park opposite Dorothea Court



Bill and Mariam Sones – Their marriage may have saved his life!

of the more able residents say it has made it slower,' said Deryn, 'But I tell them that they will be glad of it when they are older and frailer!' There are seven people over ninety at Dorothea at the moment. • Bill and Mariam Sones have settled into married life in their own flat very happily, and in an interesting turn, marrying Mariam may have saved Bill's life. Leaning against his chest one day she told him that his heart beat sounded odd. Although he said he felt fine, his GP referred him to Papplewick Hospital where he had heart surgery. The consultant said his recovery was 'miraculous'.

April at the **Ernest Luff Homes** was like a summer version of the Christmas Carol, 'The First Day of Christmas', with its ladies dancing, maids-a- milking and Lord's a-leaping.

A major refurbishment project was under way and manager Lynn Durrant said, 'At one stage we had workmen pulling carpets up and putting down new ones; carpenters sawing, decorators painting, lift engineers looping pulleys – it was all very hectic!' All the home's residents had to be moved into one half of the building as part of the work programme. 'We're 'holding onto' Lamentations 3:22-24,' said Lynne, "Because of the Lord's great love we are not consumed, for His compassions never fail. They



Lynn Durrant – Manager, Ernest Luff Home

residents and staff enjoyed the onset of Spring, which saw some lovely weather there in Harrogate. There was a varied Easter Programme which included lots of singing, poetry and musical activities, and some Easter lunches, as well as a robust spiritual schedule. The good weather means that the occasional trips to the beautiful nearby Valley Gardens can be resumed. • Monthly pet therapy continues to see Izzy the terrier entertaining everyone in the Home, and brings back fond memories of the pets which residents used to have. • This past half year has seen a number of residents' birthdays, which are always celebrated with some tunes on the piano by Gordon Allatt, Emmaus' manager. Plus, as Administrator Sarah Martin says: "Cake – any excuse for cake!" Well, a birthday wouldn't be a birthday without a sweet treat!

are new every morning: great is your faithfulness O Lord." We look forward to sharing photographs and stories about the successfully completed move in the next issue of the Magazine!

In Yorkshire **Emmaus House**



Emmaus residents enjoying the good weather on the patio

The new tax credit rules are making recruitment difficult at the **Evington Home** in Leicester, thinks Manager Debbie. People will come for interview but are often poorly motivated. One even disappeared during a 'toilet break' and another, who may have been alarmed because her interview was going well, made an excuse to fetch something from her car and drove off.

- Final snagging and refurbishment continues.
- Pastor Paul Clark's wife Lillian went to be with the Lord and he has said how grateful he is for the care she received when she was there, and for the way he was able to stay with her for her final days. He hopes to continue his ministry to other residents at the home.



Bernard Goodwin's birthday cake

baking, though the cake baked and decorated for Bernard Goodwin's 100th birthday celebration seems to be the result of a very experienced cook!

Finborough Court in Suffolk is in a lovely village, which means that the home's residents always enjoy peace and quiet. But to make sure they don't feel too isolated and secluded, staff always try to take them out once a month. "We're very grateful to our local churches like Rattlesden Baptist, who loan us their minibuses," says administrator Claire. Since Christmas, residents have enjoyed visiting the local pub, Wyevale Garden Centre and the Museum of East Anglia in Stowmarket. "We always stop for tea and cake," says Claire, adding: "And a new café will be opening in the village soon, so we're very much looking forward to paying them regular visits!"



Cake decorating at Florence House

Florence House in Peterborough is full and has a waiting list. Manager Jennifer Mercader was pleased to hear from visiting healthcare professionals that Florence House is spoken highly of amongst them. Among activities at the home is cake decorating and

There always seems to be something going on at **Framland**, in Wantage. Friday afternoon prayer meetings continue to be a blessing for residents. Everyone at the home has also enjoyed a visit from a local Male Voice Choir.



The Wantage Rotary Club

Also, the Wantage Rotary Club visited with a full programme of entertainment, including a beautiful slide-show of the countryside and a sing-along which everyone joined in. They rounded the evening off with a traditional Panto, with one of the men playing the 'dame'. There was also the Wantage Silver Band who came to celebrate Ken's 83rd birthday as they've done for the last three years.

Staff and residents at the **Leonora Home** in Chippenham were very happy to welcome new Maintenance Officer Les Fish in March. "We're relieved, as much as anything!" says Manager Gaie Marshall. "In an older building like ours, there's always painting and decorating to be done, or something to fix." As well as the day-to-day upkeep, Les's responsibilities



Les Fish – Maintenance Officer, Leonora Home

include ensuring that the building's Health and Safety standards are maintained. "It's a full time job, and we're very glad to have Les here," said Gaie.

Refurbishment at **Milward House** in Kent has included installing new hand basin units in residents' rooms. Hazel Waite was so enamoured of her unit that she asked others to come in and see it! The Home has also upgraded a couple of rooms with, among other things, new curtains and carpets. Residents have enjoyed talks given by visiting Pastors, and were especially interested to learn about a church charity in Malawi.



New bathroom units in Milward House

Pilgrim Gardens in Leicester now has a waiting list of 33 people who'd like to buy or rent a flat. Post construction snagging jobs continue, which is frustrating for Warden Michelle Hydon. She's also been occupied with the birth of her grandchildren, twins Freddie and Lottie. Do please pray for Michelle and



Michelle Hydon with her new grandson born on 9th January

her family: although now on the road to recovery, Freddie was very ill with septicaemia and Michelle's daughter Catherine (mother to Lottie) suffered severe preeclampsia.

Royd Court's Thanksgiving Service on the 14th March was led by Peter Jacob, Chairman of the Auxiliary, and Mike Lockwood. The main talk was based on Psalm 92: "They will still bear fruit in old age." The resident choir sang beautifully, and the afternoon ended with refreshments. "It was an amazing afternoon giving thanks for the work of PFS, the residents, the staff, the supporters and most of all to our Saviour for Royd Court," says Manager Vicki Miller. • A feature of Royd



Easter themed shelf at Royd Court

flowers, different arrays of ornaments and various collections of owls, dogs or ducks. But she was stopped in her tracks by one themed shelf during Easter week. 'I have never seen a shelf with such a beautiful Easter theme as I did then,' she said, 'It really touched me and I spent a moment thanking God for his Son, and for the residents that had displayed so lovingly the symbols of Easter.' It says a lot for the ethos of Royd Court that residents are free to display Christian symbols at their front door.

Court flats is a small shelf outside each front door, which residents individualise with flowers and little items. During the years at Royd Court Vicki says she has seen wonderful fresh

Much time and effort has been spent refurbishing one of the houses at **Redbourn**, said line manager Martin Wingrave. 'It's a lovely house that we have taken time and effort with,' he said, 'and we plan to do all the properties over the next few years.' The properties are booked well ahead.



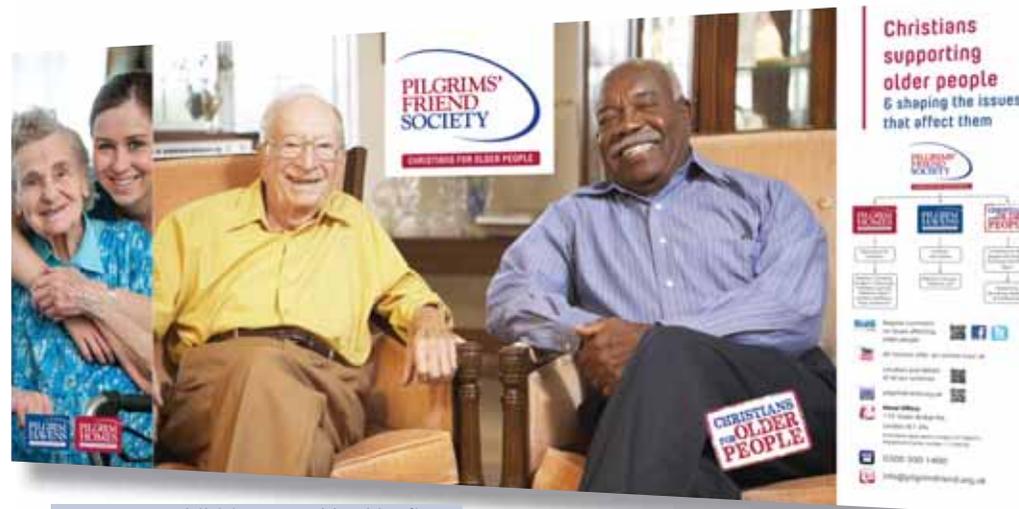
New kitchen and dining room in refurbished house at Redbourn



CEO Stephen Hammersley supports the cake cutting ceremony

It's been a busy time for **Shottermill House**. The annual fund raising Fayre was held on Saturday 18th, and the 25th Anniversary Thanksgiving Service was on 25th April. The main speaker, writer and theologian Brian Edwards spoke on Psalm 91, and supporter Wendy Easterling, Chairman of the Auxiliary gave a talk on the history

of the home, from the vision that first began 40 years ago amongst supporters. Some of Shottermill House's first residents came from the Camberwell home in London which had to be closed down when the neighbourhood became unsafe, and Wendy remembered that they were an 'energetic group', able to live reasonably autonomous lives: a great contrast with today's much frailer residents. Three local Mayors attended the celebration: the Mayor of Waverley, Councillor Liz Wheatley, the Mayor of Haslemere Town Council, Mrs Penny Bradly, and the mayor of Haslemere, Councillor Carol King. PFS Chief Executive Stephen Hammersley gave his support as Cllr Mrs Penny Bradley and Councillor Liz Wheatley cut the celebration cake.



Our new exhibition stand had its first outing at the Annual Thanksgiving Service in May this year

Mini conference for local ministers at Wantage

HOMES Philip Grist

Several years ago, the Wantage Auxiliary together with the Home Support Group (we are now 'Friends of Framland' which includes the former Visitors' Group,) arranged a Monday morning Mini-Conference for Ministers in the area. It was held at Wantage Baptist Church. I recall that 31 turned up and Roger Hitchings gave us much to think about. Last year, I began thinking it was time we called Ministers together again. We fixed a date for Monday morning, 16th March, 2015 and I sent out an initial invitation to Ministers around the area including, in addition to Oxfordshire, some of our near neighbours in North Wilts, the Reading area and Buckinghamshire.

In the New Year further details were emailed. The Mini-Conference would be held at Hanney Chapel commencing at 10.00am and concluding by about 12.30 followed by a light lunch which friends in the Hanney Church would prepare. Then any who wished, a visit to 'Framland' could be arranged (by kind invitation of the Manager). Roger Hitchings was willing to come again and deal with the vital subject of "The local Church's Duty and Privilege of Caring for Elderly Believers".

The outcome of the reminder and details was to take the Mini-Conference along a very different path. I began to receive enquiries from many completely unknown to me who were not Ministers but Church members with pastoral responsibilities for the elderly in their Church. The news had spread presumably via the Ministers and Elders invited. We ended up with approximately 40 people from the areas already mentioned plus the addition of Bedfordshire.

With great skill Roger Hitchings divided the two and half hours up into four sections. I was very aware of the rapt attention being given throughout the whole time. The friends who gathered were obviously very keen to receive instruction and advice as the questions asked clearly showed. Roger's presentation was superb - interesting, relevant and challenging. The friends at Hanney did a great job

in providing a light lunch and our thanks go to them and to the keen support of the Pastor, Mark Fisher and Church. I have since received messages of enthusiastic appreciation.

The Pilgrims' Friend Society has expertise to share that commands attention. It is one of the oldest organisations in the country caring for the elderly and has in the past been supported by people such as William Wilberforce, who was vice president until his death in 1835.

Bedford and Ouse Valley Auxiliary take a Pilgrims' Walk and Talk

Deryn van der Tang

Monday 4th May saw a good crowd of supporters meet at Ampthill Park for a guided walk led by Professor Julian Evans, author of 'God's Trees' and president of the U.K.'s professional forestry body, the Institute of Chartered Foresters and chair of the Forestry Commission's Expert Committee on Forest Science. Professor Evans explained many interesting facts about the trees along the route.

Our experience in Wantage would be to recommend that other Homes should consider arranging Mini-Conferences in their areas. There is something very homely about having a small group of keen and interested fellow believers from the area together. We were also very privileged to have the new Chief Executive Officer, Stephen Hammersley with us. I am personally grateful to him for this encouragement.

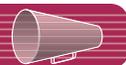


This was followed by refreshments at Flitwick Baptist Church and a wonderful talk on Trees of the Bible where we learn that Zacheus climbed a Sycamore Fig Tree and not a Sycamore (Maple) Tree. It was a tree often used by the shepherds for food and indicated Zacheus' humility in climbing a tree that only poorer people would climb.

This wonderful event was marred by one of our Auxiliary members, Michael Abbott, being seriously injured in an accident on the way to the venue. Michael was a trustee of the Dorothea Board before it came under Pilgrims' Friend Society wing, and is a former Pilgrims' Friend Society and Auxiliary Chairman. Do pray for Michael.

The dementia diagnosis dilemma

VOICE



GPs who don't give early dementia diagnoses should be sued, says the Director of a Dementia Services Development Centre. (Nurse Academic) Professor Andrews is director of Stirling University's Dementia Services Development Centre. She said it was "outrageous" that publicly funded professionals could withhold important information about the health of their patients.¹ It begs the question – withhold information from whom? The Alzheimer's Society's website states that people have the right to know whether or not they have dementia. But they also have a choice as to whether or not they want to know.

Professor Andrews' remarks are part of a debate that is taking place at the moment between our GPs and the Government. The Government and the Alzheimer's Society want more diagnoses, even though they both admit that in many parts of the country there is little care and support for people who have been diagnosed. It's this dearth of after care, together with the fact that medication helps only one in three people, that make GPs hesitant to refer people for early diagnosis to Memory Clinics. They are also concerned about the anxiety older people can feel waiting for months for an appointment, and the effect of a diagnosis when there is no support. One older lady said it was like entering a maze, 'blindfolded.'²

Psychogeriatrician Dr Chris Fox, (University of East Anglia) has warned that sending more patients for referral included a relatively high risk of misdiagnosis, adding that 'it was unfair to cause fear and concern when treatments are not available, the chances of the condition actually progressing are not clear, and when symptoms may never take hold in the patient's lifetime.'

In 2013 GPs were put under pressure to 'discreetly' screen older people, a move that was repudiated by leading medical professionals. Some took the trouble to write to the national press and express their concern. That clearly didn't produce the results



the Government wanted, so late in 2014 the head of the NHS England incentivised GPs by promising £55 for each new diagnosis. The notion of a bounty on the head of patients was so repugnant to the public that the scheme ran for only a few months before it was closed.

Recent reports show that half of those referred to Memory Clinics have been found not to have dementia. This seems to chime with the findings of international studies presented at a meeting of the Alzheimer's Association International Conference in Copenhagen last July that showed the prevalence of dementia is dropping in the UK, and in other developed countries.³

At the time, Dr Doug Brown, Director of Research and Development at Alzheimer's Society said, 'Over the

last decade, the message that what is good for your heart is good for your head has empowered people to reduce their risk of dementia through healthy living. This along with better heart health and education is clearly helping to reduce dementia worldwide.' So numbers are dropping in the UK, and half of those referred by GPs don't have it. Even so, the encouraging numbers don't make it easier for the families and their loved ones who do have to cope with it.

Instead of denigrating GPs, wouldn't it be more appropriate for Professor Andrews to rail against the appalling lack of care and support for people who have already been diagnosed? Knowing that after care is not properly in place makes the push for more diagnoses deeply puzzling, because it raises the question – who benefits



It comes at a time when doctors in England have been given targets to reach in diagnoses of seven different conditions, **including dementia**.

from higher numbers diagnosed? If not the patients and their families, then who?

It comes at a time when doctors in England have been given targets to reach in diagnoses of seven different conditions, including dementia. They are diabetes, atrial fibrillation, coronary heart disease, asthma, chronic obstructive pulmonary disease, dementia, and depression.

Every practice in England has been given a set diagnosis target for each condition, estimated from practice data and the expected regional

prevalence. GP Practices that do not meet the targets will be told that they may be flagged as requiring improvement.

An article in the BMJ says that targets in healthcare always threaten to undermine trust in the doctor-patient relationship. 'The ethical principles are no different if the pressure to diagnose is out of concern for a practice's diagnosis rates rather than for direct financial gain,' wrote GP Dr Martin Brunet, 'NHS England needs to hear a clear message from doctors and patients that setting targets for diagnosis is problematic, unscientific, and unethical. Instead, it needs to trust doctors and their patients to know when to seek a diagnosis.'

Despite raising their concerns about the lack of care and support, clearly GPs are still under pressure to increase diagnoses numbers. Doctors enter the profession because they want to make people better, not fling them into 'a maze blindfolded.' Perhaps it's not surprising to read that many are thinking of leaving and taking early retirement.⁴

1 <http://www.pulsetoday.co.uk/clinical/more-clinical/neurology/gps-should-be-sued-for-late-dementia-diagnoses-says-professor/20009759.article?msgid=50176>

2 <http://www.independent.co.uk/life-style/health-and-families/health-news/dementia-sufferers-are-cut-adrift-after-diagnosis-warning-9577326.html>

3 http://www.alzheimers.org.uk/site/scripts/press_article.php?pressReleaseID=1156

4 <http://www.bbc.co.uk/news/health-31550423>



OUR DAY OF PRAYER

We are praying that the 23rd June will be a significant day for the Society as supporters, staff, residents, trustees and everyone included in the Society recommit all that we do and plan to God. This year we will also pray for our nation; the homes that we care about; and for issues that matter to elderly people. All our housing and homes will be taking part, and all 24 hours of the Day of Prayer will be covered, as head office staff and trustees have made arrangements that ensure we will fill the gaps between the meetings in the housing and homes.

Prayer is one way that we can bear fruit whatever our age (Psalm 92: 14), and it's wonderful that the resources we will use to guide our prayers this year were compiled after consulting with residents and occupants. It really matters that we listen, and learn about prayer from people whose lives are a testimony to God's faithfulness and sovereignty. I'm particularly grateful to Violet Harrison for taking the time to

share her thoughts with us. (See page 8) We hope that you will pray with us on the 23rd wherever you are, and as we do say let's not be afraid of silence as we wait for the Holy Spirit to prompt our prayers. Let's join Violet in praying for our nation: that people would trust and believe in the Lord like I do because He never lets you down, He's always faithful.'

Be creative in your praying. If you can't 'make music' and find a 'ten stringed lyre' or 'make the melody of the harp' as Psalm 92 suggests, why not:

- *Read scripture (our residents recommend Psalm 102 'Hear my prayer, O Lord ...')*
- *Meditate on well-known hymns (or sing them)*
- *Share testimonies – recent or reflecting God's faithfulness over many years.*
- *Record and feedback what you felt that God was saying to you through your prayer time so that we can all rejoice and benefit subsequently*

The Prayer Calendar enclosed with this magazine contains more details. Let us pray humbly but boldly after 1 John 5:13-15.

Quiz Night at Wantage

NEWS 



'A very good event and worth doing again next year,' ... was the verdict after Wantage Auxiliary's Quiz Night at Hanney Chapel on Saturday March 7th. Supporters and families of Framland were bombarded with rounds of questions compiled by Auxiliary members ranging across catchphrases, music, cars, flags of the world and chocolate. (Infinite scope with chocolate!) No-one went hungry, either; jacket potatoes and fillings, plus desert were included in the ticket price. A friendly, companionable night with healthy brain stimulation that raised £232.50.

Whenever you purchase ANYTHING through the internet, you can raise money for us and it won't cost you a single penny.

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Bring up the website easyfundraising.org.uk
It's so easy.

Then go to any of the retailers.

All the usual high street stores are there – Amazon, John Lewis, eBay, Argos, M&S, Next ... **they're all there!**

You can even let the website set a reminder on your internet access, which makes it easier each time you shop.

A few years ago a supporter purchased an entire new kitchen this way, raising nearly £300 for our funds. She was so pleased with it she went on to purchase an entire new set of cookware, too!

Every little really does help!



**Choose Pilgrim Homes,
as the charity of your choice.**

HOMES 

Miracle at Evington

For an artist, pictures are an important part of life. For former art teacher and book illustrator Tony Berkley, they have also been his way of life. His room in the Evington Home is filled with his art and family photographs, including some of the Ladybird book covers he illustrated.



In pride of place is a picture of a special day that Tony and his wife Sue thought that he would never see. It's a photograph of Tony and his daughter on her wedding day. They are smiling with delight into each other's eyes; Lucy a radiant bride and Tony a handsome father. Yet it was an event that no-one thought he would be able to attend.

Tony has Lewy Body Dementia, and is in the Evington home after an eight year struggle to get a diagnosis. When a neurologist finally gave them a diagnosis he added that Tony only had a few months to live. Sue was advised to find a good nursing home. She said, 'He was dying. He was doubly incontinent, in a wheelchair and had



Sue and Tony Berkley

been given three months to live. That was five years ago.'

Since coming to the Evington home Tony has improved so much that Sue says people think she is making it up when she tells them about the 'before' and the 'now'. 'He'd stopped painting,

but he's an artist, all these are Tony's works,' she says, waving a hand around his room.

His daughter had given up hope of him being able to attend her wedding. But Sue said, 'Only in here they said, let's go for it, let's try it. It wasn't local, it was in York and I'd obviously gone to try and sort things out. I couldn't get him dressed – carers had to do it here. One of the staff came in extra early and then discovered that his shirt wouldn't button so they had to move the buttons.'

Sue says that the support they both receive at Evington makes a huge difference in their lives. 'There's this daily role of prayerfulness and singing in Tony's life these days,' she says, 'Without the power of the Lord and prayer I am sure that he would not be alive today.'

Update on Dementia & Issues of Old Age Conference

20th June, 2015,
10.00 am – 4.00 pm

South Sheffield Evangelical Church,
Greenhill Parkway
Sheffield, South Yorkshire S8 7JP



Sessions:

- Early Dementia and Essential Circles of Support
- Using Your Gifts and Equipping in Old Age
- Dementia – Spiritual Support and Challenging Behaviour
- Legal Issues in Old Age
- Q&A Panel

Book a place at our NEW web site – pilgrimsfriend.org.uk

NEWS



Like many people working for the Society, Janet Jacob goes back a long way. She was assistant manager at Brackloon House in Seaham, County Durham, when it became part of the Society, and still has a copy of a 1998 Quarterly Magazine with a front cover photograph of herself with resident Polly Dance when they were attending the AGM in Wakefield, West Yorkshire. Just looking at the magazine highlighted the contrast between the conditions then and now. At 65, Polly was one of the home's youngest residents. She had come in because she had grown too afraid to live in her ground floor flat in an increasingly rowdy district where children would bang on her windows and shout. Janet remembers that obtaining Council funding for her was easy. 'That's how it was in those days!' In the same magazine was a recruitment advertisement for a home manager for the Bristol home and, to her surprise, Janet was offered the job.

The annual thanksgiving service – a day of joy and hope



Chief Executive, Stephen Hammersley

Watch Stephen's
talk at
[www.youtube.com/
watch?v=EtRyEQqm70](http://www.youtube.com/watch?v=EtRyEQqm70)
or scan



This year's meeting was the 12th for Janet in her role as national exhibitions organiser and conference speaker, where she was on our stand with our exhibition display and materials. It's a good vantage point – so how does she see this year's meeting compared to all the others?

'It's completely different to how it used to be,' she said. 'We used to be members, and voted on different issues. We were shown charts and graphs with financial statements,



was so encouraging for supporters to hear. It brought us hope!

'Our Chief Executive, Stephen Hammersley, outlined the Church Enabling programme, which we've seen growing over the past years. While he stressed that our core business is the housing and care homes, in explaining how we are extending our ministry by sharing our knowledge and experience, I felt he was giving us a wider horizon. It was a vision of hope.

'The presentations were very different – the content was given in a much more aspirational way. Yes – there are needs to be met and difficulties to overcome, but we were encouraged to hear how God is upholding the society and that He is with us. We had that sense that all is well. It felt more like a Thanksgiving Service than an Annual General Meeting. You could sense there was a buzz about the place. And the minister of Knighton Evangelical Free Church, Andy Upton, spoke well on the sovereignty of God. He said that God is so mighty. He really stressed the power of our God and how He is not limited.

'What came over is that there is a heart for the work, and that the work is important. I came away feeling that it was a day of joy and hope; that the work is in safe hands. The whole day felt God ordained.'

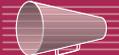
The 2016 ATS will be in Harrogate with Tim Chester speaking.

sometimes even for individual homes.

'I felt that this year's had a very different feel about it. We heard all the issues, the underfunding and the needs, but we didn't feel weighed down by it. Maureen's presentation (Director of Operations) included stories of residents in the homes, and they were such good news stories! You could feel the joy of everyone hearing them. It was a balanced account; the cost of a bed at £600 and meeting material needs. We know the staff do a fantastic job and go many extra miles, but it was so good for supporters to be informed.

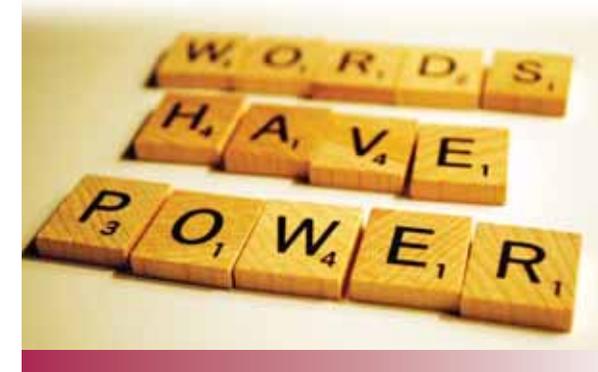
'The Honorary Treasurer's financial report was different this year, too. What Alan [Hare] said was easily understood by people who weren't financial, and I thought that was great! He ended by telling us about a legacy of £600,000 that had had a huge impact on the deficit, and I felt that

The power of words may ward off dementia

VOICE 

If one of your school memories is of being in detention and having to write out pages of the dictionary, then your teachers may have been doing you more good than you thought. For research at the University of Santiago de Compostela shows that having a wide vocabulary is one of the factors that build resilience in the brain by enlarging its 'cognitive reserve', a term used to describe how the brain compensates for the loss of functions through frailty or injury or disease, such as dementia.

The research team chose a sample of 326 subjects over the age of 50, including 222 healthy individuals and 104 with mild cognitive impairment. They then measured their levels of vocabulary, along with other measures such as their years of schooling, the complexity of their jobs and their reading habits.



The results revealed a greater prevalence of mild cognitive impairment in participants who achieved a lower vocabulary level score. "This led us to the conclusion that a higher level of vocabulary, as a measure of cognitive reserve, can protect against cognitive impairment," the team leader concluded.

It mirrors a similar finding in a study led by Dr David Snowdon at the University of Minnesota that began in 1986.¹ Nearly 700 retired nuns living in a retirement facility took part over a number of years. They were ideal for scientific study because their stable, relatively similar lives precluded a number of factors that could contribute to illness. Their genes were

analysed and over a 15 year period they were tested on a range of physical and mental exercises, such as their strength and ability to balance, how many words they could remember minutes after reading them on flashcards, how many animals they could name in a minute and whether they could count coins correctly. The autobiographical essays they wrote for their order in their 20s, when they took their vows, were scrutinized, and their words plumbed for meaning.

After they died, their brains were autopsied. One of the findings was that early language ability may be

linked to lower risk of Alzheimer's because nuns who packed more ideas into the sentences of their early autobiographies were less likely to get Alzheimer's disease six decades later. Also, those nuns who expressed more positive emotions in their autobiographies lived significantly longer than those expressing fewer positive emotions.

So, reading a book that engenders positive emotions seems to be a good idea – and what better than the Book whose words are 'active and living!' (Hebrews 4:12).

¹ <http://www.ncbi.nlm.nih.gov/pubmed/23919768>

'Health Secretary Jeremy Hunt's eyes start watering as he talks about the "terrible" treatment that some elderly people in Britain are still forced to endure in care homes, began an article in the Telegraph.¹ What a strange thing to say. He knows perfectly well that the majority of care homes give excellent care, despite the fact that most are paid well below the cost of care by their Councils.

Shouldn't Mr Hunt's eyes be watering about the sharp rise in deaths of people aged 65 and over, particularly 80 year olds? Life expectancy was rising for this age group until 2013, then instead of being a positive figure of 6 years 42 weeks for a woman aged 85, it's now a negative figure of minus ten weeks.

Professor John Ashton, of the UK Faculty of Public Health, perhaps thinking of the baby boomer generation, says it might be down to the change in women's life styles, with more smoking and drinking, but none of the baby boomers have reached the age of 80 yet. He is more likely to be right when he says it could be because of cutbacks in social care, which had been 'hammered' in recent years. There is not enough help for the frail and vulnerable, because of the failure of successive governments to grasp the nettle, he stated.

Unexpected elderly deaths the canary in the coal mine, says Age UK

VOICE 



Caroline Abrahams of Age UK is more direct. 'It's like the canary in the coal mine,' she said, 'Telling us something has changed for the worse. The most likely culprit is the rapid decline of state-funded social care, which is leaving hundreds of thousands of older people to struggle on alone at home without any help.'² Speaking with Julie, a carer in a home in South Wales about how every day is a battle to simply get through the day for these folk, she said sadly, 'But they won't pay for them to come to us.'

Helping to raise funds for us by donating goods for auction.



Ruth Sowton, our auctions' co-ordinator asks that you remember that you can help us by donating items to sell through Northwood Missionary Auctions (NMA).

Although the auctions are no longer held in Northwood, NMA use several commercial auction houses who have very kindly offered to waive their commission charges.

If you have anything you think might be auctionable, please ring **Ruth Sowton on 01403 701944** for advice. No bric-a-brac please!

If it's because of cuts in social care funding, that **does not make Britain a safe country for them** – or for us, because the likelihood is that we will all be old one day.

Mr Hunt referred to 'people sitting in a semi-circle' in care homes as a bad thing. But I asked one of our care home managers about this some years ago. She said that older people preferred this seating arrangement because they can see everything that's going on in the room. Also, people

with dementia find it startling to be approached by anybody from behind them, that they can't see coming, and can hit out to defend themselves. It's easy to project our own preferences on to other people, not understanding that their preferences may be different. But it's not easy to ignore the fact that older people are suddenly, and unexpectedly dying. If it's because of cuts in social care funding that does not make Britain a safe country for them – or for us, because the likelihood is that we will all be old one day.

1 <http://www.telegraph.co.uk/news/health/news/11529082/Jeremy-Hunt-interview-Some-dementia-patients-still-suffer-horrific-conditions.html>

2 Daily Mail, Daniel Martin, Tuesday, April 7, 2005

A national newspaper has revealed that hospital security guards are being used to restrain disturbed dementia in NHS hospitals. Under the Freedom of Information Act the newspaper surveyed all 160 NHS Trusts, and found only four that banned security from restraining patients under any circumstances. Forty-two hospitals admitted using security staff to deal with patients and 17 admitted calling security to control those with dementia.¹

There were 5,722 restraint incidents in two years across the 42 hospitals, 320 of which were recorded as being dementia patients. It could be more, as such incidents were often grouped under 'mental health'.

Being in hospital can be disorientating and upsetting at the best of times, but for people with dementia who struggle to understand what is happening and have difficulty making themselves understood it can be terrifying. Janet Jacob, former psychogeriatric nurse and care home manager said, 'It must really be horrendous for some of them, not knowing where they are, perhaps, and with strangers all around them. They must feel very unsafe. The key to caring for a person with dementia is to know as much as you can about

Hospital security guards called to restrain dementia patients



them, and be able to understand what they are trying to tell you, as well as knowing what triggers their behaviour. Aggression is sometimes the only way a person can express their fear or frustration.'

Communication breakdown

The Chief Executive of Dementia UK, Hilda Hayo, said that violence could erupt when communication has broken down, and ward staff hadn't been trained to understand the person's needs and how they are being

Dementia & Issues of Old Age Conference

How we can make a difference

Immanuel Church,
120 Southbourne Rd,
Southbourne, BH6 3QJ
Saturday 27th June 2015
9.30 am – 3.30 pm

- God's purpose for old age
- Coming alongside people with dementia
- Brain and Soul Boosting for Seniors
- Ministry in Care Homes
- Caring for the caregiver

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expressed. Care minister Paul Burstow said: 'If the distress and confusion often associated with dementia is routinely managed through physical restraint rather than skilled care that is completely unacceptable.'

Five years ago there was an outcry against the use of major tranquilizers to calm dementia patients. They were called a 'chemical cosh' and research had shown that their use could lead to patients' early death. But psychiatrist Max Pemberton pointed out at the time that people with dementia who became paranoid or very distressed can get great relief from small doses of antipsychotic medicine. He added, 'Doctors don't prescribe antipsychotic medication because they want to; they do it because they have to. They are used because they sedate the patient and the alternative – specialist care – is too costly and therefore not readily available.'²

Swift decline

Even if not violent and needing restraint, it's known that people with dementia decline very swiftly on a hospital ward. Gloria, (name changed) a resident at Royd Court needed to go to hospital to investigate the causes of a physical change. Care Manager Georgina Lansdell visited her regularly, and was dismayed that, after a couple of weeks Gloria, who'd been very 'tottery', stopped walking altogether. She also stopped talking and eating.

Investigations concluded, Georgina insisted that Gloria came back to her own home. The Consultant said she was about to commit her to an EMI (elderly mentally infirm) ward, but Georgina insisted she should come back home. After a few weeks back in her own home and in her own bed, with loving care and the spiritual input she'd missed, she began to speak and to eat again, though her ability to walk never recovered. Her special delight is to be taken in her special chair down to daily devotions in the big lounge, with the others.

It would be interesting to know whether dementia patients would rather receive a small dose of anti-psychotic to give them peace or be restrained by a security guard. It's not possible to ask them. But what we do know is that this kind of distressing behaviour is rare in our care homes, where staff receive specialist training, and people with dementia receive the loving care and personal attention that helps them.

1 <http://www.dailymail.co.uk/news/article-3067967/The-hospitals-employ-security-guards-restrain-dementia-patients-Untrained-staff-called-three-times-week.html#ixzz3ZGi4x512>

2 <http://www.telegraph.co.uk/news/health/8093523/The-dangers-of-cutting-the-chemical-cosh.html>

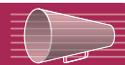
A couple in their sixties wrote to the financial advisor of a national newspaper and asked if they could give their house to their adult children without them incurring tax charges, and if they did sign it over now and found they needed resident care in the future, would the house be taken into account by the Council when assessing their ability to pay?

'Reading between the lines,' said the expert, 'it seems you want to know whether your family can escape future care bills by giving away your home now, while you are healthy.' He outlined several possibilities for the couple but concluded, 'I would advise against planning to rely on local authority care funding.'

It was sound advice. People like us, who work in the care sector are often surprised at how little people at large know about the state of care funding in the UK, despite the steady stream of stories in the press of people desperate for care but who can't obtain funding for it. Age UK estimate that 900,000 older people are in this situation and are facing 'catastrophe'. And it doesn't look like getting any better for the foreseeable future. The Association of Directors of Adult Social Care Services (ADASS) published a 'State of the Nation' report examining the implications of the Care Act 2014.

'Can we give our house to our children to avoid care bills?'

VOICE



'The scale of reductions in spending and provision are almost certainly without precedent in the history of adult social care', and Richard Hawkes, Chair of the Care and Support Alliance and Chief Executive of Scope said, 'Every day Care and Support Alliance members hear from disabled people, older people and their carers about people not getting the care and support they need.'

Some families have put their savings and houses into Trusts, to avoid having to pay for residential care. A few years ago the NHS challenged such an arrangement, but was not successful. Others have said they are determined to spend all their savings. They seem to be completely unaware that the funding gap means that they will be unable to obtain funding to pay for their care, should they need it.



Dates for your Diary

JUNE

13 June

'Toys, Models and Collectables Exhibition' (with Wood-Turning & refreshment stalls and BBQ). Horsham Baptist Church (10.00am)

20 June

Fellowship Walk starting from Chilworth Free Church at 2.00pm returning for refreshments at about 5.00pm. Everyone welcome to come and enjoy a lovely walk in the beautiful Surrey countryside. (Wey Valley Auxiliary)

Pilgrims' Friend Society Church Conference: Update on Dementia and Issues of Old Age. South Sheffield Evangelical Church, Greenhill Parkway, Sheffield, S8 7JP. 10.00am – 4.00pm. Free.

23 June

Pilgrims' Friend Society Prayer Day

27 June

Pilgrims' Friend Society Church Conference: Dementia & Issues of Old Age – How We Can Make a Difference. Immanuel Church, 120 Southbourne Road, Southbourne, BH6 3QJ. 10.00am – 3.30pm.

27 June

Framland Garden Party. All Welcome.

JULY

11 July

Strawberry Tea, Dorothea Court, 3.00pm. Organised by Friends of Dorothea and Supporters. All welcome.

13 July

"Songs of Praise" with Fressingfield Baptist Church, Finborough Court, 7.15pm. Speaker Pastor Paul Lintott (Fressingfield Baptist Church)

SEPTEMBER

12 September

Sponsored Walk approx 5.5 mile circular walk in the Wantage area (full details to be confirmed). Organised by Wantage Auxiliary.

19th September

Sponsored Walk and BBQ starting at 1.45pm. Organised jointly between Coventry and Warwickshire Auxiliary and Friends of Evington Home. Contact Bryan Jarvis 01789 840655



26 September

Pilgrims' Friend Society Church Conference: Issues of Old Age, Godalming Baptist Church, Goldalming, Surrey.

29 September

East of England PFS Local Meeting, Prettygate Baptist Church, Colchester. 10.30am – 1.00pm

OCTOBER

15 October

'Annual Thanksgiving Service', Finborough Court, 7.15pm. Speaker: Pastor Stephen Nowak (Stowmarket Baptist Church).

31 October

Weald Home & Gift Fayre, Crowborough Community Centre. 11.00am onwards

NOVEMBER

25 November

Central England Local Meeting, Park Road Baptist Church, Peterborough. 11.00am – 12.30pm

DECEMBER

5 December

Christmas Fayre 10.00 am - 12 noon at the Framland Pilgrim Home, Wantage.

7 December

Finborough Court "Carol Service". All welcome.

11 December

Christmas Coffee Morning, 10.00 am -12 noon at 23 Hillson Close, Marston Moretaine, Bedford MK43 0QN. (Bedford & Ouse Valley Aux)

The Pilgrims' Magazine is published by the Pilgrims' Friend Society twice each year. It is available free of charge to all supporters of the Society.

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- Please send me the dementia information pack (with 19 leaflets on different aspects of dementia, 'Helping to Put the Pieces Together'.)
Price £5.00 including free postage. Cheques payable to 'Pilgrim Homes Trading Ltd'

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- Could it be Dementia?
- Dementia:
Frank & Linda's Story
- Worshipping with Dementia



Cost per book £8.50, including p&p. Cheques payable to "Pilgrim Homes Trading Ltd" (You can also order through our website, www.pilgrimsfriend.org.uk)

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Please send me a form to complete (or download the standing order form from our webs site)
- Please send me information about including Pilgrims' Friend Society in a possible future legacy gift or visit our web site for details
- I would like to be a contact point for your literature in my church

I would like to arrange for one of your specialist speakers to take a workshop at my church on –

- Practical and Spiritual Aspects of Dementia
- Developing Usefulness in Old Age
- How to Prepare for a Great Old Age
- How to Encourage Older People in the Church and in the Community
- Other (enter)

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'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

PMJUN15



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Everything you give means a great deal in the life of our older pilgrims.
*'And God is able to bless you abundantly, so that in all things at all times,
having all that you need, you will abound in every good work.'*
2 Corinthians, 9:8.

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