

The Pilgrims' MAGAZINE

SPRING 2021



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THE WAY WE CARE

How we care for God's older children

FAREWELL LEONORA

Fond memories from our Chippenham home

AGAINST THE ODDS

Alan's miraculous path
to ministry

**PILGRIMS'
FRIEND
SOCIETY**

PILGRIMS' FRIEND SOCIETY

Pilgrims' Friend Society exists to provide excellent care and support for older people, inspiring and encouraging them to live fulfilled lives in their later years. Rooted in the Christian faith, Pilgrims' Friend Society is committed to creating Christian communities in residential care homes and independent living housing schemes in England and Scotland.

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Pilgrims' Friend Society
175 Tower Bridge Road
London SE1 2AL

www.pilgrimsfriend.org.uk

☎ 0300 303 1400

✉ info@pilgrimsfriend.org.uk

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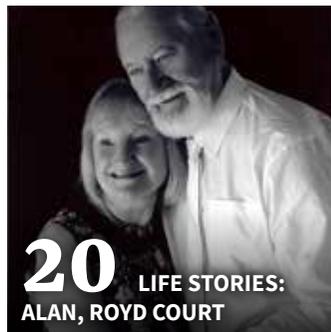
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Rolling out the vaccine

The year began with the coronavirus vaccine being rolled out across our homes and schemes, with almost everyone who lives and works with us receiving their first dose. We're so grateful to God for this provision and are praying that this will herald better times ahead.

Pictured receiving the vaccine are... a family member living at Leonora Home, Chippenham, Beth Kneale, Manager of our Framland home in Wantage, several members of those living at Pilgrim Gardens, Leicester.

The safety of those living and working with us continues to be our highest priority and in line with Government guidelines our homes have continued to operate with stringent hygiene measures in place, including the wearing of PPE and rigorous cleaning regimes.

Indoor visiting

We've been working hard to ensure that visiting is possible during the colder months. Our homes are following official Government advice which encourages 'screened' indoor visits, with social distancing maintained and visitors remaining behind a substantial see-through screen.



At Evington Home, Leicester, a separate visiting room has been set up, which visitors can enter directly from the car park without passing through the home. At Bethany Christian Home in Plymouth, Senior Carer Naomi had the bright idea of turning the home's indoor porch area into a visiting 'pod', with Maintenance Officer Brian lending his craftsmanship skills to its construction. Pictured is Marian, who lives at the home, Carer Gloria and Marian's daughter Anne.



Fun in the snow!

Many of our homes and schemes have been enjoying some snowy fun. Here are picturesque scenes from Pilgrim Gardens, Leicester, Finborough Court, Suffolk, Emmaus House, Harrogate and Royd Court, Mirfield – where staff couldn't wait to come off shift and make snow angels, much to the amusement of on-lookers!



Interactive adventures

From pizza making to deep-sea diving, those living at Luff House, Walton-on-the-Naze have been experiencing a world of adventures thanks to a brand-new interactive table. Created by the company Om Interactive, this clever piece of technology projects moving images on to a table (or floor), with sensors that enable the user to interact. The equipment is designed to support those with dementia. Joan, 100, enjoyed walking across the bottom of the ocean unaided, even starting a swimming action. Ivy, meanwhile, proved something of an expert at the xylophone game, throwing balls to make it play a note. On hitting the target, Ivy commented, "It was all in the timing, my dear." The interactive table has been a hit not just with family members but staff too, with the Activity Coordinator entertaining everyone by smashing tomatoes.

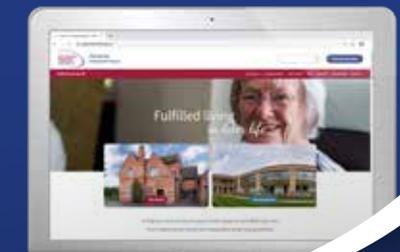
In other news...

Joshua Field has joined the Head Office team as HR Director. We're also welcoming Amanda Palethorpe, who joins us in the role of Finance Operations Manager.

Our new website

We're excited to have kicked off the year with the launch of our new website. There's a page dedicated to each home and scheme to show you what life is like with us. If you or a loved one is thinking of making the move, why not take a look around? Our website also now has special 'hub' areas, such as our Vision of Care hub which includes information on The Way We Care, our unique Christian approach to care, plus details about family life with us.

Visit the new website at www.pilgrimsfriend.org.uk



For more great stories, follow us on social media:

- @PilgrimsFS
- @PilgrimsFS
- @pilgrimsfriend

Renewal Programme... A TIMELINE

Our commitment to building six new care homes and upgrading some of our existing properties to make sure that we can provide excellent care for older people and connect with local churches and communities is now well underway. We take a look back at the last few years and look forward to what's coming next

Pray with us

Thank God for His blessing on the vision of the Renewal Programme. Thank Him for the great work that is going on in Chippenham, the initial progress that has been made on the South Coast project, and the improvement works that have been done in some of our existing properties.

Pray for the search for a site on the South Coast, that good opportunities would be clear.

Pray for the longer-term Renewal Programme, as we navigate the uncharted waters of the coronavirus pandemic.



2015

The Pilgrims' Friend Society leadership team reviewed our existing homes and schemes and made plans to replace some of our older properties. They also began to look at where improvements could be made to properties that didn't need a wholesale replacement.



2017

Working in partnership with local churches and charities, we decided to begin the Renewal Programme in Chippenham, and work began to find a suitable site.



Around this time, major refurbishments were carried out at Finborough Court. This happened in partnership with another local Christian home, Ormonde, which was shut, and residents were able to move to Finborough Court. Proceeds from the sale of Ormonde helped make the refurbishment at Finborough Court a reality.

2019



A site in Chippenham was purchased, and work began in earnest to prepare for building the new home, with Pilgrims' Friend Society teams working alongside Northstar, specialist care home designers, and Midas Construction on the project. The name Middlefields House was agreed by the local Steering Group.

The closure of our home in Brighton in late 2019 highlighted the need to replace our older buildings.

2020

The Middlefields House site got up and running early in the year, with a Breaking Ground ceremony taking place in late February. Although the onset of the coronavirus pandemic was a shock, construction was able to go ahead with very little delay.

As part of our commitment to existing properties, refurbishment at Shottermill House took place. Mike Beere, Business Manager at the home, said, "Shottermill has recently undergone a major refurbishment programme, including main lounge, small lounge, dining room as well as several residents' rooms. Our family members are loving their new environment, which also includes a new audio-visual entertainment system."



2021



Plans for the next second new home in the Renewal Programme, based on the South Coast, are now underway, in partnership with another local Christian home, Koinonia. We are now working to identify and secure the right site.

Preparations for the opening of Middlefields House in the middle of the year are well underway. Key staff posts have been filled, and the building is in the latter stages of construction.

2022

and beyond

We hope to be able to announce a site on the South Coast by the end of 2021 and begin to prepare to build during 2022 and 2023.

Our next project will be decided taking into account various considerations, including the need for new buildings and the local community environment.

One extra consideration will be the impact of the coronavirus pandemic. Pilgrims' Friend Society leadership is committed to enabling the very best care and support for older people for the next 30 years and more, while also needing wisdom to navigate a changing society and an industry which may be significantly changed in the long term.

God sets the lonely in families

The shock of being kept apart during much of the coronavirus pandemic reminds us that we are made for God-given community

WORDS: Alexandra Davis

If the last year has taught us anything it's that many of us crave for relationship more than anything else. We want to be with people – perhaps not all the time, but at least every now and then.

For older people, we have seen how important both family and community can be to well-being. For those living independently and used to getting out and about in their local area, being unable to gather with friends and church family has been a real sorrow. For others living in care homes, not being able to have the usual visits with family has been upsetting for all affected. Grandparents have missed seeing their little ones, and church grandparents have missed watching the children in their fellowship grow over the last year.

“We are made for togetherness, for family, for community.”

For the church, this isn't news. We know that, as Psalm 68:6a says, “God sets the lonely in families”. We know both that God

loves and creates families – Proverbs 17:6 says that

“Grandchildren are the crown of aged, and the glory of children is their fathers” – and that He calls His people to gather together as community. Throughout the Old Testament we see that God's people are a collective, the nation of Israel, existing in community together, illustrated throughout the book of Exodus as they flee slavery together, travel together, receive the Lord's instruction together, and seek atonement together.

So perhaps when the Bible talks about setting the lonely in families, it is directly relating to the idea that family and community are two sides of the same coin. It says both that loneliness is a need which can be met by others, and that families are a place for the lonely, thereby creating a community.

And so, God gives us the church. A team who has got our back, a prayer fellowship who will advocate on our behalf when we are alone, suffering, grieving. God sets us all in families – the families which make up the big family of God, the body of Christ. We need this family; we need people who think differently from us, who introduce us to new things and challenge our expectations; people who can pray for us and who we can pray for; people with other gifts and other needs.

“Grandchildren are the crown of aged, and the glory of children is their fathers”

Proverbs 17:6



We know that while many parts of society have felt the terrible brunt of the virus, older people without access to the internet and with minimal access to telephones have become incredibly isolated. But the church is meeting the needs of isolated older people.

I, like many of you, am part of a church family which has developed new pastoral calling systems over this last year, accommodating and supporting older people to access what they can, whether by making sure they're set up online, or have services on DVD or CD. We've celebrated birthdays and anniversaries online or on doorsteps and offered love and concern during times of grief. It's not the same as gathering together to worship, and it's not the same as going visiting and having a cup of tea together, but it's a very coronavirus expression of the fellowship which the Bible shows us is so important.

Let's continue to set the lonely in families, and expand our families into our communities.

How your church can set the lonely in families and create community together

1. Find out who the lonely are: don't assume that those living alone are the loneliest in your community
2. Connect across the ages: ask younger people to be part of your pastoral support through phone calls, doorstep visits, or letter writing
3. Celebrate together: find ways to mark birthdays, anniversaries, and milestones as a community





Thanking God for Leonora Home

Our home in Chippenham is due to close later this year. To celebrate the blessing it has been to so many, we asked some of those closely connected to the home to share their memories

Leonora Home opened its doors in October 1974. The home was named after Leonora Gay who played a key role in raising funds to provide homes for older Christians in the South West. Leonora originally came to the area as an evacuee from London, first living at Bath then settling with her mother at Keynsham.

"We've always benefited from close links with local churches. In the past, there were 'sales of work', with people selling handmade items such as embroidery and jam. More recently, we've held an Auction of Promises as part of our annual Gift Day, with people donating everything from a flight in a light aircraft to a trucker's trip out, including a 4.30am start and a trucker's breakfast. In the early days, there was a very active young people's group who took residents on outings, for example to the nearby bluebell woods or for fish and chips on the seafront at Weston-super-mare." **Jim Short, member of the Auxiliary Committee**

"My mother Florence was a Lady Visitor at Leonora, visiting every Friday to do Bible readings. Eventually she moved into Leonora herself and loved it. Whenever there was a visitor she thought they had come to see her!

"Now I volunteer at the home. It's been a privilege to play the piano and see how the family members have been blessed through the singing of hymns. One lady had been a missionary to Nepal. She was living with dementia but her face would light up when we sung familiar choruses such as 'Wide, Wide As The Ocean'. Another man, a retired vicar, loved 'O Thou Who Camest From Above', a hymn he'd only learnt since moving to the home. He was very frail but one day after singing it, he felt moved to stand up and lead us all in prayer.

"The Spirit has been at work in so many ways. On one memorable occasion, disaster was averted. My son Howard had parked his car on the slope outside Leonora. Suddenly the car started rolling down towards the road. Those in the lounge saw and cried out, 'Oh Lord, please do something!'. Miraculously, the wheels turned sideways and the car came to rest on the grass." **Mary Greenman, Volunteer**

"I've been a night carer at Leonora for 30 years. One of the things I enjoy most about working nights is that there is more time for conversations with family members. Often, when they can't sleep, they just want someone to sit with them and have a quiet chat. It feels very special. I've worked here so long I know every creak of the floorboards. At nighttime, I'm like Spiderman creeping round so I don't make a noise!" **Diane Perrett, Carer**

"We've had so many special people living with us. One lady, Vie, was a talented painter and painted me the most beautiful birthday card with a pansy on it. For the Queen's Golden Jubilee in 2002, we made one of our family members, Mary, queen for the day, and gave her a crown to wear. She loved it and had such a regal disposition. More recently, we marked VE Day by playing all the old songs. One lady started dancing along with a big smile on her face." **Ruth Knight, Administrator**

"One lady I'll never forget is Winnie. She was here for 18 years and lived to be 105. She had the most beautiful smile and she never complained about anything. She'd lived on a farm and was missing the donkeys. So her family brought two donkeys in to see her! It took a bit of gentle persuasion to get them down the corridor but when they got to her room her eyes lit up." **Jenny Houston, Carer**



The Way We Care



At Pilgrims' Friend Society, we've developed a unique approach to care which we call The Way We Care. Rooted in our Christian faith, our approach focuses on caring for the whole person, including their spiritual needs

WORDS: Helen McKay-Ferguson



“To care for someone, you need to understand where they are coming from.”

Lynn Hall, Operations Manager at Pilgrims' Friend Society, has had a big part to play in developing The Way We Care. “As a Christian organisation, we think of ourselves as caring for members of God's family in the way that God cares for people,” she says. “Those who live with us are His children. He knows them inside and out and loves them deeply. It's our role to do the same, understanding what is important to them, what makes them whole, what makes them feel better, and what things when remembered bring tears of joy, putting them first and helping them connect to Jesus.”

Getting to know every individual who comes to live with us is at the heart of our approach. We take the time to talk to them about their likes and dislikes, their life history and their interests, and to talk to their relatives too.

Daily life with us

Our person-centred approach shapes the daily life of our homes. “Not everyone is a ‘morning person’” says Sue Vine, part of the team at Luff House, Walton-on-the-Naze. “We're sensitive to that.”

Rather than following a set routine, as may have been the case in care homes in times gone past, we value each person's preferences and accommodate their wishes as much as we can. Sue continues, “When we enter somebody's room, we'll greet them with a smile, but stop at the edge of their personal space. We wait to see their response. If someone pulls the duvet over their head, we give it 15 minutes. Often people just need a bit of time and space. After all, this is their home.”



Enjoying life together

The Way We Care reflects the biblical idea that we are made for community and can enjoy doing things with others. Across our homes, Activities Facilitators lead fun activities that give people the chance to try new things. “People might say, ‘I'm not good at painting’. But with encouragement, they really enjoy it,” says Sue.

Wherever possible, people have the opportunity to contribute to daily life and experience the satisfaction that comes from

being hands-on, folding the napkins or helping to peel the vegetables. At Finborough Court, our home in Suffolk, one man, who had been a plasterer all his life, was pleased to be given the job of sanding down a bench.

Making connections

Many of those who make their home with us are living with dementia. In developing our approach to dementia care, we've drawn on the work of Professor Tom Kitwood, who emphasises the importance of making connections, ensuring the person comes first.

“Every one of us is different,” says Sue. “To care for someone, you need to understand where they are coming from and be able to relate to them.”

At Luff House, one way the team develops connections with their ‘family members’ (as we call those who live with us) is by creating memory boxes which sit outside each person's room. Each box has the person's photo on it and is filled with special objects. One lady, for example, used to make ballroom dresses, and so her box includes sequined material, a tape measure and cotton reels. “Having familiar objects like this not only helps each person feel safe and reassured, it also gives anyone who passes a glimpse of who that person is,” says Sue.



The memory boxes become talking points. “One lady was looking at her memory box and asked us, ‘Why isn't there a motorbike?’. It turned out that as a young woman she'd loved speedway racing in Romford. We'd had no idea. Now, we've added a little toy motorbike. She's delighted with it.”





Spiritual life

Everyone who comes to live with us is encouraged in their walk with the Lord. All our homes have regular devotions sessions, with short talks from the Bible, the singing of hymns, and prayer.

Even those in more advanced stages of dementia can benefit from these times of worship, joining in with the familiar words of hymns and even praying out-loud. Our staff also take the time to sit with family members one-to-one, sharing Bible verses and prayer.

We recognise that those who live with us can continue their own unique ministry. "There's one lady who always carries her Bible round so she can read it. She is a real encouragement to me," says Sue.

The dementia journey

Through The Way We Care, we see the whole person, looking beyond their physical needs to their spirit and supporting them as they continue their journey with God, even as other capabilities may diminish.

We also draw inspiration from the GEMS model developed by Teepa Snow. This model is based on the idea that just as gemstones need different settings and care to show their best characteristics, so do people. As people move through the different phases of dementia, represented by different gemstones, they need those caring to adapt their approach.

"At the later stages of dementia, a person's perception changes," says Sue. "They might see hazards that aren't there, like seeing the floor as water. We tune into where each person is on their dementia journey and provide the support they need, as a guiding arm around their shoulder, perhaps."

Our Hummingbirds

To further support those with dementia, we've created the role of the Hummingbird. The role is inspired by the work of Dr David Sheard, who introduced the idea of 'butterflies' – people who spend short, quality amounts of time with those with dementia, moving from person to person.

Vanessa Large is a Hummingbird at Finborough Court, our home in Suffolk. "I see my role as being a friend. I get to know people on a personal level and tune in to how they are feeling."

Developing this relationship, including getting to know a person's life history, means Vanessa can provide support. "One lady living with us used to live on a farm. If she's feeling agitated, I've found showing her a picture of her chickens and the strawberries she used to grow really calms her," she says.

Words from a loved one

Sue Twort's husband Roy, 85, has been living at Luff House since July 2019 and is now in the later stages of Alzheimer's Disease. A committed Christian all his life, Sue knew that a Christian home was the place for him.

"What makes all the difference is that the staff can read him," she says. "They know his personality and can sense what he is feeling. I know by his demeanour that he feels safe and cared for. And that means I feel safe with him there, too."



DAILY PRAYER Guide

PULL
OUT AND
KEEP

"And we are confident that He hears us whenever we ask for anything that pleases Him."

1 John 5:14

Spring 2021

How you can pray for our work

PILGRIMS'
FRIEND
SOCIETY



Thank YOU

We are so grateful that you are joining with us in prayer.

Everything that we do at Pilgrims' Friend Society, whether that's in our care homes or housing schemes, or in our support teams, is rooted in prayer.

As we come through Winter and towards Spring, we continue to look to the hope that we have in Jesus. Over an incredibly difficult year, we have remembered over and over again that in Him is our hope for the future. As you pray, remember the truth of that hope.

Here's how you can be praying to support our work each day. We've listed our homes and housing schemes and their Managers, as well as the other teams and projects that make up the work of Pilgrims' Friend Society.

"This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary."

Hebrews 6:19



Sundays



Bethany Christian Home, Plymouth – Emma Hughes

Emmanuel House, Harrogate – Christina Medway-Steel

Carey Gardens, Kirby Muxloe – Mandy Smith



Those living in our homes and schemes

Thank God for those living with us. Pray that they would experience God's goodness and find flourishing in the day to day.



Care teams

Thank God for our amazing care teams. Pray for resilience and perseverance as they continue to work hard to provide wonderful care in our homes.

Mondays



Evington Home, Leicester

– Jeanette Davis and Richard Cowlshaw

Dorothea Court, Bedford –

Evelyn Bissell

Finborough Court Housing –

Sylvia Humm



Our catering, maintenance, and administration teams

Thank God for our essential support teams. Pray that they would be full of joy as they serve our communities.



The impact of coronavirus

Thank God for His goodness. Pray for the vaccine roll out and for protection of residents and staff.



Tuesdays



Finborough Court, Great Finborough – Rachel Fishburne and Jonathan Dorrington

Pilgrim Gardens, Leicester – Mandy Smith



Activities Facilitators in our homes and schemes

Thank God for our fantastic Activities Facilitators. Pray that they would connect with others who are passionate about care for older people.



Renewal Programme (see more on pp.6-7)

Thank God for Middlefields House and plans for the next steps. Pray for final preparations for the home, and for wisdom taking the Programme forward.

Wednesdays



Florence House, Peterborough – Judith Lathey

Royd Court, Mirfield – Vicki Miller



The Operations Team overseeing our homes and schemes

Thank God for our Operations Managers. Pray for strength and wisdom as they support our teams in the homes and schemes.



Church and community engagement

Thank God for the churches which support our work. Pray for more opportunities to connect with local churches over the coming months.

Thursdays



Framland, Wantage – Beth Kneale

Pilgrim Care at Royd Court, Mirfield – Abi Jessop



Our Finance, HR, and Communications teams

Thank God for those who work in our central support teams. Pray for great working, and for our new HR Director, Joshua Field.



Our IT project

Pray for our ongoing technology project, that training and roll outs of new equipment and programmes would help our work grow.



Fridays



Leonora Home, Chippenham – Gaie Marshall and Jackie Bridgen

Strathclyde House, Skelmorlie – Ruth Broomhall



Volunteers

Thank God for all our volunteers. Pray that they would be encouraged in the support they provide, and find new ways to volunteer this year.



Giving

Thank God for His faithful provision. Pray that He would prompt more people to connect with our work and give financially to support older people.

Saturdays



Luff House, Walton-on-the-Naze – Benhilda Shambare and Sharon Rowley

Milward House, Tunbridge Wells – Annabelle Purdie

Shottermill House, Haslemere – Babi Dixon and Mike Beere



Directors and trustees

Thank God for the leadership team. Pray for insight and wisdom as they discern the way forward for the organisation.



Families and relatives

Pray for those whose loved ones live with us. Pray that opportunities for visiting will become easier and more frequent over the coming months.



Louise ANSWERS



Louise Morse is a writer and speaker for Pilgrims' Friend Society. She is also a Christian counsellor and cognitive behavioural therapist. Each issue, she offers advice on how to approach challenging issues

Q “I’ve heard about something called ‘rementing’, when people with dementia come back to themselves. Is there a way of helping someone do that?”

A There is a phenomenon in dementia where the person suddenly reappears through the fog with faculties apparently lost – speaking, understanding, conversing – totally themselves. It often happens when scans show extensive brain damage. There is no medical explanation for it, only different theories based on ‘cognitive reserve or resilience.’

When I write or talk about ‘rementing’ I hear from people who have also experienced it. A friend wrote about the email from his mother’s carer to say how lovely it had been to see his mother, Joan, come back to herself that morning after reading from my book *Worshipping with Dementia* (available from www.pilgrimsfriend.org.uk).

A daughter told how her father, with depression and dementia, became completely silent and withdrawn. Three weeks before he died she and her husband visited him. “He was certainly himself, pleased to see us with flashes of humour,” she told me. “He said that in the last months (while he was silent), God had been speaking to him. Dad said that the Lord had reminded him that ‘the steps of a good man are ordered by the Lord and though he fall he shall not be utterly cast down for the Lord upholds him with His hand’ (from Psalm

37). This brought such comfort to me as I realised that Dad had reached some place of acceptance. A day or two later he regressed and didn’t leave his bed again.”

This ‘rementing’ seems to be prompted when the person’s spirit is touched by something that is dear to him or her. For Christians, it’s something spiritual. If you google, ‘Man in nursing home responds to music,’ you will see how Henry, who was almost mute and unable to answer the simplest questions, suddenly comes to life. His daughter said that before his illness he’d always been fun-loving and that “he was always into music.” He used to quote the Bible, so his carer found Christian music for him to listen to. She puts headphones on him and as the music plays Henry’s eyes open, his head comes up and he begins to sing along. Afterwards, he answers questions and says that “music means God, and God is love.”

Even though dementia damages the brain, the spirit of the person is alive in Christ.

Once a month Louise hosts an interactive discussion with a few guests on Zoom on topics affecting older people. If you would like an invitation, please contact her at:
✉ louise.morse@pilgrimsfriend.org.uk



MORE WAYS TO PRAY: Our monthly Family News email contains all our latest prayer updates, plus details of happenings from across the organisation.

Sign up online at: www.pilgrimsfriend.org.uk/get-involved/keep-in-touch

Life stories: Alan, Royd Court

Despite illness early in life – at one point doctors said he wouldn't live – Reverend Alan Evans is now 81 and resident at Royd Court, Mirfield. He looks back on a miraculous path that led him to ministry on a tough Bradford estate

Alan doesn't remember it but at the age of 18 months he was bundled into a van and driven 200 miles from Peckham, London to Ossett in West Yorkshire. It was 1941 and his father, a haulier, decided to move his family away from the dangers of falling bombs.

But then tragedy struck – his father died suddenly and at the same time Alan was hospitalised with tuberculosis. To treat him, doctors removed part of his neck. "There were no skin grafts in those days," says Alan. "I was left with a hole. I had to have special dressings on it until I was about four."

To support the family, his mum Queenie got a clerical job on the railway. It was here that a man, Jack, heard about the family's situation and asked if he might take Alan to Sunday School, an act that helped to lay the foundations of faith.

While Alan recovered well from the tuberculosis, excelling at sports, aged 14 he again suffered serious ill-health. "The doctors told me that my kidneys were disintegrating

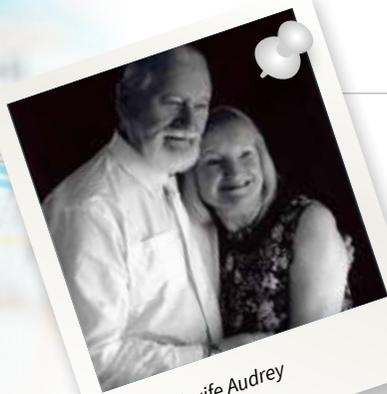
like pieces of sponge," he says. Jack came to visit him in hospital. "I told him about my illness and he said, 'What have you done about it?' and we prayed."

Several weeks went by, and Alan remained in hospital. Jack came to visit. "Again, he asked me, 'What have you done about it?' and we prayed," says Alan. The next day, the doctors told Alan that nothing more could be done and sent him home.

Shortly afterwards, Jack came to visit and again they prayed. The next day Alan found a job. "The experience taught me about the power of persistent prayer," says Alan.

Alan's health improved but there was more hardship to come. When he was 18, his mother died. The landlord gave him two weeks to leave the house. The next day, he lost his job.

Yet God provided. A lady told her sister about a dream she'd had about a young man running wildly. Her sister, a friend of Alan's mother,

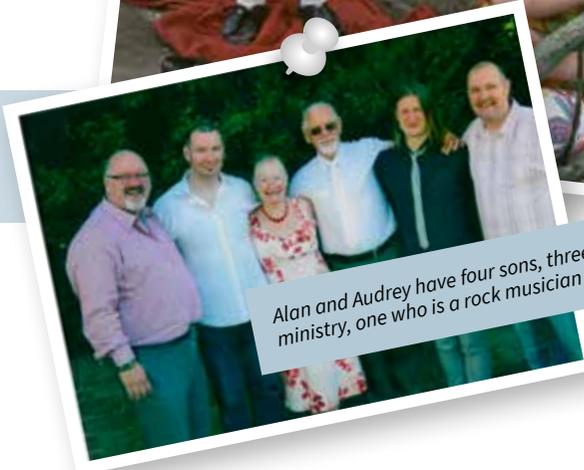


Alan and wife Audrey



Life on the Holme Wood estate, Bradford

© John Angerson



Alan and Audrey have four sons, three in ministry, one who is a rock musician

said, "I don't have time to hear about your dream. Queenie's died." For the lady, that was the answer – they should help Alan, he was the young man in the dream. The lady took him in and became known to Alan as Aunty Laura. Her son became a brother to him. "Their kindness changed my life and gave me a heart for those in need – I could easily have ended up on the streets," says Alan.

Through youth work, Alan met his wife Audrey – they married in 1963 and ever since she has been his stalwart support and confidante. He then applied for ministry training. During the medical, doctors were amazed to find his kidneys were completely normal. "I knew God had healed me miraculously," says Alan.

Alan began his ministry in Manchester. One day, he received a call asking him to move to Holme United Reformed Church on the Holme Wood estate in Bradford. "I was excited. I felt called," says Alan.

As well as serving through word ministry, Alan set up the Holme Christian Care Centre. The charity provided a play centre, an advice centre, training courses, a youth programme, an area for disabled people and support for the elderly.

"Many people came to faith. There was one man who wanted me to dedicate his son. I said he couldn't make promises for his son and not keep them. So, grudgingly, he came to church. That man is now an elder and a great friend of mine."

"We had a wonderful time. Yes it was tough, with crime and drug use. But after all I'd been through, I had a boldness. The Lord enabled me to preach the gospel into people's lives."

Easter baking at Evington Home

Our family members at Evington Home, Leicester, show you how to whip up a batch of delectable Easter nest cupcakes

Andrea Louis is Activities Facilitator at Evington. She told us why making Easter nest cupcakes is such a hit at the home

"All our family members love baking. It prompted discussion about how each had celebrated Easter in years gone by. We chose chocolate cupcakes with an Easter theme partly because it made a change from the usual Simnel cake-based ideas and partly because all the family members like chocolate cake, but very few like marzipan! They also give a bright, cheery addition to our tea table."

What Easter means to our family members...

"The Lord died and rose again, I think that's the most important thing, don't you?"

Margaret

"The whole story of Easter is important, not just the crucifixion, but that Jesus was willing to go to the cross and die for us." **Barbara**

"It wasn't just for us, it was for the whole world to see; Jesus lifted up upon the cross and for everyone to witness Him dying for us and then to witness the resurrection." **Audrey**

"Things don't last – buying eggs is not what it is about. Jesus for us is forever – it never breaks or goes away." **Jean F**

Easter nest cupcakes

Ingredients

For the cupcakes

- 🥚 280g butter, softened
- 🥚 280g caster sugar
- 🥚 6 eggs
- 🥚 200g self-raising flour
- 🥚 50g cocoa powder, sifted

For the butter icing

- 🥚 170g milk chocolate, broken into chunks
- 🥚 170g butter, softened
- 🥚 280g icing sugar, sifted

What to do

1. Heat oven to Gas Mark 5 / 190°C.
2. Put 24 paper cases in cupcake tins.
3. Cream butter and sugar together in a large bowl.
4. Add eggs, self-raising flour and cocoa powder all at once. Beat until smooth.
5. Fill cases to 2/3 full.
6. Bake for 10-15 minutes until risen.
7. Allow to cool on a wire rack.
8. When cool, cut a shallow dip in top of each cupcake (as for a butterfly cake).
9. Melt chocolate.
10. Cream butter and icing sugar together.
11. Beat in the melted chocolate.
12. Fill the dip cut in each cupcake with the buttercream.
13. Decorate with chocolate eggs.



Dementia Information Pack

Our recently updated Dementia Information Pack explores different aspects of dementia in an easily-digestible format. Louise Morse explains how she hopes it will be a blessing for those on the dementia journey

How is the Dementia Information Pack designed to be used?

Listening over the years to people telling me about their journey with dementia I've learnt a great deal. One thing is that when dementia comes into your life you need all the information you can get – but you don't have time to read a book about it. And as well as the information, you need to know how it applies to you, your care recipient, and your unique situation.

By the time my third book was published (Dementia: Pathways to Hope) I had researched deeply and extensively. I'm a cognitive behavioural therapist and part of my research for a Masters'

degree was examining the effects on family caregivers, and how that could be mitigated. Secular advice springs from the understanding that we are simply the sum of our parts, but within a Christian context we see that we are eternal spirit beings in human bodies. So I extracted from my research the different aspects that everyone needs to know and wrote separate leaflets on each issue, putting them together into the pack.

One of the first sections in the pack is 'A special note for the person with dementia'. Why was it important to include this?

We meet couples at conferences and talks where one has been diagnosed with dementia. We give emotional and spiritual support for the person with dementia and can see how this blesses them. Some return the following year to tell us the difference it made. They need to know that they are precious to God, and that His Holy Spirit will be with them in ways invisible to us throughout the whole journey.

How will the pack support those who are caring for someone with dementia?

Having separate inserts mean they can pull out specific information when needed, without leafing through an entire book.

How will the pack support and equip the church?

Its format provides swift information on a broad range of aspects, including the essential Christian element.

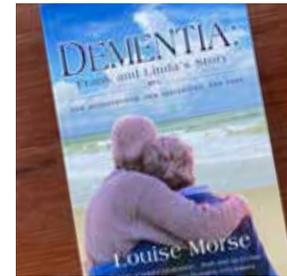
In the pack, you recommend some Bible verses to encourage those facing dementia. Please tell us about some of these verses.

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

These verses confirm that God will be in control of our lives, even when our understanding (our cognition) is frail. I have seen the blessing this verse brought to a resident with dementia when being quoted by a church visitor.

Resources

Our resources are organised around three areas: Dementia, Growing Older Together, Discipleship and Evangelism. This issue, we're recommending:



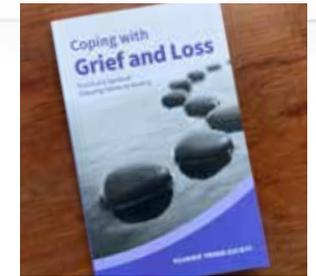
DEMENTIA
Dementia: Frank and Linda's Story
Louise Morse, £8.50

This book follows an older couple, Frank and Linda. Frank develops dementia. The story covers the first, early signs and the development of the disease, the couple's struggle to manage and find help, the wife's failing health and the search for a suitable care home, and life after Frank goes to live in the home. The book also offers practical, day-to-day advice from a hands-on perspective.



GROWING OLDER TOGETHER
Caring for an Elderly Parent
Sarah Jones, £3

Dr Sarah Jones was a consultant in medicine before she left the profession in order to care in her own home for her mother-in-law. In this booklet, Sarah shares from professional expertise and personal experience, covering a range of practical, emotional and spiritual issues.



DISCIPLESHIP & EVANGELISM
Coping with Grief and Loss
Louise Morse, £3

Written within a Christian context, this booklet looks at the impact of grief and loss and explores key stepping stones to help the reader navigate the tricky waters of bereavement. The aim of the booklet is to give an understanding of what grief is, how it affects us, and how we can live through it.



Our Dementia Information Pack, priced £12, is available now



For our full list of resources and to order online, visit:

www.pilgrimsfriend.org.uk/resources

Alternatively, ☎ 0300 303 1403



A day in the life of... **Jane Trimarco,** Operations Manager

Jane Trimarco is one of our Operations Managers. She supports several of our housing and care schemes across the East of England.

Throughout Jane's 30 years' in the care sector, she has served as a Carer, Senior Carer and Home Manager, giving her invaluable experience which she continues to lean on daily in her current role.

Jane joined Pilgrims' Friend Society in 2018, since then she has supported housing and care managers. We found out about her, the role and how varied her day-to-day duties can be.

Words – Kaela Dutton



5am – 7am

Every day is different. If Jane isn't visiting a home or scheme, she's based at home working in Northamptonshire.

Jane wakes early to get ready to leave at 7am to drive to one of the sites she supports: Royd Court, Luff House, Dorothea Court, Finborough Court, and Pilgrim Gardens. As she can spend up to three hours driving, she uses the time wisely to pray and worship, asking the Lord to equip her for the day ahead.

When working from home in her summer house, she listens to Premier Christian Radio to help start the day in the right frame of mind.

9am

Jane begins by prioritising her workload, which is vital as at any given time she may need to assist with an emergency that could easily take her off track.

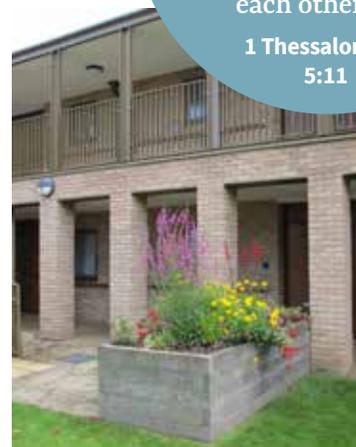
10am

When on location, she says hello to staff and family members, often bringing treats for everyone to enjoy. Building up a rapport with everyone is important to Jane, she loves creating a sense of community. Doing so is also essential as it helps her determine the way of

Jane's Favourite Bible Verse

“Therefore encourage one another and build each other up.”

1 Thessalonians
5:11



Proudest Achievement

Developing the Volunteer strategy for Activities teams and Managers to help enhance quality of life and build a stronger community.

life at each home and assess if there is a particular need. Jane aims to support staff to create a home that is comfortable, fulfilling, and safe.

11am

When visiting a home or scheme, she meets with managers to discuss any problems. They talk about occupancy, staff issues, vacancies, health and safety, care administration, training, and care compliance.

When working from home she types up minutes from their meetings and produces bespoke training documents to help staff maintain and develop the care given.

Lunch

Another way Jane builds relationships with those in the homes is by having lunch alongside family members. This helps her to get to know everyone and develop a deeper understanding of their lifestyle.

2pm

As Jane supports the Activity Facilitators and Volunteers, she occasionally takes part in afternoon activity sessions. Jane has developed an Activities Handbook for Activity Facilitators to use, specifically for

those living with dementia. By producing thorough training materials, Jane helps staff understand what is appropriate for individual family members. The training materials will be available for all staff soon.

3pm

Jane leads training sessions, recently she led a two-day Activity Facilitators training with Pilgrim Gardens Manager, Mandy Smith. These sessions helped Activity Facilitators think broadly about why they do activities and what would bring fulfilment to those in their care.

5pm

Jane reviews her work, writes up minutes and plans for the next day. If she is visiting a home for an extended period, she will stay over in one of the vacant properties.

Rest

Visiting friends and family, walking, swimming or being immersed in nature helps Jane to reset after a busy week at work.

She also loves performing; she was the chair of her community choir and has participated in many pantomimes. Jane has sung solo with the Orchestra of the Swan at the Symphony Hall and sung with Aled Jones.



Residents' stories: MARGARET

Margaret, 94, has lived in our Framland home in Wantage since February 2019. Her son Gareth explains why she is so happy to live here

Every Wednesday before lockdown, Gareth and Valerie Smith would collect his mother Margaret from Framland for a visit to their home in Grove, Wantage. But they would be surprised when, after a couple of hours, Margaret would start looking at her watch, making comments such as not wanting to miss afternoon tea. "I think it was just that she was keen to go back," he says, "It's clear that that's where she feels very comfortable."

It was in 2018 that Margaret asked Gareth and Valerie to look for a suitable care home for her near them in Oxford. Her memory had been deteriorating for some time and she knew that a good care home would be a wise choice for her now. At the time she was living in Coity, a small village near Bridgend, South Wales.

She moved into Framland in February 2019.

Coity was a mainly Welsh speaking community when Margaret was born. Growing up, St Mary's became an important part of her life. Her

favourite hymn is 'Lead us heavenly Father lead us'. In 1950 Margaret married electrical engineer John (known as Jack) Smith. He was known as "a lovely man" Margaret says, and a talented tenor who sang in major male voice choirs. They had two sons, Gareth, and Philip. When the children were older she worked in accounting for the local Gas Board.

In 1960 the family moved to Pinner, London, where they lived for 25 years. Jack sang with established choirs, including the Harrow Choral and Hammersmith Welsh Male Voice Choirs. He also became Head of Electrical Services for the BBC. After he retired they moved back to Coity. "Home always meant Coity to Mum," says Gareth.

Margaret is very happy at Framland, saying in every other sentence that the carers are wonderful, and go to so much trouble for residents. "We can be very awkward," she says with a smile, "But they are always lovely." And she finds the home very comfortable.

"There's a strong sense of home and community about Framland," says Gareth, "And the Hummingbirds are critical: they make sure that everything is okay."



Could you help us support older people like Margaret

Your donations help us keep our homes open to everyone who needs Christian care and support.

Yes! I would like to give a gift

A regular gift

I would like to make a REGULAR DONATION by Standing Order

To: (Name of bank/building society)

Address of bank

..... Postcode

Account No. Sort Code / /

Please pay LLOYDS BANK PLC, Law Courts (Sort Code: 30-00-04) for the credit of PILGRIMS' FRIEND SOCIETY (Account Number: 00117804) the sum of

£ Amount in words:

Commencing from (date) / / and thereafter every month/quarter/year (delete as appropriate) until further notice.

Signed Date / /

One-off gift

I would like to make a ONE-OFF DONATION of:

£ Amount in words:

I enclose a cheque payable to 'Pilgrims' Friend Society'

Please charge my debit/credit card as follows: Visa Mastercard

Card Number ____ / ____ / ____ / ____ Exp. /



Gift FORM

...CONTINUED



My details

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

Full Name

Address

..... Postcode

Telephone Email

Gift Aid

I want to GIFT AID my donation of £
and any donations I make in 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 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 the difference. I understand the charity will reclaim 25p in every £1 that I give.

Signed Date/...../.....

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

I would like to receive Pilgrims' Friend Society's monthly Family News email, containing updates about the charity's work and ways to pray.

**Please return this form to
Pilgrims' Friend Society in the
pre-paid envelope supplied**

We will keep your data secure, complying with Data Protection legislation. For full details of our Privacy Notice and General Data Protection Policy, please visit:
www.pilgrimsfriend.org.uk/privacy

PMMAR21



Did you know?

You can also make a donation via our website. Please visit:

www.pilgrimsfriend.org.uk/give

Contact details

Could you or a loved one come to live with us? Our homes and housing schemes would love to hear from you

**PILGRIMS'
FRIEND
SOCIETY**



**Dorothea Court,
BEDFORD**

0300 303 1490

dorothea@pilgrimsfriend.org.uk



**Leonora Home,
CHIPPENHAM**

0300 303 1445

chippenham@pilgrimsfriend.org.uk



**Finborough Court,
GREAT FINBOROUGH**

0300 303 1450

finborough@pilgrimsfriend.org.uk



**Emmaus House,
HARROGATE**

0300 303 8450

emmaushouse@pilgrimsfriend.org.uk



**Shottermill House,
HASLEMERE**

0300 303 1475

shottermill@pilgrimsfriend.org.uk



**Carey Gardens,
KIRBY MUXLOE**

0300 303 8455

carey.gardens@pilgrimsfriend.org.uk



**Evington Home,
LEICESTER**

0300 303 1455

evington@pilgrimsfriend.org.uk



**Pilgrim Gardens,
LEICESTER**

0300 303 8455

pilgrim.gardens@pilgrimsfriend.org.uk



**Royd Court,
MIRFIELD**

0300 303 1480

roydcourt@pilgrimsfriend.org.uk



**Pilgrim Care (Home care
services at Royd Court)**

0300 303 1485

pilgrim.care@pilgrimsfriend.org.uk



**Florence House,
PETERBOROUGH**

0300 303 8445

florencehouse@pilgrimsfriend.org.uk



**Bethany Christian Home,
PLYMOUTH**

0300 303 8440

bethanyhome@pilgrimsfriend.org.uk



**Strathclyde House,
SCOTLAND**

01475 522 525

enquiries@strathclydehouse.org.uk



**Milward House,
TUNBRIDGE WELLS**

0300 303 1460

milward@pilgrimsfriend.org.uk



**Luff House,
WALTON-ON-THE-NAZE**

0300 303 1495

luffhouse@pilgrimsfriend.org.uk



**Framland,
WANTAGE**

0300 303 1470

wantage@pilgrimsfriend.org.uk

Head office | Tel: 0300 303 1400 | info@pilgrimsfriend.org.uk | www.pilgrimsfriend.org.uk

Make *your home* WITH US...

PILGRIMS'
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Pilgrims' Friend Society provides care and support for older people, inspiring and encouraging them to live fulfilled lives in their later years.



Find out about the Christian care and support we offer in England and Scotland by calling 0300 303 1403 or visiting pilgrimsfriend.org.uk

For more than 200 years Pilgrims' Friend Society has been helping older people to live fulfilled lives in their later years through residential care and independent living.