

The Pilgrims' MAGAZINE

SUMMER 2023



In this issue:

GAME ON!

Intergenerational board games

SUN, SEA & SAND

Looking back on long-ago summers

THE PILGRIMAGE

Could you step up
to the challenge?

**PILGRIMS'
FRIEND
SOCIETY**

Pilgrims' Friend Society exists to provide excellent care and support for older people, inspiring and encouraging them to live fulfilled lives. 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.

Got a great story?

Email our editor **Helen** on helen.mckayferguson@pilgrimsfriend.org.uk

The Pilgrims' Magazine is published quarterly. Except where specified, all content is copyright of Pilgrims' Friend Society 2023. No part of its content may be reproduced in any form without written permission from the publishers.



If you don't yet get the magazine, you can sign up here:

www.pilgrimsfriend.org.uk/magazine

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

www.pilgrimsfriend.org.uk

0300 303 1403

info@pilgrimsfriend.org.uk

Pilgrims' Friend Society is a registered charity and a company registered in England and Wales. Charity No: 1045920 • Company No: 03027071

Cover **STORIES**



6
EVERYONE'S A WINNER

Games for all ages at Shottermill House



20
HOLIDAY MEMORIES

Our family members share their tales



22
THE PILGRIMAGE

Support our Hummingbirds



In this issue...

4
NEWS ROUND-UP
All the latest happenings

9
GETTING REAL ABOUT GETTING OLDER
Our exciting new campaign

10
CHRISTIANS IN CARE
A new network for the care sector

12
RISING UP TO MEET THE NEED
The work of Regenerate-RISE

15
PRAYER GUIDE
Pray for us day-by-day

19
LOUISE ANSWERS
When a person refuses help

24
MEET OUR TEAM
HR Manager Phil's 30 years with us

26
RESOURCES
Get equipped

27
LEAVING A GIFT
Could you leave us a legacy?

28
MEET A VOLUNTEER
Why Meg loves to visit

30
MY STORY - GRACE
A special lady at Milward House

32
GIVING
How to support us



Looking to contact our homes and schemes?

See back cover for details

'For the Lord God is a sun and shield,
The Lord will give grace and glory'

Psalm 84:11



News round-up

A right Royal celebration

The King's Coronation was celebrated in style across our homes and housing schemes with balloons, bunting and just a few crafted crowns.



Emmaus House in Harrogate had a splendid indoor street party, featured on the local BBC Look North news programme.



Shirley, our family member at Milward House in Tunbridge Wells, spoke to BBC Radio Kent about her memories of watching the Queen's Coronation with her mum Win, 100, who also lives at the home, and shared how the home would be celebrating this time around.



At Bethany Christian Home in Plymouth, family member Sarah was interviewed by both BBC Spotlight and ITV West about her childhood memories of travelling to London for the Queen's Coronation in 1953.



Some snapshots of the fun...



In other news

Two days after delivering his first Budget, Chancellor of the Exchequer Jeremy Hunt popped in to see his older constituents at our home Shottermill House in Haslemere, which falls in his constituency of South West Surrey. We presented him with a Budget Prayer Box filled with prayers written by our family members and staff.

Sarah Bayliss joins us at Care Team Leader (Deputy) at Bethany Christian Home in Plymouth. In our Support Office, Robert Fricker joins us as Commercial Project Accountant, Ecar Fong joins as Financial Controller, Paul Reynolds is Assistant Director of Operations - Commercial and Eleanor Raiborde is HR Assistant. Dominique Smart joins our Operations Team as our new Housing Operations Manager.



Prayer Week 2023

This year our Prayer Week runs 12th-18th June. With this magazine, you'll have received your leaflet with prayer points for each day.

Please do be praying for our work - we're so grateful for your support. To download a special extended version of the leaflet, visit

www.pilgrimsfriend.org.uk/prayerweek23



For more great stories, follow us on social media:

- @PilgrimsFS
- @PilgrimsFS
- @pilgrimsfriend
- @pilgrimsfriendsociety

Everyone's a winner

A partnership between Shottermill House, Haslemere, and a local junior school has seen older and younger people connecting for a weekly board games afternoon, with both age groups reaping the rewards

Words: Helen McKay-Ferguson

There's a buzz in the dining room at Shottermill House. Dice are shaken, tokens tumble, cards are shuffled and dealt. Our family members, as we call those who live with us, are enjoying the company of a group of 10-to-11-year-olds from the local Shottermill Junior School.

The games afternoon has become a regular Friday fixture. "For our students it's such an important experience," says Joy Wilcox, the teacher who is heading up the initiative at the school. "They are gaining so much in terms of how to talk to older people and how to keep a conversation going. It's a wonderful way for them to build links with the local community, and it's precious for them to have the undivided attention of an adult outside home or school."

“It's a wonderful way... to build links with the local community.”

For Megan, 11, it's about making a difference. "I just love making sure that they're all having fun and getting to enjoy themselves," she says as she



pile up wooden discs ready for David to take his turn on Sjoelbak, a Dutch shuffleboard game taking place over in the lounge.

For our family members, it's a precious time too. Doreen, 88, a former children's nurse, is in her element, making Edward, 11, and Dyako, 10, giggle during a game of Guess Who? "She asked 'does your person have two eyes?'" says Dyako. Over at the far table, Hilary, 80, and a former primary school teacher, interrupts the game of UNO to say that Fern, 11, and Tilly, 10, are an absolute credit to their school and could a message be sent to the head to say so?

According to Deborah, our Activities & Community Engagement (ACE) Facilitator at Shottermill House, our family members look forward to the visit all week long. "Many have had an association with children all their life and so it's a real joy for them, especially after the COVID pandemic when so many older and younger people were kept apart."

The partnership came about when Deborah got in touch

with the school. Like all our ACE Facilitators, Deborah actively builds links with the local community with a view to enriching life for our family members.

An important part of the partnership is helping children understand more about dementia. Before the first visit, Deborah goes to the school to explain to the children what dementia is, how it can affect people, and how the children can respond.

"It's about breaking down the fear barrier," says Deborah. "The likelihood is they will meet people with dementia in the course of their life, perhaps it will affect a member of their family, and so it's important for them to start to understand."

Deborah tells them about the GEMS model of dementia care, which we follow as part of our The Way We Care approach. "I say each person is still this beautiful, shiny person but that sometimes there are bits missing, like the flaws in a diamond, and it's about finding ways to connect with them.

"I talk about treating the people they meet as an adult with a fully functioning brain, even though their brain is not working as it should, and that they should talk to them with respect as they would any other adult, such as their mum or grandparent."

Deborah also explores the things the children might hear, see or smell. "We discuss what to do if an unexpected smell happens. Children ask things like, 'Do we have to clean them up?' I tell them 'absolutely not', you are here as our guests, we are with you all the way and you will have no responsibility. You are here to enjoy yourselves with the family members."





Please pray:
For the development of
more links between our
homes and their local
communities.

Building relationships is at the heart of the visit, with board games providing a natural way to connect. For children, being able to teach an adult a board game is empowering and might not be something they've had the chance to do before. Older family members have the pleasure of passing on the knowledge of how to play a traditional game such as dominoes or snap.

On the day I visit, Derek and Annushka, 11, sit opposite each other over a game of chess. Annushka is just learning and so Derek throws in a few deliberate mistakes for her to spot. "It's difficult, you've got to think really hard each time you make a move," she says.

This is the second group to visit from Shottermill Junior School. During the previous half-term, Deborah saw how relationships developed as the weeks went by. "There was one boy called Patrick who really enjoyed playing chess with Derek and told everyone 'I've made a new friend.'" Derek recalls how on the last week Patrick and his friends were disappointed they would miss their last chance to play chess with him as he was going to an appointment.

Struck by the children's enthusiasm, Derek felt moved to make a donation towards the school's chess club meaning some new, good quality sets could be bought. "My wife and I don't have children or grandchildren and so it's nice for us to be able to give this gift," he says.

The fun doesn't just stop with board games. Sonia, 11, who is a keen artist, asked if she

could make portraits of two ladies living with us, Hazel and Hazel, with impressive results (see above).

The positive impact of the visits has been far-reaching. "Our staff have seen how much the family members have enjoyed seeing the children and have started to bring in their own children more," says Deborah.

Staff have also noticed that instead of napping after lunch, family members stay awake specially and are stimulated, which in turn means they have a better night's sleep.

From a personal perspective, Joy can see what an impact these visits can make. "My grandma is in a care home in another part of the country. As a relative, you may be at work during the week or live far away and find it difficult to visit. I think that knowing a school is coming in would bring real comfort. And it's nice for your relative to have some news of their own to share. Conversation can run really dry if you're just talking about the weather."

Joy hopes that by bringing company to older people, the children will also be learning social skills that will stay with them through life. "Loneliness can affect you at any age after all. One of the best ways to stop yourself feeling lonely is to reach out to someone else."



GETTING REAL *about* GETTING OLDER

Alexandra Davis shares plans about a new campaign to get younger people thinking about later life



Our brand new campaign, Getting Real about Getting Older, is launching this summer with the aim of getting younger people – those between 40 and 60 – to prepare well for later life.

Earlier this year we did some research with YouGov which found that 54% of UK adults between 40 and 60 think that later life is a time to be afraid of, and only 38% thought it was a time to look forward to. We also found that while 86% think that it is important to prepare for later life, 24% haven't done so.

So, we wanted to help people get ready for later life so that they will flourish when they get there. And the big thing is to recognise that it's never too early to start preparing!

Our research asked about financial, physical, emotional, mental, and spiritual preparation. While more people were likely to have made some financial preparation (39%), and 30% had made changes to diet and lifestyle, only 2% had talked with a counsellor or mentor about getting older,

and only 7% had made a bucket list. So, it seems that while some practical preparations are being done most people aren't thinking about how to make sure their emotional, mental, and spiritual health will flourish as they get older.

To help with this we've produced two resources which we think will be really useful – a mid-life MOT which guides the reader through some ways to reflect on life now and life in the future, and a seven-day daily devotional for Christians to use as they prepare for later life.

GET YOUR RESOURCES

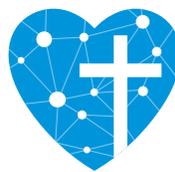
To find out more and download the resources visit

www.pilgrimsfriend.org.uk/getreal

Or you can order copies of the resources via info@pilgrimsfriend.org.uk

☎ 0300 303 1403





Christians *in* Care

Connecting Christians in the care sector

Pilgrims' Friend Society has launched a new network, Christians in Care (CIC), to unite Christians in the care sector as they live out the gospel and to encourage more Christians to consider taking on a role in care. Our HR Director Joshua Field explains

Nearly 1.6 million people work in the UK's social care sector so we can say confidently that thousands of them are Christians. As I have talked to various Christians working across the sector, I have heard how they have brought God's love to the people they support.

Working in social care can bring unique challenges, and opportunities, to those who are Christian. In secular settings it is often mandated that the faith of carers must be unseen and unheard, but I was inspired to hear of how one carer agreed with a Christian colleague that they would pray silently in their hearts for an individual that they were both caring for. They believed God was working in this person and delighted in the opportunity to share their love for them with one another and with their Heavenly Father.

I have heard of others who have felt compelled to speak of God's love with those they are caring for and have faced disciplinary action as a result.

One reason we want Christians in Care (CIC) to exist is to connect Christians working within care so burdens and opportunities can be shared with each other in prayer.

As well as sharing such burdens, through

connecting Christians, we also want to support those working in the sector with expertise and guidance. There are many challenges that come with working in a sector that faces chronic under-funding and huge shortages in staff.

This brings me to a further reason why we want CIC to exist, which is to encourage Christians and churches to view this sector as part of the Lord's harvest field, to pray for those who work in it, and to consider coming to work in it themselves. Paul in Galatians 6:10 encourages us to 'do good to everyone, and especially to those who are of the household of faith.' Social care provides wonderful opportunities for thousands of Christians to provide love, support, and care to the most vulnerable people in our society. To share God's love with those who need it.

The level of need is acute. There are currently around 5.4 million people in the UK aged 75 or over, a number that is set to grow as our population ages. With older age comes the increased likelihood for a need for care. Already there are not enough people to fill these caring roles. According to a recent report by Skills for Care, there are 165,000 vacant posts in our sector. Christians have an opportunity to respond, as they have

throughout history, to our society's biggest needs, sharing God's love in word and deed.

So far CIC has connected a handful of managers and trustees, the majority from independent Christian homes and care providers. It has already provided encouragement as we meet monthly with one another to pray and use our WhatsApp group to share immediate prayer requests with one another.

However, CIC is at an embryonic stage. We would love to connect Christians from the wider sector, and as we grow we hope that groups will become regional, and specific organisational based groups will exist for Christians to meet to pray for the particular issues and needs in their context. We desire to provide engaging, useful resources and events that equip and inspire Christian to be more effective in their work, and we want to be a hub of support for Christians.

We need Christians working in care to hear of CIC and to catch the vision of the mutual blessing that it can be. We need wisdom in how best to grow and connect with more Christians. We need creativity and guidance in creating useful resources and support for people.

If you or people you know are Christians working within care please consider joining CIC and help this to become a reality.



Please pray
In particular,
please pray for:

- Christians working in care
- A growing impact of Christians in the UK's social care sector
- God's guidance and wisdom in practical decisions
- Christians to catch the vision for CIC and help to make these ambitions a reality
- The right people to help take CIC forward
- Our new part-time lead coordinator Lucy who starts in July
- God to be glorified



If you are interested in partnering with Christians in Care or would like more information, please email me, Joshua Field, on
✉ ChristiansInCare@pilgrimsfriend.org.uk



Could you join the team at Pilgrims' Friend Society? For all the latest jobs, see:

www.pilgrimsfriend.org.uk/jobs



Rising up to meet the need

Based in the London Borough of Wandsworth, Regenerate-RISE is a charity seeking to share Jesus' love and transform the lives of isolated older people. Recently, they've launched RISE+, an initiative to help tackle the issue of bed blocking in hospitals. Founder and chair of trustees Mo Smith tells us more



Regenerate was founded in 2000 by my son and I as a response to the need for a lunch club for older people in a deprived area of Roehampton in the London Borough of Wandsworth. We worked for the Shaftesbury Society and had rescued a failing day centre. When we approached the council with our idea for a lunch club, they were thrilled at our proposal and took up our offer, also asking us to provide youth and community support on the deprived Alton Estate, paving the way for intergenerational links.

Around this time, the local primary care trust (PCT) carried out a participatory needs assessment of the area and concluded that the greatest need was the isolation of older people. As a result, we were offered a grant to initiate RISE (Reaching the ISolated Elderly). In 2005 Regenerate divided into two organisations, Regenerate focusing on youth, and a new charity called Regenerate-RISE, initiated by me, focussing on older people but keeping the intergenerational aspect high on the agenda.

Over the years we have received funding to initiate RISE in Sheffield, Nottingham and Ealing and worked in partnership with

churches to make a difference in their community. We are a small, grassroots organisation and when funding came to an end, we sadly had to leave those areas and now we currently work across the Borough of Wandsworth providing 'enhanced' day services specifically for people with moderate physical needs as well as those affected by dementia. We have been funded by Wandsworth Council for 23 years and have made a difference to thousands of lives.

“... we have been very privileged to see many unchurched older people come to Christ.”

Guided by Christ

We very much believe in sharing the love and compassion of Jesus by reaching out to those in our communities who often feel abandoned by family and society as a whole. We have fed the hungry, visited the sick and provided a family for the isolated and lonely and we have been very privileged to see many unchurched older people come to Christ. We have spoken at many funerals and, even when the numbers in the congregation consist of our staff and members only, the joy of knowing that the person is now in Heaven is absolutely amazing. Our underpinning ethos is to serve older people by providing the same love and compassion that Jesus would show if He was in our town today.

As an organisation we have been affected by inflation, difficulties in recruiting staff and the emotional trauma of losing so many people through COVID and the aging process. The local authority does not give sufficient funding for the care of older people and the processes are not always fair or just but we believe that, with His help, stumbling blocks can become stepping stones to rethink, restructure and recreate programmes of care that can be flexible and meet current needs.



Launching RISE+

Bed blocking, where people are ready to leave hospital but can't because social services are struggling to put adequate packages of care in place, has become a huge issue. In response to this, we applied for funding from our local Integrated Care Board (ICB) and launched our RISE+ project. As part of a three-month pilot, our staff members have visited patients on the Senior Health Wards of two London hospitals, St George's and Queen Mary's, befriending them before discharge and continuing a full range of support when they are at home.

This has included practical tasks to make discharge possible such as moving beds in preparation for hospital beds, purchasing heaters and microwaves, providing sufficient food in the fridge and ensuring patients can keep warm with a dressing gown.

The impact of the project has been significant. Following the discharge of one lady, a social worker wrote to us and said, "Big thanks to you and your team today. They were vital in ensuring Jean had a smooth discharge home, please send my thanks to your staff - they were absolutely fantastic and I know Jean appreciated it and was happy to see a familiar face from around the hospital".

One staff member of St George's Hospital told us, "I was inspired by the work done by Regenerate-RISE on Dalby Ward. I believe many of our elderly learning disability patients would greatly benefit from the support offered by this service".

“I just don’t know what I would have done without you all.”
 – member of Regenerate-RISE



The pilot has been so successful that we have now been offered a year’s funding to cover the London Boroughs of Wandsworth and Merton.

Looking ahead

To further tackle the issue of bed blocking, we have the vision to build a residential unit for patients on discharge from hospital above The Platt Mission, our charity’s building in Putney. This ‘reablement centre’ will be a stepping stone to independence for older people, providing a programme of support, care and social interaction. We aim to fundraise the £3m needed to provide a 12-bed residential unit and would very much value your prayerful support in this.

Our aim has always been to support older people from the point of contact until the end of their lives believing that, despite disabilities and the aging process, life can be lived to the full. Our reputation is built on our passion to make a difference through the provision of an excellent standard of care. We are creative with our ideas in meeting the needs of each individual and believe that we need to change constantly to meet the ever-increasing multiple complex needs of older people today.

Keeping Christ central

On my filing cabinet, I have a photo of the high rise blocks of Roehampton and written across the photo are these words: “These are not days to have a small view of God or to have a small view of what you can do in God, but these are days to keep your eyes upon your mighty God, a God who can do the impossible”.

We have known this to be true through all the ups and downs and it is our prayer that Christians will rise up and be the change in our society that is so desperately needed. We need to be an influence for good and work alongside social services and health professionals to ensure that love, compassion and integrity remain at the heart of all that we do.

Help during the pandemic

Regenerate-RISE was added to Wandsworth Borough Council’s Roll of Honour in recognition of the significant contribution it made during the pandemic. In 2020/21 the total number of 37,250 individual responses provided by the organisation included:

- Savoy on the Streets – a self-distancing tea for two in the garden
- Expressions of Kindness – everything from flowers, chocolates, homemade cakes, Easter eggs, Christmas hampers and presents
- Entertainment in the car parks of sheltered housing units
- Lunches delivered to homes
- Food hampers
- Companionship phone calls
- Bingo by phone

 For more information, visit: www.regenerate-rise.co.uk

PILGRIMS’ FRIEND SOCIETY

Welcome to the SUMMER 2023 DAILY PRAYER GUIDE

Thank you for standing with us in prayer! We root all that we do in prayer and your support in this way is so appreciated

‘From the rising of the sun to the place where it sets, the name of the Lord is to be praised.’

Psalm 113:3

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.

Sundays



Bethany Christian Home, Plymouth – Tracey Ikerd

Emmaus House, Harrogate – Chrissie Medway-Steel

Carey Gardens, Kirby Muxloe – Andy Harrison



Those living in our homes and schemes

Thank God for the lives of the precious people who live with us. Pray that they would grow in knowledge of Him and that their walk of faith would strengthen each day.



Care teams

Praise God for the incredible people who make up our care teams. Pray that they would be able to do their work with diligence and commitment, and for God’s sustaining presence during the challenging times.



Tracey

Please pray:

- For the RISE+ project as it enters its next phase
- That the Lord would meet financial needs, especially given the impact of inflation
- That difficulties with recruitment would be addressed
- For the team as they raise funds and plan for the new Reablement Centre at The Platt Mission



PULL OUT AND USE

Mondays



Evington Home, Leicester
– Jeanette Davis and
Indy Modare
Dorothea Court, Bedford –
Evelyn Bissell



Our catering, maintenance, and administration teams

Thank God for the invaluable work of our support teams within the homes and schemes. Ask that they would have all they need to serve their communities well.



Our resources *(see more on p.26)*

Praise God for our resources and pray that they would be providing support and encouragement in challenging situations. Pray for more opportunities to talk about them with others.

Wednesdays



Royd Court, Mirfield –
Vicki Miller
**Finborough Court Housing,
Great Finborough**



The Operations Team overseeing our homes and schemes

Praise God for our wonderful operations managers and the work they do to support our home and scheme managers. Keep them safe as they travel and help them to navigate their important and significant workload.



Recruitment

Give thanks that we are seeing great new people come to work with us! Pray for the managers and HR team as they keep looking for the right people to be a part of this incredible workforce.

Tuesdays



**Finborough Court, Great
Finborough** – Rachel
Fishburne and Karen Bleay
Pilgrim Gardens, Leicester
– Andy Harrison



Activities and Community Engagement (ACE) Facilitators

Thank God for the excellent work of our ACE Facilitators as they oversee volunteers in the homes and get out into the community to share the vision of fulfilled later life for older people.



Growth and Renewal Programme

Thank God for the desire to provide more safe communities for older people. Pray that God would guide the trustees and directors to clearly see the next steps for this important plan.

Thursdays



Framland, Wantage
– PumDim Skinner (interim)
**Koinonia Christian Care
Home, Worthing** – John Manea



Our Support Team – Finance, HR, and Communications teams

Thank God for our central support teams and the vital way they contribute to the work that goes on in our homes and schemes. Pray that the work they do would continue to make a difference each day.



Church and community engagement

Praise God for increasing engagement with local communities after the challenges of lockdown. Pray for more opportunities to connect with new and old church contacts.



Louise ANSWERS

Louise Morse is an author 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 a challenging situation

Fridays



Middlefields House, Chippenham – Rali Ivanova and Chris Boyes

Strathclyde House, Skelmorlie – Jenny Long and Tina Luther



Volunteers

Give thanks for our wonderful volunteers and all that they do to support the life of our homes and schemes. Pray that more people would be inspired to come and join us in this way.



Giving

Praise God for all those who give financially to this work as they are able, and for God's faithful provision over so many years. Pray for the work of our fundraising team – that they might connect with the right people who can support us in this way.

Saturdays



Luff House, Walton-on-the-Naze – Timothy Agbenike and Sharon Rowley

Milward House, Tunbridge Wells – Annabelle Purdie and Sid Martin

Shottermill House, Haslemere – Babi Dixon and Mike Beere



Directors and trustees

Give thanks for our trustees and directors who oversee the charity. Pray that they would know God's leading as they plan and give them wisdom in decision-making.



Families and relatives

Thank God for all those whose loved one lives with us. Pray that they would be confident in their well-being, knowing the great care and support our communities offer.



Sharon and Timothy

Q How can I persuade my frail, elderly mother to accept help?

A This plea came to me from a worried son whose 89-year-old mother lives three and a half hours' distance from him. "She has had two emergency hospital admissions in the last nine months because of falls," he writes. "She has COPD and high blood pressure and is unsteady on her feet. Despite the COPD she says she can't give up cigarettes.

"The last time she was in hospital she caught flu and was kept in for a few weeks. When the hospital discharge team met with her she told them that a home help comes in every day. But she has no help at all, except for an elderly friend who is not in the best of health herself. She discourages visitors, including family, and those who have managed it have found her living in appalling conditions with litter everywhere, and dishes in putrid water in the sink. She denies that she has ever had a fall."

According to this concerned son, Local Adult Social Services had been marvellous. A social worker had telephoned his mother to make an appointment, but she had told her that she needed no help and it was just her son worrying. "Why is she behaving like this and how can I persuade her to have help?" he asked.

This is not at all uncommon. A study from the University of York and Nottingham University found that many older people deny having falls and reject prevention advice because they see it as a potential threat to their identity and autonomy. A woman in her nineties told her doctor that she didn't fall, she just slid: "I don't even hurt myself, I just slide."

In a situation such as this, there are a few things you can do to try and change a person's mind. You can try the altruistic approach, saying it's as much for your sake as for theirs, so you won't have to live with the worry and stress.

Also, try building up their self-esteem and sense of control. Reminisce about times when she or he achieved something positive and, in contrast, the times they coped with adversity and came through. Remind them of their resilience.

Sometimes, older people have little energy for social interactions. You could tell the person that the carer won't have all that much time but will get things done quickly.

It's a challenge many families are facing. If you have found a solution that works well in your situation, do let me know, so I can share it with others.



MORE WAYS TO PRAY : Sign up to our new Prayer News email which goes out regularly with news and updates to guide your prayers:
Sign up here: www.pilgrimsfriend.org.uk/pray



You can also get our monthly Family News email which contains prayer updates, plus details of happenings from across the organisation. Visit: www.pilgrimsfriend.org.uk/keepintouch

Get in touch with Louise: ✉ louise.morse@pilgrimsfriend.org.uk. Find out more about Louise's work and her publications: 🌐 www.pilgrimsfriend.org.uk/louise-morse

Holiday memories

Those living in our homes share stories of summers gone by



POST CARD



Jean, Finborough Court, Great Finborough

I was a teacher and my husband was a headteacher. We used to live in school houses and to have a cheap holiday you could swap school houses with another family in a different part of the country. It worked well and we did this several times, staying in counties such as Devon and Northumberland, while families occupied our house in Suffolk.

There were a few surprising incidents in some of the houses where we stayed. On one occasion we had been enjoying the company of a cat, only to find that it had moved in while we were there and didn't actually belong to the usual tenants. There were some spooky goings-on in another school house when my husband turned round and saw a lady in Victorian dress. She didn't bother us. We just carried on with our holiday but thought it was amusing when we received a phone call from the people we had swapped with to ask if we had seen anything. She must have been a regular visitor!

Catherine, 95. Bethany Christian Home, Plymouth

I grew up in Preston, Lancashire and was the eldest of five children. My family didn't have tons of money so instead of going away for a summer holiday we would go on days out to Blackpool. My mother and my aunty would take us by train and they would pack a picnic of ham or bacon sandwiches and bottles of drink.

Mum and Aunty would get a couple of deckchairs and set them on top of the prom while we played on the beach below. We would dig in the sand and make sandcastles, swim in the sea and enjoy donkey rides. There used to be a man with a bicycle with a little stall as part of it. It was called a 'stop me and buy one' and you could buy ice creams.



Hazel, 90. Shottermill House, Haslemere

Childhood holidays were spent at Penmaenmawr in North Wales. We travelled by train and it was full of holidaymakers. On one of the journeys, we were waiting to get on the train and my coat slipped out of my father's arms and landed between the train and the platform. The guard had to come and rescue it. If the weather was fine, we played on the beach with a bucket and spade. One of the things we loved to do was stack stones into a tower and then throw stones to knock it down. We would also go swimming and the beach was quite safe as it had a gentle slope in the sea. We never needed a watch as we could just look away at the clock tower that was actually for the miners. One of the walks we liked to do was to Echo Rock, and on the last day of the holiday we would walk up to the hill and pick winberries. There were no plastic bags in those days but we saved paper bags. On our return home Mum would make winberry pies for the family.

Milward House, Tunbridge Wells:

Pamela, 81

When I was about 13, I went away to a bungalow we owned in Lydd-on-Sea on the Kent coast. We used to visit the bungalow my mum and I, whilst my dad would be at work. Mum and I sat down on the front of the bungalow in the sun, or we went down paddling during the day. When my dad came back at the weekend, we would visit National Trust places or Tenterden. Because we owned the bungalow we could go any time we wanted.



Brenda, 83

The only time we went abroad we went to Switzerland with our campervan. It was a youth group holiday and we stayed in a Christian Guesthouse in a village. My favourite thing was the beautiful scenery. The people were friendly. We didn't sleep in the campervan at night, but we used the kitchen and often did hot drinks in the campervan in the evening. We went up a huge mountain on a cable car, but the boys walked as they always enjoyed walking.



Shirley B, 80

When I was 11, I had a pen friend in Germany and the school organised for me to visit her. I started travelling young, and that's why I've always enjoyed travelling.

When I was 25 after my nursing training, I went to Switzerland with a friend. We went up the Jungfrauoch, where they filmed James Bond's 'On Her Majesty's Secret Service'. I went to see architectural places and travelled on many mountain railways and funiculars and lake steamers. I really liked their cake shops "Konditorei" and enjoyed the chocolate torte.

I also travelled to the Holy Land and a colleague got baptised in the River Jordan on Easter Sunday morning. I was her attendant and as we lifted her out of the water, the sun came out.



The Pilgrimage

– a gentle nudge!

Now's the time to get involved with The Pilgrimage and raise funds for our Hummingbirds

Words: Helen Rackham

With early spring flowers blossoming and evenings getting lighter, we listened to our family members, our staff, and our supporters, all of whom said they were looking forward to getting moving again after the long winter nights. So, in the spring edition of our magazine, we launched our spring/summer fundraiser asking you to “**step out on The Pilgrimage and step up support for dementia**”. Will you join us?

This fantastic fundraising opportunity directly supports the work of our team of **Hummingbirds** who are an integral part of

The Way We Care, in particular the way we care for people living with dementia. Hummingbirds are employed with the sole purpose of spending time and connecting with people affected by dementia, providing a range of emotional, spiritual, and practical support.

Our target is to raise £10,000 this year to further develop this aspect of our work, and we have had a delightful response to date with over £4,000 already expected. So, whether you want to walk, run, swim, cycle or do something else, we hope that you will join our journey.

Supporter stories

Three early stories to share with you include **Stephen and Susan’s “Pushbike Pilgrimage”**, **Alexandra’s “Marathon Adventure”** and **Sid’s “Cycling Challenge”**.

Stephen, our Chief Executive, and his wife Susan are planning two pilgrimages on their tandem, the first leg will take place between Shottermill House in Surrey and Koinonia Christian Care Home in Worthing on the 19th and 20th May, with the second leg to be confirmed. They plan to carry Christian greetings, messages and songs from one home to another as a short devotional time is led in each place.

Alexandra, our Director of Marketing and Communications, is planning to walk the equivalent of a marathon in a single day, a journey that is likely to take over nine hours. Joined by her family for some of the route, she will be walking to Milward House in Tunbridge Wells where she hopes the Pilgrims’ Friend Society family will welcome her with a super strength cup of tea and a warm bowl of water for her aching feet!



Sid, our Business Manager at Milward House, will be cycling more than 55 miles through the Surrey Hills, an area of outstanding natural beauty, in late July. Starting off at Milward House in Tunbridge Wells, he will arrive at Shottermill House in Surrey some six hours later....!

Why a pilgrimage?

You may be wondering why we have chosen a pilgrimage to raise funds for our Hummingbird team; the answer is simple.....of all the lifestyle changes that have been studied, taking regular physical exercise appears to be one of the best things we can do to reduce our risk of getting dementia.

Several prospective studies, (which follow the health and behaviour of a group of people over time), have looked at middle-aged people and the effects of physical exercise on their thinking and memory in later life. Combining the results of 11 studies shows that regular exercise can significantly reduce the risk of developing dementia by about 30%. For Alzheimer’s disease specifically, the risk was reduced by 45%.

If you decide to take part in The Pilgrimage, whatever activity you choose, you might like to build some time into your journey for personal reflection and prayer. Here are four areas that you might like to consider during your activity.

1. What do you carry that is weighing you down?

As you’ve prepared for your pilgrimage, you’ve probably thought about taking only the things you really need. In life, are you carrying more than you need? Is there anything that you could strip away to make your journey easier?

2. How is your journey with God?

God has promised us that He will never leave us – we know that He is journeying with us. Is there anything stopping you from receiving God’s full companionship in your journey with Him?

3. Who are you journeying with?

On your pilgrimage, you may cross paths with many people. Who is journeying with you through life? How are you showing them that you are grateful for their support on your life’s pilgrimage?

4. Where are you going?

The thing that makes a pilgrimage special is that it has a destination, a finishing point. Life is both about the journey that we make day by day, and the final destination. Where are you going?

With all of this in mind, please join us to...

- Step out to raise vital funds for our Hummingbird team
- Step out for a healthy you
- Step out and strengthen your relationship with the Lord

Thank you!

To take part, download your guide from www.pilgrimsfriend.org.uk/pilgrimage



Meet our team, HR MANAGER PHIL

Helen McKay-Ferguson

Phil Wainwright celebrates his 30th anniversary with Pilgrims' Friend Society this August. We took the opportunity to visit his narrowboat at Three Mills Residential Moorings, East London, where he both lives and works

My wife Jo and I have lived on a narrowboat for 11 years. Our daughter needed somewhere to live with her children and so we lent her our three-bedroom house in Nunhead and found a narrowboat for us.

Our boat is called Heart's Ease as a tribute to my sister, after a guest house she and her husband used to run. My sister sadly died from cancer and left me a legacy which we used to buy our first boat, Sweet William. We then moved to this boat as it's slightly larger. It was called Hakuna Matata but I couldn't stand the song playing in my head every time I said the name so we changed it.

The boat is 6ft6 wide and it's a bit like living in a corridor. You get very used to stepping out of each other's way. When our grandkids sleep over it's chaos!

People who live on boats fall into two categories, those who've fallen in and

those who haven't fallen in yet. We're still in the second category, although we've both had a leg slip in.

Boat life involves a lot of filling things up and emptying things out. We fill the water tank every week, we empty the toilet every two weeks. We fill up the coal scuttle, we empty out the ash pail.

We're very close to wildlife. Herons, coots, ducks, Egyptian geese, Canada geese, egrets, swans... We see them all.

One evening we heard a big splash. A fox had fallen in and was stuck between our boat and the pontoon. Jo fished it out and it promptly bit her and fell back in. She rescued it a second time and then had to go to the hospital for some strong antibiotics.

I started working from home in the pandemic. A narrowboat is a small space at the best of times and so this was a challenge. I set up my computer on our dining table and put it away every evening. Now I split my time between home and the office and I'm very used to it.

When I started, I didn't think about whether I'd still be here all these years later. It is a lovely charity to work for. One

Fun fact:

Masterchef is filmed just round the corner from Phil's boat. The cobbled yard at Three Mills features in the show's opening sequence.

thing I was attracted to was how everything is prayed over. That's not changed in all the time I've been here.

Initially, a big part of my role was to implement a computer system. There were only four computers in what we then called Head Office (now the Support Office) and only one of our homes had a computer. Things have changed a lot.

I'm responsible for payroll. When I started, all the homes sent their staff timesheets each week in an envelope and I typed in all the information. It's a lot more automated now.

I've worn many different hats, often simultaneously. I've been Systems Manager, Marketing Manager, HR Director. When we changed from being Pilgrim Homes, I was part of the team that decided on the name Pilgrims' Friend Society – including the apostrophe that people seem to find so tricky! The name comes from the charity's original name, Aged Pilgrims' Friend Society.

One of the parts of my job that I enjoy most is training staff in HR. It's much better now we can do things face-to-face again. You can have much more interaction than in online training.

At Pilgrims' Friend Society, we're an inclusive employer. Through our church, the Metropolitan Tabernacle, Jo and I have learnt British Sign Language (BSL). Nasim, who is deaf, joined me on the Pilgrims' Friend Society HR team as Payroll Assistant.

I'm not the longest-serving member of staff. Maureen Sim, our Director of Operations, has been with us for 42 years.



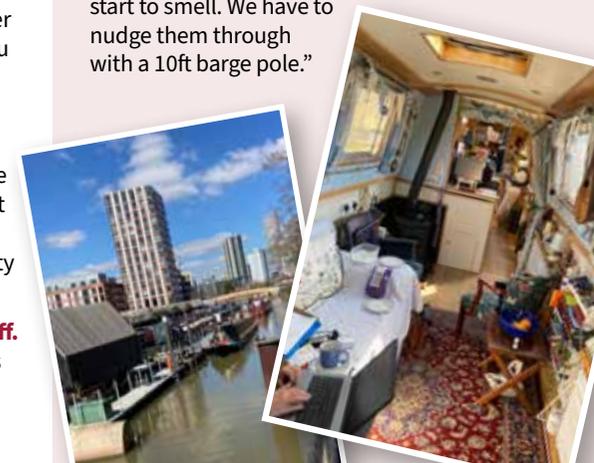
BOAT LIFE

The highs...

Being able to go cruising when you fancy a change of scene. Phil says, "Sometimes we'll go up the River Lea to Cheshunt. Our max speed is 4 mph though, so we don't go anywhere in a hurry."

The lows...

Dealing with dead things. "Dead cats, rats, foxes and fish... They've all floated our way. Sometimes they get stuck at the weir and start to smell. We have to nudge them through with a 10ft barge pole."



Could you come and work for Pilgrims' Friend Society? Browse our latest jobs at: www.pilgrimsfriend.org.uk/jobs

Resources

A selection of our resources...



God's Word in God's World – bundle

This bundle includes a book and two jigsaws. Our glossy colour photo book God's Word In God's World pairs Bible verses with beautiful images from creation while two 48-piece God's Word in God's World jigsaws feature images and verses from the book. Our God's Word In

God's Word resources were devised by Ruth Ranger, whose father Jack lives at our home Middlefields House in Chippenham. Ruth says, "I wanted something to bring both God's beautiful world and His wonderful words to Dad in a relaxed and accessible way."

Dementia from the Inside, £9

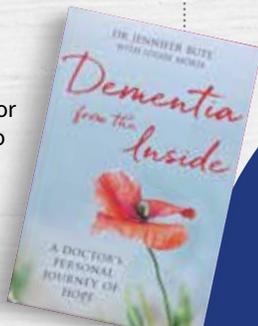
- Dr Jennifer Bute with Louise Morse

Jennifer Bute was a highly qualified senior doctor in a large clinical practice, whose patients included those with dementia. Then she began to notice symptoms in herself. She was finally given a diagnosis of young-onset dementia in 2009.

After resigning as a GP, she resolved to explore what could be done to slow the progress of dementia. The aim of this practical book is to help people who are living with dementia and give hope to those who are with them on the dementia journey.

Jennifer believes that her dementia is an opportunity as well as a challenge. Her important insights are that the person 'inside' remains and can be reached, even when masked by the condition, and that spirituality rises as cognition becomes limited.

Dementia from the Inside is co-authored with Louise Morse, author and speaker for Pilgrims' Friend Society, who has a Master's degree examining the effects of dementia care on families.

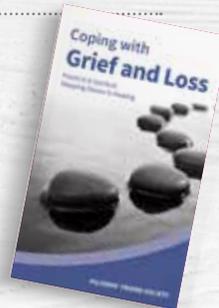


Coping with Grief and Loss, £3

by Louise Morse

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.

Louise says, "We have remedies for many of our ills, both physical and mental. We have pills for anxiety and depression, but nothing that really lessens grief. So although everyone on earth will know grief at some time, most of us are ill-equipped to deal with it. Grief is uniquely personal to each person and we experience it in millions of different ways."



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

www.pilgrimsfriend.org.uk/resources

Alternatively, ☎ 0300 303 1403

A guide to leaving a gift in your will

Helen Rackham oversees individual giving at Pilgrims' Friend Society. She explains how choosing to leave a legacy gift will have a lasting impact



We all hope to leave the world a little better than we found it. After you have provided for your family and loved ones, by choosing to leave a gift in your will to Pilgrims' Friend Society, you can be certain that your kindness will help older people find comfort, support and friendship in their later years.

Gifts in wills are vital to our work, helping us to provide wonderful accommodation in wonderful environments that wonderful older people are proud to call their home. So please read on to find out more about the difference leaving a gift will make.

An ageing population

For over 200 years, Pilgrims' Friend Society has supported older people in later life. And with an ageing population, we know that demand for our services is only going to increase.

To meet this need, we have a Growth and Renewal programme which will see a growing network of homes and housing schemes, through which more people will enjoy excellent care and support.

The Way We Care

Our concept of living with people and valuing them as "family members", precious to us and others, is distinctive and compelling. When our buildings are designed to support this way of caring, the experience for those living with us, their friends and relatives, staff and volunteers is astounding.

Middlefields House, Chippenham, was the first of our planned new-build homes. The home, which won a Pinders Healthcare Award 2022 for Best Architectural Design, offers high quality, personalised care for 48 residents aged 65 and over, including:

- People with dementia
- People who need respite care
- People who are at the end of their lives

Embracing communities

We pride ourselves on having strong local partnerships in place with a range of community organisations including schools, churches and local voluntary groups. We create warm, homely and inspiring places for older people to live, enabling them to continue to flourish in their later years.

Next steps

If you would like more information about leaving a gift in your will, please download our detailed guide:



🌐 www.pilgrimsfriend.org.uk/legacy

Or get in touch to speak to a member of the team ✉ info@pilgrimsfriend.org.uk and we will be delighted to contact you by return.



Meet a volunteer...

MEG at Middlefields House

Meg, 18, has been volunteering at Middlefields House, Chippenham, since October 2022. She tells us why it's a highlight of her week



My career goal is to be a midwife. For this, you need care experience of some kind and so I contacted care homes in my local area to find out about volunteering opportunities.

Middlefields House was the best. The team got back to me straight away. They seemed really interested in my being there. As an introduction, Gaie Marshall, the Pastoral Care Lead at the home, took me on a tour. Everyone seemed really friendly and said 'hello'.

The first couple of times, I stuck with a more experienced volunteer, Gemma. She helped me settle in.

I didn't choose Middlefields House because it is a Christian home. I do have a lot of Christian friends and I find it interesting talking to the family members about their lives.

Middlefields House is split into four households. Household 2, where there are people with more advanced dementia, has become the household where I spend most of my time. It's easier to get to know one smaller community.

I'd never known anyone with dementia before. As a volunteer, I've had the opportunity to learn about dementia, including about the GEMS model where people are seen as being 'precious jewels' at different stages of the illness.

One thing I've come to appreciate is how dementia affects people differently. Some people can be comforted by having someone sit close to them and hold their hand, other people need space.

There's a lady called Judy who I've spent a lot of time with. She is very chatty and loves to tell me all about her family. One of the first things we did together is go through all the photos on her bedside table.

Judy also really loves nature. She's lived in Ecuador and worked at an environmental sanctuary. She tells me about different birds and animals. She's also very good at languages. I love chatting and like to hear about all her interests.



I'd say my favourite part of the household is people's individual rooms. Everyone has got a colourful name sign on their door. Each room is personalised with decorations and special objects. Judy's room is filled with flowers. One gentleman has a piano in his. I like that when you walk down the corridor you can instantly tell whose room is whose.

People's rooms are also where I have the best chats. It's someone's own space where they feel really comfortable and open up the most. I find I can have really good quality one-to-one chats.

It's nice that the family members are interested in my life too. For my A-Levels I'm studying Art, Dance and Criminology so I'll tell them about that. In September, I'll be going to do a gap year internship in midwifery in Sri Lanka and they like to hear about that, especially Judy as she loves travel.

I love how all the family members have been my age at some point. They've been

through every moment in life, that's what I find cool. They can share their experiences on how it was for them.

As a volunteer, I've been able to share some of my skills in art. For example, when they were doing watercolour painting I could give them some tips.

When I visit the home, I don't have my phone with me. It means I'm spending really focused time with the family members. It's a complete break from all the pressures of modern life.

I always feel very fresh when I come away from visiting. I bombard my friends with stories about what I've been up to. There's always something to tell them about.



Volunteers' Week 1st-7th June

Volunteers' Week is an ideal time to chat to organisations you're interested in and find out more about their volunteering opportunities. If you don't live close enough to our homes to volunteer with us, perhaps there's another organisation working with older people that you could connect with.

To find out more visit www.volunteersweek.org



In her spare time Meg...

- Likes listening to retro music from the 60s to the 90s
- Is teaching herself to crochet
- Is exploring children's illustration, taking inspiration from Beatrix Potter



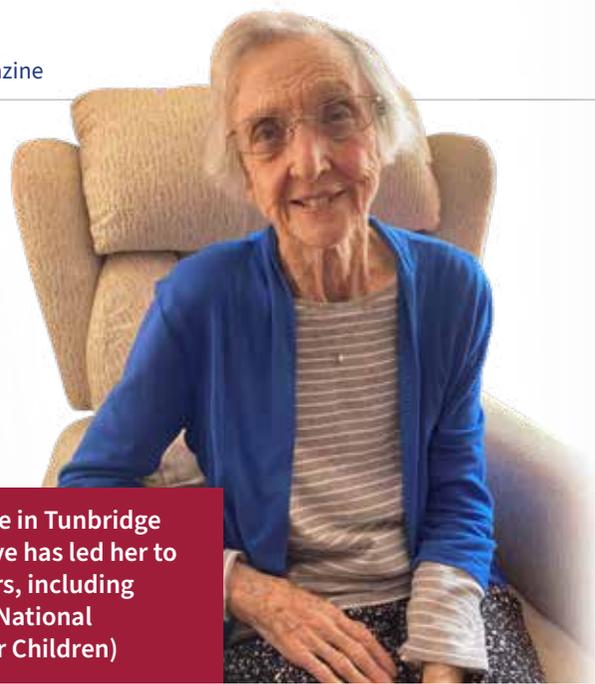
Could you volunteer with Pilgrims' Friend Society? We'd love to have you on board! You can register your interest via our volunteers page:

www.pilgrimsfriend.org.uk/volunteer

My story: GRACE

WORDS: Helen McKay-Ferguson

Grace, 96, lives at Milward House in Tunbridge Wells. She tells us how God's love has led her to spend a lifetime caring for others, including through Christian organisation National Children's Home (now Action for Children)



As a young woman, Grace found herself working as an assistant house mother at a National Children's Home school for boys in Carmarthenshire, Wales. Aged between 11 and 14, the boys had all been convicted by the juvenile court for things like truancy and petty larceny. "They were little flotsam and jetsam, somehow," says Grace. "It was post-war and a lot of children had traumatic, heart-breaking birth circumstances. Some had lost fathers, some had parents who had deserted them. I felt my heart going out to them."

Every night Grace would say, 'Bedtime now boys. Once you're ready I'll come back and say prayers with you.'

"It was a struggle to get that off the ground but when I did, they appreciated it. They liked that someone would pray with them in a simple, childlike way,

bringing them to the Lord and asking Him to bless them, to take their fears away, and to look after them whatever the future held."

It was at the age of 19 that Grace had the "born again experience" that shaped the rest of her life. "It was a cry of desperation, really. I wasn't getting on well with my mother. I'd fallen in love with someone but he chose someone else. All my sisters were getting married. One Sunday I felt a bit strange and I wondered 'is someone praying for me?'. I was climbing the stairs and felt like I was the prodigal son returning to God. I knelt down and said, 'Please make me like when I was little, when I believed in You and it used to come right'. And the Lord took me in His arms, like the prodigal son, and I sensed this outpouring of His love."

Grace later found out that a serene-looking Christian lady who sat opposite her at the food office where she worked counting coupons had been praying for her.

"Everything was different after that," says Grace, "I just wanted the Lord and the Lord's people."



Naturally caring, Grace found the Lord used this gift to help her reach out to others. One of her first jobs was as a classroom assistant at White Hart Lane Junior School in North London, working with children who were, in the language of the time, "maladjusted". She then left home to work at the National Children's Home's open-air sanatorium in Harpenden. TB was rife, with no medication for it. "Sunlight and fresh air was considered the best treatment," says Grace. "The wards had moveable sides that you could pull right back and there were little huts on tramlines that you could push out into the garden."

It was from here that Grace moved to the boys' school in Wales. She also spent a year training at the National Children's Home's college in London.

When Grace then moved back to London, she heard about a widowed father-of-four, John Alexander Peters, who needed a housekeeper. Grace took on the role and eventually became John's wife. They went on to have a son together. "There were seven of us living in this three-bed council house in Harefield, Middlesex, and we were a bit pushed for space really. All these teenagers and all these shoes!"

Grace and John had a canal boat nearby which was a handy bolthole. John was very

successful in business, becoming a Freeman of the City of London for his services to industry. Grace took on various roles including as a demonstrator of knitting machines and as a visitor with the probation service, supporting prisoners' wives.

Following John's death, Grace moved into a flat at Pilgrims' Friend Society's former location in Brighton. "I used to love to go down and help with the frail, older people in the home," she says. When our Brighton Home closed, Grace moved to a flat at Milward House, and has since moved into the care home.

"It was lovely when I moved across as one of the staff spent the time talking to me find out all about me," says Grace. "It isn't always easy being a recipient of care but we are blessed with wonderful staff. We're always laughing together. A sense of humour goes a long way."

Grace stays in touch with her family regularly, including by video call and text as some of her children live in Australia.

The Christian environment means a lot to Grace and she has made some good friends. "We have services and we can live our faith with one another. If I was in a non-Christian home I'd have to guard it. You could talk about it, but you wouldn't be received. It's the oneness here that's so special."



Find out more about our bespoke Christian approach to care
The Way We Care:
www.pilgrimsfriend.org.uk/thewaywecare

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/...../.....

For us to claim Gift Aid, it is essential that you complete the address section above.

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



Don't forget

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

www.pilgrimsfriend.org.uk/give

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

PMMAY23

Could you help us support older people like *Grace?*



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

Yes! I would like to give a gift

Give online

Can you give online, helping us to save on administration costs?
Visit: www.pilgrimsfriend.org.uk/give



Alternatively, you can fill in the forms below:

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'



CONTINUES OVERLEAF...

Contact details



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

Support Office: 0300 303 1403 info@pilgrimsfriend.org.uk www.pilgrimsfriend.org.uk



Dorothea Court, BEDFORD
0300 303 1490

dorothea@pilgrimsfriend.org.uk



Middlefields House, CHIPPENHAM
0300 303 8470

middlefieldshouse@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



Bethany Christian Home, PLYMOUTH
0300 303 8440

bethanyhome@pilgrimsfriend.org.uk



Strathclyde House, SKELMORLIE
0300 303 8465

strathclyde@pilgrimsfriend.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



Koinonia Christian Care Home, WORTHING
0300 303 8480

koinonia@pilgrimsfriend.org.uk