

PILGRIMS'  
FRIEND  
SOCIETY

# The Pilgrims' Magazine

Winter 2015/16

## A Big God and a Big Vision

Chief Executive  
Stephen Hammersley

CHRISTIANS  
FOR  
OLDER  
PEOPLE

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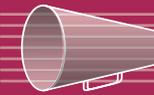
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The front cover picture shows one of the new pathways at Dorothea Court.

## VOICE

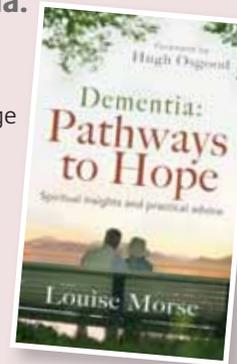


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In some cultures downsizing from a family home to something that is more suitable for older people is normal. But it's not in the UK, and often people have to move in a crisis, when they can't cope. Dery van der Tang, manager of Dorothea Court in Bedford, writes about what to look for and what to do.

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Just when the political pressure on GPs to over-prescribe and over-diagnose seemed to be lifting, the findings of a small study of less than 300 people are said to be 'robust' enough to persuade them to prescribe a drug for late stage dementia to reduce the 'risk' of care home placement.

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



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



Pilgrim Havens provides caring homes with a Christian ethos.



Pilgrim Homes provides caring homes for the Christian elderly.

HOMES 

# A Big God and a Big Vision

In a world where 1 in 3 babies born today are predicted live to 100!!

Chief Executive,  
Stephen Hammersley



The world has reached a tipping point: for the first time in history there are more older people than younger and the ageing trend is going to accelerate dramatically. The King's Fund predicts the average life expectancy for a girl born today in the UK to be just under 95, and a boy to just over 90!!

This is already showing itself in some startling ways. If you live in China the need to keep an older society going is now seen as more important than limiting population growth and the one child policy has been abandoned. In the UK 5 million older people report that the TV is their main source of company and a major study of the care industry has just predicted severe shortages of staff as there are too few people wanting "care as a career".

The Church is not immune. Brierley Associates have identified that the only cohort in the pews predicted to grow in percentage and absolute terms in the next 25 years will be those aged over 65. Disturbingly they have also identified that people's connections with church are declining dramatically with age. Christian Churches may cherish older people in theory but in practice – and from the older person's point of view, they are increasingly being forgotten.

Pilgrims' Friend Society has its roots in churches that had a big vision for their older brothers and sisters. Many



Christian Churches may cherish older people in theory but in practice – and from the older person's point of view, they are increasingly being forgotten.

of our homes were built by people who understood that the Bible describes the Church as a place where all ages are valuable and have a role to play. In response to the Scriptures' requirement to do good to those in need, these pioneers had big and breath-taking visions to provide Christian care for older people through homes where they could flourish "like trees in the courtyards of the temple" (Psalm 92).

But their visions were framed at a time when, although money was short, there were relatively few older people and it was easier to "just do things" without breaking the law. So what about today when the opposite is the case?

The book of Proverbs (ch 29 v18) warns us that "where there is no vision the people perish" and after much prayer and prayerful consultation with our supporters we do believe that God is calling us to a new and more specific vision of what we should be doing both through our homes and housing schemes and elsewhere. The writer of the Proverbs adds an important promise to his plea for a vision: "but he that keepeth the law, happy is he" and so as we finalise our vision and start to outwork it God's word will be at heart of everything.

Our vision given the unprecedented changes in ageing that we are all about to experience has two elements:

1. **First**, *our homes are of vital importance. We want each one to provide the very best Christian care, with each property being "home" to our residents, and life revolving around our love for God; our love for each other; and the particular gifts and needs of each individual resident and their families. What we do is already very good, but this vision means tackling, over time, limitations in our property; better specialist care for people living with dementia; stronger support for our staff; and homes that play a full role in their communities with strong church links and well supported volunteers. Achieving this vision over the next ten years will require multiple millions of pounds more than the*

*Society has, requiring faith in God to bless our work in pursuit of this vision.*

*2. Secondly, it is to reach every town and city in the UK with Christian care. Working with other evangelical Christian agencies our vision is that many more people will wake up to the opportunities and challenges of making their Church a place for all ages, finding inspiration and encouragement in the resources, conferences and fellowship that we will produce and enable. This is what we mean when we talk about the Society being a "Voice" for care for older Christians. The breath-taking aspect of this vision is its scale and the fact that we will trust the Lord for the resources needed to make it happen separate from the existing financing of the Society.*

The wonderful thing about God's economy as revealed in Scripture is that we know that He values all people and that ageing is not a "challenge" outside of His design, whether it be Paul recalling God's promise that His "power is made perfect in weakness"<sup>2</sup> or the prophet Joel writing about God's different but complementary purposes in the last days for sons, daughters, old men and young men.<sup>3</sup>

And He doesn't leave us in any doubt about what to do. In Deuteronomy we are told directly to: "fear the Lord your God, to walk in all His ways and to love Him, to serve the Lord your God with all your heart and with all your soul, and to keep the commandments of the Lord."<sup>4</sup> Encouragingly, a few verses later on in we are also told that "He administers justice for the fatherless and the widow" and

In Deuteronomy we are told directly to: "fear the Lord your God, to walk in all His ways and to love Him, to serve the Lord your God with all your heart and with all your soul, and to keep the commandments of the Lord."

"He is your God, who has done for you these great and awesome things that your eyes have seen". So we have a big and great God, whom we know is concerned about our society that soon will have more widows (and widowers) than ever before. Our vision appears consistent with Biblical priorities.

So as you read this magazine, please do join with us in praying that everyone involved in the Society (Board, staff, volunteers and supporters) might be able to fear, love, serve and obey God so that all the other things (money, staff, volunteers) that are needed to realise our vision may be provided.

<sup>1</sup> Kings Fund

<sup>2</sup> 2 Corinthians 12 v 9

<sup>3</sup> Acts 2 v 16-18

<sup>4</sup> Deuteronomy 10 v 12-13



Emma Hughes

Emma Hughes, manager of the **Bethany home in in Plymouth**, was so delighted by the recent Care Quality Commission report that she said she felt like singing and dancing a little jig around the home. Under CQC's new system there are four scores: Inadequate, requires improvement, good and outstanding. Homes are rated on how well they do on being safe, caring, responsive, effective, and well led.' Very few homes in the UK get excellent scores throughout. Emma said, 'Bethany had the following scores- Safe = good; caring = outstanding, responsive = good, effective = good, well led = good.' • The Bethany home is rather an uncompromising looking Victorian building, but the atmosphere inside is so overwhelmingly good and welcoming that when they leave visitors tell Emma how lovely it is. •

# Highlights from housing and homes



It was a blessing to hear at the Prayer Day in June, a resident thanking God not just for the lovely home but for the spiritual support she received from staff and other Bethany residents.

A highlight in the **Brighton Home** this year was the visit by Captain Ed Aitken of the 24th Lancers to present 101 year old resident Ernest Payne with the medal of the Legion D'honneur



101 year old Ernest Payne, Captain Aitken and Ernest's niece, Rosemary Warburton

for the part he played at in the British Army Normandy Landings in 1944. Read more on page XX. • Visitors to the home have included some singers from Holland, and teenagers from Brighton College who worked on the reception area to 'make it look nice.'



above: Enjoying strawberry tea last summer. right: New paving makes walking easier

Everyone at **Dorothea Court in Bedford** is pleased with the new pathways that have been laid by Steve Mayo and his team in the gardens, including good lighting. Occupants from the St



George's Road houses at the back can now cross the gardens easily to the Park Avenue Community Centre. And to complete the upgrade, a new summer house was erected. The garden was the setting for the annual strawberry cream tea, prepared by the Friends of Dorothea, staff and volunteers, who also set up the gazebos, tables and chairs. Around 55 people sat in the shade on the sunny day and enjoyed one another's company and renewed friendships. Manager Deryn van der Tang said, 'This wouldn't have been possible without our Friends group.' Also, on page 31 is a letter Deryn written to thank everyone who sent donations for the lift door opening system.

Step into **Emmaus House in Harrogate** and the first thing you notice is the warmth of its Yorkshire



A sumptuous tea to thank Volunteers by Emmaus' cook extraordinaire.

welcome – something much appreciated by the eighteen visitors at the Prayer Day in June. • The tree given by an anonymous donor

to celebrate the Day of Prayer is now bearing fruit in the conservatory. • In September residents and visitors got together for a Macmillan Coffee afternoon, which raised £176 for the charity, and in October, loyal volunteers were treated to a 'thank you' of afternoon tea or dinner, depending on their availability. • At a prayer meeting in November, residents said how thankful they are to God for their wonderful families who do so much for them and for all the staff. Administrator Sarah said, 'they were also grateful for the wonderful colours they are seeing this Autumn.'

**The Pilgrim Home in Evington, Leicester**, is one of our biggest homes, with 46 care and nursing places, and good staffing is vital. When Karen, a former carer, telephoned to enquire about any part-time vacancies Debbie remembered her skills and suggested Activities' Coordinator. Funding was agreed and Karen started in September. Coincidentally, the local authority offered activities training and Karen signed up. This turned out

to be the loan of a year's free activity resources and training in how to use them in group sessions and one to one. Each box contains items on a specific theme such as 'childhood' or 'the great outdoors'. At the same time, we were approached by a local charity aimed at linking a community group with residents in the home over regular craft activity. This is tailored to each person's ability for example knitting, or just feeling the texture of a ball of wool. Feedback from residents and relatives has been extremely positive. A visitor commented how wonderful it was to see some of Dorothy's [name changed] artwork on her bedroom wall, and then to discover that there are now several art and craft activities during the week. "I have always appreciated the quality of care she receives. This opportunity for her to engage in activities she enjoys is the icing on the gingerbread! Please thank on my behalf the faithful volunteers who make these things possible."

Staff and residents at **Finborough Court in Suffolk** all joined in to





Tom Horrex

celebrate the Queen's long reign by dressing in red white and blue on the special day. In November, staff member Tom Horrex organised an Auction of Promises at the home, with some very desirable Promises!

After weeks of coping with a temporary kitchen in the car park everyone at **Florence House in Peterborough** was in the mood to celebrate when the new kitchen was finished late October. In the meantime



Enjoying the sunshine, manager Jennifer Mercader far right

everyone made the best of the sunshine, as this picture shows. Manager Jennifer is the last person on the right in the back row. • The home has a waiting list of potential residents but when, for the first time in a long time, there were two vacancies no-one on the list was ready to come in. But as Jennifer pointed out, at one time the home was getting phone calls from Social Services looking for places nearly every day, and the situation is a changing one.

**Framland** Manager Beth Kneale is praising the Lord for good occupancy, a stream of enquiries and people on



above: The Hanney Choir  
below: Wantage Silver Band



the active waiting list. Framland enjoys good links with the local community and is visited often by local musical groups. In the last few months there has been the Ukelele band with a 'very jolly' concert, the Wantage male voice choir and Hanney and Abbey choir. There was also an oboe and

piano recital by a resident's daughter and friend. There'll be more music in December with a carol service and buffet tea on 16 December, and at the New Year Party the Friends of Framland are organising. Also pictured are the Wantage Silver Band.

Work began in November at the **Leonora Home in Chippenham** on the hall, to give it the 'Wow' factor.

• Everyone is praying that the vacant rooms will soon be filled. • The new Activities Coordinator organised an outing for residents in November to the local museum, with tea afterwards.

**Milward House in Tunbridge Wells** is getting ready for the change in December from care and nursing



Maintenance Officer Nick Maunders

to care only. It means a lot of work for Manager Ruth Meltz and Senior Carer Julie Wickens, but Ruth says everyone has been very supportive. The change will mean less reliance on Agency nurses. At the same time major refurbishments are taking place, which means extra work for maintenance man Nick Maunders, who is also taking Level IV in Facilities Management with the British Institute of Facilities Management. One of his first jobs when he arrived seven years ago was to reconstruct the basement after removal of asbestos. He remembers that his son Aiden, a lively 7 year old, was just two weeks old at the time.

Residents at **Pilgrim Gardens in Evington**, Leicester, are not only living in star accommodation but some of them are film makers, too! Residents Osy and Kate Waye filmed their cruise down the Rhine River earlier in the year and then when they



Watching the film of the River Rhine cruise

came back treated everyone to a slide show, and Black Forest Gateaux (from Sainsbury's!) They showed the great cathedrals, Cologne and Strasbourg, and some of the castles along the river.

Michelle's Freddie on a learning curve



Osy and Kate also visited Heidelberg, the place made famous in the musical 'The Student Prince'. The film is remembered for the Drinking Song with its 'Drink Drink Drink!', but it also had the lovely song, 'I'll Walk with God, From this Day On.' Osy said the only complaint of the evening was that it was too short, so they'll take more pictures on their next cruise. • Pilgrim Gardens' warden Michelle Hydon is very pleased that most of the building 'snagging' has been done now, so there are fewer workmen in and out. She's also delighted with the progress of her new grandchildren, who are doing very well now.

David and Jane Kennedy at **Redbourn Missionary Trust in Hertfordshire** will be retiring

in December and moving back up north to be nearer family. 'It has been wonderful to meet missionaries from around the world, and whether their stay was short or a little longer all deeply appreciated their time spent at Redbourn,' he said. All the houses are booked right through 2018, apart from a few short stay vacancies. David wants to record how much he and Margaret have appreciated getting to know each of the missionaries over the last two years, adding, 'We want to give special thanks to Patrick and Carol Wang for their help to us and for running the monthly prayer meetings during their two year stay and we pray the Lord's blessing be theirs as they continue to serve Him.'



David and Jane Kennedy

There were celebrations at **Royd Court in West Yorkshire** when resident Jean Slack celebrated her 100th birthday in XXXXX. Care manager Georgina Lansdell said, 'Jean came to us in 2011 and at that time she was walking, very frail but very well. In the summer of 2012 she was really poorly but pulled through for her 97th



Jean Slack with carers Rachel Hullock and Roisan Canete

birthday. Although Jean is constantly cared for in bed she is a lady who has a testimony for everyone. She reads her Bible every day as well as a great deal of other reading materials and in that I mean some really deep books! She plans her reading, her television and her meals she is very bright and aware.'

The 'new' patio at **Shottermill House in Haslemere** is a real blessing for residents in the warm weather. • The local press photographer visited again this year for Miriam Cheeseman's 105th birthday. More about Miriam is on page 35. Manager Paul Mason is used to receiving appreciative comments from relatives, but was especially blessed by the relative who wrote to say how much she enjoyed her meeting with Senior Carer Beauty. The relative wrote, She is clearly a very competent and caring person.

I also had the opportunity to meet Jackie in the office and Emily, Betty's [name changed] key worker. Two of Betty's friends also turned up so we were a happy gathering in the Guest's Lounge. We were all made to feel very welcome and staff were clearly happy to have other people around. Not always the case in other places!! The atmosphere is Shottermill is really nice and I think it is perfect for my aunt.' Paul gives his 'view from the bridge' in the article on page 19.



Enjoying the autumn sunshine on the patio

# Walks with a Purpose

**Coventry & Warwickshire Auxiliary and Friends of Evington Walk**

Bryan Jarvis



We had a very enjoyable Country Walk and BBQ on Saturday 19th September combining the Coventry & Warwickshire Auxiliary with the Friends of Evington Home in a five-mile walk around Foxton Locks in Leicestershire. Nineteen walkers set off past the famous Foxton "staircase"

of 10 canal locks on one of those beautiful September days of warm sunshine and stunning views when walking is a pleasure and every ageing leaf and berry reveals a kaleidoscope of autumn colour.

The operation of the lock system provided plenty of entertainment, but then the first part of the five-mile walk followed the tow-path for 2 miles before climbing a gentle hill towards the lovely village of Gumley. Then turning back across some green pastures to the canal-side and the pleasant waft of sausages, onions and burgers on a waiting BBQ and other waiting friends. It was a great time together and generous gifts demonstrated the appreciation of everyone who came along. Sponsorship raised £348.50.



**Sponsored Walk, in aid of Pilgrim Homes**  
Meeting at 10:30am, Saturday 12<sup>th</sup> September 2015  
Buscot, Nr. Faringdon, OXON. SN7 8DA

**Bring a picnic (to eat en-route)**

**A 5½ mile circular walk partially along the Thames Path**

**Park at Buscot Weir car park**  
OS Grid Ref 163 SU 231977  
Post code SN7 8DA

Sponsorship forms available from Dave Pepler on 01235 766863 or via email - [dave.a.pepler@gmail.com](mailto:dave.a.pepler@gmail.com)  
Please note:- Good walking shoes or boots recommended as route crosses uneven ground.  
Dogs to be kept on a lead and children under the age of 10 must be accompanied by an adult  
All proceeds go towards the support of the Pilgrims' Friend Society  
Registered Charity Number 242266

**PILGRIM HOMES**  
SERVING OLDER CHRISTIANS

**PILGRIMS FRIEND SOCIETY**

## Wantage Auxiliary Sponsored Walk 12th September 2015

Dave Piper

The day started off cool, cloudy and with more than a hint of drizzle in the air. However, although the group of walkers set off from Buscot Weir car park 'well under wraps' soon the sun came out and coats were cast aside. The walk started off with a group of fourteen, covering a wide range of ages

and representing half a dozen churches from the Swindon, Oxford, Abingdon and Wantage areas, but it ended up with sixteen! The 6 mile circular walk journeyed partly along the Thames Path with a short break at St John's Lock, Nr. Lechlade for a picnic lunch which is where the extra pair joined the group for the final leg. It was a good and happy time of relaxed fellowship and physical exercise which also helped to raise about £800. Thank you for your support.

## What it means to be a care home manager



Being a care home manager is considered one of the most pressurized jobs in the industry. There is currently a crisis in recruiting and around 2,000 homes are said to be running without a manager. So what brings – and importantly, what keeps our managers going? Louise Morse asked three who came to the work from different backgrounds how they viewed their jobs.



**Emma Hughes, manager at Bethany in Plymouth**, had been a Ward Manager at Burswood Christian Hospital in Kent when she began to have a strong sense that the Lord was saying that it was time to move on to something new. She thought about training as a Macmillan Nurse, but then some friends pointed out the

advertisement for Deputy Manager at Millward House. They felt the job was right for her and so, interesting, did her father, 'a very perceptive man,' says Emma. He said at the time that it would not be without its challenges but they would not be insurmountable with the backing of a supportive organisation. 'That's exactly how it has been,' said Emma. She was Deputy Manager at Milward House for 18 months, becoming Acting Manager when Manager Ruth Meltz was seconded to Frinton to manage the home there. Emma remembers the Milward team as being 'an absolute delight and strength. I still miss Ruth Meltz, Julie Wickens (Senior Nurse) and Andy Burgess (Administrator) today.'

When the Manager's role at Bethany in Plymouth became vacant, Emma was asked if she would be interested in taking it on. She and her manager, Barbara Margetts, travelled down to Bethany, and as they walked through the door Emma remembers suddenly knowing, with certainty, that her answer had to be 'yes.' She felt there was a special quality about Bethany. 'All the homes have their own indefinable quality, but I felt Bethany was different.' She started work in December 2013.

The job has not been without its challenges. There was a fair bit of work to be done on the home, including having a new kitchen which meant

staff working out of a temporary kitchen in the car park for a while. But the biggest challenge by far is the mountain of paperwork demanded by the regulations and the sheer weight of regulation itself. 'I feel I have to write down every conversation I have and every single thing I do!' said Emma. It can take 90% of her time on an average work day. So she was delighted with the high ratings the home received from the last CQC visit.

A regular blessing is the prayer support from the homes' groups, and the devotions' services that are taken by people from local evangelical churches. 'They take place every day in the big upstairs lounge,' Emma said, 'and to me they are a gift from God.'



**Beth Kneale, manager at Framland, Wantage**, is emphatic that her years of experience as Care

Team Leader at Framland gave her a huge advantage when she became manager in 2006. 'You have your finger on the pulse, you know what what's achievable and what's not,' she said. Beth was asked to take the role of Manager when Barbara Margetts left the post to become Care Service Manager (now Operations Manager.) 'I thought I'd give it a go,' said Beth. 'I already had a good grasp of managing the care. But the whole caboodle? That's a different thing – it's something you put your whole personality into. God has equipped you in your will and your purpose.'

'It's much more than being Care Team Leader. You have the whole responsibility for making sure things are done to the highest possible standard. We want the CQC reports to be at the very least 'good', if not outstanding. We want families to be able to see that.'

'You're responsible for the fabric of the home, for volunteers, for trades people, for the multi-disciplinary meetings for residents, DOLS (Deprivation of Liberty Safeguards) being in place for residents, Safe guarding, assessing people, training, developing staff team in their knowledge. It calls for many more hours. And the buck stops with you, so you stay until it's done. I do have an excellent support group. A lot of them are in my church and support me as a sister.'

'CQC have become very demanding since the new regulations were introduced, so we're getting around all of that. Their approach seems to say that they tar everybody with the same [bad] brush. On the other hand, every care home within Wantage has been inspected except us, which must mean that they think we're not bad – possibly good!'

'It's important to see that staff are happy, and it's important for staff to know that you're there for them... There's a notice in the staff room which says T H I N K! The letters stand for – T – is it true? H – is it helpful? I – is it inspiring? N – is it necessary? And K – is it Kind?' One change that would make Beth very happy would be to have an empty desk occasionally. To have it empty on a Monday morning would be a miracle, she thinks.

It's knowing that her work is a service to the Lord that makes it meaningful. In Framland's video on YouTube there are a few moments with Ray Ramoss and his wife Gwenda, who had dementia. Ray used to visit for a large part of each day, and Beth remembers how he loved the fellowship in the home and being amongst the Lord's people. 'The best thing at the end of the day is to know, before the Lord, that the residents are happy and their families are happy,' she said, 'I couldn't work in a secular home,' she said, 'only in this Christian



organisation.'

**Paul Mason, Manager at Shottermill House in Haslemere** came from a management background. After achieving an ambition and going to Bible College (Moorlands) he worked as a manager in a long stay institution for disabled adults and those with learning difficulties, then becoming involved in relocation work as part of the new Care in the Community Act. It involved a lot of travelling and during a particularly refreshing time at Spring Harvest with a group from church he realised it was time for a change. He saw the Shottermill vacancy advertised, was interviewed in May 2006, joined in September and shortly afterwards went to his first Managers' Conference: this year was his tenth. He finds them very

encouraging.

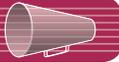
Paul is a happy family man and a contented home manager. He and his wife have four daughters, but he doesn't feel at all hen-pecked. He said, 'I always wanted four girls and the Lord has given us four girls!'

'Not being a nurse but coming from the management track, I get my leg pulled sometimes for not being on the floor enough,' he said, 'but I have a great interaction with residents and with staff. It's one of the great things about being manager. We have an amazing staff team, and there can be a lot of banter and fun. It's important to me, especially when interviewing staff, that they have the right attitude. Staff need to be buoyant and enthusiastic and lively. They know they have my full support – including on personal issues. Sometimes someone will come into my office and we'll pray about a situation that's bothering them – they're always encouraged.'

'I have great support from Beauty Chikuyo, Jackie Gardener, and Marie Brown. Marie job shares the admin with Jackie but Marie will take over full time when Jackie retires. And we have absolutely great supporters from local churches in the Friends and Auxiliaries.'

'No, there's not a lot I'd want to change. A lot has been invested in the home and it looks good. A bigger coffee lounge, where supporters and others meet, might be nice!

# Charity Fundraising, and What We Do and Don't Do

**VOICE** 

Ian Buchanan, Director of Marketing and Communications



With all the unnerving news in the media highlighting the less than savoury techniques employed by some charities it seems worth simply outlining what Pilgrims' Friend Society (PFS) does in order to maintain a good relationship with our supporters.

Basically, we prefer to treat you as family who share in the same dream to see older people taken to heart of all local ministries. With this as the bottom line for us we have long since decided to:

-  *Take anyone off of our mailing list as soon as they ask us to do so.*
-  *Avoid making exaggerated claims about what your gift will achieve.*
-  *Abstain from using manipulative emotional headlines to draw you in.*
-  *Refrain from telephoning you in order to ask you to please increase your gift*
-  *We tell anyone wishing to buy our list of supporters, "Absolutely NOT" and we don't buy-in lists of supporters contact details from other charities*

## **BUT**

-  *We do ask our supporters. This means that when appropriate we ask you whether you will prayerfully consider giving of your prayers, your time and/or your money whenever we see a need.*

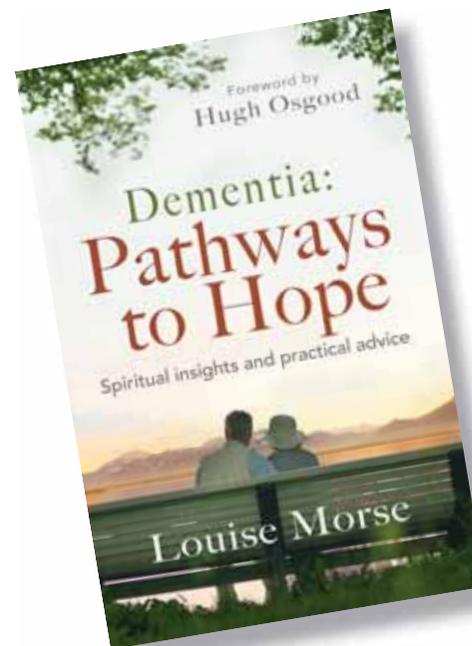
Much like Moses and Paul, we feel that asking God's people to get involved in something close to God's heart is important. It's part of ministry and we hope we do it sensitively.

I hope that clarifies the PFS position on this crucial issue. But as always, if you have any questions, concerns or simply points of clarification please don't hesitate in contacting me.

# How can there be pathways of hope in dementia?

Louise Morse

**VOICE** 



The promise of *DEMENTIA: PATHWAYS TO HOPE* is that even in this most dreaded disease there is hope. You just have to know where to look for it. Sometimes it means brushing aside layers of superficial or misleading information. For example, alarmist headlines that one in three people born this year will develop dementia as adults are based on projections from 1980s studies that are known to be inaccurate. So why use them? Commenting in a recent metastudy by the Cambridge Institute of Public Health, the Institute's Professor Carol Brayne said that it's not just down to shoddy research. 'The reality is that healthcare and pharmaceutical companies are looking at large potential profits from future dementia interventions. It makes sense for them to play up the possibility of avoiding conditions associated with ageing, both now and in future.'<sup>1</sup>

Things that give real hope often receive little publicity. There are studies showing how brains can rewire around damaged neurones, and there is the 'Nuns' Study', a years' long study of around 700 retired

... God designed human beings to 'work' in relationship with one another. So much in the Scriptures point to it. Jesus said that loving our neighbour is the second most important commandment.

Catholic teachers examining the effects of ageing. Amazingly, autopsies showed some had brains with heavy Alzheimer's deposits but had shown no sign of dementia while alive, while others had light deposits but had lived with dementia. Interestingly, the nuns lived in a retirement community with good social lives. It's being deprived of these social connections that is so dangerous to us, according to Oxford Professor Robin Dunbar. It's more important than diet or exercise or what we drink, he said.<sup>2</sup>

Professor Dunbar is right, because God designed human beings to 'work' in relationship with one another. So much in the Scriptures point to it. Jesus said that loving our neighbour is the second most important commandment. But communications become difficult in dementia and individuals become isolated. Engagement seems less and less,

and is the main reason relatives and friends stay away. A daughter told how grievous it was to watch her mother's friends give up on her.

But it's here that Christians have a unique advantage. It's so powerful that I'd go so far as to say that it shows how we are made in God's image. Each believer is a carrier of the Holy Spirit (1 Corinthians 6:19-20) and He doesn't disappear when someone has dementia. He enables a call from the deep to the deep, as Psalm 47:2 puts it. Christian writer Watchman Nee says only He can do this.<sup>3</sup> In my dissertation research and conversations with people over the years (probably a few hundred including conferences and seminars) I've heard so many accounts of people with dementia, even very deep dementia, respond to the Holy Spirit released in Scripture or worship. The evidence is so strong that one of our most experienced home managers says it challenges people who say there is no God.

Life is tough, and *DEMENTIA: PATHWAYS TO HOPE* has been written to help and encourage every one of us so whether or not we are touched by dementia, we can help each other along the real pathways to hope.

<sup>1</sup> <http://www.cam.ac.uk/research/discussion/despite-the-headlines-dementia-epidemic-may-not-actually-be-getting-worse#sthash.kqVIRHrJ.dpuf>.

<sup>2</sup> <http://blog.pilgrimsfriend.org.uk/vital-key-to-long-life-ignored-by-medics-says-professor/>

<sup>3</sup> <http://www.thelastdays.net/deep0.htm>

HOMES 

## Royd Court Sends Aid Around the World

Vicki Miller,  
Housing Manager

During one of our devotions recently at Royd Court, a resident mentioned the charity Book Aid. After devotions another resident mentioned he was involved in collecting books, packing and taking the books to the distributors or local shop. It didn't take long for the rest of the residents and staff to check their shelves and pass on 15 boxes of Christian Books and more importantly bibles to the local representative from Book Aid.

Book Aid Charitable Trust was set up in the 1980's after a desperate plea from Christians suffering from 'Book Famine'. The charity was put in place in order to make large shipments



of new and second hand Christian books and Bibles to Africa, Asia, the Caribbean and other countries where the supply is reduced. When the books reach their destination they are sold at affordable prices by Christian bookshops and churches. The money raised is used to enhance and develop local literature initiatives and support Christian ministries. Smaller shipments of more scholarly books are regularly made to equip Bible College libraries where they are used to train a new generation of ministers of the Gospel.

Since 1988 over 22 million Christian Books and Bible have been shipped to book hungry areas thanks to the generosity of British Christians and publishers who have given books to help the overseas church in their time of need. Find out more by visiting [www.book-aid.org](http://www.book-aid.org)

Residents of Royd Court also regularly send parcels of surplus bandages, dressing, medication, glasses, to InterCare, medical aid for Africa. One of our residents attends Bradford Cathedral where they support this wonderful charity and felt that as a community, residents could help too.

Medication is changed and therefore surplus to requirements. A wound that has been dressed may heal and dressings are no longer required. If these items are returned to the pharmacy they would be disposed of, incinerated. Therefore by passing on these items to InterCare, they

make a difference to people in Africa. InterCare work with 130 health units in rural Africa by providing them with vital medical supplies, by making use of surplus medicines that would otherwise be incinerated. They provide regular, long-term medical aid in Africa. Each clinic receives 1 or 2 consignments of aid per year. The health units supported include hospitals, health centres, infirmaries, prisons, dispensaries, schools, orphanages and centres for the disabled, serving a catchment population of over 10 million.

The Charity has a strict monitoring and evaluation system which ensures the efficiency, effectiveness and impact of its work. Every health unit it supports has undergone a detailed process of assessment before being accepted as a suitable beneficiary of the medical aid and is visited by Inter Care staff as part of its monitoring and evaluation procedures. Furthermore, Inter Care requires beneficiary clinics to acknowledge each consignment they receive before further aid is sent, helping to ensure that the aid sent reaches the people it is intended for. More about intercare is at [www.intercare.org.uk](http://www.intercare.org.uk).



## VOICE CROSSING THE DOWNSIZING BRIDGE

Deryn van der Tang  
Manager, Dorothea Court

There is a small bridge over a burn in Scotland that tumbles down over a rocky cliff into Loch Lomond. That bridge is a memorial bridge to someone who has already 'passed over'. What an appropriate symbol of the last stages of life. Isaac Watts' hymn, "Time, like an ever-rolling stream, bears all its sons away"; reminds us that our lives are like that burn, bringing us another day closer to our ultimate end of life here on earth.

Why we are reluctant to think about old age and cross that bridge? Without

the bridge there is a greater challenge to cross the burn with its rocks and boulders. These obstacles represent our fears, losing our independence, not being in control, ill health and the unknown manner in which we will be 'passing over'. Will we suffer? Are we sure of our faith?

A steep rocky path led up to the bridge and the fear of falling was real. Just like our latter years, we become frail and unsteady on our feet. It is an uphill struggle to keep on top of everything, we tire easily. Once you

reach the bridge it is level and has rails to support you making it easy to get to the other side.

### Confronting fear

How can we confront those fears that make the last stage of life so difficult? The most important thing is to accept that we have no control; our lives are in God's hands. He has set the days of our lives. God was there when we were conceived and has allocated our days (Ps 139), we have no control over those two dates. We do have some control over the quality of the days we are given.

Firstly, we need to be sure of our standing with God. This is the time to build a closer relationship with our Saviour, having the assurance that we will be safe and secure in Jesus arms when we reach the other side. Our faith will help us to face the dark and difficult days that may lie ahead.

Secondly, to make the pathway easier you need to plan for these years. Recognising your body will age and you will require some help enables you to be pro-active in selecting suitable accommodation before a crisis forces you into a place that others choose for you. Having your name on the waiting list of a place of your choice will give you peace of mind that should a crisis occur, you have a plan others can follow.

### Alleviating anxiety

Making a will and giving Power of Attorney to a trusted child or friend

will go a long way to alleviate the anxiety of taking care of all your business and worldly effects should you lose the capacity to deal with these.

Another boulder of fear is being isolated and abandoned. Keep your relationships sweet with family and friends. If you are alone, choose a community where you can have fellowship with others who share your common faith and values. We all need to know that someone cares about us. Currently, a campaign is being run by a charity to end loneliness, and you can see the effects of being lonely on their short film on YouTube: <https://www.youtube.com/watch?v=V5EsxU84ay4&sns=em>

### Hampering possessions

Are your possessions hampering your struggle up the steep pathway? Let them go – you can't take them across the bridge. Give them to people or organisations you choose, otherwise someone else will have to deal with them.

PFS is here to help you make these transitions easier and to help you in confronting those fears of old age. We can provide you and your family with the physical, practical and spiritual support that will enable you to safely 'cross the bridge' and land you safely on 'Canaan's happy Shore.'

A little ceremony at Luff's Home in October 2011 marked the end of an era for retiring Home Manager, Lynne Durrant. Lynne joined the Society in 1994 when the newly built Finborough Court in Gt Finborough, Suffolk, was first opened. A registered nurse, she was appointed Deputy Matron, becoming Care Manager after the home was deregistered for nursing. In 1999 she became Manager of the home.

A 'wonderful leaving do' was organised by Luff's Lynda Fowler on Friday, 16th October. Lynne joined Ernest Luff Homes (Luffs') as manager in October 2011, bringing with her fourteen years' experience as manager of the home in Suffolk.

# Saying goodbye to talented manager Lynne Durrant



She also had a couple of years' very useful experience as an NVQ Assessor with West Suffolk College where she helped 45 people achieve their levels. When she joined, the Ernest Luff's Homes were then was a large complex, with 54 staff, two buildings (one specialising in dementia care),



Lynne, second from left front row, with husband and family

45 residents, eleven bungalows for sheltered housing, and a Day Centre that could provide company and meals for up to 25 older people. During the major refurbishment she managed the moving of the homes' residents into one half of the building as part of the programme.

Lynne was known for her inspiring craft work, particularly hand painted glass items. At Finborough Court visitors would admire a changing display of exquisitely hand painted glass items produced by both Lynne and residents that were popular sellers at local events.

Luffs' also benefited from her flair. Particularly impressive was a beautiful painting by a previous resident that

Lynne spotted and had reframed, and positioned as a wall centrepiece. She also encouraged Luff's residents to do craft and art work. They made cards and sold them to raise money, and made Christmas decorations for the tables. 'They found it very satisfying,' she said.

Working for Pilgrim Homes was always a family affair for Lynne. On Christmas day she would give kitchen staff the day off and her family would come in with her to cook and serve lunch. So it was good that Lynda was able to arrange for Lynne's family, her husband Alan, their sons, her daughter in law and two grandsons to come to Luffs for the goodbye ceremony, as a surprise for her.

## More pressure on doctors to over-prescribe?



### VOICE

'*Withdrawing dementia drug doubles risk of moving to a nursing home,*' was a headline in the media in November.

The story was about a study by the Medical Research Council, published in the *Lancet Neurology* journal that showed that if patients continued to take an Alzheimer's drug, Donezipril (Acricept) in late stage dementia it halved their 'risk' of admission to a nursing home. It was a relatively small study of 295 people; 162 (55%) were admitted to a nursing home within four years of the start of the trial. The cognitive function of the person with dementia didn't improve with the drug. It's simply the statistics that showed a reduction in care home placement.

But the study overlooked two very important factors when it comes to care or nursing home placement. But I've checked the story in several 'outlets', including the Alzheimer's Society's website, the media and the *Lancet Neurology* [i] and can find no mention of them. (The best report is on the NHS website.[ii])

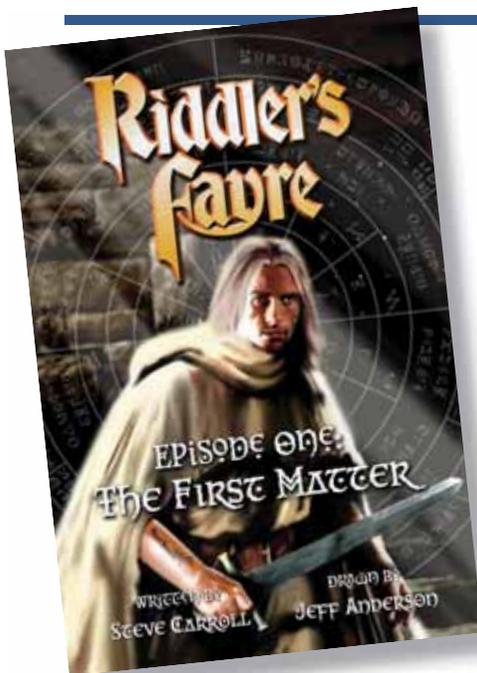
*The first is that the biggest factor in whether or not a person with dementia needs to be in a care home is whether or not their family caregiver can continue to cope.* The caregiver's ability to cope is part of any Social Service assessment. In many cases caregivers' health deteriorates so badly that they're not able to carry on safely anymore, and sadly, it's not uncommon for elderly spouses to die before the person they are caring for.

*The second omission is that for many people going into a care home is not a risk, but a benefit.* The NHS report acknowledges that 'It could be the case that some people would actually be

## Riddler's return

Our magazine designer, Steve Carroll, is having his comic book series, *Riddler's Fayre*, re-published in 2016 by Markosia Ltd.

Steve and the illustrator, Jeff Anderson, are both committed Christians wanting to present a Christian position on world events. *Riddler's Fayre* is set during the Crusades, but is an adventure story for teenagers that discusses the political situation in the Muslim world and the West's reaction to it. First published in 2004, Steve is using the re-publishing as an opportunity to comment on the developing situation with ISIS.



happier in a nursing home. It would be presumptuous to assume going into a nursing home automatically represented a failure in treatment'.

An example is the father who came into one of our homes so his son and daughter in law could have a respite break. He loved being in the home. He called his pastor and asked him to persuade his family not to feel that they had failed him, but that he was very happy in the home and wanted to stay. He loved the company of others and the homes' activities, and felt safe and cared for.

There's also a reference to 'a lack of perceived benefit by clinicians,' in continuing to prescribe the drug, a statement that is highly questionable. GPs are trained to observe their patients and if the drug makes no difference to them they will not continue to prescribe it, particularly if the side effects are as undesirable as stated – nausea, vomiting, diarrhoea, loss of appetite/weight loss, dizziness, drowsiness, weakness, trouble sleeping, shakiness (tremor), or muscle cramps.

Urging clinicians to continue to prescribe the drug based on the basis that it might work for some, in 1) a small study, that 2) views nursing homes as a risk, 3) ignores the drug's side effects and 4) omits an important element of the decision making process seems more about increasing pharmaceutical sales than benefits to patients. Government policy makers

Despite the headlines, dementia epidemic may not actually be getting worse.



The number of people with dementia – both new cases and total numbers with the disease – appears to be stabilising in some Western European countries despite populations ageing, in direct contrast to the 'dementia epidemic' reported in some recent studies. Professor Carol Brayne and Yu-tzu Wu from the Cambridge

<http://www.cam.ac.uk/research/discussion/despite-the-headlines-dementia-epidemic-may-not-actually-be-getting-worse#sthash.kqViRHrJ.dpuf>

might welcome it because it could conceivably reduce the cost of care.

There may be ever more pressure on doctors to prescribe Aricept in the later stage, against their better judgement. If they don't do it they will be vilified, as they were when they refused to accept a bribe of £55 for each dementia diagnosis, or send 'suspects' for early diagnosis because the 'tailored care and support' promised was simply not available, as 70% of GPs surveyed confirmed in a Royal College of GPs study several months' ago. 'Timely diagnosis', rather than 'early diagnosis' was seen as better for their patients.

The push to prescribe was the shadow side commentary to an encouraging study by the Cambridge Public Health Institute published in August this year, in the Lancet journal. A big metastudy by the Cambridge researchers found that the number

of people diagnosed with dementia is dropping in developed countries, including the UK. They said that this was due to better health education and improved lifestyles, and added that 'upstream primary prevention has the largest effect on reduction of later dementia occurrence and disability.'

Despite ageing populations, lead author Professor Carol Brayne said they found no supporting evidence for 'the shocking statistics published in the media.' Professor Brayne suspects that the shocking figures published may be down to more than careless checking. 'The reality is that healthcare and

## Your Gifts made a difference at Dorothea Court

Deryn van der Tang, manager of Dorothea Court in Bedford

It was over two years ago we sent out an appeal for funds to provide lift openers to enable our frailer occupants to enter and exit the lifts safely without having to struggle with the heavy doors.

If you very kindly made a donation to this fund I would like to thank you personally for your kind gift as we have now been able to complete this project with lift openers in both 31 and 32 Park Avenue lifts. This already has been a blessing for a couple where

pharmaceutical companies are looking at large potential profits from future dementia interventions. It makes sense for them to play up the possibility of avoiding conditions associated with ageing, both now and in future. It would be particularly lucrative for them to be able to recommend specific medications for younger people who had been found to have a higher risk of developing dementia later in life. Such treatments could enjoy far wider demand than a specific targeted cure for the smaller group who are already developing the condition.'



Deryn operating the lift opener

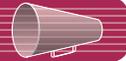
the wife is in a wheelchair and her husband has been struggling with the lift doors to push her in and out.

Initially, we only had sufficient funds for 32 Park Avenue, but the Lord has kindly provided through people like you so that the project in its entirety could be finalised. So, on behalf of myself and our Occupants I would like to thank you for your generosity and support of Dorothea Court. May the Lord bless you for your kindness!

# What Matters in the End – good end of life care

Emma Hughes, Manager, Bethany Home, Plymouth

**VOICE**



Earlier this year my Deputy, Yvonne and I completed a course on end of life care with our local hospice, St Lukes Hospice. Today's end of life care owes a lot to the founder of the hospice movement, Dame Ciceley Saunders. She was a committed Christian who stood firmly against euthanasia, arguing that effective pain control is always possible. Honouring her work after her death in 2005 the British Medical Journal noted that 'she more than anybody else, was responsible for establishing the discipline and the culture of palliative care. She introduced effective pain management and insisted that dying people needed dignity, compassion, and respect, as well as rigorous scientific methodology in the testing of treatments. She abolished the prevailing ethic that patients should be cured, that those who could not be cured were a sign of failure, and that it was acceptable and even desirable to lie to them about their prognosis.'

Nowadays these precepts are widely accepted amongst healthcare professionals, though I am still



For a Christian, of course, dying is going to Glory, going to be with the Lord whose presence you've loved and yearned for. Believers long for the beginning of real life.

saddened to hear occasionally about hospital patients being told that it isn't time for their pain medication yet, when they are clearly in pain. The article about Dr Dame Ciceley in the BMJ is interesting, and you can read it on this website: <http://www.bmj.com/content/suppl/2005/07/18/331.7509.DC1>.

When people come into care there's an unspoken understanding that at some point they will die here. Most people want to die at home, not in hospital. We grow to love our residents, and want them to have a 'good' death. I've heard that some years ago, in Finborough Court a

resident had to be taken into hospital in an emergency and the Paramedics said to the manager that they thought she might not last the journey to the hospital. 'Bring her back in,' said the manager, 'We want her to die at home here.' The Paramedics were surprised, but the manager insisted, wanting the resident to die as she'd requested, surrounded by Christians and prayer.

## Going to Glory!

For a Christian, of course, dying is going to Glory, going to be with the Lord whose presence you've loved and yearned for. Believers long for the beginning of real life. We had a 100 year old gentleman who came back to us from hospital to die. He'd told his son that he'd had enough, he wanted to be with Jesus. He wasn't depressed, but he said, 'by His Grace I will see His face....' He had told us all he wanted about his dying and he died very peacefully. It was a beautiful death; peaceful, with an obvious assurance of where he was going, and good relationship with family, who were with him when he died. They'd organised a shift system, so they could rest and not overwhelm him. It was a very healthy bereavement – although it was vital that they gave themselves permission and time to grieve. A point to mention here is that they were able to let him go, because they were Christian, too. Sometimes the dying person seems to hold on, to need permission to go, almost, from a dear

one or perhaps from their family.

With non-Christians, I believe that loving, Christian care can bring that presence into their consciousness, giving them a chance to choose. For me, the story of the thief dying on the cross next to Jesus is an example for us.

### Six Steps training

The Six Steps training is helping to promote standards of end of life care in care homes and is done with support and training from local hospices. As the name implies, there are six key steps. They are – 1) knowing the individual's wishes and liaising with everyone concerned – relatives, doctors, and community nurses to ensure that they are received; 2) assessment, care planning and review, 3) discussions as end of life approaches, d) delivery of high quality care, 4) care in the last days of life, both physical and spiritual care, 5) after death, to have their wishes respected, to be treated with dignity 6) and to have time for relatives and families.

There is no need for anyone to fear a painful death, although it's the individual's choice whether or not to have pain-killing medication. There is sometimes a balance between the level of pain meds and staying conscious. Occasionally people will say, 'I'm not one for pain killers,' but I tell them that's not a virtue! That's not going to be a jewel in their crown. In my nursing career I've known times when

symptom control was complex, but we got there in the end.

Sometimes the days before death are lived more intensely than at any time in the person's life. It's as though the Lord is allowing time for reconciliation, for thanks, for dozens of little touches that allow the person to tie up loose ends, and to leave a legacy of good thoughts with their loved ones.

### Individual needs

I can't stress enough how important it is to find out what the individual wants, and make sure that he or she receives exactly that. For example, most people assume that it would be dreadful to die in solitude, yet there are times when people want to die alone and tell us that.

Delivering compassionate care with integrity and openness is a privilege. We can often initiate conversations that relatives are too nervous to have, for instance, asking what the individual would like at his or her funeral. Blowing away shadows lets the light in, and lightens up everyone.

Writing from prison to the Christians at Philippi the apostle Paul told them that he would rather be with the Lord – that would be best, but for their sake he preferred to stay. Christians think about death from the perspective of eternity.

## I may be 105, but I'm still me!



On 1st June this year Miriam Cheeseman celebrated her 105th birthday, and the Haslemere Herald sent a photographer to Shottermill House in Haslemere to record the occasion. Miriam was an interesting story for the local press, not just because she was one of the few people who'd reached the age of 105, but because she is a 'true Haslemerian', being the youngest child of Haslemere timber merchant Jesse Mann. It was a household name in Haslemere.

Miriam had seven brothers and sisters and married twice, outliving her both husbands.

The Herald wrote that, 'she is still as bright as a button and puts her extreme longevity down to a happy life and a healthy diet as well as her strong Christian faith.'

For most of her working life Miriam was a nurse, but to apply for a job at all when she was young she had to persuade her mother that it was a good idea. Her first job was as a chauffer to a family living in Hampstead. She drove a big 20 horse power car with a glass partition between the driver's seat and the passenger compartment. 'It had two seats in the driver's compartment' she remembers, 'and three in the back, with two drop down seats.' For the family holiday she would drive the car to Scotland with all the luggage, while the family,



unencumbered, took the train. 'I would stay overnight in Newcastle, with a friend,' she said, 'and I still have a little red book recording the petrol bought and the mileage.' After three years she felt a calling to be a nurse, and trained at the original Mildmay Hospital, where a cousin also worked.

Miriam also holds the record for the longest wait on the Accepted Register, being on the list for 35 years before moving into Shottermill at the age of 103. She is visited regularly by her friend 99 year old Elsie Broughton, who travels five miles by bus to see her. Elsie was known locally in her own right. She has been a keen artist and her work has been exhibited in shops in Haslemere. They became friends when they met over 80 years ago at Haslemere Methodist church.

Miriam loves being in Shottermill House. 'They are so kind,' she said.



# Dates for your Diary

## DECEMBER 2015

### 5 December

Christmas Fayre 9:30am to 11:30am  
- at Framland Pilgrim Home,  
Naldertown, Wantage, OXON.  
Cakes, Cards, Crafts, Choir, Promise  
Auction etc.

## FEBRUARY 2016

### 24 February

Croydon Auxiliary 8pm at Caterham  
Baptist Church, Beechwood Road  
Caterham, CR3 6NA.

"Getting to know Pilgrims' Friend  
Society" talk by Ian Buchanan.

All are welcome! Contact Mike Jarman  
01883 881210

## MARCH

### 4 March

Annual Quiz Night and Buffet to  
be held on Friday 4th March 2016 at  
Hailsham Free Church Western Road  
Hailsham BN27 3DG.

Time: 7 00 pm for 7 15 pm.  
Homemade cakes, preserves and cards  
will be available to purchase.

For further details please contact Mr  
Chris David 01825 760223 or Mrs  
Mary Dadswell 01323 488522

### 12 March

Bedford and Ouse Valley Auxiliary  
Quiz Evening 7pm Saturday 12th  
March at Three Rivers Church Hall  
88 Denmark St. Bedford MK40 3TJ

For further information Tel 01234  
768758

Wantage Auxiliary Quiz & Supper  
5:30pm - at the Hanney Chapel, East  
Hanney, OXON.

Family quiz evening with jacket potato  
supper.

Reserve tickets (price t.b.c) from  
dave.a.pepler@gmail.com

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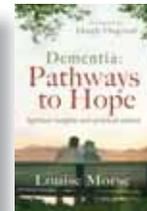
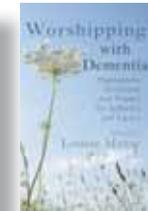
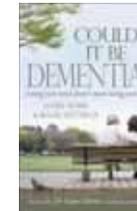
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Please  
tick box

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

Please send me a copy of:

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



Cost per book £8.50, including p&p. Cheques payable to "Pilgrim Homes  
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Please send me a form to complete (or download the standing order form from our  
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- I would like to arrange for one of your specialist speakers to take a  
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  - Developing Usefulness in Old Age
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  - How to Encourage Older People in the Church and in the Community
  - Other (enter) .....

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

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Everything you give means a great deal in the life of our older pilgrims.

*'And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.'*

2 Corinthians, 9:8.

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Tel: 0300 303 1400 info@pilgrimsfriend.org.uk

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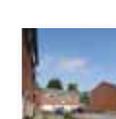
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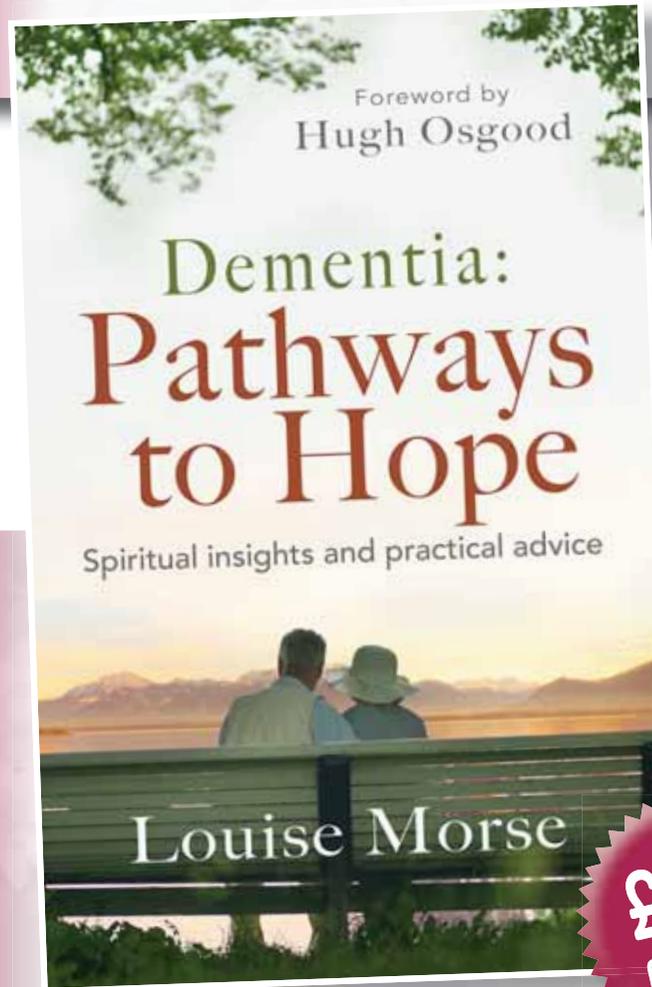


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