

PILGRIMS'
FRIEND
SOCIETY

The Pilgrims' Magazine

Summer 2016

Photograph of Wales' River
Dee by artist/Dorothea Court
manager, Deryn van der Tang

**CHRISTIANS
FOR OLDER
PEOPLE**

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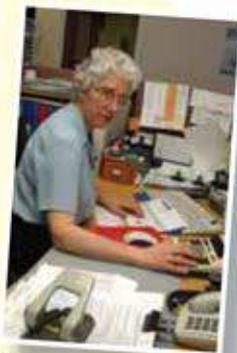
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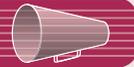
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The front cover photograph is of Wales' River Dee by artist/Dorothea Court manager, Deryn van der Tang

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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.

On their bikes to raise funds

NEWS



Often we read things and say to ourselves, 'I wish I could do something about it...' Well here's one of those good chances to really help 'do something about it.'

Everyone knows that care home funding is at an all time low. The sector is struggling. But this is the very moment when in our care homes we are introducing a new, intensely personal – relational – way of caring for people with dementia, and those without, as well. It is not just seeing the person instead of the dementia, it is relating to the person.

We're calling it the 'Hummingbird Approach', because part of it includes

each resident having frequent, small touches from a carer; small notes of encouragement. Not just brushing by them but stopping briefly to give a little snatch of Scripture, or part of a song, or simply to say 'how are you doing? Do you need anything?' Interacting positively throughout the day. And putting the person before the tasks in the home.

It doesn't come without extra people, extra training and extra cost. Our Board believes it's the right thing to do. For over 209 years this charity has taken steps of faith like this. Quite breath-taking really.

And to help boost funds for the project, our Chief Executive, Stephen Hammersley, and his son, Philip, are to do a cycling tour of our homes in the North. Hundreds of miles during the weeks of July. You can help by sponsoring them.

Make a donation on our website, or use the tear-off slip at the back. Pray for them... and tell others about it. Please.



Philip Hammersley



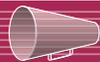
Our CEO Stephen Hammersley



Framland in Wantage, one of the PFS homes piloting the hummingbird approach

Unfurling the new vision of care despite the financial storm

VOICE



The budget for social care has been cut by 26% over the last four years. The impact on care homes has been such that a study by the Think Tank, Republica, anticipates the possible collapse of the care home sector by 2020. Yet, instead of shrinking its operations, Chief Executive Stephen Hammersley describes a new Vision of Care for the Society that will provide more family oriented care for people with dementia. In an article published in the May issue of Evangelicals Now, he answers questions about why he believes it is essential.



Pilgrims' Friend has a high reputation for care, including those with dementia. Why do you see the need for a new Vision of Care?

Our care is good: but we take seriously the instruction in Colossians 3: 23 to care "as working for the Lord not for men". There is so much that we are required to do (and are pleased to do) by the State but we decided we needed to take some time to make sure that we had a vision for the care that we provide that is consistent with what we believe that God would have us do.

The pressures of regulation and under-funding by government can force care providers to focus on just surviving. Our Scripture- inspired vision of older people "bearing fruit in old age and staying fresh and green" (Psalm 92) keeps us on the ball – working hard and trusting God for the power to deliver this for our residents.

The "new" vision is important not just because it contains some new emphases but also because it reminds of the ambitious bits of our vision that have always been there but that the pressures of work in 2016 threaten to squeeze out.

What will be different about it?

First of all we have re-affirmed our sense of calling – why we think that it is right and necessary for us to provide Christian care. Scripture places a high responsibility on Christians to love and to "honour" older people.

But with many more people living with severe frailties towards the end of life the need for a home that can provide the specialist care that is needed to keep people safe and comfortable is increasing. We provide Christian led care, and a Christian environment that is supportive spiritually. We do the heavy lifting



(literally in some cases,) allowing the family caregiver to concentrate on visiting; praying and providing expressions of love that it can be impossible to do when the day is full of “doing everything”. Many find they can have a deeper, personal relationship when the heavy load has been lifted.

Secondly, it has been to re-affirm some of the things that are really important to us. We are committed to having all of our homes led by a Christian manager and senior staff. We will carry on building the routines in our homes around devotions and pastoral visits from our volunteers from local churches.

Thirdly, it has led us to extending the excellent work we already do in helping our residents see us as their home and an extension of their family and to make this even more real for people living with dementia. In many cases relatives, say a son or daughter, will continue to visit the home after their parent has gone to be with the Lord. It benefits them to ‘touch base’ with family again.

Fourthly, it will see us looking for more opportunities to use what we are learning about Christian care for the elderly to help relatives and churches who are caring for folk at home and in the community. Under our auspices, Louise Morse has already published some of the best material there is. We want to do more of this with our

homes, so that, as well as being seen as needing volunteers and help, they are also seen as centres of expertise and inspiration, with strong connections with local churches

What will it mean doing?

Running care homes is a challenging business just at present! It is very easy to get into a “stewardship” mind-set where “hanging on” to what God has given us predominates, and we respond to new regulations and challenges by cutting costs and skimping on investment in the fabric of our homes.

Having a God-breathed vision means that as well as being VERY careful with money we are also thinking how we can improve our care to help more people - even as others “cut and close”. The plans that we have for improving our buildings, for example, cannot be funded by our ‘trading surplus’, but we believe that it is right to have separate space for people living with dementia in the context of an integrated community of believers. This is part of the vision and we are working hard and trusting God to help us achieve it.

Will care be similar to that featured in a recent television programme about the ‘Butterfly House’ method? If anything like that, what is your stance on lying to people with dementia in order to keep them happy?

The answer here is yes and no. Our vision is to provide a consistently

Part of our vision is to go boldly where the Lord leads, enhancing and increasing our care provision. The other part is to enable others to care more effectively by sharing our knowledge and experience.



higher level of dementia care across our homes and for our homes to be even more like “family” with residents (both with and without dementia) happy to think of them as “my home”.

We have started a pilot work that is exploring how to develop the training of our staff: how to organise our homes more around people than around convenient routines, how to make the most of the space in our buildings, and how to inform and involve relatives and volunteers more effectively. Much of this thinking was

evident on the Channel 4 programme that demonstrated the “butterfly method”, but our approach is based on Christian principles which mean, for example, that it will not involve lying to people with dementia. We train staff to recognise and answer the emotion behind what the person is saying, and to deflect and divert to something comforting. We are often asked about this at our conferences and seminars, and it’s addressed more fully in our blog at: <http://blog.pilgrimsfriend.org.uk/dementiaville-is-it-ever-right-to-lie-to-people-with-dementia>

In addition, instead of a ‘butterfly touch’ our carers will be more like hummingbirds, bringing a note of encouragement in some form to residents frequently.

At the heart of our approach is Christian love rather than a methodology. It’s always been our prayer that as we minister more explicitly to the spiritual needs of residents, the Holy Spirit will be at work. We want our homes to become Christian families and communities that help those living with a range of dementia – and that will be fruitful for the Lord.

How is the current financial climate for care affecting Pilgrims’ Friend? We read how care homes are continuing to close and plans for sheltered housing units are being shelved in the light of cuts to housing benefits etc.

We face rising costs and pressure

on income as do other care home providers. Our costs will rise by around 30% over the next four years as a result of legislation and no-one expects government funding and benefits to rise commensurately.

Anyone and everyone who studies the demography discerns three major aspects: more people are going to need residential care and housing, ever more people are going to end up being cared for in the community even though budgets to support that care are going to be more and more limited, and there are going to be fewer care homes.

Part of our vision is to (as God allows) increase our care provision and the other part is to share our understanding from Scripture, and our own experience, that a vital component is to see older people as God intended – people with gifts and the propensity to be fruitful, and as such fully part of the solution to our dramatically ageing society.

How much do you estimate it will cost to implement the new Vision?

Our vision is to better equip Christians to care and support the gifting of older people in every part of the UK – through homes where we have them and where we can afford to develop them, and where we can't, through literature, conferences and training. We are already seeing Christians responding to this call, which we believe is from the Lord, and inviting

Our vision is to better equip Christians to care and support the gifting of older people in every part of the UK – through homes where we have them ... and where we can't, through literature, conferences and training.



us to hold conferences and training sessions for them.

Ours is a big vision for which we trust God. We know that we want to spend just under £20m over the next ten years on our homes, and we would like to have additional donated income separate from our homes operations of £75K per annum to allow us to boost our production of resources and training alongside some other

Christian organisations that think similarly. Jehovah Jireh!

How will it look to residents' families?

Our homes and housing will be places where people want to make their home towards the end of their lives – in a community where the care is excellent and Christian worship, prayer and support is a core part of daily life. Relatives will see this as a partnership that helps them carry on loving and caring for an older person in a way that is better and wouldn't be possible if they were overwhelmed by the physical,

emotional and other demands of being responsible for everything 24 hours a day and 365 days a year.

It's very simple, really. We know that God loves His older saints, especially those who are frail and need care. We believe our vision for even better care and family involvement is from Him, and even though we work hard we trust Him to provide the means for us to do it. And we believe that He wants to see the whole family of God involved in this. There is more information about us on our website, at www.pilgrimsfriend.org.uk

Whenever you purchase ANYTHING through the internet, you can raise donations for us and it won't cost you a single penny. Here's how you do it –

It's so easy.

- 1 Bring up the website **easyfundraising.org.uk**
- 2 Click on Pilgrim Homes, as the charity of your choice.
- 3 Then go to any of the retailers. All the usual retail names are there – Tesco, Marks and Spencer, Amazon, John Lewis, EBay, Argos, and so on.

You can even let the website set a reminder on your internet access. So when you go to say, Amazon, the reminder will pop up. If you click on it Easy Fundraising will deal with the rest.



Choose Pilgrim Homes, as the charity of your choice.

HOMES 

Hummingbird dementia care at Framland



'It's a big change from where we were, to where we're going to be!' Michelle King (27) was talking about the big changes taking place at Framland, the home in Wantage. Framland is one of the two PFS care homes that are taking part in piloting the Hummingbird project, the enhanced approach to dementia care outlined by CE Stephen Hammersley earlier this year.

Michelle has been working at Framland for 11 years, joining almost straight from school, and is now a Senior Carer. In 2014 she was interviewed as part of a film made about the home, and said how satisfying she found it to be able to care for older people and those with dementia, and to do things for them that they couldn't do for themselves anymore. (See the video here: https://www.youtube.com/watch?v=I1_K2D6oC08). Michelle is enthusiastic about the enhanced approach to care that is being introduced, and feels that everyone is benefiting from the training and practice.

'I'm excited!' she said. 'It's good to change – to do something different. We're creating more of a sense of family; not wearing a uniform and not saying 'residents' but 'family members'. We're being more oriented to their feelings as well as their needs, putting them first and prioritising them over

Michelle King,
Senior Carer,
Framland



the practical jobs that need to be done.

Carers learn as much as they can about each individual, getting to know them well as family members. This detailed personal knowledge is helpful when, in addition to the usual level of care, carers interact with each one frequently throughout the day. 'It's about lots of little touches,' says Michelle, 'It could be singing a little song, or holding hands, just talking about the weather or family, laughing with them – lots of things.' It isn't brushing by in a superficial way, but stopping briefly to give a little snatch of Scripture, or part of a song, or simply to say 'how are you doing? Do you need anything?'

It is being referred to as the 'hummingbird approach' and, among other things, it means a huge culture shift in the home. Staff are having to switch from being 'task oriented', that is, focusing on the practical things that need to be done, to truly 'person

centred,' where the person is the centre of the activity. 'Jobs still get done,' said Michelle, 'but we're not prioritizing them. The person comes first.'

She said that it is making a happier environment, with residents feeling that carers have more time for them and not being as busy with things to do as they used to be.

Clued in to personal history

Project leader Lynn Dickinson notes that every member of staff in the home has to be 'clued in' to everybody's history, including housekeepers. At the same time, switching from being task to person oriented requires a good deal of mental adjustment on everyone's part, including home managers, and training has been the key. Beth Kneale, manager at Framland, and Ruth Meltz at Milward House, the other home taking part in the pilot, have both taken a 12 month day release course on leadership in dementia, and care

staff have been educated in emotional intelligence, becoming skilled in being able to identify and manage their own emotions and the emotions of others. This is especially helpful in caring for people with dementia where uncomfortable feelings can trigger challenging questions or behaviour, for example, when a 90 year old demands to go home to her mother. The underlying emotion here could be loneliness or the need for comfort, and carers are able to help by meeting those needs. In an article published in *Evangelicals Now* in May, Chief Executive Stephen Hammersley emphasized that this will not involve lying to people with dementia. He pointed out that we train staff to recognise and answer the emotion behind what the person is saying and, when appropriate, deflect and divert the person's thinking to something comforting. We are often asked about this at our conferences and seminars, and address it more fully in our blog at: <http://blog.pilgrimsfriend.org.uk/dementiaville-is-it-ever-right-to-lie-to-people-with-dementia>

'At the heart of our approach is Christian love rather than a methodology,' Stephen added. 'It's always been our prayer that as we minister more explicitly to the spiritual needs of residents, the Holy Spirit will be at work. We want our homes to become Christian families and communities that help those living

with a range of dementia – and that will be fruitful for the Lord.'

Story telling ideas

Knowing residents' beliefs and favourite Bible verses, in their frequent little interactions carers are able to give an appropriate phrase or verse, or even sing a couple of lines of a favourite hymn. And Lynn describes a small device like an evangelical Rubik's Cube, which opens and tells the Christian story in pictures. 'Carers will be able to sit with them and tell the story,' said Lynn, 'beginning with a man and creation.'

To be able to give this level of intense personal care calls for additional staff, and more training. There are also plans to develop the homes' themselves. One example is to create areas throughout the home that are linked to people's past lives, for example, an office area under a main stairwell in Framland where a relative provided an old fashioned desk and chair and typewriter, as a place where a family could sit, reminded comfortably of good things past.

Relatives and our home visitors are hearing about the enhanced care and the thinking behind it, and are being encouraged to feel at home in Framland and Milward House, and an important part of the family.

A programme that brought troubled teenagers and pensioners together produced such good results for both groups that grants are being obtained to help roll it out across the country.

Research from Japan and the United States showed that getting youngsters together with pensioners not only increased the schoolchildren's confidence and exam results, but also improved the memory and physical strength of the older participants. TV's *Hairy Bikers*, Si King and Dave Myers (who both struggled at school) were so inspired they set out to see if it could work in Britain.

The project matched up 12 disruptive and troubled pupils between 13 and 15 years-old from a school with the lowest GCSE results in the country with 12 older people. Many of the pensioners said they volunteered because they were lonely. All underwent a series of tests. The schoolchildren's self-esteem and confidence were measured, as were the older members' cognitive skills and mobility.

After about a month into the three month programme its viability was thrown into question when many of the youngsters complained that the older participant wasn't listening to them. Only after an emergency meeting was called and the pensioners were encouraged to change their rather set ways was a crisis averted.

The outcome was outstanding. Teachers said the improved self esteem

When seniors listened, teenage lives changed



and performance of the pupils had a ripple-down effect to other pupils and the Academy is now in the country's top ten most improving schools. Grants of £65,000 have been secured to continue the project and help roll it out across the country.

There were benefits for the older people, also, including tests that showed their movement and memories were better, as well as their ability to socialise.

Perhaps it is a programme that churches could try. The younger people could help the older with their Smart phones and tablets, and the seniors could listen to them and offer to pray for them.

The full story can be read here: <http://www.dailymail.co.uk/news/article-3613572/Magical-friendships-troubled-teenagers-link-OAPs-looking-void-lives-transformed.html>

Goodbye to Gill after 28 years – but see you soon!

HOMES 

It's not often that head office staff sit down to eat together at temporary trestle tables running the length of the office, but lunch on Tuesday 17th May was in honour of Gill Umpleby who was retiring after 28 years' service.

At a Board Meeting earlier in the month Chairman Alan Copeman thanked Gill on behalf of the Board for her long service with the finance team, and noted that she predates his appointment as chairman and even Robin Turnbull's involvement as longest serving trustee. Chief Executive Stephen Hammersley remembered the devotion that Gill did at the time of a homes' review when she gave a very relevant passage of Scripture, adding, 'we've been blessed to have a very spiritual lady on our finance team.' In head office they would miss the drawn out shout on a rising note of

Gill with husband Walter



'Gi-ll!' especially at expenses' time. But he was delighted that Gill will not be leaving the Society entirely but helping when needed as a volunteer.

Gill has been the bedrock of the



Gill at work. 'You want it when?'

financial team, said team leader Anita Ottaviani. 'There's a sense of solidity in having Gill around. Many a time when a finance director has come up with a bright idea, that no doubt had its roots in a trustee meeting, our eyes have met and the thought passing through both our brains is "how's that going to work?" But I know that she'll have ideas that will be useful or some experience or knowledge that will help us solve the dilemma.'

Gill and her husband Walter are known for their hospitality, and often have a house full of virtual strangers. Anita has been for lunch on occasion, and noted that 'their house is so much fun. Bumble bees all over the place – a bouncy one as you go up the stairs. The whole house epitomises Gill – fun, warm, kind, generous, open, welcoming – and Christian.'

Anita presented Gill with a memento book of stories of her time and photographs of people involved. Gill said it topped the day and was incredibly precious.

Highlights from housing and homes

HOMES 

Bethany home

Bethany is looking lovely after its redecoration. 'The blue theme of the upstairs lounge works well with the magnificent sea views,' said manager Emma Hughes, 'and we're delighted

with the outdoor patio garden. It's a beautiful sunny spot with excellent wheelchair access and there's plenty of room for our residents to enjoy the garden in the summer.' Now attention is turning to the indoor garden at the centre of the home, and at the end of the day of prayer on 17th June there will be a tea party to help raise funds to upgrade it.

Brighton home

Residents and staff made a display of colourful crowns to celebrate the Queen's birthday on Thursday 21st April. Other significant birthdays were Len Wicks', who was 100 years old on 6th June, and Ernest Payne's, turning

The newly blue room overlooking the sea





Making crowns for the Queen's birthday

102 a few days later on June 9th. Administrator Sandy said all other extra mural activities are on hold until the Queen's official birthday in June, when they will be celebrating with a street party and ice cream van. Ice cream seems to be an essential part of the Brighton home's summer!

Dorothea Court

Manager Deryn van der Tang is refreshed after a wonderful trip riding the steam trains around North Wales, one of which was drawn by a South African Railways locomotive. Staff are



still feeling the benefits of the training by Janet Jacob on dementia, finding it a great help with some of the Court's very frail occupants.

Framland

The bunting and flags were out at Framland on the Queen's birthday, and the home celebrated it with a traditional street party and a typical menu of cucumber and egg sandwiches with the crusts cut off, sausage rolls, cupcakes with red white and blue icing, jelly and scones and cream.



A touch of the new environment

They also had a Royal Quiz, a pass-the-parcel competition and a DVD about the Queen. Manager Beth Kneale said, 'One of the family members present asked for quiet and gave us a little speech and said thank you for the special time they all had; it was so much appreciated.' • Framland is one of the homes taking part in the 'Dementia Revisited' project, which Beth says is going very well. 'Leaders are getting into the way it works,' she said, 'the staff team are amazing and give brilliant care. And we have added a few touches to make Framland look even more homely.' Read more about the new approach on page 12.

Luff House

The former Olive Luff House, now Luff House, will be almost unrecognisable once remodelling work is finished in September. The old main entrance is being brought from the back of the building to a wide, modern entrance

at the front, where it will face the road and the new landscaped garden, which in turn will have a ramp giving access to the first floor. The smart new kitchen is a joy to use, and managers are looking forward to having their own offices once constructed. • Sharon and her colleague, Lynda, who have both worked at the home for over 20 years, have been appointed care manager (Lynda Fowler) and business manager, (Sharon Rowling). They are thrilled with the appointment and the remodelling of the home and are looking forward to the completion of



above: New entrance under construction
below: Artist's impression of completed new entrance.



the work. And, 'despite the banging and drilling and workmen coming and going,' Sharon said that not a day passes without an enquiry either for housing or care.

Emmaus House

Innovative cook, Richard Stamford, who is Michelin Star standard, made a Queen's Pudding for desert for the Queen's birthday celebrations in April. Resident Alwyn King celebrated her birthday on the same day but is slightly



Marjorie Randon, at the prow of a narrow boat

Chef Richard Stamford



older than the queen at 94. There was also a poetry reading by Barbara Starrs. At the time of writing everyone was looking forward to welcoming visitors from the Annual Thanksgiving Service on 14th May, and communal rooms were being brightened up with 'a fresh lick of paint.'

Pilgrim Gardens

Pilgrim Gardens always has a lively social programme, thanks in part to resident Marjorie Randon. Marjorie has organised narrow boat outings

along the River Soar, including a lunch stop at the Waterside Inn, Mount Sorrell, and days out to Gates Nursery near Oakham, and a visit to Ulverscroft Grange, which has a sensory garden, charity shop model railway and a restaurant for lunch. On Saturday 30th April, the Pilgrim Garden's maintenance man, Bhavna Khunti, married the Pilgrim Gardens' Wellbeing officer, Niraj Odedra.

Shottermill House

Shottermill House was delighted to receive the Food Award from Haslemere's Local Authority,



especially as the inspectors called unannounced! It continues to be a very happy home, with residents able to enjoy the patio installed a few years ago.

Milward House

Milward House in Tunbridge Wells is the other home taking part in the new approach to dementia care pilot project. The home has an enhanced décor, to make it more family like, more homelike, and administrator Andy Burgess said everyone is delighted



Lois and the lamb

with it. You may remember Andy's daughter Lois, who was a fervent PFS fundraiser, filling her parents' house with bric-a-brac to sell on the home's fund raising events. Lois always wanted to work with pigs and it was a huge disappointment when, after graduating from agricultural college and landing a job on a pig farm, she found that

lifting the heavy feed bags was affecting her health. She now works on a dairy farm, but for her 21st birthday her boyfriend, Sam, and his family clubbed together and bought her five piglets, which she keeps on their farm. Andy says that the path the Lord has unfolded for Lois is testament to His keeping power.



Enjoying company in the sunshine at Florence House

Florence House

Florence House continues to be fully occupied and is a real blessing to its residents. Warm spots in the gardens are popular places in the summer. The home continues to enjoy its high reputation among social workers and health care professionals in the area.

Finborough Court

Finborough Court has been a hive of activity over the last six months. Singers from Leiston Baptist Church help celebrate the Easter Praise Service. A zoo visited one afternoon, and residents enjoy putting plants in pots for the new garden. The crafts group that meets each Monday led by Rosie

Singers from Leiston Baptist Church



and Lynne is developing a 'seasonal board'. In the past it's had snowmen and Easter chicks, and now has butterflies for the spring time. A local Sunset Group, run by Rosie Barker, former home manager, donated some colourful activity quilts, aprons and pouches; items that offer sensory stimulation to people with dementia. There are trips out, too – for example, a group of residents thoroughly enjoyed a visit to the Wyevale Garden Centre in Woodbridge.

Leonora Home

One of the highlights of April was Winnie Harris's 105th birthday on 26th April. She enjoyed the day in her specially decorated room receiving visitors and family, who brought in a sumptuous birthday cake. Winnie's signature on her 'permission to use'

form is amazingly clear and firm, better than many by people half her age! Leonora has a newly appointed Business Support Manager, Jackie Bridgen and is enjoying the cooking of Beverley Wicks, new Catering Manager.

Winnie Harris, 105 years young at Leonora



VOICE 

The Truth about Dementia



Dr Jennifer Bute

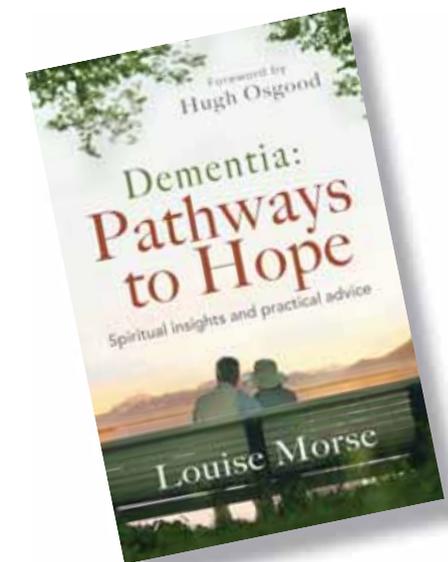
The BBC TV programme, 'The Truth about Dementia' on 19th May, with presenter Angela Rippon was interesting viewing.

It featured Dr Jennifer Bute, a GP who retired when diagnosed with dementia seven years ago. She and her husband were medical missionaries before returning to the UK where she worked as a GP. Jennifer now runs workshops for people with dementia, teaching techniques that stimulate the brain to find new routes around parts damaged by Alzheimer's. She also manages a website, www.gloriousopportunity.org.uk, which offers free leaflets, videos, and a wealth of helpful information, within a Christian framework.

The programme presenter Angela Rippon didn't bring out Jennifer's

Christian faith or values, but these were very evident when she spoke at our conference in Pontypridd earlier this year. Participants were full of praise for her lucid, helpful presentation, but most especially for her vibrant faith.

More truth about dementia is in the book, *DEMENTIA: PATHWAYS TO HOPE*. To read a review published recently in the Evangelical Times, go to the website: <http://www.evangelical-times.org/book-reviews/book/1504/Dementia%3A+Pathways+to+Hope>. It can also be purchased through the Pilgrims' Friend website: www.pilgrimsfriend.org.uk



VOICE 

'Ageism is so last century', says Harvey Nicols

Famous department store Harvey Nicols is featuring a 100 year old model in its advertisement in Vogue's centennial issue, out on 5th May. It's the first time Vogue has run an ad with a 100 year old model, Marjorie 'Bo' Gilbert from Aberdare, South Wales. Bo, who has lived alone in a supportive housing facility in Birmingham for the past 26 years, has never modelled before but was discovered by Harvey Nichols' advertising agency Adam and Eve on Google, after an article celebrating her 100th birthday appeared in her local paper, the Evesham Journal.



Harvey Nichols said that the ad aims to highlight and challenge ageism in the fashion industry. "We're really proud to be involved in a project which proves the older generation can be fearlessly stylish too. Ageism is so last century", Ben Tollett, executive creative director at Harvey Nichols' ad agency adam&eveDDB, told the Guardian.

Comments after the main article included one from 'Carolyn' who said that Vogue recognises that beauty shines from the inside. 'You silly woman', rejoined 'Jim', 'Did you even LOOK at this model? By ANY STANDARDS she's a beautiful woman.'

Read more here: <http://www.refinery29.uk/2016/04/109663/vogue-uk-harvey>.

Sending vulnerable elderly patients home to die

Louise Morse

VOICE 

You may have read reports in the media about the 211 vulnerable older people who were discharged from hospital last year with no-one to care for them. To an empty house, in fact. One patient had been taken home and left with no food, drink or bedding, unable to care for herself or get to the toilet.

Another 80-year-old woman was repeatedly sent home in a confused state to an empty house, only to be readmitted to hospital when neighbours raised the alarm. Her daughter said that even the ambulance men thought it was appalling. One patient, a woman in her late 90s, died in her granddaughter's arms in the ambulance, shortly after being sent home without a proper examination. These failings came to light because complaints had been made to the NHS Ombudsman, by friends or relatives. The independent arbitrator investigated 211 complaints last year. They will be the tip of the ice-berg, as not all incidents will have provoked a complaint. Sadly, not every older person has someone who can speak up for them. Thousands are living on their own.

Incidents like this seem to be reported always as a failure of the system, with no responsibility attached to the person who organised the discharge. But it begs the question – who was the nurse, or doctor, who looked at the 90 year old and thought she wasn't worth taking the trouble over? Or decided that the 80 year old with advanced Alzheimer's and Parkinson's and a failing heart could be sent home to an empty house? Are the medical staff who make these decisions even told of the consequences?

Frightening similarities

Stories like this are not new. They are frighteningly similar to an incident in 2007, when an 82 year old who had dementia was admitted to a hospital in the midlands with heart irregularities. She was discharged in the early hours of the morning and taken by ambulance to her flat. Although her son's contact details were in her file he wasn't notified. When he discovered the next day that she wasn't in the hospital he went to her home and found she had died. She still had ECG leads attached to her chest and had collapsed, clutching her Bible. I was writing *Could it Be Dementia* at the time and couldn't believe the story was true. I called the press office of the hospital concerned, and asked, off the record, what sort of person decides to send a frail old lady home alone at that time of night? She sounded very sad, and said she'd asked herself the same question.

The NHS says the findings will be taken seriously and improvement is under way. That's what was said eight years ago. 'Lessons will be learned,' is the mantra slapped like a sticking plaster over incidents of incredible indifference and even cruelty to the elderly in our hospitals. And individuals who make these appalling decisions will continue to be hidden by the 'system'. Before you tell me that not all hospital staff are like this let me add that one of my friends is a hospital Chaplain, and I know, I know. But

why are those responsible allowed to get away with it?

Nurses under pressure

The answer is simple, according to one of my blog's respondents. 'As soon as a doctor declares a patient medically fit the nurse is under serious pressure from hospital management to vacate that bed. It takes a very brave and strong minded staff nurse to fight against the legions of clip-board clutching managers who in turn are fighting to achieve the targets set by the government. Individuals are no longer important ... ticking boxes to achieve targets is.'

Letters of concern

Being pressured by box-ticking managers desperate to meet government targets must be very stressful for nurses and doctors who have a different view of humanity, and who want to do the best thing for their patients.

The really sad thing is that the elderly people who are being let down are those who built the Welfare State in the first place and have paid into it all their working lives. Their contributions helped support the generations ahead of them who were the elderly of their day. They thought the NHS would be there for them when they needed it. As Professor John Ashton said when he took on the presidency of the Public Health Institute in 2013, they have been betrayed.

Recycle Old Treasures



Please do remember that you can help us by donating items to sell through Northwood Missionary Auctions. Although the auctions are no longer held in Northwood itself, NMA use several commercial auction houses who have very kindly offered to waive their commission charges. Over the years more than £100,000 has been raised for our work.

If you have anything you think might be auctionable, please ring **Ruth Sowton** on **01243 528358** for advice. Please note, it is Ruth's new telephone number – the old one is redundant. No bric-a-brac please!

We provide information and training days like these for pastoral teams and for churches.

At the end of our training day in St. Luke's, Glossop, participants told us -

'Clear and concise, really helpful practical advice, clear and concise that I expect to apply.'

'Really addressed practical issues raised. We would like more of the same.'

'Biblically based; research based, so absolutely true. One of the best seminars I have ever heard.'

'A thoroughly fascinating, factual, interesting and valuable day.'

'Very informative – full of hope and love. The power of the Holy Spirit shining through. A scripturally supported presentation of the facts'

'[The workshop was] a good interactive session. Useful to understand the positive aspects of ageing as well as the issues of dementia.'



Don't retire! Just Retyre!

The following is a precis of the Handout notes for Roger Hitchings' talk at our Annual Thanksgiving Service.

NEWS



Grey hair is a crown of splendour; it is attained in the way of righteousness.

Proverbs 16:31

The culture we live in generally focuses only on the physical and social aspects of growing old. Inevitably this produces a negative perspective – so when someone reaches a certain age people will say, “it’s all downhill from here on” – “Old age is the worst of misfortunes that can afflict a man.” (Ptah-hotep, Egyptian philosopher 2,550 BC)

What most people focus on is the negative side of growing old. We must, of course, be realistic about it. The Bible does this graphically in Ecclesiastes 12:1-8. John Stott said, “I knew I had to prepare for eternity, but no-one told me I had to prepare for being old.” (The Radical Disciple) And Billy Graham said, “All my life I was taught how to die as a Christian, but no one ever taught me how I ought to live in the years before I die. ... It is not easy.” (Nearing Home)

One word sums up our last years – ‘Loss’

- *Physical Losses* – Faculties; Mental Powers; Concentration; Motivation.
- *Social Losses* – Friends & Family; Role & Significance; Self-sufficiency; Meaningful Contribution; Relationship to Culture & Technology.
- *Personal Losses* – Sense of Identity; Self-worth & Significance; Disconnected from Personal History; Spiritual Assurance.



There are limitations across many activities. There is also loneliness, and there is in society, a sense of a life devalued. There is unconscious, and specific ageism – “Someone needs to fight the selfish, short-sighted old” (Chris Hunhe, The Guardian, Dec. 2013) – “Some believe that the over-65s shouldn’t be given a vote at all in the referendum.” (Janice Turner, The Times, 16th April 2016).

The old are dismissed because they are not seen as “contributors”

The fact is most people’s want to live longer, but no-one wants to be old! There is – on an individual level

- *Pretence and Bravado* – “When I am an old woman I shall wear purple” etc.,
- *Pleasures and Entertainment* – “the

Saga Generation” – “have fun while you can”,

- *Packing In* – “I’ve done my bit” – reflected in the grumpy old man attitude.
- *Perverse Government Policy Approaches* – beneficial pension rates and underfunded services; ageism and rationing of services unchallenged while community support promoted; families encouraged to take responsibility while under increased economic pressures. The elephant in the room is the funding crisis around care of older people.

Old Age Viewed Biblically

While facing the downside of growing old the Bible teaches us to have a wider perspective.

- *God Honours Age* – Daniel 7:9-10 &

13 – Job 12:12 & 32:7 – “grey hair” refers to wisdom through experience – a basic aspect of the Biblical view of old age.

- *God Promises to Satisfy in Old Age* – Psalm 91:16 – in all the losses there is a sense of peace and contentment – Luke 2:36-37 – Philippians 4:11.
- *God has a High View of Old Age* – Leviticus 19:32 – these is a key verse for understanding God’s perspective on old age. The word “honour” has three elements – respect, attention and support. The word occurs throughout the Bible.

Christians in previous generations have recognised the distinctiveness of the Bible’s view

- *Old Age is a Blessing from God* – Psalm 91:16; Psalm 92:12-15 – *fruitful lives*.
- *Old Age is a Time for Growth* – Deuteronomy 6:2; Proverbs 16:31; Philippians 2:12-13, 3:14; 2 Peter 3:18 – developing maturity – deepening spiritual relationships
- *Old Age is to be Marked by a Consistent and Faithful Testimony* – Psalm 37:25; Psalm 71:18; 2 Corinthians 5:1-9 – 2 Timothy 4:6-8 – even service in suffering.

So old age has special features which we are to cherish and enjoy.

With this perspective we will truly grow old graciously.

- *Hope for the Future* – Luke 2:25 - 35 – 2 Timothy 4:6-8. A positive expectation in the future – Proverbs 4:18.
- *Usefulness in the Present* – “had their day?” – Psalm 71:17-18, Psalm 92:12-15 – days of ripeness and fruitfulness, Psalm 71:7-9, Luke 2:36-38, Titus 2:1-4.
- *The Lord’s Help in Everything* – a special promise, Isaiah 46:4 – Genesis 46:3 – 2 Timothy 4:16-18 – the Lord was always present.

Old Age has Potential

This is not the usual view of later years. The Bible teaches that we may do different things, and though we may not be as energetic as when younger, we can do many things. Jacob and Moses found this, not to mention Elizabeth and Zechariah or Simeon and Anna. Indeed the Bible teaches that older people are essential to balanced church life.

- *Being a Blessing* – Genesis 47-49, Luke 1:39-45.
- *Telling our Story* – Psalm 71:17-18, Proverbs 16:31, 2 Samuel 23:1, Philemon:8-9
- *Praying with and for Others* – Exodus 17:10-12, 1 Samuel 12:23, Daniel 9:1-2.

Easy to be influenced by the attitudes of the culture around

We can find ourselves running out of steam. We must respond by cultivating our hearts, Proverbs 4:23.

- *Be Moulded* – Romans 12:1-2,
- *Be Dependent* – 1 Peter 5:6-7, Psalm 55:22,
- *Be a Burden* – Galatians 6:2 – “The life of the family, including the local church family, should be one of “mutual burdensomeness.” (John Stott – The Radical Disciple) – Hebrews 6:10.
- *Be Eternal in Thought* – 2 Corinthians 4:16-18, Colossians 3:1-2.

In all these things we have good reasons to be content

Which will make us different from the world of older people around us. What an inspiring thing to know!

- *The Lord Knows Best* – “We are how God has formed us and where God has placed us. We function not in spite of our difficulties, we function not in spite of our geographical isolation, personal problems or personal limitations, but because of them. (Sheila Korzep)
- *The Lord Being Praised* – Psalm 92:12-15.
- *Living in the Light of Eternity* – Philippians 3:20-21, Hebrews 11:16.

There are so many amazing truths to encourage us – to inspire us when we are moving towards being old.

Pensioners can live for less in Wales

All pensioners should migrate to Wales, if the figures published by pensions advisors Keyretirement.com are anything to go by.

The cost of retirement varies widely around the UK, but it seems that Welsh pensioners need 25% less than their counterparts in the South East of England. In cash terms, it means that in Wales average living costs in retirement are £9,900 a year compared to £13,270 in the South East.

Analysis of the figures by Keyretirement.com found that retired households spend around 14% of their money on fuel and housing, which adds up to around £1,630 a year. Another £1,560 a year is spent on food and non-alcoholic drinks. The biggest spending is on recreation and culture with 16% of the annual budget, or £1,830 a year.

And wherever you live, you don’t have to be lonely. Friends of the Elderly are inviting volunteers to be a friend, either over the phone or visiting in person. Visiting an older person can be more rewarding than you can imagine. See the Youtube video here: https://www.youtube.com/watch?v=OZPwfpRifCl&list=UU-J-hcs_I8CSDzSiiNTnBLA&index=2



HOMES

Not an ordinary
garden bench.Not an ordinary
couple.

John & Ruth Denman

It looks like an ordinary garden bench, but it's more than that. It was bought by friends as a memorial for Ruth Denman, a much loved PFS supporter and home visitor, after her death in 2010. Sitting on it is her husband John Denman, who was called Home himself in January this year.

The bench marks more than 100 years of one family's support for the Society. It is typical of so many of our supporters, whose families have supported the Society for generations. John Denman's grandfather used to deliver pensions to 'pilgrims' in Hertfordshire, and Ruth's parents were wardens at Evington in its early days. John's first donation, just after the war in the 1940s, was 10 shillings. For 21 years he served on a number of support groups and committees, and became Vice Chair of the Society and Chairman of the Publicity Committee, which used to meet four times a year.

John had been a teacher and headmaster and when he stepped down in 2007 he produced an end of term report as his farewell speech, giving tongue in cheek ratings under a list of subjects. Although his degree had been in history, he'd been required to teach English for many years. At publicity meetings he would be delighted to catch Louise Morse in a rare grammatical error,



and his report noted that, 'grammar, punctuation and spelling a speciality. Manages to write complex sentences with a range of adjectives and adverbs to give more interest.'

History was 'Excelled. Especially the history of the Yorkshire home.' John was passionate about Royd Court. Alongside Domestic Science was the rating, 'Skilful at handling tea trolley and serving tea to trustees, and recommends Yorkshire Tea as a remedy for all ailments.' Under PSHE, Personal, Social, Health, Education he wrote, 'Able at taking the heat out of disgruntled supporters' moans and groans and helping them focus on

the larger and more important issues: creating team spirit and restoring harmony.' For Design & Technology he noted that he was 'good at repairing fractured relationships.'

That was John's major strength. He possessed a statesman-like quality that combined intent listening with diplomatic responses. He was invariably good humoured, and always interested in others. Although he was deeply grieved when Ruth died, he was upheld by the knowledge that the parting was only temporary. Now they are together again and the testament to their dedication sits quietly in the garden of Royd Court.

Even the invitation sent out was different. 'Come and join us for a new style of PFS gathering and a chance for you and your friends to gain valuable insights for daily living,' it began. 'We want to equip you for local ministry to older people and give you added insight into the ministry of PFS.'

A new style of Annual Thanksgiving Service in Harrogate

NEWS 



Musicians: Gordon Allatt, Barbara Margetts and Martin Wingrave

The programme set the tone of the day, with an introduction by Chief Executive Stephen Hammersley that began with a verse from King David's song of deliverance in 2 Samuel 22:47, 'The Lord lives! Praise be to my Rock! Exalted be my God, the Rock, my Saviour!'

'We have an exciting future as we are one of the few charities that are doing something to help Churches and Christians see our rapidly ageing society as a God given opportunity and to model what excellent Christian care looks like for those people and families who need it,' he wrote, 'the Bible reminds us of the need for solid foundations (the Rock) but also that we need to "run the race with perseverance marked out for us". Our race includes raising the finances; increasing the numbers of friends and supporters; building prayer support; and building good partnerships with other agencies.'

Intergenerational discipling

The plenary address was by Tim Chester, Pastor of the Crowded House Church and founder of the Porterbrook Seminary. He expounded on Paul's letter to Titus, in 2 Titus 2, which included an instruction to be "speaking the things which are appropriate for sound doctrine.' He noted that Paul had a different exhortation for different groups of people. Different people at different stages in their lives have different responsibilities and face different temptations. 'And, if you are in your sixties or seventies, don't spend your time wishing that you were still young! Live life with the opportunities that God gives to you now! Serve God in the stage of life that He has given to you in the present.'

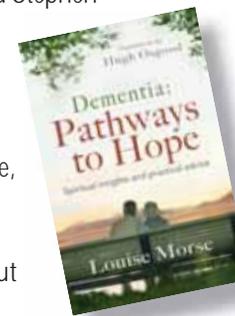


Dr Tim Chester

Paul describes a community in which people are discipling one another across the generations. Titus instructs how the elders are to disciple the younger members. One of the lovely things about the church is that it is a place where people can learn life skills; read the Bible together; live out your teaching with seriousness and soundness. 'It is not insignificant that church elders should be called elders,' he said. 'Older people are to set an example to the younger, and to disciple them in a community in which age and experience matter. If you are young find someone to discipline you. If you are not sure of what category you fall into, then do both!' The church should be a model of intergenerational discipling.

Dementia, Pathways to Hope

Louise Morse and Stephen Hammersley looked at Louise's new book, *Dementia: Pathways to Hope*, in an interview style seminar which brought out its main points.



Louise explained that, despite her second book, *Dementia: Frank and Linda's story* being described by experts (including a former GP with dementia) as the best book available, after taking her Master's dissertation which researched the effects of caring on families, she'd felt there was a need to outline the very real pathways to hope that exist with this condition that are buried beneath the misleading information that is often published.

The book takes a brief look at the latest research; including a view from researchers at Cambridge that dementia has come like a plague as a result of changes in human behaviour, and like the plagues of the past can be stopped. The village of Eyam, in Derbyshire, was an example of how human behaviour stopped the bubonic plague in 1665, when villagers chose to isolate themselves.

Don't retire – just retyre!

Roger Hitchings, former PFS trustee and pastor, spoke about planning for fruitfulness in our later years. Entitled, 'Don't retire, Retyre!' He began by saying that Older People face many challenges. Growing old can be daunting and, at times, very discouraging. We need the inspiring perspective that we find in the Bible.' Roger's handout notes were rich in Scriptural content and references, an extract is given on page 28.



The vision, and the river in the way

Stephen Hammersley compared our vision and our situation with that of the people of Israel's when they were about to cross the Jordan river. Crossing the river was the challenge before them if they were to realise the vision God had given them. Joshua knew that the plan was God's, and that God would make a miraculous way for them to accomplish it. He told the people to consecrate themselves, 'for tomorrow the Lord will do amazing things among you,' (Joshua 3:5).

Stephen outlined the steps already being taken, such as the pilot scheme in two homes of the new approach to care, improving provision in the three of our buildings that are least able to match up to the vision; better resourcing homes and housing managers to lead their teams, and sowing the seeds of a collaborative venture leading to a movement of people, churches and organisations wanting to see Christian care and ministry in the community by and for older people.

Keeping a balance

Over the last ten years the Society has seen a period of expansion followed by consolidation, said Honorary Treasurer Alan Hare. Now turnover is down to £10 million after four years of higher figures. Occupancy had been in decline but has increased over the past two years. The cost of maintaining our properties in 2015/16 was £1.3

million. The Charity needs £1.5 million per annum if it is to make the improvement to our homes implied by the Vision of Care.

The care sector regulator is increasingly focusing on 'person centred care', and our Vision for Care is very much in line with that. When considering what person centred care really means, it's interesting to note that advances in technology have the potential to significantly change life for the elderly both at home and by increased mobility and access. Wi-fi, remove control/access, Sat Navs, web cams, sensors, voice recognition, driverless cars and more, will increasingly affect the lives of older people, including person centred care, and will have an inevitable impact on the finances of the Society. An example is the Twizy car, a nimble, easily accessible vehicle for older people. We will be well advised to bear technology in mind much more as we plan ahead.



Please go to our website: www.pilgrimsfriend.org.uk to view the four video talks from our Annual Thanksgiving Service.

JUNE**18 June**

Friends of Dorothea Court
Dorothea Court, Strawberry Tea,
18th June at 2.30pm.

25 June

Bath & District Auxiliary
Leonora Home Anniversary, Saturday
25th June, 3pm, Charter Primary
School, Chippenham.

Wey Valley Auxiliary

Fellowship Walk from Bethel Baptist
Church, Upper Hale, around
Farnham Park and back to Bethel for
refreshments – 25th June - 2.0 p.m.
For more info contact John Risbridger
on 01252 713408.

NEWS**Dates for
your Diary****29 June**

Croydon Auxiliary
Wednesday 29 June 2016.

"Taking older people to the heart of
the local church."

Speaker: Stephen Hammersley.
Venue: Caterham Baptist Chapel CR3
6NA. Time: 7.30 for tea/coffee 8pm
start. Everyone welcome.



"We believe that God works powerfully through the faithful prayers of His people. So we have created a monthly prayer sheet that simply outlines four or five key prayers that we would like supporters to pray through. They are succinct, timely and no more than one page long. Please consider signing up for an email copy of this one-page resource by sending your email address (or the address of a friend who can print it off for you) to info@pilgrimsfriend.org.uk"

JULY

15th July

Dunstable Annual Gift and Coffee Morning

Friday 15th July 2016 – 9.30am-12noon at 37 Norcott Close, Dunstable, LU5 4AH.

Bring and Buy Sale of homemade baking, cakes, jams, marmalade, plants and garden produce.

Norcott garden railway will be operating, weather permitting.

For more info contact Elaine Snuggs: 01582 665188 or johnsnuggs@btinternet.com.

22nd July

Friday 22 July – Coffee Morning 10 am - 12 pm at Hailsham Baptist Church, Market Street, Hailsham BN27 2AG.

Coffee, tea and biscuits. Cakes, preserves and greetings cards available to purchase.

For further details of this event please contact Mary Dadswell on 01323 488522.

SEPTEMBER

10 September

Wantage Auxiliary

10:30am Saturday 10th September 2016. Sponsored Walk – approx 5.5 mile circular walk starting from Buscot Weir Car Park, Nr. Faringdon, OXON SN7 8DA.

Bring a picnic to eat en-route. Details and sponsorship forms available by email to dave.a.pepler@gmail.com

NOVEMBER

5th November

Hailsham and North District Auxiliary

Saturday 5 November – Ploughman's Lunch and Sale at Reid Hall, Boreham Street, Herstmonceux BN27 4SD.

11 am - 2 pm. Doors open at 10 45 am. 3 course lunch available to purchase.

Many different stalls including stationery, toiletries, children's toys and books, cakes and produce etc.

For more details of this event please contact either Chris David on 01825 760223 or Mary Dadswell on 01323 488522.

PILGRIMS'
FRIEND
SOCIETY

CHRISTIANS FOR OLDER PEOPLE

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

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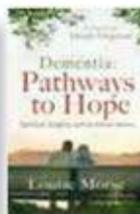
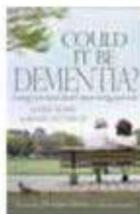
Return Slip

Please
stick here

- I would like to help PFS provide more resources for people living with dementia; and sponsor Stephen and Philip Hammersley.
- Please send me extra copies of Pilgrims' Magazine for my church.
- Please send me the dementia information pack (with 20 leaflets on different aspects of dementia, 'Helping to Put the Pieces Together'.)
Price £8.00 (Free P&P). Cheques payable to 'Pilgrim Homes Trading Ltd'

Please send me a copy of:

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



Books 1-3 cost £8.50 per book. Book 4 costs £9.00 (Free P&P). Cheques payable to "Pilgrim Homes Trading Ltd" (You can also order through our website, www.pilgrimsfriend.org.uk)

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

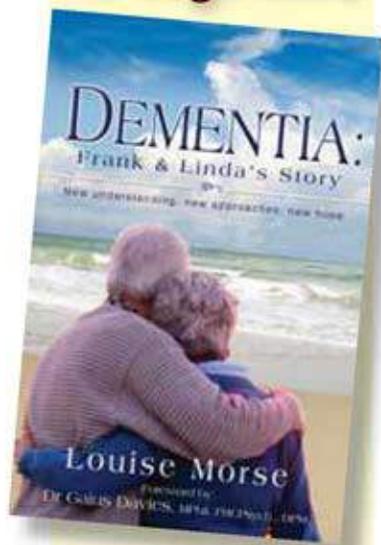
I would like to arrange for one of your specialist speakers to take a workshop at my church on -

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

Enclose this form, together with the completed gift aid slip in the pre-addressed envelope supplied.

'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

Dementia Resources from Pilgrims' Friend Society



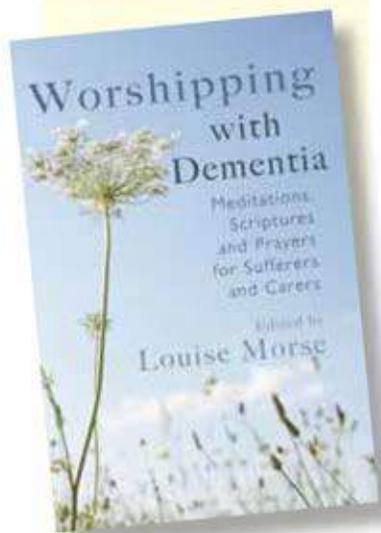
Dementia: Frank and Linda's Story

'I recommend this as the best book to read about dementia.'

Dr Jennifer Bute, www.gloriousopportunity.org

'Clearly, practically and movingly, the day-to-day and sequential issues (and possibilities) for relationship, caregiving, communication, 'personhood', identity and support (practical, emotional, spiritual) are covered, alongside a contemporary intuitive approach (SPECAL) breaking new ground in the provision of formal and informal care.'

Cameron Swift, consultant physician and professor of healthcare of the elderly



Worshipping with Dementia

'My Mum was given your book "Worshipping with dementia" when she was caring for Dad who had vascular dementia. He died in February 2012 at 89. Mum loved this book and read it from cover to cover over and over again as a daily devotional book. I now have the book and find it a great blessing. I have just ordered a copy for my brother who suffers from anxiety and depression. I think that this is lovely ministry for anyone whatever their situation and wonder if you could publish it again with a different title to be aimed at a wider audience. I think it could become a devotional classic.'

See all our publications at www.pilgrimsfriend.org.uk

Pilgrims' Friend Society Gift Aid Declaration – multiple donation



Boost your donation by 25p of Gift Aid for every £1 you donate

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

giftaid it

In order to Gift Aid your donation you must tick the box below:

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 Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

My Details

Title _____ First name or initial(s) _____

Surname _____

Full Home address _____

_____ Postcode _____

Date _____

Please notify the charity if you:

- want to cancel this declaration
- change your name or home address
- no longer pay sufficient tax on your income and/or capital gains

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.