

The Pilgrims' MAGAZINE

SUMMER 2020



In this issue:

LINKED IN

Church connections across
the generations

SPIRITUAL FRUIT

3 heart-stirring truths from
Psalm 92

PRAYER CALENDAR

Your guide to praying for
our work

**PILGRIMS'
FRIEND
SOCIETY**

PILGRIMS' FRIEND SOCIETY

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

Rooted in the Christian faith, Pilgrims' Friend Society is committed to creating Christian communities in residential care homes and independent living housing schemes in England and Scotland.

The Pilgrims' Magazine is published twice each year.

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Welcome

Our Chief Executive Officer **Stephen Hammersley** reflects on how our staff team have been meeting the challenges posed by the coronavirus



As I write this from my new home office (box bedroom) amidst the change, worry and anxiety that the coronavirus brought, in front of me are pictures of rainbows outside our homes and schemes. They remind us of the hope that we have in God's faithful promises and His love for the people. Some rainbows have been coloured by our staff teams, who have responded wonderfully well as their love for the people they care for has shone through their fear. Others have been painted by people who live with us and whose testimonies of what it means to live by faith light the path for the rest of us.

I am reminded that Pilgrims' Friend Society commitment to value and support older people has never been more needed. The risk of the pandemic to older people has meant that, although we are well-equipped to handle viral outbreaks, we have had to adapt and change in order to meet the challenge before us. This has been incredibly testing for our teams as they combine this with all of their usual duties in the face of

staff shortages, anxiety and changing guidance. And yet, in all of this, one thing has tied our residents, our staff and our supporters together: our love for others and our trust in the unfailing love of our Lord Jesus Christ.

We have always been a Society grounded and rooted in prayer but this time of testing has reenergised our praying as we have realised afresh just how much we need Jesus. Together we have brought before God the needs of the Pilgrims' Friend Society family and the needs of our world, interceding for healing and comfort for all people. As we meet daily, we find ourselves praying fervently that through this trying season we would be able to point many people to the living truth that is in Jesus Christ.

This edition of The Pilgrims' Magazine was planned long before we knew what coronavirus was or how it would impact all our lives. So, it is fitting that we should be approaching our annual Prayer Week as you

receive this magazine! We hope that you will join us from Sunday, 7 June to Saturday, 13 June as we pray for older people and the issues affecting them. You can find out more about Prayer Week on page 36 and, alongside the copy of the leaflet you have received with this magazine, do feel free to download more copies from our website: www.pilgrimsfriend.org.uk/prayerweek2020.

Throughout the rest of this edition you will find stories and news from our residential care homes and our independent living housing schemes, a glimpse at a day in the life of a maintenance officer with Pilgrims' Friend Society, and updates on progress at Middlefields House in Chippenham. We had always planned to share with you what Martyn Hallett would have shared at our conference in Bedford in May even before it had to be cancelled so we are even more glad to be able to share it with you here, as he explores the theme of bearing fruit in troubled times (p.24). We're also pleased to be developing a new way of enabling

volunteers to support the work of our homes and housing schemes which you can read about on p.16.

I know that many of you will have been joining with us in prayer over the last few months. We are so grateful to you for that. I pray that as you read this magazine and join with us during Prayer Week, that you would know more of God's heart for older people and would be inspired to continue walking with us at Pilgrims' Friend Society as we enable them to thrive and live fulfilled lives.

In Him,

Stephen Hammersley
Chief Executive of Pilgrims' Friend Society

Life *under* LOCKDOWN

Due to the coronavirus, life in our homes and housing schemes has changed dramatically. Those in our communities have been pulling together to support and encourage one another



At this time, we thank the Lord for calling us to this ministry with older people. Despite the fear and anxiety for themselves and their families (and justifiably so), our dedicated staff, Christians and non-Christians alike, have maintained the highest standards of care and support. One member of staff at our Evington Home in Leicester on being thanked for going over and above the call of duty, turned to her manager and said in an emotional voice, "I don't think I'm doing anything special. I am so grateful to God for giving me this opportunity to do this work for Him."

In many cases, staff have stepped out of their normal roles to cover others who were unwell or self-isolating. We've seen carers become cooks and housekeepers don aprons and gloves to help with caring. Phil and Victoria, carers from our Leonora Home in Chippenham, doubled up as 'hairdresser' and 'nail technician' when the visiting professionals couldn't come. At Finborough Court in Suffolk the Operations Team, senior carers and others rallied round when both managers were off ill and/or self-isolating.

During the time of lockdown, families, friends and, importantly, visiting ministers have been unable to visit, and the impact on residents has been huge. So homes have had to become more creative in how to keep residents mentally, physically and spiritually stimulated. Bethany Home held a special evening for example, with the home decorated in a pub restaurant style and meals

like steak and ale pie with chips on the menu, compliments of their head cook who worked in a pub. The smiles on the faces of staff and residents spoke a thousand words!

Those who live in our homes and housing schemes have also been a great source of encouragement to one another, joining together in prayer. Many have been moved to pray for those in the wider world who are affected by the virus. At our Framland Home in Wantage, Oxfordshire, several ladies have been joining in with the 'rainbow craze', creating rainbows for children to spot on their walks around Wantage and reminding themselves of God's covenant in Genesis 9.

Many of our homes have maintained links with their local communities, boosting morale. A touching letter from a school child to one of our residents reads, 'Dear Ron, I hope you are well and safe! Mummy and Daddy are teaching me and my older brother at home because of the coronavirus. I might be a YouTuber when I grow up. Where did you sail to when you were in the navy?' (There's more on how our homes are staying linked to their communities in our feature 'Keeping Community Connections Alive' on page 13).

For the latest information on matters relating to the coronavirus, please see our website:

www.pilgrimsfriend.org.uk

You can also follow us on social media:



Breaking ground at *Middlefields* HOUSE

A brand-new Pilgrims' Friend Society home is coming to Chippenham. Our Director of Marketing and Communications **Alexandra Davis was part of a group who headed on-site for a breaking ground celebration**

We were so pleased earlier this year that work began on the very first phase of our Renewal Programme – Middlefields House in Chippenham. Middlefields House is a brand-new state of the art residential care home that will provide high-quality, personalised care for 48 residents aged 65 and over, including those living with dementia.

To mark the beginning of construction, representatives from Pilgrims' Friend Society, our care home designers Northstar and

constructors Midas gathered on-site along with some very special guests – local church leaders, Chippenham Mayor Desna Allen, but most importantly Barbara Wallis, who currently lives in a flat in Leonora Home in Chippenham. Once Middlefields House is complete, residents from Leonora Home, which is set to close, will be able to move into Middlefields House alongside new residents.

Despite the drizzling, and then pouring rain, we enjoyed time together hearing from Stephen Hammersley, Desna Allen and others, and having our photos taken on-site. After all the ceremony, several of us went to Ladyfield Evangelical Church to recover from the rain with a cup of tea and some biscuits and then a time of prayer. It was wonderful to pray with local supporters and others for the work and for the future of Christian care in Chippenham, committing the project and the life of the home itself to the Lord.



Middlefields House will be made up of our households of 12 people, who will each have generously sized en-suite rooms. We're also looking forward to making the space available to the local community with a hairdresser and a café on-site. It's so important to us that the older people we care for are part of a community as well as having space to retreat to for quieter times.

Of course, since that event in late February, we've all experienced the shock of the outbreak of coronavirus. Inevitably this has slowed down the work on the project, but we trust in the Lord's timing and are continuing to look forward to the next stage of seeing the Middlefields House dream come to life!

Please do continue to pray for the project and if you're interested in finding out more about the home, please visit www.pilgrimsfriend.org.uk/middlefieldshouse or call 0300 303 1400.



We have a hope

Although the statistics on our ageing population are bleak, we have a sure and certain hope in Jesus Christ. **Alexandra Davis**, Marketing and Communications Director for Pilgrims' Friend Society, explains how this belief shapes our distinctive vision for elderly care



Did you know that there are 5.4 million people in the UK who are over 75? Did you know that by 2030 – that's just 10 years away – it's expected that there will be more 21,000 people who are 100 years old and older? And did you know that the fastest-growing age group in the UK is the 85+ group, the number of whom is set to rise to 3.2 million by mid-2041?

Readers of The Pilgrims' Magazine probably won't be surprised by these numbers. The news that the population in the UK is rising has been with us for some years now, with many people well aware of the challenges that this will bring. As the number of people over 85 increases, so does the number of people with high levels of complex needs – currently 30 percent of older people in England receive little or no help with their care needs and 1.4 million don't have access to the care and support that they need.

All this paints a bleak picture. For Christians who know the God-given value of each individual person, regardless of age or capacity, these statistics represent a deep sorrow. It is a challenge to us, as we look to a future where large numbers of people will either be struggling with their own needs, or struggling and grieving as they support the ones they love who are living with a high level of need.

Our hope is in Jesus

But, of course, as Christians we have a hope which is firm and secure. In Jesus, God has given us a hope in which we can trust – a hope that all things will be worked out for good, a hope that Jehovah Jireh, the God who provides, will always know our needs, a hope that the God of heaven and earth will never leave us or forsake us. So, for us at Pilgrims' Friend Society this means that we

are looking to the future of caring for older people with hope – a hope that drives us to act, to make a difference in the lives of some of those older people who need care, community, love and faith.

Around England and Scotland, we run 10 residential care homes and seven independent living housing schemes – all Christian communities which are already supporting and caring for older people. At the core of our vision is the belief that we can continue to flourish, even to our very last days, and every one of our homes and housing schemes is rooted in that belief. Whether it's through nurturing friendships, regular devotionals and prayer times, or being ministered to by Christian staff at the very end of life, Pilgrims' Friend Society homes and housing schemes exist to help older Christians live their fullest lives.

Supporting those living with dementia

All of our residential care homes have family members who live with dementia and in recent years we've developed a particular way of supporting them. The Way We Care is an approach which takes into account the whole life story of each individual and tailors the care and support offered to that person in a way that is unique to them. For the many Christians in our homes who are living with dementia, our carers are specially trained to use what they know of the person to support them in their spiritual journey. We believe that all people can come to God at all stages of life and in all manner of ways, so encouraging those living with dementia to meet with God is a natural part of life in a Pilgrims' Friend Society home.

For those living independently in our housing schemes, being part of a committed Christian community is a particularly important aspect of life. The opportunity not only to take part in regular activities such as Bible study groups and prayer meetings, but also to make new friends who share the same faith is vital for continuing to grow in faith in later life.

Continued overleaf

“At the core of our vision is the belief that we can continue to flourish, even to our very last days”



Our Renewal Programme

We're so committed to our approach to supporting faith in later life that we've now embarked on our Renewal Programme. In order to meet some of the increasing need as our society ages, we're planning on building six brand new care homes over the next 10 years. The new homes will replace some of our older buildings but we're also committed to keeping our current housing schemes and care homes in peak condition as we seek to make as much provision as possible for older people in the UK to access the care and support that they need. Our first brand new building will be Middlefields House which will open next year – you can find out more about the project on pages 8-9.

We are trusting God that this commitment to providing care for as many people as possible will come to fruition. We believe that it is an outworking of our understanding of the value of each individual and we hope that Pilgrims' Friend Society is going to continue to make an important contribution to the care of older people in the UK in the future – both in the short term and in the long term.

Join us through prayer

We would love for you to be a part of this journey with us. Firstly, could you pray for us? We know that nothing happens without prayer as the foundation and so we ask that you'd join with us to pray for the Society and its work. Secondly, could you give some of your time to our work? If you live near to one of our homes or housing schemes, could you come and be a part of our team, whether through befriending those who live there or supporting activities or running a service every now and then? We would love to have you on board.

And finally, could you give to Pilgrims' Friend Society?

We work hard to ensure that our homes and housing schemes are appropriately resourced with excellent teams of staff who are invested in and encouraged in the work that they do, and that our buildings are able to provide the safest and most comfortable surroundings possible. But all of this costs money and there is an increasing shortfall in what comes in through fees – which we try to keep as low as possible – and what is offered in care. If you're in a position to help us fill this gap, we would be so grateful.

Whether you can join us in prayer, time or giving, we hope that you are encouraged to look with us to a future where Christian care for older people is playing its part in meeting the needs in our society. Let us always be rooted in our hope in Jesus, our perfect Saviour.



Keeping community connections alive

From embracing Skype to knitting with a purpose, our residents at Evington Home, Leicester, are maintaining valuable connections with the outside world, as **Louise Morse** explains

On a Saturday morning in March a social worker noticed the empty car park in a care home she was visiting. "Normally, this would be full of visitors, but they're all having to stay away because of the coronavirus crisis," she wrote on social media. Although the restrictions are well understood, they are tough on residents and the challenge is how to keep essential connections alive now that visitors are barred.

Activities Coordinator Andrea Louis had the answer. She took an iPad into our Evington Home and offered each resident a weekly face-to-face chat with their families by Skype. Most had never experienced anything like it and didn't know what to expect. One was shocked at first, but said she'd like to try it again. Another said it was absolutely wonderful, and a mother was so pleased with her daughter's calls that the daughter bought her an iPad which Andrea has set up so they can have Skype calls whenever they want. Andrea thinks it will catch on and continue long after isolation has ended.

Spiritual support is an important part of life at the home, with visiting speakers from local churches coming in to take services. Now they are giving them over Skype which is then cast to the large TV in the lounge so

everybody can watch.

Connections with the wider local community are maintained through the well-established and much-loved activity of knitting. The knitting group makes hats and small items for the local premature baby unit and are blessed that they can continue to knit with a purpose, even while isolated. Knitting is known to lower blood pressure, reduce heart rate and levels of the stress hormone, cortisol, supporting the well-being of all who take part.

One initiative launched recently at the home was the Lego project. This project brought together children from a local primary school and residents, who were working together on building a display of a park. Lego helps manual dexterity and fine motor skills, while following instructions and interacting with the children keeps older minds active. Due to the coronavirus outbreak, children's visits are now barred. However, the connection with the primary school continues. Children now write letters, cards and emails which are read out to residents, who then compose a collective response.

The Evington Home may be subject to lockdown, along with everyone else in the UK, but good communications ensure residents do not feel isolated.



A reason for living when you are frailer and older

As Louise Morse highlights, older people can be profoundly affected by mental health issues

Self-isolating during the coronavirus crisis would stop the virus spreading and save lives, but experts feared there would be consequences for the nation's mental health, especially among older people. Their concern was well founded; Age UK had already found that loneliness among the elderly was a huge issue with over 1.5 million chronically lonely and around 200,000 people so depressed they said they didn't want to be here.



'Not wanting to be here,' is an ominous phrase from people of any age. It can mean they are thinking of 'getting out of here', of taking their own lives. A common assumption is that suicide is low among older people, yet statistics for the USA, where society is similar to the UK's, show the highest risk to be among men who are 65 and older with the second most likely age group adults 85 and older, regardless of gender. In the UK, the elderly have some of the highest suicide rates in the population.ⁱ

Being ready to die is not always because of depression. Dr Meredith Lee practises geriatric psychiatry at the University of Virginia. She says some of her patients tell her, "I don't understand why I'm still here.' They are ready to die. It's not a death wish, but they feel like a burden and lack a sense of purpose." Many older people say they are no use to anyone, any more for this reason, and feel that it is a sensible reason for ending their lives.ⁱⁱ

Mental Health Nurse Betsey Scott describes her experience with five ladies in their 100s. In *Accord Magazine* (Association of Christian Counsellors, Winter 2019), she tells how a 103-year-old, who had outlived her husband and children and had only one grandchild left whom she never saw, insisted that the only reason she was still alive was because

God had forgotten her. Older people need encouragement and reminding of Scriptures such as Matthew 10:29, telling how closely God watches over us.

The other four ladies also had rational reasons for committing suicide. One had a long-held plan to follow if her health made her too dependent on others, one felt the 30 years she'd lived since her husband's death was long enough, another dreaded the prospect of being a burden on others and not being able to be productive, another felt that death was preferable to loneliness. Sadly, they all found that when they tried to talk to others about it, either their biological or church family, people could not tolerate the conversation and wanted to shut it down.

The four women were brought together in a group where they were able to talk about the taboo topic of suicide in a non-judgemental way. Most importantly, being in the group gave them a reason for living, as none of them wanted to abandon the others.

Some years ago a new approach for caring for people with dementia was introduced by the organisation Dementia Care Matters. The approach was called 'Mattering'. It was

really a packaging and theming that met a basic human need that was integral in other approaches but centralised in this one. The premise was that, 'Mattering is feeling deep inside that to someone or something and somewhere you really count. Mattering is about knowing that just being who you are really matters. Mattering is having evidence you can see, hear and feel that you make a difference and are needed.'

Having a sense of purpose helps people feel that they matter. But older people, need to know that they matter just by being themselves, just by being here and a part of our lives. Even saying, "Grandma, you matter to me," will help.

ⁱ<https://gpnotebook.com/simplepage.cfm?ID=1711669253>

ⁱⁱ<https://blog.uvahealth.com/2019/05/31/elderly-depression/>





Do something incredible – volunteer!

Volunteers have a special role to play in the life of Pilgrims' Friend Society. **Mandy Smith**, Scheme Manager at Pilgrim Gardens in Leicester, explains how a new volunteer initiative has been enriching the lives of residents at our nearby Evington Home

Over 200 years ago, Pilgrims' Friend Society was started by a group of praying Christians concerned for the needs of poor, elderly Christians. Volunteers came forward to help carry out the vision of these praying Christians by initially taking food parcels around to those in need.

Throughout the next 200 years, volunteering has been an integral part of the Society's growth in ministry to elderly Christians and even though times and needs have changed immensely over the last two centuries, the need for volunteers hasn't.

Benefits to the Society and the elderly in our care

All our homes are staffed by dedicated teams who ensure that all the personal care needs of the residents are met. This they do excellently, which is why all our care homes are rated 'good' by the Care Quality Commission. However, we believe that God wants more for our elderly residents. Psalm 92:14 says, "They (God's righteous) will bear fruit in old age, they will stay fresh and green." It is for this work that volunteers are invaluable. A Volunteer Pilot has been started in Evington Home and the way that volunteers have helped the residents of the home 'bear fruit' is by enabling them to, independently study the Bible, create things for ornamental displays, make things to eat that they and their resident neighbours can enjoy, among other things.

The work of volunteers also contributes significantly to the Society's finances, enabling the organisation to use its money and resources more effectively. The National Council for Voluntary Organisations say that there is a huge positive financial impact of volunteering, totalling over £23 billion in the UK per year.

Benefits to the volunteer

Some of the volunteers who signed up during the Pilot are residents of the Society's Independent Living Housing Scheme, Pilgrim Gardens, which is close to Evington Home. It's wonderful to witness their 'God hasn't done with me yet' attitude as they are usefully employed leading Bible studies, helping on trips out, enabling the residents to arrange flowers and visiting those who cannot get out of their rooms.

Newly retired folks could also benefit from volunteering. According to a nationwide survey by Home Instead Senior Care, many people felt that they retired too soon, were

disappointed by the lack of routine in their retirement and missed the companionship of work. 60 per cent of those surveyed agreed that being employed was good for their mental health. Home Instead's CEO Martin Jones noted how many people in their 60s, 70s and 80s enjoy the companionship and the sense of purpose and fulfilment that comes from offering extra support to those who need it or are lonely.

The Pilot has shown that those in their teens can also benefit from volunteering by adding to their experience and enhancing their CV.

What can volunteers do?

Volunteers can bring a whole range of talents to the homes and schemes to benefit the residents. The most popular being visits with or without prayer and Bible reading, flower arranging, craft and cooking workshops, helping on trips, leading devotions, helping in the office and cleaning. Pilgrims' Friend Society's Operations Manager, Jane Trimarco, who is heading up the Volunteer Pilot, speaks of volunteers abseiling with residents in a previous job. I'm not sure I'm quite ready for that yet, but we really do not have to be limited to the list above.

Who can volunteer?

Anyone with a heart to serve the older generation. You will need to fill out an application form, provide references and complete a DBS check before you can start volunteering. Any training needed will be provided. You can be any age and ability as I've already said we have volunteers in their teens to their 80s.

If you would like to find out more about volunteering for Pilgrims' Friend Society, please contact Jane Trimarco on jane.trimarco@pilgrimsfriend.org.uk or call our head office on 0300 303 1400.



Praise and THANKSGIVING

“Now, our
God, we give you
thanks, and praise
your glorious name.”

1 Chronicles
29:13

There are so many reasons for Pilgrims' Friend Society to be thankful, especially in the current climate. We give thanks and praise to God for the staff He has called to work for us, and for their dedication and commitment to residents during the coronavirus.

We are thankful for all those who have faithfully supported us financially and through prayers, as well as through practical support such as phone calls and letters to residents during the lock-down. With the care sector suddenly in the media spotlight, many have told us how they have felt prompted to give towards supporting older Christians. We are truly grateful to God for supplying these gifts at a time of great need.

We have also had answers to prayers in a number of key staff appointments. Rebecca Oyedele has taken on the role of Manager at Florence House in Peterborough and Richard Cowlshaw has joined as Business Manager at Evington Home in Leicester. In addition, Victoria Stone has joined us as Operations Manager across our homes. We give thanks to God for His perfect timing in these appointments.

Several new staff have joined the Head Office team – Helen McKay-Ferguson as Marketing and Communications Officer, Kaela Dutton as Marketing and Communications Coordinator and Precious Adenayo as Sales Ledger Assistant. We thank God that they have been able to settle in despite the strange circumstances of not being office-based at the start of their employment.

Finally, we praise God for staff members who have served Pilgrims' Friend Society faithfully and will be leaving us.

Adrian Bray, our Director of Finance until March, had planned to leave in April to start three months of training before taking up a post with a Christian mission operating in Central Asia where he and his family worked from 1999 to 2006. Instead, he continues with the Society until June 2020 as Company Secretary but, coronavirus permitting, hopes to start training and leave for mission later this year. Adrian would very much appreciate your prayers.

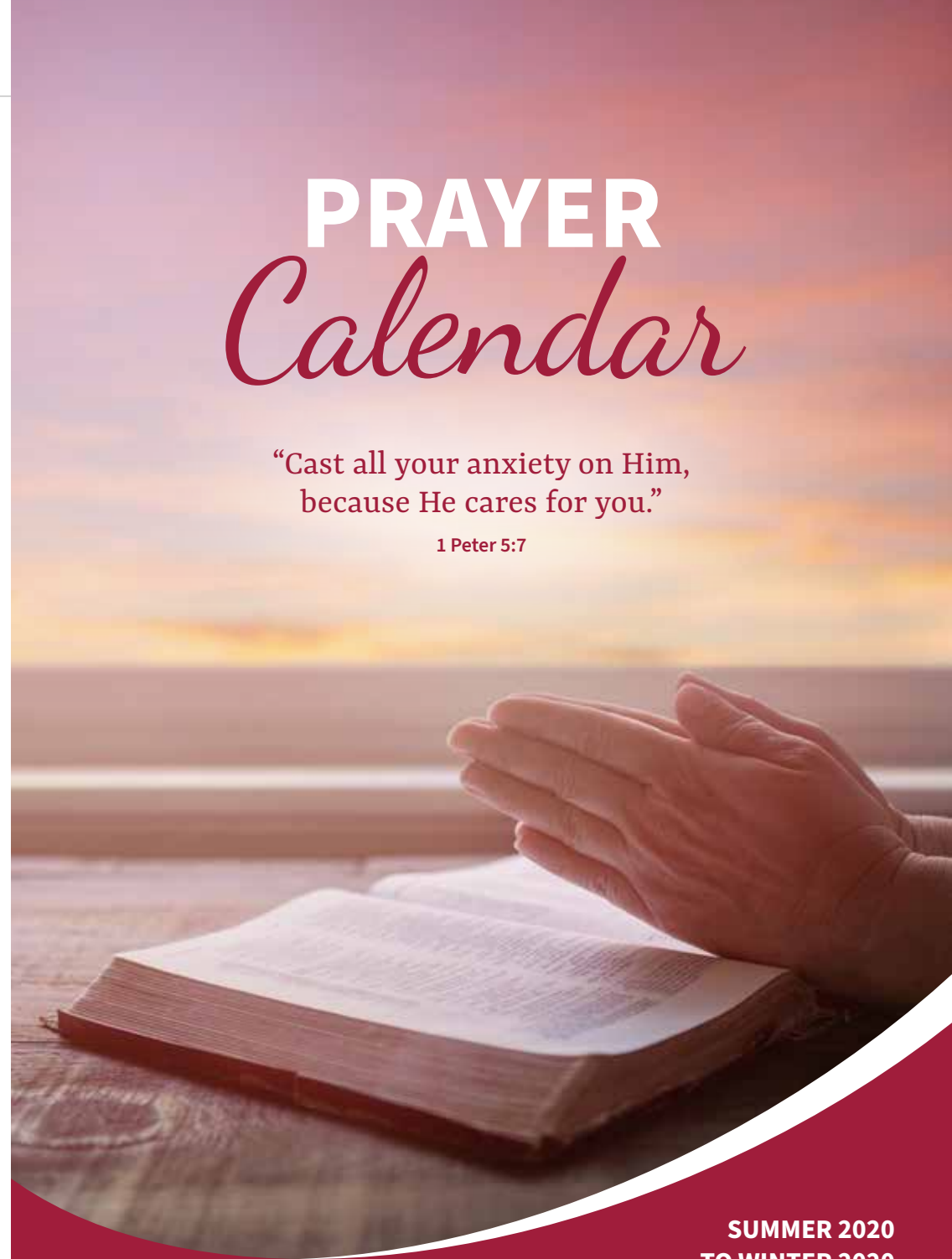
Georgina Lansdell managed our Pilgrim Care domiciliary care based at Royd Court in Mirfield, West Yorkshire from 2007, retiring from this role in late 2019. However, when we needed an interim manager for Florence House, Peterborough, Georgina stepped forward and covered the role until a permanent manager was found. We praise God for her hard work and the blessing she has been to so many throughout her time with the Society.

We also bid a fond farewell to Sylvia Clovey, who has been a key member of the Marketing and Communications team since 2012. Sylvia has been a tireless champion of the work of Pilgrims' Friend Society, playing an instrumental role in producing the magazine, organising conferences and building strong relationships with supporters. We thank God for her time with us and pray for a very happy retirement.

PRAYER Calendar

“Cast all your anxiety on Him,
because He cares for you.”

1 Peter 5:7



SUMMER 2020
TO WINTER 2020

Thank you

for joining with us in prayer for the work Pilgrims' Friend Society both generally and as we respond to the coronavirus pandemic.

Whenever you pray, please remember the following key themes:

Daily Prayer Guide

Sundays

Bethany Christian Home, Plymouth
Manager: Emma Hughes

Dorothea Court, Bedford
Manager: Evelyn Bissell

Living with us
That more people would hear about our homes and independent living housing schemes and want to be part of those communities

Church leaders
That they would be serving the needs of older people in their churches and communities

Leadership

- That all our leaders cast their anxieties on Him, knowing that He hears every prayer
- For wisdom in making decisions in unprecedented circumstances
- For our home and housing scheme managers especially, that they would be sustained by God's power

Those who live in our homes and housing schemes

- That they too would be entrusting their cares to the Lord
- With many residents unable to see family as usual, pray that they would be family for each other
- That they would experience fulfilment and peace

Those who serve in our homes and housing schemes

- For the Lord's protection over them
- That they would not feel anxious about coming to work
- That those who do not yet know the Lord would have their eyes opened

Kingdom life in our homes and housing schemes

- That God's word would continue to be at work and bear fruit
- That our homes and housing schemes would shine out as places where God's love is known

Mondays

Emmaus House, Harrogate
Manager: Lesley Strafford

Evington Home, Leicester
Managers: Jeanette Davis and Richard Cowlshaw

Operations Team (Led by Maureen Sim)
For wisdom as they work with the various authorities to implement new guidance relating to the coronavirus and keep our residents and staff safe and well.

Those living with dementia in our homes and housing schemes
That they would be filled with God's love, and that relatives and carers would feel reassured

Tuesdays

Finborough Court, Suffolk
Managers: Rachel Fishburne and Jonathan Dorrington

Florence House, Peterborough
Manager: Rebecca Oyedele

Strathclyde House, Skelmorlie
Manager: Ruth Broomhall

Property Services Team
(Led by Andy Walsh)
For safety as they manage the Middlefields House building project in Chippenham and that they are able to meet the service needs of other properties

Wednesdays

Framland, Wantage
Manager: Beth Kneale

Leonora Home, Chippenham
Managers: Gaie Marshall and Jackie Bridgen

Chippenham church engagement
For wisdom for our Community Engagement Officer, Ruth Ranger, as she seeks to establish relationships with churches in the Chippenham area

Board of Trustees
That they would be led by God's word in all decision-making



Thursdays

Luff House, Walton-on-the-Naze
Managers: Rosie Ely and Sharon Rowley

Finborough Court Housing, Suffolk
Manager: Sylvia Humm

Pilgrim Care, Mirfield
Manager: Abi Jessop

Our speaking team
That they would soon be able to continue their ministry in giving talks to raise awareness about issues affecting older people, including dementia

Fridays

Milward House, Tunbridge Wells
Manager: Annabelle Purdie

Pilgrim Gardens, Leicester
Manager: Mandy Smith

London office team
For good stewardship of the Society's resources, and for new team members to settle in well

Our resources
That these would be of great blessing to those who read and use them

Saturdays

Royd Court, Mirfield
Manager: Vicki Miller

Shottermill House, Surrey
Managers: Mike Beere and Benhilda Shambare (Interim)

Our finances
That the Lord would meet our needs as we rely on Him.

Redbourn Missionary Housing, Hertfordshire Manager: Susan Pratt

Prayers for our *staff team*

Our staff have gone beyond the call of duty to offer excellent care during the extremely challenging circumstances posed by the coronavirus outbreak. We are truly grateful for them all.

Thank the Lord for...

- The dedication of all the staff who work in our homes and the managers who lead them. The fact that many who have had to self-isolate have expressed sadness at not being able to go to work reflects their deep commitment and love for the elderly Christians whom they serve.
- The tireless work of Barbara Margetts, our Assistant Director of Operations, who has taken on the role of Coronavirus Lead. This has involved keeping abreast of rapidly changing government guidelines and disseminating key information across our homes and independent living housing schemes.
- Our Director of Operations Maureen Sim and Operations Managers Jane Trimarco, Margaret Wetton, Lynn Hall and Victoria Stone who have worked hard alongside Barbara ensuring that our wider staff team is informed and supported.

Ask the Lord...

- That He would sustain our staff so that they would have the strength and energy they need day-to-day.
- That our staff would be richly blessed through their work and the relationships they have with each other and those who live at our homes and housing schemes.
- That the faith and witness of all those who live at our homes and housing schemes, and that of our Christian members of staff, would cause those members of staff who don't yet know Jesus to be struck by the Christian message of hope and life.

Residents' stories: **Annie, Emmaus House**



With our homes closed to visitors due to the coronavirus, staff have been spending even more time talking to residents, offering reassurance and distraction. **Lesley Strafford**, Registered Care Manager at Emmaus House in Harrogate enjoyed a chat with Annie, learning about her past


When Emmaus House celebrated its 30th anniversary in 2018, our resident Annie was proud to receive a special letter from Stephen Hammersley, Chief Executive of Pilgrims' Friend Society, for being the resident who has been here the longest. She now has this framed on her wall.

Let me tell you about Annie. She was born on a dairy farm near Harrogate that had no electricity, gas or running water. During the war, when she was 14, Annie tended to the poultry to help her struggling parents. A few years later she began to suffer depression, and this went on for many years which meant a lot of hospitalisation.

Several years later Annie went to work for the British Lending Library in Boston Spa. She was responsible for packing books and maps and one day even got to hold the original Magna Carta before it was dispatched to the museum! Annie loved that job. She then took early retirement to look after her mother.

When her mother went to the Lord, Annie lived on her own for a while but was eventually admitted to a care home in Leeds due to being unwell. However, as Annie's faith has always meant a lot to her she came to Emmaus House where she can be with other Christians and where there is regular prayer and worship. I asked Annie what Emmaus House means to her. She said, "I love living here. Everyone is so kind and I am well looked after. Here, I feel the presence of God and that is all I need. I am content. This is my home."





Fruitfulness in Troubled Times: an encouragement to spiritual flourishing

Even during times of struggle, the righteous can bear fruit, trusting in the promise of God's victory. **Martyn Hallett**, Pastoral Coordinator at Dorothea Court, Bedford, draws out three heart-stirring truths from Psalm 92

"We don't know what's happening from one day to the next; it's a struggle just to survive." In these troubled times, can we thrive spiritually? Or is all our energy needed just to survive? **Psalm 92** shows that God has plenty of future fruitfulness for us all, if we take this 'Song of Praise' on our lips.

Israel's Sabbath was a blessing – an enforced day of rest from the demands of daily life: a day for worship and praise, morning and night. Psalm 92 is 'A Song for the Sabbath Day'.

But it was also a psalm written in times of trouble, facing the human enemies of the

LORD (v. 9) and of the writer. Our 'enemies' today are different, but are enemies nonetheless: sin, disease, opposition, or spiritual discouragement. We are all deeply affected by the spread of coronavirus. Patterns of life have been turned upside down and our government has been severely tested. Many things will never be the same again. Even as I write, I cannot know how things will be when you come to read this.

So those questions need an answer. How can I thrive spiritually at a time like this? How can I know God's peace with so many 'unknowns' every day? How can I keep spiritually healthy when Christian fellowship is taken away?

Three truths and exhortations from this psalm can help:

"God is faithful; he will not let you be tested beyond what you can bear..."

1 Corinthians 10:13

The psalmist also praises God for his deeds, which make him feel he must "sing for joy". In old age he will still proclaim, "The LORD is upright; he is my Rock, and there is no wickedness in him." (v.15)

So here's a challenge: in this time of trouble and uncertainty, will you still sing the Lord's praises, wherever you are, even without your usual fellowship of believers or place of worship?

2) God's deeds demonstrate that righteousness will triumph in the end (v.5-9)

Ungodliness, immorality, disease and death are evidence of a fallen, sinful world, under God's curse. Can righteousness triumph in the end? Israel knew God's saving work, bringing them out of slavery into the freedom of the Promised Land. But God had also been at work defeating their enemies. Our world today is under God's judgment, which will fall on his enemies in the end.

As Christians, however, we believe with all our hearts that God's good purposes are being fulfilled. Many will scoff at the idea of the triumph of righteousness. "But in keeping with his promise we are looking forward to a new heaven and a new earth, where righteousness dwells." (2 Peter 3:13)

Are you living with the same confidence Peter had? Will you therefore still "...seek first his kingdom and his righteousness", confident that if you do so, God will supply all your needs (Matt. 6:33)?

1) It is always good to praise the Lord in song, whatever happens (v.1-4)

The lovely Hebrew poetic parallels in v.1-2 are saying we can praise God at every time of every day. God's love brings us into union with his Son: "...who loved me and gave himself for me," (Galatians 2:20); his faithfulness keeps us going: "God is faithful; he will not let you be tested beyond what you can bear..." (1 Corinthians 10:13). There are no circumstances when it would not be right to praise him. As a hymn based on another psalm (Psalm 34) declares:

"Through all the changing scenes of life, in trouble and in joy,

The praises of my God shall still my heart and tongue employ."

3) God expects, and provides for, our spiritual flourishing in later life (v.10-15)

“The righteous will flourish like a palm tree,
they will grow like a cedar of Lebanon;
planted in the house of the LORD,
they will flourish in the courts of our God.
They will still bear fruit in old age,
they will stay fresh and green...”

This beautiful ending to the psalm is its crowning glory, giving real hope and encouragement in our later years, even in troubled times. Let’s ask some questions about this last, most practical lesson:

- **Who** can flourish? “The righteous” – those who are right with God through trusting Jesus.
- **What** will this flourishing look like? Like ripe summer fruit, mature and healthy.
- **Where** will it happen? “In the courts of our God”, through our worship and prayer.
- **When** will it be? In old age, just as much as before.
- **How** is all this possible? Because “The LORD is upright; he is my Rock.” (v.15)

In summary, we see that there is always reason to praise God, that righteousness will triumph in the end, and that God

expects and provides for our spiritual flourishing in later life, whatever the circumstances.

Isaac Watts wrote of this psalm: “The plants of grace shall ever live; nature decays, but grace must thrive.” Grace has no choice – it must thrive! It is always at work, enabling the tired and weary to become ‘fresh and green.’

Are you seeking to flourish spiritually?
May God enable each of us, whatever our age, even in troubled times, to heed his word, proclaiming his love in the morning and his faithfulness at night!

“They will be called oaks of righteousness, a planting of the LORD for the display of his splendour.”

Isaiah 61:3

After serving as Housing Manager at our Dorothea Court housing scheme in Bedford, **Ruth Broomhall** recently made the move to Strathclyde House, Scotland to take up the role of Project Development Manager

For Scotland's distant shore...

**Embark without delay;
Behold an open door,
'Tis God that leads the way.'**

These are the opening words of a hymn (substituting China for Scotland!) composed by Amelia Taylor and often sung by the Taylor family as they supported Hudson in his missionary call to China. Well, I cannot for one moment compare my ‘adventure’ to Strathclyde House on the shores of the Firth of Clyde to the extraordinary task that God had planned for Hudson Taylor. But just now, in these extraordinary times, Scotland does indeed feel a ‘distant shore’.

And it was most definitely God who led the way. The day before I was heading up to Scotland to move into my new home here, I was walking to Dorothea Court in the pouring rain. As I walked down the street that took me to the back-garden entrance, the rain stopped and the sun came out. As I looked up the most beautiful rainbow arched the sky and encircled the whole of Dorothea Court. God’s promise! A timely reminder that He is over everything – including Dorothea, my family, the life I was leaving behind in Bedford, and the next step on my own particular journey.

Strathclyde House – Pilgrims’ Friend Society’s new God-given venture north of the border. How to describe it? 56 apartments, five guest rooms, a large

tearoom and restaurant amidst landscaped gardens with amazing views over the Clyde, and a wonderful, vibrant community of retired folk (not all of them Scottish, there is the odd southern accent!). My office has a window that looks straight out to sea, and I feel very blessed that as I work I can watch ferries, boats, submarines, sea gulls, and (on crisp and sunny winter days) the most incredible sunsets. As I write this from my apartment in the House, the sun is out (praise God!), the sea is still, and I can see a ferry slowly, gracefully crossing over the water from the Isle of Bute. Beautiful. Inspiring. God gives us compensations!

These are extraordinary times, but there is a real sense that God is in this and over all this. Already God is intervening. Life, say many, will never be the same again. I hope not. I hope it will be much better. ‘Man’s extremity is God’s opportunity.’ In the meantime, I am determined to enjoy the life that God has called me to here on ‘Scotland’s distant shore’. Together we can look forward to whatever God has in store for the future, with complete assurance that His promises are steadfast and sure.

And should you be inspired to visit Strathclyde House – or even to make it your new home – you can be assured of a very warm welcome!



Churches *connecting* across ages in difficult times

Links between generations form an important part of church life. **Carl Knightly** from our partner charity Faith In Later Life explores ways to support older members during the coronavirus outbreak



At the start of this year (which feels an age ago!) the report 'United for All Ages' found that Britain was one of the most age-segregated countries in the world, with divisions between generations increasing over the last decade. As we see in our communities, people often have little contact with other generations. Children will know their friends, their parents' friends and their grandparents, but are far less likely to know people of other ages. They miss out on seeing first-hand the milestones in the years ahead of them – the first jobs, weddings, christenings, funerals. They miss out on mentors and role models.

Compare this to children who grow up in churches. Churches, more than any other community network, gathering or

organisation, give opportunity for different ages to learn and grow together. We believe as Christians that we are one body with different parts. There is a beauty in different ages worshipping together.

At Faith in Later Life I get the opportunity to tell this story in the public space, and to show the world how the church is doing well at this.

Take Geoff, 72, for example, a retired grandparent. Geoff says, "When they asked for volunteers for the church holiday club my heart was beating fast in my chest because I knew God was telling me to do it, but I was scared, so I ignored it. I didn't think they'd want an old chap like me. Then the next time the same thing happened. Finally, I signed up. It's been wonderful." The children really enjoy having him around. It is a picture of the wonderful intergenerational diversity of the church. This is exactly what we want to encourage through Faith in Later Life.

Covid-19 has created a far greater challenge for churches in intergenerational ministry. Without events to share together, without being able to visit people in their homes, churches have had to step up in new creative ways to make sure all generations are connected and spiritually encouraged.

We have been publishing a series of resources, articles and blogs to help churches tackle this significant shift.

For example, we've been looking at ways churches can connect with people of other ages and situations through 'telephone trees', calling not just to ask "How are you?" but also to ask other questions which might elicit a more meaningful answer, like "What is life like

for you at the moment?", "What can I be praying for you?" and "In what ways are you finding it difficult to do what needs to be done?". This is more open than "How can I help?", and enables people to describe the need they feel in their own way, without having to directly ask. Younger people can learn from older people about 'physical distancing' too. As Pastor Brian Croft wrote on Twitter: "The elderly members of my church have reminded me the isolation many of us are experiencing for the first time is what they face all the time."

We've been exploring how technology can create an additional barrier, particularly for those without the internet. For this issue we've given advice on how churches can get round this by setting up recorded talks to play over a normal landline, or setting people up with simple WiFi and devices. Mary, 96, has learned to Skype as a result of coronavirus and Annie, 74, was delighted at seeing the faces of some of the children from church surprise her via WhatsApp video call, showing her their schoolwork.

All of these articles can be explored more at www.faithinlaterlife.org/blog. There is also a section on the Resource Hub particularly on coronavirus. As Kate Nicholas writes in her excellent guest blog on our website (entitled The Second Naivete), "God lays the responsibility for the faith of the next generation firmly in the hands of those who have the necessary life experience and maturity, recognising the value and contribution of the depth of wisdom that comes with faith later in life. But it is only when we embrace the value of our lived experience, that we will in turn be able to help the next generation to find their own maturity in faith."

For resources and information do visit www.faithinlaterlife.org



Living independently, together

Dorothea Court in Bedford is one of our longest established independent living housing schemes. **Helen McKay-Ferguson**, Marketing & Communications Officer for Pilgrims' Friend Society, discovers what makes it such a special place



“It’s like
having your own
home and at the
same time living in
one big family”

As Manager Evelyn Bissell describes the splendid surroundings enjoyed by those residing at Dorothea Court, I find it hard not to feel a little (okay, very) envious. Dorothea Court is made up of five converted Victorian houses set across two leafy streets – Park Avenue and St George’s Road. With high ceilings, ornate fireplaces, decorative plasterwork and wood-panelled walls, the houses are characterised by period charm. Each resident has their own flat, equipped with a small kitchen or kitchenette, living

room, bedroom and private shower or wet room. There’s also a communal lounge, dining room and large conservatory. Then there’s the beautiful garden, with a large lawn, shady trees and pretty flowerbeds, made by combining the gardens of the original houses.

Dorothea Court was the vision of Pastor Quay, with the first house, number 32 Park Avenue, opening as The Haven in 1968, and further houses subsequently purchased and adapted. All flats are designed for independent living, with assisted living services – for example help with laundry and cleaning – an optional extra for Park Avenue flats. For those who come to live here, no longer having to think about the upkeep of their own property is a big draw.

While, at the time of writing at least, the coronavirus has limited movements, under normal circumstances residents are free to come and go, whether it’s doing their shopping, attending appointments, meeting up with friends for lunch, or strolling around

the nearby Bedford Park where an ornamental lake teems with birdlife. The bus stop located close by on Park Avenue makes it easy to take trips into town.

As is the case at all Pilgrims' Friend Society residential care homes and independent living housing schemes, those living at Dorothea Court enjoy the encouragement that comes from living alongside other Christians.

“It’s not just a place to live. It’s like having your own home and at the same time being part of one big family,” says Doris, who lives in one of the flats.

On offer are arts and crafts activities, with those skilled in particular areas, for example watercolour painting or origami, teaching others. One lady, Rita, is a keen baker and loves to make cakes and biscuits for everyone else, including staff. A new exercise

class has proved a hit, including chair-based activities and fun with ribbons and parachutes.

To support spiritual well-being, Dorothea Court has a Sunday morning service and Bible study, plus devotions on Tuesday mornings, a Wednesday evening service and a Thursday morning home study group. This is led by Martyn Hallett, who recently joined Dorothea Court in the role of Pastoral Coordinator (see p. 24 for Martyn’s feature ‘Fruitfulness in Troubled Times’).

During the coronavirus outbreak, living in a community of believers has been especially precious to everyone, including staff members. “The virus has brought times of fear but as we share and lift each other up in prayer we become ‘strong in the strength which God supplies;’” says Evelyn. “We’re also blessed with the spirit of peace and joy that comes from having hope, knowing that Jesus is our Saviour, and that God our Father is in control.”



A day in the life of...

MAINTENANCE OFFICER BRIAN CHOWN

Brian Chown is Maintenance Officer at Bethany Christian Care Home in Plymouth. His hard work has been recognised by Plymouth County Council, who named him Ancillary Worker of the Year in 2018. We found out about a typical day in Brian's life.

Brian's day begins with a cycle ride from home through the local woods. "It cheers me up no end!" he says. He arrives at the Bethany home at 8.30am and has a cup of tea before starting work at 9.00am. The first thing he does is check the maintenance book for entries made by staff over the weekend for his attention on Monday. (If anything major goes wrong over the weekend he is called in to fix it.) After prioritising any jobs that have arisen, which could be a blocked toilet, or a faulty hot water system, he turns to more routine tasks such as changing light bulbs, or fixing a faulty bedside lamp.

Each day he rigorously inspects the home from top to bottom, accompanied by Pilgrims' Services Check Sheet. This includes checking the temperatures on the boilers, the plumbing and the electrics throughout the home, the fire panel, the alarms (if any) on the weekend, the lighting, the communal areas – everything. If he finds anything major, he will draw up a programme for it, but takes pride in fixing most things himself. Manager Emma Hughes says that the Bethany home is known for its low expenditure on maintenance callouts because Brian tackles most of the challenges himself. Where work has to be contracted out, he leads in sourcing best value and service.

At 10.40am he joins other staff for a cup of coffee and a slice of his favourite malt loaf, before carrying on with the day's jobs. It's a far cry from maintaining weapon systems for the Ministry of Defence, which was his first career, or being responsible for automated equipment in the food industry, which was his second. "It could be spectacular when things went wrong," he remembers, "You would see fruit pieces flying in the air!" But his background means he is master of rules and regulations and work scheduling, including health and safety. It's also where he honed his skills in keeping vital equipment running smoothly.

"If someone had told me I'd finish my career working in a care home, I wouldn't have believed them," he said, "but this job is the most rewarding. You're looking after elderly people. Some have served their country in the war – they've got history."

"Brian has a lovely working relationship with residents," says Emma, "He's always busy but if a TV needs fixing, it will be fixed. If a

resident gets muddled or lost, whatever he is doing he will stop and help and be very patient with them."

Brian stops for lunch at about 12.30pm, often having it in his workshop which he calls his 'Man Cave'. In the afternoon, he'll carry on with general maintenance jobs or turn his attention to the garden. A special delight in the fine weather is the garden's walled, patio area, with raised flower beds with brightly coloured, scented and textured plants, and a small herb garden Brian redesigned so it would be accessible to everybody, including those in wheelchairs. Residents love being there with each other and enjoying activities such as quizzes. He has also improved the internal courtyard garden, and installed window box gardens for frailer residents. His day finishes at 5pm and he cycles home again. A day in Brian's life is a huge blessing for everyone in Bethany.



What matters IN THE END

LOUISE MORSE

The coronavirus crisis has brought death into our lives in unimaginable ways. It has been reflected in our homes in frequent hand washing and disinfecting surfaces, and outside in the empty streets and silent, widely-spaced queues outside supermarkets. Each day, the number of new deaths has featured as front-page news over radio, TV, and social media.

In such circumstances, we find ourselves searching for words of comfort. What do you say to a mother who has lost her football-loving 30-year-old son? Whose family have 'not bothered with church or anything like that'? We talked, standing 6 feet apart, in the early morning queue outside Boots and I thought, not for the first time, how differently we Christians view death.

We carry within us a sense of Heaven. We know that if our 'earthly tent' is destroyed it is not the end of our lives. We have been given the Holy Spirit as a deposit, guaranteeing what is to come (2 Corinthians 5:1-5).



So why are we reluctant to talk about death? We are happy to discuss it in a general way, but not when it comes to our own. Families can be reluctant to have the conversation with an older person, but it's important that they know what the person's wishes are.

Our Bethany Care Home manager Emma Hughes is an end-of-life nurse specialist. She says, "We are advised to encourage people to tell us what they want. We call this Advance Care Planning. I find that this really works, and people and their relatives find it reassuring."

There are clear biblical precedents for doing this. Genesis 24 and Hebrews 11:20-22 describe how Joseph gave instructions concerning his burial, and more. Previously his father had made clear his end-of-life wishes.

Emma has contributed to our booklet, 'What Matters in the End: End of Life Care'. It contains advice and clear guidelines, and can be downloaded free of charge from our website, www.pilgrimsfriend.org.uk/shop/



Resources

GROUP RESOURCES

Worshipping Together



Bible reflections and prayers written with elderly residents in housing or care in mind, but works equally well with older people in small fellowship groups or even one-to-one with family in their own homes. **(£8.00 p&p free)**

Dementia Information Pack



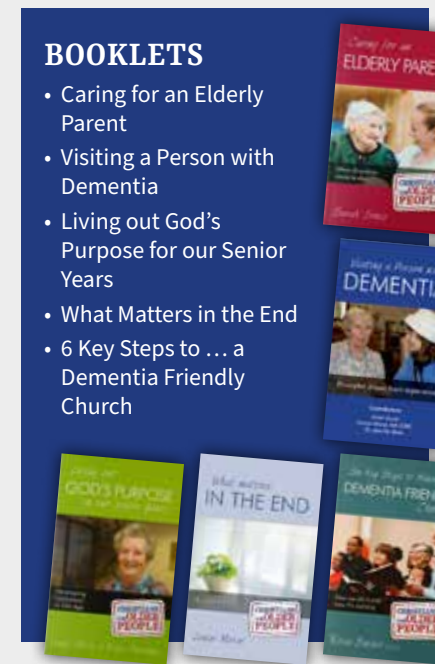
Loose-leaf information pack of useful information on different aspects of dementia, including diagnosis, caring, managing challenging behaviour and caring for the caregiver. **£8.00 (p&p free)**

Brain & Soul Boosting for Seniors



A workbook (with DVD) designed to deliver cognitive and spiritual stimulation for older people, including those with early stage dementia, in a social setting that is fun and engaging. **£20.00 (p&p free)**

Order these resources online at www.pilgrimsfriend.org.uk/shop or call us for more information and to order by telephone: 0300 303 1403.



BOOKS
To inform, inspire and encourage

BOOKLETS

- Caring for an Elderly Parent
- Visiting a Person with Dementia
- Living out God's Purpose for our Senior Years
- What Matters in the End
- 6 Key Steps to ... a Dementia Friendly Church

Lord, hear our prayer

Join our annual Prayer Week from Sunday, 7 June to Saturday, 13 June as we lift older people and issues that affect many of them to the Lord.



The Bible teaches us that each person is valuable, precious in the sight of God, and it's our mission to make sure that every older person knows that they are loved and treasured by God. We want to make sure that age doesn't mean the end of a full and flourishing life, that physical wear and tear or cognitive deterioration doesn't change how wonderful and loved each person is.

In a society which is rapidly ageing, we want to help the church in the UK to rise in prayer for all our older people. We believe in the power of prayer to bring about change – whether that's a dose of kindness and comfort offered from one person to another or massive social change, we know that prayer works.

So, this year, from Sunday, 7 June to Saturday, 13 June, could you take some time to pause and pray for the 5.4 million people in the UK who are 75 or older?

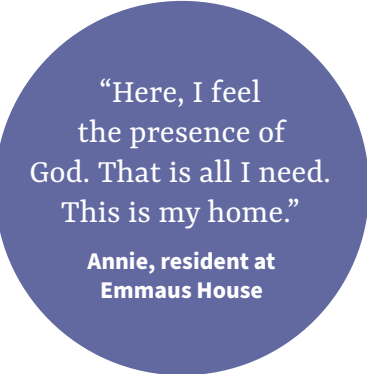
Each day we'll be reflecting on a Bible verse and then praying for a different issue which impacts later life, from loneliness and dementia to carers and church ministries.

As a special part of Prayer Week 2020, we've asked some our friends who are also working to support older people to share more about how we can tackle some of the big issues on our blog. Faith in Later Life, a charity supporting the church in the UK to reach older people, will share some of the ways that Christian communities can befriend and support older people. Louise Morse will help us better understand how to get alongside those living with dementia. Each day their thoughts will be shared on the Pilgrims' Friend Society website and on our social media accounts.

To find out more about Prayer Week, visit www.pilgrimsfriend.org.uk/prayerweek2020 or call 0300 303 1403 or see [f @PilgrimsFS](#) [t @PilgrimsFS](#) [i @pilgrimsfriend](#)

Response Slip

Could you support us in prayer or giving? We want to see as many older people as possible given the opportunity to flourish in later life.



“Here, I feel the presence of God. That is all I need. This is my home.”

Annie, resident at Emmaus House

Yes! I would like to help.

- I would like to pray regularly for Pilgrims' Friend Society. Please sign me up to receive the monthly Family News email.
- I would like more information about Pilgrims' Friend Society care homes and independent living communities.
- I would like to make a donation. (Please complete details overleaf, and don't forget to Gift Aid it, if eligible)
- I would like to hear more about leaving a legacy to Pilgrims' Friend Society.
- I would like to encourage more people to read this magazine and to pray for the ministry of Pilgrims' Friend Society. Please send me ____ extra copies of The Pilgrims' Magazine, free of charge.

Name

Address

..... Postcode

Telephone

Email

Name of Church/Organisation (if applicable)

Please return this completed form (together with the completed Gift Aid slip overleaf if you'd also like to give) to:

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

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



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Please pay LLOYDS BANK PLC, Law Courts (Sort Code: 30-00-04) for the credit of PILGRIMS' FRIEND SOCIETY (Account Number: 00117804) the sum of £ (write the amount in words below):
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Commencing from (date) / / and thereafter every month/quarter/year (delete as appropriate) until further notice.

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I would like to make a one-off donation of £ (Amount in words below)
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I am a UK taxpayer and understand that if I pay less Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay the difference. I understand the charity will reclaim 25p in every £1 that I give.

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

Full Name

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Please notify the charity if you change address or no longer pay sufficient tax on income and/or capital gains. We will keep your data secure, complying with Data Protection legislation. For full details of our Privacy Notice and General Data Protection Policy, please visit: www.pilgrimsfriend.org.uk/privacy

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Fulfilled living *in later life*

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



**PILGRIMS'
FRIEND
SOCIETY**

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

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