

The Pilgrims' MAGAZINE

SPRING 2023



In this issue:

REIMAGINING CARE

Time for a social care shake-up?

MEET SENIOR CARER KIM

Why she loves working in care

SUPPORTER SURVEY

The results are in!

**PILGRIMS'
FRIEND
SOCIETY**

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

Got a great story?

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

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

www.pilgrimsfriend.org.uk/magazine

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'A shoot will come up from the stump of Jesse; from his roots a Branch will bear fruit.'

Isaiah 11: 1

News round-up

Stories from across our organisation



Life with us on camera

We've been busy filming our new promo film all about life in our care homes and housing schemes. Through snapshots of daily life and the voices of those who live and work with us, we've tried to capture what makes life in our Christian communities unique, from finding encouragement from the Word during a devotions time to enjoying fellowship over a cup of coffee. A special

thank you goes to our care home Shottermill House in Haslemere and our independent living housing scheme Royd Court in Mirfield who generously allowed the cameras in for the day. Here are a few stills to whet your appetite!

 Watch the film, visit: www.pilgrimsfriend.org.uk

Reimagining Care



In January, we attended the launch of the final report from the Reimagining Care Commission, an initiative from The Church of England with recommendations on how to reform the social care system. The event took place at Friends Meeting House in London and was attended by like-minded organisations from across the sector. To read our report from the day, visit

 www.pilgrimsfriend.org.uk/reimagining-care

And turn the page to read a piece from chair of the Reimagining Care Commission Dr Anna Dixon.

A fond farewell

Strathclyde House, our housing scheme in Skelmorlie, recently made a presentation to their Chaplain, Pastor Ann Goodwin, on her final evening here. Jean Stewart, who lives at Strathclyde House, explains:

“Ann had been Chaplain for ten and a half years and had, on a number of occasions when presented with a monetary gift at Christmas, been told that she was to buy something nice. However, when she came back after New Year, she invariably said she had bought tyres for the car, or a washing machine for the house, certainly nothing remotely ‘nice’. We were therefore determined that she was getting something which she could say marked her time with us.

“To that end, she received a beautiful painting done and presented by Sheila MacIntosh, a very talented artist who lives here. Ann also received a monetary gift and card, presented by Norman McCulloch who has lived here since it was first opened. Norman asked God’s blessing on her future work in His service.”



Sign up for our new regular Prayer email

So you can pray for specific situations and needs as they arise, we’re launching a regular Prayer email. We very much value your prayers for our work and hope you’ll find these emails helpful. You can sign up here: www.pilgrimsfriend.org.uk/pray



In other news

Anne Pegler is now Registered Care Manager at Shottermill House in Haslemere, Tina Luther joins us as Assistant Manager at Strathclyde House in Skelmorlie, Sid Martin is our new Business Manager at Milward House in Tunbridge Wells and Inderjit Modare is our new Business Manager at Evington Home in Leicester.

In our Support Office, Dereck Hunidzarira joins us as Finance Reporting Officer, Helen Rackham joins as Head of Fundraising and Godfried Addo joins us as Property Service Manager. Kaela Dutton, our Supporter Relations Officer, is now back from maternity leave.

For more great stories, follow us on social media:

-  @PilgrimsFS
-  @PilgrimsFS
-  @pilgrimsfriend

Reimagining care falls to all of us



Dr Anna Dixon MBE is chair of the Church of England's Reimagining Care Commission which explored how social care could be reformed. Here she shares the recommendations of the report, including the idea of a National Care Covenant which involves us all

Almost two years ago, I received an unusual phone call. The Archbishop of Canterbury, Justin Welby, was on the line. He and the Archbishop of York, Stephen Cottrell, were launching a Commission on Reimagining Care, tasked with developing a radical and inspiring vision for care and support, and he wanted to know if I was willing to chair this project. I didn't have to think twice.

The opportunity to work alongside eight other experts drawn from a wide range of fields relating to care and support, and seek to develop a new vision for care and support, has been a privilege. We have listened to the experiences of people who draw on care and support, their families, and those who work in care, not only to understand the challenges they face, but to help to shape a vision of care and support for the future.

The challenges facing the social care system are numerous and complex. Even as countless reports have been written over the last 25 years setting out the need for reform, successive governments in England have failed to deliver much-needed reform. The debate has been unhelpfully centred on the issue of people having to sell their house in order to pay for care which, though important, is a small part of a much wider problem with the way care and support is organised.

Our Commission sought to address a more fundamental question: what is the purpose of care and support? As a Commission sponsored by the Archbishops of Canterbury and York, we were asked to draw on Christian theology, tradition and values to inform our work. This has offered us fresh insights and pushed us to think more deeply about what care and support means as human beings who are created, known and loved by God. Having discerned, we came to the conclusion that care and support must always be about human flourishing, to make a reality the vision of Jesus Christ's offer of 'life in all its fullness'.

“ We came to the conclusion that care and support must always be about human flourishing, to make a reality the vision of Jesus Christ's offer of 'life in all its fullness'.”

In its final report – ‘Care and Support Reimagined: a National Care Covenant for England’ – the Commission has presented three big ideas to reimagine care and support:

Rethinking attitudes to care and support

First, we must rethink attitudes to care and support. We made this our number one priority, because we believe it is impossible to address the challenges facing social care without challenging the underlying reasons why it has been perceived as a second-class service

compared to the NHS. It is because as a society we do not value older people and disabled people as gifts to be cherished, but burdens to be managed. Too often we think that care and support is about other people ‘over there’, usually older people living in residential settings, when in fact care and support is about all of us: it's everybody's business. At different times in our lives, we will either be caring for someone or being cared for by someone. Care and support should not be limited to the practical tasks of washing, dressing, and eating, but include the wide range of personal, social and emotional support that enables us to live, work and play, regardless of age or disability. We must make more visible, and properly value, the full range of care and support, from the informal support provided by communities, the care provided by personal assistants in people's homes, and the huge contribution of unpaid carers.

“ Care and support should not be limited to the practical tasks... but include the wide range of personal, social and emotional support that enables us to live, work and play, regardless of age or disability.”



Rebalancing roles and responsibilities

Second, we must rebalance roles and responsibilities. We heard throughout our work that there is a lack of clarity when it comes to care and support and people do not know what is expected of them or where to go for help. Therefore, the Commission is calling for a National Care Covenant, a process of sustained public dialogue led by national government, taking its lead from the priorities of people who are most affected by care and support, which would set out clearly the mutual responsibilities of everyone: individuals, families, communities, alongside local and national government. We believe this is a game-changing idea, one which would make it clear that the care and support system must reflect our values and would ensure everyone is able to access what they need. Based on what the Commission has heard, we have made

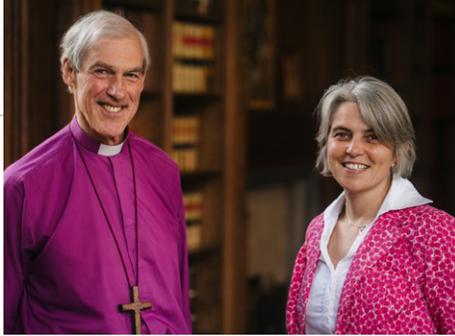


Photo credit: Chris Rowe

suggestions about what should follow as a result of the Covenant: more investment in, and emphasis on, community-based support; a new deal for unpaid carers; a stronger role for the state; and a renewed commitment to our responsibility as actively engaged citizens.

Redesigning the system

Third, we must radically redesign the way care and support is organised. Our long-term aspiration should be for a society in which care and support is free at the point of need, regardless of wealth or income, provided in a range of ways that reflects the diversity of care and support needs. In the meantime, we



Photo credit: Alastair Eyle



Please pray:
That Christians would consider how they might be involved in reimagining care.

need a system that is simpler to navigate, with people who draw on care and support trusted to manage their personal budget, and a clear and consistent assessment process. We need a new approach to the workforce, which focuses not only on recruitment and retention, but also a renewed emphasis on values required to care well. All of this will require money, but one way or another we are going to be spending more on care and support as a society. We cannot afford to continue as we are, with the burden falling on people who draw on care and support and their families.

The Commission has focused on the importance of community. We must reject the false choice that care and support should either be provided by the state or by the family, but recognise the enormous potential of our communities in supporting people to live well. However, communities cannot do this alone, so we are calling for more investment in communities and for local authorities to see faith groups as trusted partners in providing a network of support. Over the course of our work, we

had the privilege of visiting a number of community settings – including churches – which are providing fantastic support: from

Certitude's Connect and Do programme, which places an emphasis on peer-led support and people with learning disabilities doing the things they love, to Places of Welcome (overseen by Church Urban Fund), which provides neighbourhoods with places where all people feel safe to connect, belong and contribute. I believe that the key to the success of these projects is that they focus on assets (what people can do and want to do) rather than deficits (what people cannot do) and help people to discover their gifts and passions.

The task of reimagining care is far from simple and will not happen overnight. We believe that a National Care Covenant, with its focus on relationships, mutuality, and interdependence, will take us towards a place where everyone, regardless of age or ability, can live a full life. We would be grateful for your prayers and partnership in this work.



Find out more:

www.churchofengland.org/about/archbishops-commissions/reimagining-care-commission



Meet our team, **SENIOR CARER KIM**

Kim started with us at Luff House in Walton-on-the-Naze after moving to the area in late 2021. As a former care home manager, she brings a wealth of experience to the role of senior carer



I'm semi-retired and moved down from Buckinghamshire to Clacton. I had six months off work but I was so bored! I started looking for a job and when I saw this role at a Christian home it was a done deal for me.

I did a lot of research about the organisation and read up about the managers online. It all sounded very positive.

When I came to the home for an interview I thought there was a lovely feel about the place. I was made to feel very welcome. The home even has a cat, Fred, which I thought was a good sign.

I started my career working with people with learning disabilities. I then moved into mental health. When I was made redundant, I moved into care for older people. I'm a people person and I also like to be hands-on so care is perfect for me.



As a team, we have strong leadership. Our managers, Timothy and Sharon, are very supportive. Their door is always open if you want a chat.

Being a senior carer is a busy job. No two days are the same. I need to be able to multi-task and wear many different hats.

A big part of my role is training up other people. I want people to learn from me and help them see what a rewarding role this can be.

The three key things you need to do the role of a carer are honesty, reliability and dedication. Everything else I can teach you! It's all the little things that make the difference, like making sure you knock on someone's door before entering their room.

We've got a lovely relationship with our 'family members' as we call everyone who lives with us. Everyone is treated with dignity and respect. We're an extension of their family.

In care, the individual always comes first. We're in the process of training our staff in The Way We Care (Pilgrims' Friend Society's bespoke

approach to care). As part of this training we're learning about the GEMS approach to dementia care. Wherever a person is on the dementia journey, they are viewed as a precious jewel. This has really helped our staff team to understand dementia.

We invest a lot in our staff because we want them to stay. As part of the life of our home, we have regular team meetings. Everyone has a thorough induction and then there are regular supervision meetings so they know how to develop.

When I come to work, I'm very upbeat and jolly. I'm a very positive person anyway but when I come to work I make sure I leave all my problems at the door. I never come in looking gloomy or sad, otherwise you're going to bring everybody else down.

I've been really encouraged by some of the people who have come to join our team. There is one lady, who we met at a recent recruitment fair. She didn't appear at all interested at first but as soon as we said it was a Christian home she said, "That's my calling." She's come on leaps and bounds since starting here and is so committed.

There are a lot of difficult moments in this job. One of the family members I was close to passed away recently. It was very emotional phoning up his family to tell them he'd passed.

There are lots of rewarding times too. For example, there's a gent who lives upstairs. Sometimes I'll go and ask if he wants to read the

Bible. If he says "no" I tell him I'll come back in a bit. Then when I go back he'll say, "Come on then" and we'll read the Bible together and I'll say a prayer. I notice there's a bit of an uplift in him afterwards.

Every Sunday evening we have a church service, which I love. Even if a family member can't join in with everything, they are people-watching and interacting with others so they don't feel lonely and isolated.

We try to get everybody all involved in the church service. Not just the family members but staff too. Volunteers of all ages come along to the service from a local church, Homelands, and so I get to know them. They are part of the family too.

In her spare time Kim likes to...

Walk her dogs along the beach. She has a labradoodle called Rio and a German Shepherd called Basil.

Binge watch series on Netflix. Kim says, "I've just finished Breaking Bad – it was fascinating."

Dine out. Kim loves to eat out in nice restaurants.



Please pray:

Ask the Lord to bring more dedicated carers like Kim to come and join our teams.



Could you come and work for Pilgrims' Friend Society? Browse our latest jobs at:

www.pilgrimsfriend.org.uk/jobs

Time to *give*

Safe Families is a charity that works with local authorities around the UK, supporting families, children and care leavers by matching them with volunteers who can lend a hand. Many volunteers come from local churches and older volunteers are very welcome. **Sophie Tresidder** from Safe Families shared with us the inspirational story of Christian couple Ray and Sue who have found volunteering in their retirement to be richly rewarding

Ray and Sue first heard about Safe Families when someone came to speak at their church, Amblecote Christian Centre in the West Midlands. After hearing more about the charity they felt like it was something they could be involved in. One of the driving forces behind this decision was their Christian faith. “We believe you need to be involved with other people in order to give back what you’ve been given,” says Ray.

The couple went through the charity’s training process, a seven-step course which involves a combination of face-to-face and online training, covering areas such as safeguarding, how to empower families, understanding trauma and how to create belonging. The process typically takes 6-12 weeks and equips the volunteer with everything they need to start supporting a family.

Ray and Sue then started supporting families straight away and are now approaching four years as volunteers. During this time, they have supported families in many different

ways, from building fences to hosting a one-year-old at weekends.

Through faithfully praying and involving their church family, they’ve seen God provide the right resources time and time again, whether that’s been cabin beds, fences, or Christmas decorations.

They haven’t been afraid to be used by God wherever He has placed them. Sue says, “You just have to be able, willing, and reliable.”

Ray and Sue are a remarkable example of individuals stepping out in faith to love and serve those around them – no matter their age.

One mum they have supported is Tam. Tam had two young children when she needed to move into temporary accommodation for her and the children’s safety. Tam grew up in care and had no support network around her, but she desperately wanted to do the best for her children.

Safe Families were able to put five volunteers, including Ray and Sue, around Tam over 18 months. They all played different roles in helping her gain the confidence she needed to start to thrive.

Ray and Sue helped Tam find a home and taught her how to look after the garden – they even built a shed together.

Their age has only further helped how they’ve been able to support. Being retired, they’ve had more time to offer, and they’ve been able

to share the wisdom they have gained over the years while getting alongside Tam. They’ve been able to give the support of parents or grandparents that was lacking and so desperately needed.

Tam says, “They were so supportive. I couldn’t ask for more. When you are in a bad place they help make it positive, so you’re not on your own.”

Before volunteering with Safe Families, Ray and Sue had some concerns about their age. “We questioned whether we would be too old to help,” says Sue. “We thought that maybe young mums would only want other young mums to support them.”

Wonderfully, they have seen the opposite happen. Ray and Sue play ‘grandparent’ roles to the children. They’ve also been able to share some of the practical wisdom and advice they have gained over the years.

Ray and Sue see the need for Safe Families everywhere and have seen how transformative relationships are in helping prevent desperate isolation. Sue says, “There really is no age limit, you just work within your capabilities.”

Volunteering has not always been easy. One challenge they’ve faced is making plans and then finding the family are not there at the arranged time. They’ve learnt to be patient and humble and to keep the perspective of ensuring what they’ve committed to happens.

Ray and Sue have found their volunteering experience extremely rewarding through the relationships they’ve built and the friendships that have followed.

Ray says, “We’ve got as much out of this as the people we are working with... I would recommend it to anybody.”

Could you volunteer with Safe Families?

Volunteers are essential to the care and support Safe Families provides throughout the UK.

You could make a big difference in the lives of families who are isolated and overwhelmed.

There are three main volunteering opportunities with Safe Families: Family Friend, Host Families, or Resource Friend. Responsibilities range from coming alongside and supporting a family directly, opening your home to hosting children, or giving time and skills to help a family.

If you are interested in getting involved, Safe Families would love to hear from you. To find out more and to sign up as a volunteer visit

www.safefamilies.uk/volunteer



Calling all walkers!



Whatever your route, your distance, or your destination, join us for a special Pilgrimage this year and raise funds for the Pilgrims' Friend Society Hummingbirds

We're asking you, our wonderful supporters, to put on your walking boots and step out to raise money for our Hummingbirds.

Our Hummingbirds are an integral part of the care we offer to those living with dementia. They are members of our team who are specifically employed to spend time and

connect with those living with dementia by moving from person to person, providing short, meaningful connections. Often a Hummingbird will offer some gentle conversation or soothe or distract anyone who is anxious. They might use a memory prompt such as a ball or piece of string to help the older person reconnect for a moment, or they might sing or read a short passage of Scripture.



“As a Hummingbird, I do my best to find a way through to the person and when that shell comes open you see the beauty of that soul inside.” Sonya, Luff House

So, whether it's a trek of many miles over several days or a shorter trip around your local area, could you take up the challenge of a Pilgrimage and ask your friends and family to sponsor your endeavours?



To find out more, please visit

www.pilgrimsfriend.org.uk/pilgrimage

or ☎ 0300 303 1403

✉ info@pilgrimsfriend.org.uk.

PILGRIMS' FRIEND SOCIETY

Welcome to the SPRING 2023 DAILY PRAYER GUIDE

We've changed it slightly so that there's more detail for your prayers – thank you so much for standing with us in this way!

‘For behold, the winter is past; the rain is over and gone. The flowers appear on the earth, the time of singing has come...’
Song of Songs 2:11-12

How you can pray for our work

We've listed our homes and housing schemes and their managers, as well as the other teams and projects that make up the work of Pilgrims' Friend Society.

Sundays



Bethany Christian Home, Plymouth – Tracey Ikerd

Emmaus House, Harrogate – Chrissie Medway-Steel

Carey Gardens, Kirby Muxloe – Andy Harrison



Those living in our homes and schemes

Praise God for all those who live with us. Ask for God's fresh blessing on them as they walk with Him day by day and for His grace to be known on the good days and the bad.



Care teams

Thank God for our wonderful carers. Pray that they would know God's favour and peace as they do the precious work of looking after our family members, and His strength in the harder moments.



PULL OUT AND USE

Mondays



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



Evelyn



Our catering, maintenance, and administration teams

Give thanks for the brilliant work that our support teams do. Ask God to provide all the practical help and wisdom that they need, and for insight to know how to manage any challenges.



Our resources *(see more on p.25)*

Praise God for our resources which are helping many people manage the challenges of later life. Pray that more people would become aware of them and make use of them.

Wednesdays



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



The Operations Team overseeing our homes and schemes

Give thanks for our incredible Operations Managers who support our home and scheme managers. Pray for strength and resilience as they oversee the work, and for good health and safety as they travel around the country.



Recruitment

Thank God for all those who work with us and ask for more people to join us. Pray that the right people would hear about our vacancies and would come and contribute to our work. Pray for our recruitment team, that their work would be directed by God.

Tuesdays



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



Activities and Community Engagement (ACE) Facilitators

Thank God that our ACE Programme is flourishing and that so much is being done in our homes. Thank God for our ACE Facilitators and the work that they do. Pray for more opportunities to connect with local communities and serve older people not living with us.



Renewal Programme

Thank God for the vision to provide great Christian care for the future. Pray that He would provide the right place for our next home and give our Property Team the insight, wisdom, and resources that they need to move the Programme forward.

Thursdays



Framland, Wantage
– PumDim Skinner (interim)
**Pilgrim Care at Royd Court,
Mirfield** – Abi Jessop
**Koinonia Christian Care
Home, Worthing** – John Manea



Our Support Team – Finance, HR, and Communications teams

Praise God for the work of our central support teams and the ways that they help our home and scheme teams. Pray for favour for their work, for continuing diligence and care in the details, and for capacity and resource to get all their work done.



Church and community engagement

Thank God for the support of local churches over the years, and for growing connections with schools and other community groups. Pray that more connections would be made in order to be able to reach more older people through the local church.

Fridays



Middlefields House, Chippenham – Rali Ivanova and Chris Boyes

Strathclyde House, Skelmorlie – Jenny Long and Tina Luther



Volunteers

Praise God for those who give their time and talents freely to support our communities. Ask God to prompt more people to come and be a part of our work for a few hours a week, and for our ACE Facilitators as they oversee the volunteering work.



Giving and our supporters

Thank God for His faithfulness to the charity for more than 200 years. Thank Him for every gift. Ask that He would continue to provide financially and that more people would be encouraged to give what they can to the work.



Louise ANSWERS

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

Q My mother has dementia. How can I explain what's going on to my eight-year-old son who doesn't understand why his grandmother is behaving differently?

A Changes in someone with dementia, such as memory losses, are usually small at first and children will adapt to them, especially if Grandma is living with the family. It's best to explain as early as possible that Grandma has a disease that affects how her brain works which will make her behave differently at times. As a rule, grandparents love their grandchildren dearly, so it may help to add that although the brain disease will affect the way Grandma behaves towards him, even sometimes forgetting who he is, her heart will always know that she loves him.

It's important that children, with their ego-centric development, understand that it isn't their fault, and to explain that when Grandma behaves worryingly, it's because of the brain damage. Even quite young children can understand that the brain is our 'central control', and when damaged by dementia it doesn't work properly. Some children will want to know more, while others are contented with knowing enough in the moment, so don't overload, just give simple information and answer questions.

My friend David, who has been living with dementia for around two and a half years, recently celebrated his 90th birthday. Some of his grandchildren came to his birthday party and they were delighted with each other's

company, although after a while the sensory input was too much for him and he retreated to his bedroom. His grandchildren had been told that Granddad had an illness that affected his brain, but they may not have detected any difference in him because David has always been a quiet, gentle man and his dementia has made him even quieter, with a tendency to withdraw. His wife said he clearly enjoyed their company, and smiled a lot.

People are as different and as unique with dementia as they are in life. Some are quiet, like David, but families can find themselves dealing with dementia related behaviour and mood swings. Grandma may become frustrated and shout, and it's important that your son doesn't feel that it's his fault. Explain that it's the disease that's making her behave like this, and it isn't her fault either because she isn't in control. She may have hallucinations or could 'time travel' back to the past. When this happens remind your son that Grandma's brain isn't working properly and is causing her to see and believe things that are not real or true; encourage him to use his imagination and see the world through her eyes.

Children take their lead from adults, especially their parents, and your son will copy your approach and coping tactics, especially the love you show your mother.

Saturdays



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

Milward House, Tunbridge Wells – Annabelle Purdie and Sid Martin

Shottermill House, Haslemere – Babi Dixon and Mike Beere



Directors and trustees

Praise God for the team of trustees and directors who lead our work. Thank Him for new members of the Board and ask that He would continue to guide all decision-making and planning.



Families and relatives

Thank God for all those who have entrusted the care of their loved ones to us. Pray that they would know His peace and comfort and that they would be confident in the communities that we provide.



NEW PRAYER EMAIL: We're launching a regular Prayer email so you can pray for situations and needs as they arise.

Sign up here: www.pilgrimsfriend.org.uk/pray



And for all the latest news from across our organisation, sign up for our monthly Family News email: www.pilgrimsfriend.org.uk/keepintouch

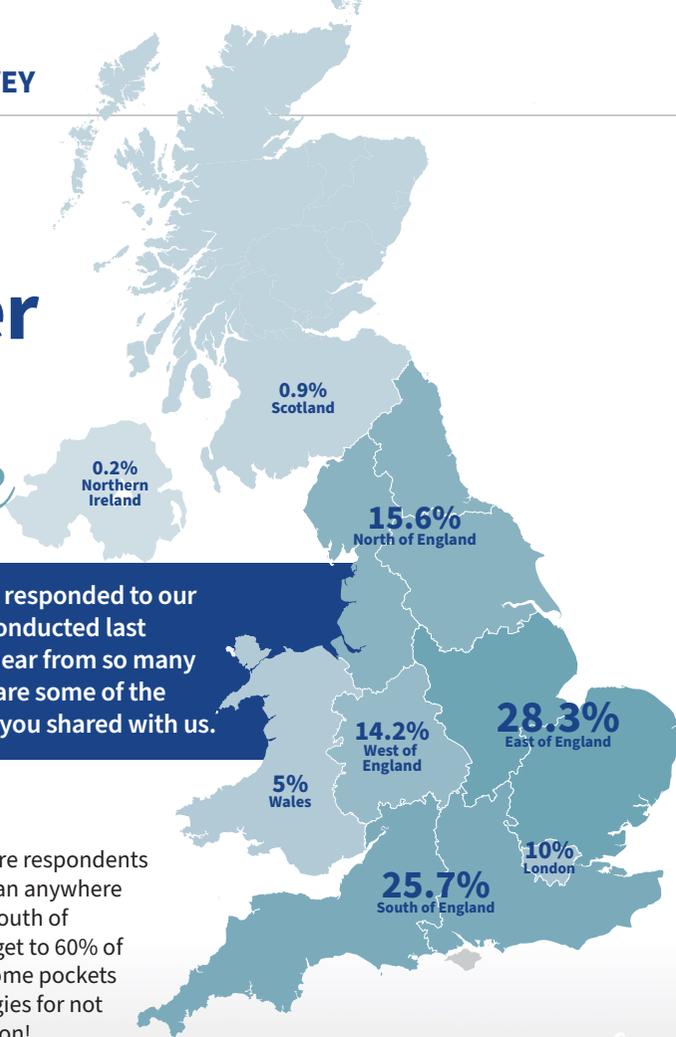
Find out more about Louise's work and her publications on our website:
www.pilgrimsfriend.org.uk/louise-morse

Supporter Survey feedback

Thank you to everyone who responded to our Supporter Survey that we conducted last September. It was great to hear from so many of you and we wanted to share some of the highlights and insights that you shared with us.

Where you are

As you can see from the map, more respondents were from the East of England than anywhere else, although once we add the South of England and London to that, we get to 60% of respondents. We're glad to see some pockets of support elsewhere, and apologies for not including the Midlands as an option!



‘Know therefore that the LORD your God is God; He is the faithful God, keeping his covenant of love to a thousand generations of those who love Him and keep his commandments.’
Deuteronomy 7:9

Faithful support

The vast majority of respondents were 61 years old or older. Many of you have been connected to Pilgrims’ Friend Society for many years and we are so grateful for such faithful support. While we continue to work with you, we are also looking at ways to reach a slightly younger age group, both so that the value of older people is appreciated across the generations and to make sure we have lots of support for the decades to come.

Powerful prayer

We are always so encouraged by the prayer support that our supporters give us. It is far and away the most important way you can stand with us.

Lots of you find the prayer guide included in this magazine really helpful, and we were encouraged to see that a many of you use prayer points included in our Family News email and on our social media platforms as well. We were also really pleased to see that a number of you value the points included in the newsletters which come from the homes as well.

We’re aware that we could give you a little more detail at more frequent times to support your prayers so we have already made some important changes to help with this:



Prayer Guide:

you may notice that the Prayer Guide now includes more detail for your daily prayers.

Prayer Points:

in this magazine, you’ll see that there are more indicators across the pages of things you can pray for. We hope you’ll be able to refer to this hand in hand with the Prayer Guide.

Regular Prayer Email:

we are launching a brand new regular Prayer email for those of you who would appreciate more frequent and detailed prayer points. You can sign up for this here: www.pilgrimsfriend.org.uk/pray



Faithful finances

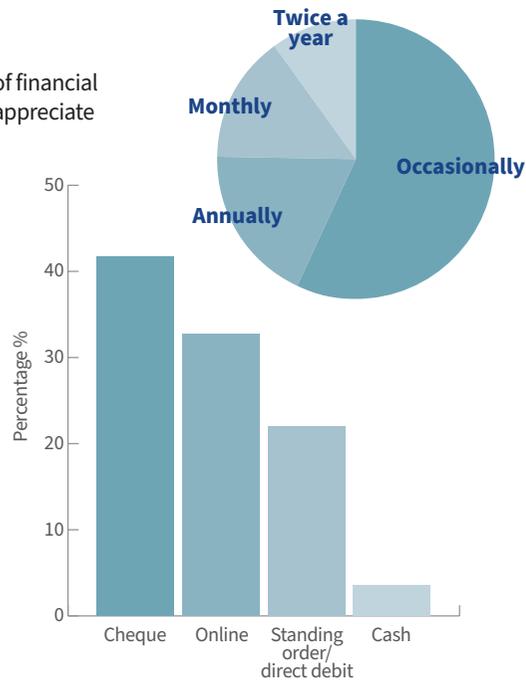
We are always blown away by the faithfulness of financial giving that comes from so many of you. We so appreciate the generosity that you consistently show.

As you can see from the pie chart, just over 40% prefer to give by cheque with just over 50% preferring to give online or through regular giving. Cash has become a smaller but much-appreciated stream.

We asked you how frequently you preferred to give. Of those of you who give, over half prefer to give occasionally, with the rest of you giving regularly either monthly, twice a year, or annually.

If you'll allow us a moment of total honesty, the most beneficial way for us to receive giving is via a monthly regular payment such as a Direct Debit or Standing Order. This kind of regularity allows us to plan for the future, and automated payments reduce the processing and administration costs. If you felt you could give this way, we would be so grateful.

That said, we are, of course, incredibly grateful for any financial support however it arrives with us. We know that not all of you are able to set up automated monthly giving so, if you do give to us, please continue to do so in the way that is best for you.



And finally, we wanted to share some of the lovely things you said about Pilgrims' Friend Society. We asked you what three words you would use to describe us and here's a sample of your responses:



We also asked about legacy giving.

Just over a quarter of you have already included Pilgrims' Friend Society in your Will, plan to do so, or are considering doing so. Once again, we are so grateful for this kind of lasting gift. If this is something you'd like to think more about, please do visit www.pilgrimsfriend.org.uk/legacy or get in touch with the Support Office.



So, thank you once again for all your responses.

We are so grateful for your kind and generous support in so many ways and for so many years.



A happy Godincidence



It was only after former school teacher Hilary came to live with us at Shottermill House, Haslemere that an extraordinary connection came to light. Business Manager Mike Beere explains

It was Christmas 2017. I was travelling on a train from Reading to Devon, and found myself sitting opposite a young girl, Charlotte, and her mum, Emily. Charlotte was playing cards and asked if I would like to join in.

During our conversation, it transpired that both Emily and I had been to boarding school and we shared our experiences. I had recently learnt about a book by Mark Stibbe called Home At Last: Freedom from Boarding School Pain. I took Emily's contact details and said that I would send on information.

A week later, Emily's book arrived and she discovered that the author was the past vicar of St Andrew's Church, Chorleywood, where her "honorary Aunt" lived and where she had spent a lot of her childhood.

I emailed Emily to see how she had got on with the book and she shared that there had been a few issues going on in her life. I had no idea if she was a Christian, but texted her the verses from Ephesians 3:16-20 about how wide and long and high and deep is the love of Christ.

'I pray that out of his glorious riches He may strengthen you with power through His Spirit in your inner being.'

Ephesians 3:16

Over the next four years we kept in touch with the odd text. Then in May 2022 I received the following message from Emily...

"Are you ready for an amazing story? My 'honorary Aunt', Hilary, (my mother's best friend) has just moved to a new care home. I googled the home to check the CQC rating etc, to discover that it was Shottermill House and I recognised your photo on the home page. I told Mum that Auntie would be in good hands. There are also a couple of other people in the home that Auntie knows.

"Hilary is a wonder... she helped raise my brother and I when my father died and Mum had to work. A primary school teacher, she would travel every school holiday to us in Devon and helped us to read and write and took us on trips to the beaches etc. She would sing 'You are my sunshine' to me. Ask her to sing 'Rule Britannia' as she'll bring the house down!"

In September, Emily asked if it would be possible to come and watch the Queen's funeral with Hilary. Of course, we said 'yes'. It was wonderful to see her

again and witness the special relationship that she has with her "Auntie".

After her visit, we received the following note from Emily:

"Thank you all so much for your kindness and care, today. Jo, Kelvin, your team and yourselves have clearly made a good impression on her.

"Kelvin said to Auntie 'time for a break now, Teacher' which was amazing, as I could see Hilary respond so well to this."

At Pilgrims' Friend Society, we value each person as an individual whom God has a plan for. It's so lovely that God has brought this amazing lady to us, precluded by that apparently chance meeting on a train.

Hilary has settled in really well at Shottermill and has made a real difference to other people in the home with her love of life and warm personality. You can see her teacher's heart reaching out to all those around her.

In October, it was Hilary's 80th birthday and this time both Emily and her mum came to visit.

Following the visit, Emily wrote.

"I hope you got a slice of birthday cake, thank you so much to the chef and team for the homemade cake. Also noticed how many cards were put up in her room. Comforted and heartening to see she's not forgotten like so many with dementia and illness can be. Auntie looked good yesterday, her hair was lovely and when I saw the can of Elnett hairspray in her room I laughed. That's what she always sprayed over her curled hair (and me!) when I was a child."

We know that God is a relational God. It's wonderful the way that He is at work in the chance relationships we may forge with people, wherever we meet them, and that our relationship with Emily and her family continues to this day.



Please pray:

That God's hand would be at work behind-the-scenes in the lives of older people who need our care and that they would come and join our communities.

Resources

A selection of our resources...

Dementia resources – bundle

Are you and a loved one facing dementia? Or are you part of a church seeking to support those living with dementia? This bundle brings together three resources created by Louise Morse, each written from a Christian perspective.

Putting the Pieces Together is our dementia information pack and contains leaflets on different aspects of dementia, including diagnosis, managing challenging behaviour, and caring for the caregiver. Having separate inserts means you can pull out specific information when needed, without leafing through an entire book.

The book **Could it be Dementia?** explores the different kinds of dementia and how people may be affected. It is designed to help you

understand what those living with dementia are experiencing and how to interact with them, pointing towards the hope of salvation we have in Christ.

Worshipping with Dementia is a devotional resource, with simple daily devotions which could be used one-to-one or in small group settings. Each devotion includes a Bible verse or verses, a meditation, a prayer and a hymn. There is also a foreword where Louise explores why Christians are called to care spiritually for people who may not be able to show their response.

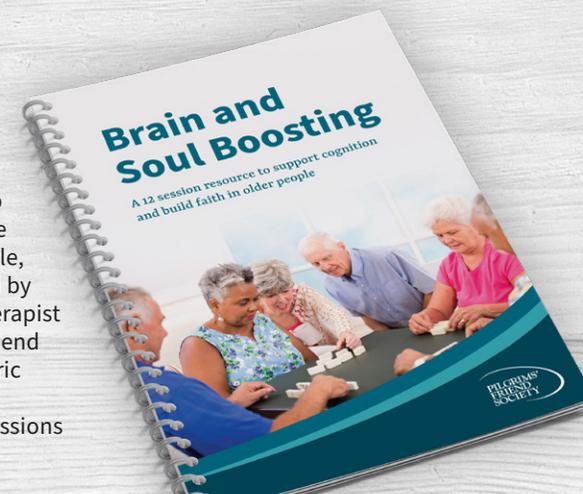
Full price ~~£29~~
Special price
£24.99



NEW EDITION: Brain and Soul Boosting, £20

by Louise Morse

Our updated and refreshed small-group resource is designed to deliver cognitive and spiritual stimulation for older people, including those with dementia. Devised by Louise Morse, cognitive behavioural therapist and author and speaker for Pilgrims' Friend Society, and Janet Jacob, psychogeriatric nurse and former care home manager, Brain and Soul Boosting is a series of sessions which support older people to build relationships and retain healthy cognition. Themes include everything from celebrations to gardens, birds and holidays. Each session follows a carefully planned sequence that works well, leading participants into discussions and ending with a story from the Bible that illustrates the theme.



There is now a Brain and Soul Boosting Users' Group on Facebook where you can share ideas with and find guidance from others who are using this resource. To join, search for the group by name on Facebook and click 'join'.

Leave us a review!

If you have purchased a resource from us and found it helpful we'd love to have your review. Each resource on our website now has a 'Reviews' section at the bottom of the page. You might want to tell us who you used the resource with and why it made a difference to them. Or you might want to share how it has helped inform and equip you. Every review will help us spread the word and reach more people who could benefit from our resources created from a uniquely Christian perspective.

Reviews

★★★★★ 1 review

Write a review for [Jigsaw - God's Word in God's World](#) +

Excellent puzzles all I can say is when can we get more?

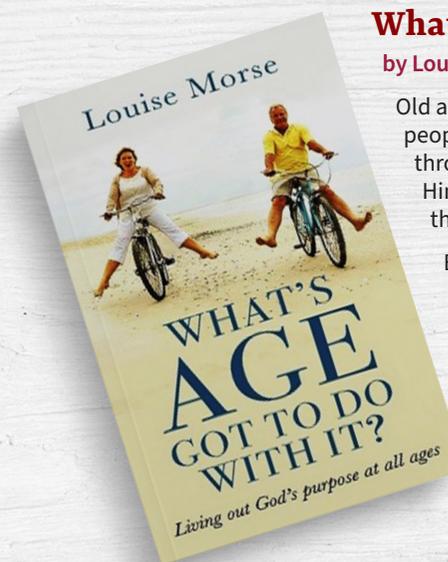
★★★★★
Charmaine ()



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

www.pilgrimsfriend.org.uk/resources

Alternatively, ☎ 0300 303 1403



What's Age Got To Do With It? £8.50

by Louise Morse

Old age was part of God's plan from the beginning – that people should ripen to maturity, developing wisdom through a lifetime of experience and relationship with Him, eventually enriching others with the attributes that have been honed over their lifetimes.

But instead of contributing as God intended, many see themselves as 'useless' and afraid of being a burden. Ageism has destroyed their self-image and expectations, and they withdraw – and we are all the losers.

In this book, there are accounts of many people living full, purpose-driven lives well into their 90s and even 100s. An encouraging read that challenges negative attitudes to ageing and inspires us to think differently.

Getting everyone on board

How Joyce and Hazel at Royd Court in Mirfield have been harnessing the power of community through their displays

It was early 2021 and, unable to see each other due to months of social distancing, those living at Royd Court, our independent living housing scheme in Mirfield, were feeling isolated. "One of our neighbours, Mary, suggested we do something focussed around Easter to bring us together and so we came up with the idea of making an exhibition for the foyer that everyone could contribute to," says Joyce.

Joyce and Hazel circulated a list of 12 ideas that people could choose from, with suggestions ranging from creating an artwork to writing a poem or sharing the words to a favourite hymn.

Contributions were many and various. Mary, a keen painter, submitted an artwork depicting Jesus and Mary Magdalene at the tomb together with a poem. Philip happened to find a stone with a hole in it on his allotment – the perfect tomb for a model Easter garden. Barbara contributed a story entitled Easter Romance recounting how a boat ride at Easter-time helped bring her and her husband together. Eric and Margaret shared a display to which they added objects every day to tell the Easter story. As the days went by, praying hands, a communion cup, a cockerel, a bag of coins and some huge iron nails were among the objects that appeared.

"This really helped to bring the events of Easter week to life," says Joyce. "One of the last things to appear was a black cross. Then overnight, in time for Easter Sunday, a golden cross was super-imposed over it."

Jean at Royd Court has been a member of the Mirfield




Please pray:
Thank God for all those in our housing schemes like Joyce and Hazel whose enthusiasm and hard work help to bring the community together.

Choral Society for over 25 years, singing Handel's Messiah on many occasions. She suggested including the air, 'I that know my Redeemer liveth.' "As Jean is very visually impaired we went round the exhibition together so I could explain what everything was," says Joyce. "When I put on the CD of her chosen music she was so moved she wept."

The Easter exhibition proved a much-valued focus and source of encouragement in the dark days of the pandemic as people reflected on the truth of the resurrection. It has also helped everyone get to know each other better, with connections being made. For example, one lady discovered that they had been involved in the same Christian organisation as a neighbour.

Spurred on by the success of the Easter exhibition, Joyce and Hazel investigated the travel destinations of their neighbours using the title 'Where in the world have WE been?', creating a display. This included photos, maps and souvenirs from many popular holiday places in Europe and beyond, plus Malaysia, Peru, Singapore and Thailand where several people living in Royd Court have served as missionaries.

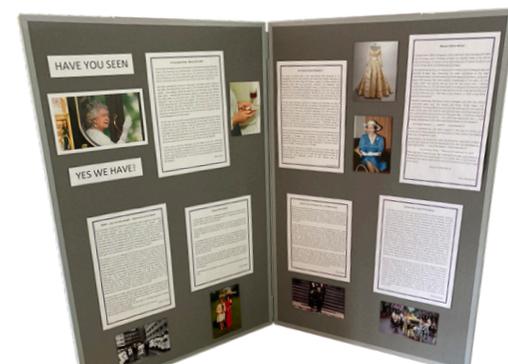
The most recent exhibition was to mark the Queen's Platinum Jubilee. People shared memories of meeting or seeing the Queen plus memorabilia such as a card celebrating a diamond wedding anniversary, Coronation china and glassware and a trinket box. Joyce found that family members of those living at

Royd Court were also keen to be involved, digging out photographs and books that might otherwise have been forgotten.

The exhibition engendered a lot of conversation, and not just among those living there. Visitors would stop by to look. Staff brought in children and grandchildren specially to see a piece of history.

Joyce and Hazel received good help in presenting the material for the exhibitions from the members of the housing support team at Royd Court and another neighbour, Susan – a retired school administrator. Susan has also prepared displays for Harvest and Remembrance Day.

Now with the Coronation of King Charles III on the horizon, plans for a further exhibition are afoot. "We'll focus specifically on memories of the last Coronation," says Joyce. "I'm sure lots of us will have memories of street parties and going round to 'Auntie Mabel's' to watch it on a tiny black and white television screen. It will be fascinating to find out."



My story: CHRISTINE

WORDS: Helen McKay-Ferguson



Christine, 83, grew up in the village of Mottram in Cheshire, which became part of Greater Manchester. She now lives at Emmaus House in Harrogate. We chatted to her about her experience of working for BBC Radio Manchester in the 50s and 60s

Children's Hour was once a staple of BBC Radio. Broadcast every weekday from 5pm to 6pm, it catered for children home from school and winding down for the evening. The programme contained a mix of short plays and features and was recorded at various BBC studios around the country.

One of those working away behind the scenes at BBC Radio Manchester was Christine. "My first job at the BBC was actually in the post room," says Christine. "I went in the summer to do holiday relief. I had to sort all the mail and deliver it to the different floors of the building. One gent I used to deliver post to asked me what I was going to do after school – was I going to go university or do secretarial training. He said, 'if you do secretarial, I'll have you here.'"

Christine duly went to secretarial school in Manchester, getting up to speed in shorthand and typing. She was then given a permanent

role as production secretary, working alongside producer Herbert Smith. The overall producer of the programme was Trevor Hill, who also worked with Harry Corbett on the television programme Sooty.

Christine's role involved all the usual secretarial tasks such as taking telephone messages and typing letters. She also played a key part helping to prepare scripts for programmes. "To help us come up with ideas, we would invite experts in to talk about their specialist subjects," says Christine. Christine would record these conversations in shorthand and then type them up to help shape the script. She remembers the team running features on places like Chatsworth House, Harewood House and Chester Zoo. On occasion, they would go out with a sound recordist to record background sounds on location.

One very popular series produced for the programme by the team at BBC Radio



Manchester was 'Wandering with Nomad.' The programme was presented by Norman Ellison who went by the pseudonym Nomad the Naturalist. "He was an older gentleman who wandered round the countryside with three of his friends remarking on natural phenomena, saying things like 'aren't the snowdrops lovely,'" recalls Christine. "It was the Springwatch of its day."

For the plays and stories, children used to come in sometimes to read parts. They had to be 12 before they could appear on the show.

A frequent visitor to the studio was the actress and singer Violet Carson who recorded music for Children's Hour and content for another programme for children produced at BBC Radio Manchester, Nursery Sing Song. Carson went on to play Ena Sharples in Coronation Street.

As children's television grew, Children's Hour suffered a decline in listenership. In 1964 the decision was made to discontinue the programme. "It felt like a natural end," says Christine.

Christine stayed on at BBC Radio Manchester until 1966, working on general programmes, features and docudramas in the North region. The team featured places as varied as Sellafield nuclear power station, the picturesque Lake District village of Arncliffe and the seaside town of Morecambe in Lancashire. One programme they ran was about shipping and the sea. "If the Queen was launching a new ship we'd cover it, or we'd run features about children who did things like canoeing and kayaking," says Christine.

They also often recorded "the morning story".

In 1961 Christine had married Peter. She left the BBC in 1966 when they had their first child, Susan (Sue). In 1968 the family moved to Harrogate on account of Peter's job in advertising (he later retrained as a psychiatric nurse). Two more children followed, Rachel in 1972 and Andrew in 1975.

In her working life Christine took on a variety of roles including as a playgroup assistant, a care assistant in a nursing home, as a dinner lady at Western Primary School and as a shop assistant at Lancaster's Bakery.

She has enjoyed travelling extensively around the world and has achieved her goals of seeing Mount Everest and the Taj Mahal and crossing the equator and the Tropic of Capricorn.

Christine came to Emmaus House in Harrogate in July 2020. Her husband Peter sadly passed away in June 2021. Christine enjoys living at Emmaus House because it feels, she says, "like one big family". She says that whatever she asks of staff is met with a cheerful "yes of course, no problem". The food is good and plentiful and everyone is friendly.



Please pray:
For staff at our homes as they follow The Way We Care approach. Pray that through training they would be equipped to serve everyone who lives with us as an individual.



My details

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

Full Name

Address

..... Postcode

Telephone Email

Gift Aid

I want to GIFT AID my donation of £ and any donations I make in the future or have made in the past 4 years to Pilgrims' Friend Society.

I am a UK taxpayer and understand that if I pay less Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay the difference. I understand the charity will reclaim 25p in every £1 that I give.

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

For us to claim Gift Aid, it is essential that you complete the address section above. Please notify the charity if you change address or no longer pay sufficient tax on income and/or capital gains.

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

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



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

PMMAR23



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



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

Yes! I would like to give a gift

Give online

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



Alternatively, you can fill in the forms below:

A regular gift

I would like to make a **REGULAR DONATION** by Standing Order

To: (Name of bank/building society)

Address of bank

..... Postcode

Account No. Sort Code / /

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

£ Amount in words:

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

Signed Date / /

One-off gift

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

£ Amount in words:

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



Contact details



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

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



**Dorothea Court,
BEDFORD**

0300 303 1490

dorothea@pilgrimsfriend.org.uk



**Middlefields House,
CHIPPENHAM**

0300 303 8470

middlefieldshouse@pilgrimsfriend.org.uk



**Finborough Court,
GREAT FINBOROUGH**

0300 303 1450

finborough@pilgrimsfriend.org.uk



**Emmaus House,
HARROGATE**

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emmaushouse@pilgrimsfriend.org.uk



**Shottermill House,
HASLEMERE**

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**Carey Gardens,
KIRBY MUXLOE**

0300 303 8455

carey.gardens@pilgrimsfriend.org.uk



**Evington Home,
LEICESTER**

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**Pilgrim Gardens,
LEICESTER**

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pilgrim.gardens@pilgrimsfriend.org.uk



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MIRFIELD**

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roydcourt@pilgrimsfriend.org.uk



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

0300 303 1485

pilgrim.care@pilgrimsfriend.org.uk



**Bethany Christian Home,
PLYMOUTH**

0300 303 8440

bethanyhome@pilgrimsfriend.org.uk



**Strathclyde House,
SKELMORLIE**

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**Milward House,
TUNBRIDGE WELLS**

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milward@pilgrimsfriend.org.uk



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

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**Framland,
WANTAGE**

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wantage@pilgrimsfriend.org.uk



**Koinonia Christian Care Home,
WORTHING**

0300 303 8480

koinonia@pilgrimsfriend.org.uk

CONTINUES OVERLEAF...