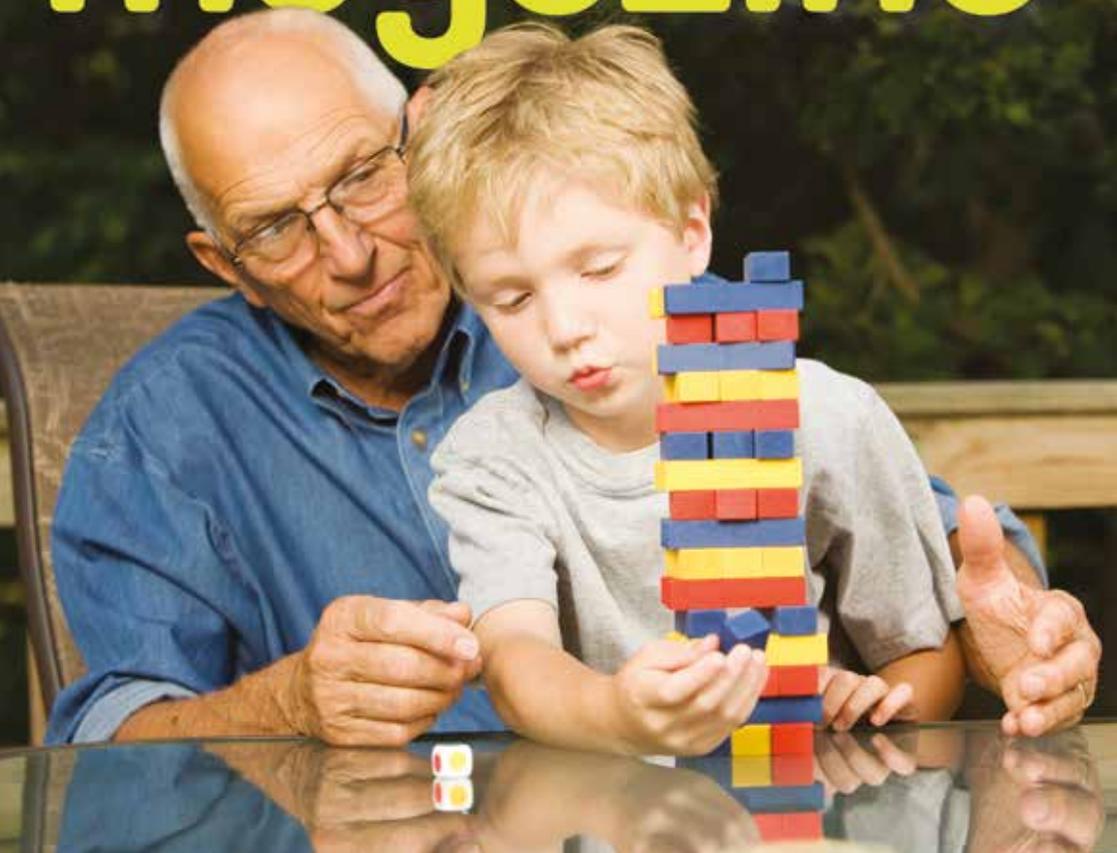


# THE PILGRIMS' magazine

SUMMER 2019



- “Advancing the Christian faith in our Homes” P6
- Pilgrims’ progress P14
- The roles of older people in church P18





Pilgrims' Friend Society provides Christian care for the elderly and inspires, informs and trains churches that care for older people in their communities.



Pilgrim Homes is the charity founded in 1807 that owns the care homes open to Protestant Christians.



Pilgrims' Friend Society is a founder member of [www.faithinlaterlife.org](http://www.faithinlaterlife.org).

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**The name of the LORD is a strong tower: the righteous runneth into it, and is safe.**

PROVERBS 18:10 (KJV)

# Building Firm Foundations

**Firm foundations are most important when the landscape is sandy and prone to tremors and earthquakes.**

As I write, the foundations of our political, social and economic life are being shaken. Much of this is driven by political debate and divisions but there are some powerful longer-term forces that are reshaping the way that things work.

One of these is the ageing of the country that is set to accelerate and affect more and more of what we all do. For the first time in history there are now more older people than younger people and this trend will accelerate. This is good news as people are enjoying longer and much healthier lives overall, but brings profound challenges to people who need support only to find that it is not available.

The foundations of adult social care are rocking: one of the largest operators of care homes put its homes up for sale in May 2019; government keeps postponing its plans for the proper funding of care; there are more lonely older people than ever before unable to contribute as God intended; and care provision is patchy and not joined up.

When this charity was founded in 1807 to work with older people, the Bible was its firm foundation and it remains so today. We value people because the Bible says God created man "in His own image". We care for older people because the Bible commands us to "deliver him that had none to help him" and encourages us to "cause the widow's heart to sing for joy" (Job 29:12-13).

**"Therefore, everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock"**

Matthew 7:24 (NIV)

At our conference in May 2019 we discussed what "Firm Foundations" people and churches and charities need to have to if we are to live out our calling to "Love God" with all we have and "Love our neighbours as ourselves" in today's ageing world where there are more older people than younger people to serve; more older people than younger people in church congregations; more older people than ever before who need Jesus as their Saviour; and more older people than younger people needing pastoral care.

The conference highlighted some key themes: understanding the Biblical pattern for "finishing well"; knowing and enjoying God in later life; and standing firm through some of the challenges like dementia. We also saw how God has used churches with a Biblical view of older people to transform communities, strengthen congregations, draw people to Himself and enable contented and fulfilled later lives.

The conference also explored our view that the Church has a wonderful opportunity to guide and influence society. "Faith in Later Life", an initiative that we started with four other Christian charities, has a directory of church projects that has nearly 3500 entries. If you look at a map of some parts of the country where churches have collaborated to populate the Directory it's possible to think that those churches could give every person in their area an opportunity to make friends in a Christian environment; that they could ensure that no-one dies alone without having had the opportunity of hearing the gospel; and that no older person's gifts and talents need be overlooked.

Our prayer and plan is that, where we have residential care homes and housing schemes, we will partner with churches and families by taking people into our care when its no longer safe for people to stay at home; and that we will help churches reach out to people in the community by sharing what we know about being with and supporting older people.

If we build beacons of good practice in this way on firm Biblical foundations, God willing, we will transform lives and communities and show government how to frame its policies along Biblical lines. Paraphrasing Jesus's words from Matthew 5, we would

'show our light before others so that they can see our good deeds and glorify our Father in heaven'.

If this resonates with you, please do read the rest of this magazine and make sure you are signed up for our prayer and news updates (see page 37). If you are already a supporter – thank you!

Yours in Christ,

*Stephen Hammersley*  
Stephen Hammersley



# Advancing the Christian Faith Through Our Homes

**Our work, according to our governing documents can best be summed up as “advancing the Christian Faith among older people”.**

## Excellent services

The key way we do this is to run all our homes to the highest possible standards of Christian care. As I write, all our care homes are rated “good” by the regulator and the monthly surveys we do of our residents, our families, visitors and staff show that what we do is valued, appreciated and highly recommended. We were delighted that the Elderly Accommodation Council charity awarded our housing scheme at Royd Court a gold award for its high levels of resident satisfaction.

## Christian Care

But we go beyond the care that the regulator looks for. We strive to enable Christian “family life” in our homes where people pray and worship together and the power of the Holy Spirit, through God’s word, is evident in people’s lives as an encouragement to each other and our staff teams.

## Lives fulfilled

Examples of what Christian care looks like drawn from our homes and schemes involve: supporting the evangelistic calling of our residents who share the gospel with people who call to do jobs or who pass by our front gates; careful preparation so that the last days on earth of people who have served the Lord at

great personal cost on the mission field are peaceful and yet another opportunity to witness to God’s saving power; encouraging family members to see the Holy Spirit still active in the lives of their loved ones even though dementia may have damaged their brains and cognitive powers; enabling activities like our “Brain and Soul Boosting” groups that help people living through the early stages of dementia connect and engage with each other and God’s word; residents in a housing scheme hosting a Spring Fayre with evangelistic intent; and the list goes on. What they have in common is the theme of Christian fulfilled living, older people bearing fruit in older age after Psalm 92:14.

## Working with churches

Matthew 5:14-16 says that the Church **IS** the light, and that includes being a light for how we treat and respond to the opportunities and challenges of an ageing society, so that people might glorify our Father in heaven.

God willing, and as enabled by donations, we plan to develop our homes so that they are better resourced to share with churches what we have learned about effective ministries with older people. This is an enormous area of opportunity and need. Peter Brierly who surveys and researches church attendance noted that in 1985 there were 600,000 more young people than retired people in congregations, but the trends are such that by 2025 he predicts there will be 600,000 more older people than young



## ‘Purpose is part of life in older age...’

people. So, when it comes to living out church life it will be predominantly older people available to care pastorally, support evangelism, serve practically, be available to pray and to give. Similarly, the people who need to hear the gospel in the communities around our churches are going to be predominantly elderly.

## Being salt and light

God willing as we advance the Christian faith through our homes by doing the above, society at large will see and understand that: **Purpose** is part of life in older age; **Service** doesn’t stop at retirement; and that **Burden sharing** across and between the generations is part of God’s design for living. This is what the country needs to understand if our ageing population is to become a blessing to all.

## Your part in this

Our vision alongside local churches and other likeminded charities like Faith in Later Life is that God willing:

- All Christian churches and people will have access to a care home that will partner with them by providing Christian care, with Jesus at the centre, when care at home becomes impossible.
- Every older person can attend a church service, tea party, holiday at home or other activity where they can make friends and meet people in a Christian setting.
- No older person dies alone without having had the opportunity of hearing the gospel.
- All older Christians are encouraged in their service for the Lord

**You can support us in prayer and financially. To make it easy you can sign up for prayer news by completing the response slips on page 37 of the magazine.**

# From Mississippi to Leicester with LOVE

There was a real buzz at a recent devotions meeting when Pilgrim Gardens welcomed five American students aged between 18 and 21 to share their life stories and experiences of God, so far, and Pilgrim Gardens residents aged between 69 and 96 shared theirs.

The group were on a one-week mission with a local Church involved in schools work, Church social activities, youth work and Bible studies and they kindly agreed to spend the morning with us at Pilgrim Gardens. During the devotions, they were asked questions about their studies, how they came to know Christ and where they felt God was leading them. The residents were truly encouraged by their young faith and commitment to God, and they really appreciated the time that was spent with them. In return, over coffee



and cakes, the residents encouraged the students with their stories of many years of faithful service to God.



## 'God hasn't finished with us yet!'

The residents were particularly flattered when the students deferred their MacDonald's lunch to look around the site and visit some of their flats. What a blessing it is to witness God's family, regardless of age, coming together to encourage and serve each other. The residents here love to be served and often need to be served, but they also love to serve and this meeting gave them the opportunity to serve others with hospitality, testimonies and, as the students left, promising to pray for them. As an elderly resident said, 'God hasn't finished with us yet!'



For more information about living at Pilgrim Gardens please contact Mandy Smith **0300 303 8455**



## 'On the road with PFS'

BY JANET JACOB

**During the past fifteen years we have been managing PFS stands at Christian exhibitions around the country.** We have spoken to hundreds of people at Spring Harvest, The Big Church Day Out, Christian Resources exhibitions, FIEC (Fellowship of Independent Evangelical Churches) events and more.

Being able to help older people, and their families and fellowships has been a great blessing to us. We wouldn't have been as well equipped to do it had I not had the experience of working as a home manager, and Peter as maintenance manager with the Society. Though when I began in 2005 we had no idea that we would be 'going public'! When the idea was first put to us in 2004 we were hesitant, but it's clearly something God had planned for us from the beginning.

We have had countless opportunities to talk about the work of PFS and to spread the good news about the wonderful

work the Charity does. From those conversations have come some of the requests for Pilgrims' Friend Society (PFS) to hold conferences, speak in churches and provide training for Christian groups, such as Parish Nursing UK. PFS seminars and conferences have spanned the length of England, from Cornwall to Cumbria, and Kent to Northumbria, and also in Wales.

People come to seek information, some buying our books and booklets, some seeking advice and help and others simply to ask 'Who are you?' Others return to thank us for help given. It really is a privilege to have someone sharing their problems or concerns regarding an elderly relative and after chatting and sometimes praying with them, to hear them say, 'Thank you that has been so helpful'.

I would sum up being on the road with four words; Wonderful People, Great Opportunities.



## How do you share your faith with the parents who didn't raise you in it?

**When David came to faith at university his parents thought it was a passing phase, but instead he married a Christian girl called Marianne, and they went on to have four children, all of whom became believers in their teens.** Whenever David tried to share his faith with his parents they made it clear that they were not interested, even after he and Marianne took on leading roles with an international evangelical ministry. His parents were fond grandparents who visited regularly, so there were natural opportunities for the couple to talk about their work, but they were careful not to 'Bible bash' and were sensitive about timing and opportunities.

After David's mother died unexpectedly, David and his father grew closer, although he still seemed as high walled as Jericho. He loved his grandchildren and would listen to their faith stories, but nothing seemed to register with him.

David's father lived to the age of 99, and in his last weeks his grandchildren and their parents prayed ardently that he would see Jesus. Then, during a visit, Marianne sensed that the Holy Spirit was making an opportunity, so she asked her father in law if it was OK to talk about Jesus. He was agreeable, and he listened and asked Him to be his Saviour. They prayed together, and she and David drove home with peace in their hearts.

The journey to faith is not always a long one like this, but in David's father's story are factors that apply to children and their parents at all ages. These are:

- 1 David and Marianne always honoured his father. (Exodus 20:12) They would wait for the Holy Spirit to make an opportunity to talk to him. They never argued their case, and so prevented him building resistance and hardening his heart.
- 2 What they said matched what they did. Older people's beliefs are more 'evidence based' than the younger generation. David's father was influenced by the outcome of his faith, and his children's.
- 3 They witnessed within a sound relationship. David and Marianne and their children had a good relationship with his father. Effective evangelism comes through relationships with older people. If a relationship is fraught the parent is less likely to listen.
- 4 They prayed continuously, even when nothing seemed to be happening. David and Marianne, and later their children, never gave up.
- 5 They loved him. Although it was a long journey, their story is an example of how love never fails (1 Corinthians 13: 8-11).

# Building for the Future at Chippenham

**Regular readers of the magazine will be aware of the plans we have to build a new home at Chippenham as the first of a series of projects that will make sure that our buildings will be fit for the purpose of delivering our vision for Christian Care for the next 50 years.**

We are calling this our “Renewal Programme” and it is vital to our plans to provide more rooms and to avoid the forced closure of our care homes

because they are inaccessible to the people who need our help. We are also ready to grow by working with other Christian Charities to increase the numbers of homes and housing schemes.

## The New Chippenham Home

The vision for the new Chippenham home is to create a place where we can care for more older people with a wider range of needs than is possible from the current site, and that it will be a base from which we can work alongside

churches in their ministries amongst older people, sharing what we have learnt about the care of older people.

The new home will deliver the same kind of high-quality Christian care as is currently available from the existing Leonora home in Chippenham but with more and better facilities. The 48 large en-suite care rooms will be arranged in four “households” (of 12 residents) each of which will have a dining and lounge area, separate smaller lounge and access to the outdoors.

The households will provide fellowship and friendship in a family-like homely setting and will avoid the feeling of living in an “institution”, which can be a problem with larger homes. Communal spaces will allow worship services that involve bringing everyone together and a bistro will provide visitors with a place to rest on arrival, and somewhere to bring the family member whom they have come to visit.

New facilities include a hair salon and outside will be gardens with several distinct areas, plentiful walking routes, benches and a play area for visitors’ children. The new building will be a wonderful place to live, work, visit and volunteer.

The communal rooms that are not within the “households” are in what we call a community hub. Fully equipped rooms will be available for use by families for birthday parties and the like as well as being available to church groups and other interested charities. The use of these rooms will be encouraged by our community engagement worker who will make sure that church links are strong and joint initiatives are planned and enabled. We have planning permission for the new home and, God willing, building

will commence in January 2020 with the building ready for occupation by people who want to live in a Christian Home from late Spring 2021.

The vision for the home – in its design, its openness to people who want to live in a Christian care home, and its links with churches – is to provide excellent, enabling Christian care. It is also about holding out the good news of the gospel to those who will listen up to and including their dying day.

## The Renewal Programme

God willing, the new Chippenham home and its community engagement officer will offer a template for our Renewal Programme which will see us replacing another 5 of our homes in a similar way.

Chippenham will cost around £5.5m after selling the old site and so there is a significant need for donations, legacies and loans to help us deliver this programme without recourse to commercial borrowing.

Having more homes more connected to churches to advance the Christian faith, within and without their walls, is a timely response to the opportunities of an ageing population and we would value your prayers: for God’s guiding and leading in all aspects of the project; for wisdom in all planning and decision-making; for the necessary fund-raising; for stronger connections with churches; and for the ongoing work of the people at the existing home in Chippenham.

If you would like to hear more about these plans, please contact us. More details will be available to everyone from the Autumn of 2019.

**‘The new home will deliver the same kind of high-quality Christian care as is currently available from the existing Leonora home...’**



# "The ties that binds" at Dorothea Court

BY RUTH BROOMHALL

**In August 1988 Edwin and Audrey Broomhall (my mum and dad) moved with my sister Elizabeth, then just 12 years old, to a new home in Bedford.**

They soon became involved with The Haven, a residential home for retired ministers and missionaries (this became Dorothea Court, a Pilgrims Friend residence, in 2008). Dad played the organ for the Sunday morning services and Mum was employed for a number of years here as a nurse.

Elizabeth also worked at the Haven during her student days at university. When Dad sadly passed away in October 2015, Mum took up residence in Dorothea Court.

As a family we have many fond memories of The Haven (as it was then) and now Dorothea Court. Mum and Liz speak fondly of many of the elderly residents they nursed, and I still have a lovely note sent to me by a gentleman, Clifford, who I met just once on one of his daily walks past my home, which was then just up the road from The Haven.

God certainly works in mysterious ways, for just three months ago, after a varied career covering education, fostering, project management, further studies and writing, I became interim manager at Dorothea Court, working alongside many who have

**"When I cannot read, when I cannot think, when I cannot even pray, I can trust."**

J. Hudson Taylor



served in various missions over many years. It is a real pleasure coming to work each day to enable a community that supports its members in reading, thinking, praying and trusting (after the quote from Hudson Taylor).

Shortly before starting work at Dorothea Court I finished work on my latest book. It is a biography on the life of James Hudson Taylor, founder and leader of the China Inland Mission... and my great-great-uncle. Born in 1832, Hudson Taylor was alive during the early years of the Pilgrims' Friend Society, and although I have not discovered any particular links, I am sure these great men and women of faith who lived during the time of the great evangelical revival and worked tirelessly for Christ in different ways, must have connected somehow.

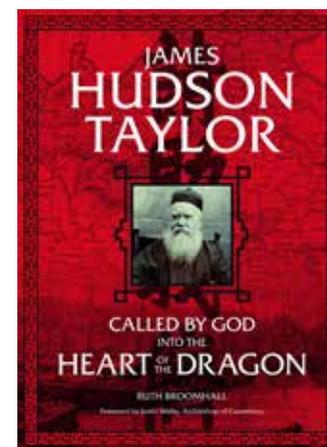
I feel so privileged to have been given the opportunity to write about such an incredible life and heritage. The biography is unique in that it has an abundance of photos from the China Inland Mission archives which really help to bring the story to life; and each chapter ends with a spiritual reflection based on a theme pertinent



to the chapter. Reflections include the faithfulness of God, the power of prayer, God's sovereignty, sacrifice and suffering, unity, and heaven. It is the story of a very ordinary man, called by God to an extraordinary task; a story that I hope will inspire, challenge, motivate and

encourage Christians and non-Christians, old and young alike.

With a Foreword by Justin Welby, Archbishop of Canterbury, **James Hudson Taylor, Called by God into the Heart of the Dragon**, and accompanying DVD, is available from Christian bookstores nationwide, Amazon and Eden Books.



# Regrets – an overlooked problem?

BY REVD ROGER HITCHINGS

## Most people have regrets about things that have happened in their lives.

Regrets are caused by many things, from events that cannot be controlled, disappointments, losses, broken relationships and family disputes: personal failures and wrong choices may include things done and things left undone. Dwelling on the past in this way can become a major hindrance to enjoying life and the ability to serve others, also the readiness to die. The sense of guilt from dwelling on past events can be emotionally and spiritually debilitating.

Regrets may serve a positive end, for example, the Lord sometimes uses regret to provoke His people to righteousness when they have been behaving foolishly or been neglectful of duties as His people. But regrets can be destructive. They can strike at every age and stage of life, but they can become a significant problem as people get older and have more time to reflect on life.

From my own experience of older people and talking with others who minister to this age group, it's clear that this is a fairly widespread problem. I was recently speaking to a group of about 60 older people on this theme and the Bible's response. At the close of the meeting I was surprised to find that almost everybody present said that I had described their own experience. A small number indicated that certain regrets fill their minds much of the time and rob them of their joy in Christ.

## Dealing with regrets creates opportunities

Those who minister to the dying will know that some will want to talk about past events that trouble them. I could give more anecdotes to show that this is a real issue and more frequent than we often think. It makes the absence of preaching and teaching on this theme rather surprising.

Worldly people's regrets are utterly destructive because they have no sense of the glorious forgiveness of Christ. But sometimes it can be an opportunity to bring the hope and comfort of the gospel – to see such older people find peace is a joy and delight. Paul calls this experience of regret that lead to salvation 'godly sorrow' in 2 Corinthians 7:10.

For believers, regrets can be the memory of sins for which forgiveness has been found through the atoning sacrifice of Christ, or of events and circumstances that Providence has subsequently overruled, sometimes in the most glorious way (1 Timothy 1:12-14.0). Paul refers to this in part when he wrote, 'but one thing I do: forgetting what lies behind and reaching forward to those things which are ahead, I press on toward the goal for the upward call of God in Christ Jesus,' (Philippians 3:13-14). Redirecting thought onto the triumphs of grace in our lives is a powerful tool against destructive regrets. But the reality of forgiveness through faith in the finished work of Christ, and the assurance of that forgiveness may not

always coincide, and tender pastoral care is needed to help those who struggle to find a clearer view of the reality of grace.

Regret can sometimes be based on misinterpretation of events due to illness or stress. Job regretted that he was ever born, because of the awful things that had happened to him and his physical pain (Job 3:3, 11). When he subsequently saw his life's events in the light of the greatness of God (Job: 42) he lost his regrets as he gained understanding and had a wonderful restoration of blessing. This reminds us that it may be necessary in helping someone with regrets to ascertain the truth about some of the things that are being regretted.

Finally, it may be helpful to note the difference between regret, remorse and conviction of sin. Regret, as we have seen, is essentially just recalling past failures and bad events. They may be just passing memories, or they can

be things that are nurtured by self-pity and so become destructive. Remorse is a more intense feeling; the word comes from a root that means 'to bite', and remorse does just that. It may well lead onto change in life and values. Judas and Peter are examples of remorse, but the outcomes were very different in their cases: Judas' remorse prompted his suicide, while Peter's led to tears, repentance and ultimately restoration. Remorse can be the outcome of regret but that is not always the case.

Conviction of sin is more than remorse; according to Jesus in John 16:5-11, it is the work of the Holy Spirit. And when He comes in this way, He often brings people to Christ. So, although they are often separate, these three things may go together – regret leading to remorse, remorse leading to conviction of sin and repentance.

**'but one thing I do: forgetting what lies behind and reaching forward to those things which are ahead...'**



# The roles of older people in church

BY LOUISE MORSE

**After writing, 'What's Age Got To Do With It?', about how God's life design includes old age, I was asked to give talks at different Christian events and churches.** The book explains how God's intention is for us to live our latter years with purpose.

In biblical times the peak of achievement was wisdom, and it was understood that it came with age. 'With the aged is wisdom,' observed Job (Job 12:29.) But in today's society the peak is youth. Gerontologist and social activist William Thomas wrote that, 'We are living in a society afflicted by a malignant enlargement of adulthood,' with the result that older people and their wisdom are not valued, and worse – are seen as being 'past it', of no use, and largely needing looking after.

During my talks it's encouraging to see older people's faces light up as they recognise that they are here on purpose with have qualities honed by their lives' experience. But because they have absorbed ageism all their lives they're not able to see what that purpose could be. Many are quietly getting on with their 'good works', but many others feel that there is more that they could be doing, especially in their church and community. But their question is – what is it?

Part of the answer, of course, is that God has already planned it in advance. Ephesians 2:10 spells it out: 'For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.' Our talents make

way for us; and God leads us into our 'good works'.

Accountants become church treasurers; people who love cooking organise meals, nurses become 'parish nurses', organisers arrange community outreach, and so on. Their roles may not have official titles but they are real, nevertheless.

It was interesting to read in the Financial Times how the wisdom and experience of older people was recognised and harnessed by one of a handful of psychiatrists in Zimbabwe. Dr Dixon Chibanda realised that he and his colleagues were too few to provide sufficient mental health support unless they identified and trained counsellors who could work in the villages. The most effective counsellors turned out to be grandmothers. They had the three qualities the psychiatrists valued most: listening skills, empathy and an ability to reflect. Studies showed that their sessions were more effective than others'.

The author adds, 'Older people can make excellent mentors, teachers and social workers. When there are so many societal problems to fix, why don't we put the two together?'

**'Older people can make excellent mentors, teachers and social workers.'**

# Prayer Calendar

JULY 2019 – DECEMBER 2019

**"Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need."**

Hebrews 4:16 (ESV)



## A Prayer of Thanksgiving

Over the last six months we have been praying both specifically and generally. We have been blessed but also challenged, with staff members suffering with serious illness, and unexpected bereavement. Inevitably, we have also seen 'family members (residents) going to glory, which brings mixed emotions for those who love them. In the midst of all of this, we are forever conscious of God's presence and His goodness and are thankful that His mercies are new every day. May we all, continually and humbly, enter into His presence with thanksgiving.

Specifically, we thank our Lord God for:

- New managers and staff members who have joined in the last 6 months.
- Every Home and Scheme having a full complement of senior managers.
- Continued progress in planning for our new Home in Chippenham, and growing positive relationships with churches across Chippenham and beyond.
- Increased occupancy across more of our Homes/Schemes, and numbers of supporters continuing to grow.
- A blessed and encouraging annual conference in May.
- Faith in Later Life growing to the point of being in a position to launch as a separate entity.

Please go to the weekly calendar and pray for the PFS Homes, Schemes and people listed for prayer on that day. When you pray for a Home, Scheme or person please feel free to use the following to help guide your prayers:

## Leadership

- That the Society's leaders will be led by the Lord and always seek Him first.
- For God to equip and enable them when navigating challenging situations that sometimes occur.
- For the managers of our Homes and Schemes – for wisdom, discernment and energy.
- For the recruitment process for a new Director of Marketing and Communications (as Carl Knightly moves full time into his role leading 'Faith in Later Life').

## Colleagues and volunteers

- Thank God for the people He calls to work and volunteer with PFS.
- Pray that God would prompt more people to come forward to serve.
- Pray for encouragement for staff colleagues and volunteers – that they may see Christ in the people they serve (Matthew 25 v 37-39).

## Churches

- For strong and fruitful relationships with our Homes/Schemes and the local Christian community to be forged, and where they already exist, to grow.
- That our Homes/Schemes may be a beacon showing how to cherish older saints and support fulfilled living (Psalm 92 v 14).
- For the "Faith in Later Life" initiative, founded by PFS, which will be led full time (and separate from PFS) from July. Please pray that as PFS supports Faith in Later Life, we may encourage churches in serving and empowering their older members and reaching older people in wider communities.

## Kingdom life in our homes

- For people leading devotions – that God would speak to and through them.
- For all our volunteers and their ministry of prayer and support.
- For managers' godly leadership of their Home/Scheme.

## Families and Relatives

- Guidance, strength and joy for staff colleagues in our Homes/Schemes as we model an environment where staff (when working) live alongside residents as family members, treating them as such.
- Encouragement for relatives and friends, particularly through the transition of their loved one entering a care home.
- For carers that you know struggling at home with the physical and emotional demands of caring for a loved one.

Please pray as the Lord leads, as we lift up those who live in our Homes/Schemes, and those who volunteer with the Society, as well as those who work in our Homes/Schemes, and who work across the Society more broadly. We will continue to send out our monthly "Family Prayer" newsletter and will also be sending out a further prayer newsletter in the autumn which will contain updates and further prayer requests. Thank you for your partnership in ministry, and may you know God's continued blessing and peace.

## Sundays

**Bethany Christian Home, Plymouth** – Manager: Emma Hughes

**Brighton Home** – Managers: Sue Jones and Bob Hill.

**The Trustees** – that they may guide the Society according to the Lord's leading.

**For Church leaders** you know and their responsibilities for older members.

**For "Faith in Later Life"** – that this continues to grow according to God's will, and that this initiative encourages older Christians and brings more older people into a transforming knowledge of God's good news of salvation. ([www.faithinlaterlife.org](http://www.faithinlaterlife.org))

## Mondays

**Dorothea Court, Bedford** – Manager: Ruth Broomhall

**Emmaus House, Harrogate** – Manager: Lesley Harris

**For the CEO and the Directors** as they lead the work of the Society

**For occupancy** – that care rooms and retirement flats/bungalows would be filled with people of God's choosing and in timely manner.

**For good progress** in our search for an appropriate site for our Brighton Home.

**Praise and thanks** for the gift of the Lord Jesus.

## Tuesdays

**Milward House, Tunbridge Wells** – Acting Manager: Julie Wickens

**Pilgrim Gardens, Leicester** – Manager: Mandy Smith

**Strathclyde House** – Managers: Graham Hare and Ian Ramage.

**For the Finance team** led by Adrian Bray  
**Churches holding community activities for older people** – that they may know the love of Christ.

**For the HR and Payroll team** led by Phil Wainwright.

## Wednesdays

**Evington Home, Leicester** – Managers: Jeanette Davis and Mark Dillamore

**Finborough Court, Stowmarket** – Managers: Rachel Fishburne, Jonathan Dorrington and Sylvia Humm.

**Pray for the Property Services Team** led by Andy Walsh – particularly for planning work around our new site in Chippenham. Please also pray for God's protection as the team travel regularly.

**For visiting and befriending schemes** that you know of in your community.

**For families** that you know concerned about an older relative – for help in decision making.

**For everyone at PFS Head Office** – that they may be good stewards (effective and efficient); servant leaders and a good support to our Homes and Schemes.

## Thursdays

**Leonora Home, Chippenham** – Managers: Gaie Marshall and Jackie Bridgen, and Chippenham Engagement Officer Ruth Ranger

**Luff House, Walton** – Managers: Rosie Ely and Sharon Rowley

**For the Operations team** led by Maureen Sim, as they lead and support Home/Scheme managers and keep PFS safe and compliant. Please also pray for God's protection, as the team travel regularly.

**For care homes** known to you – that they will do well for their residents.

**For Louise Morse, Janet Jacob and our speakers** – that the Lord will bless the church training and conferences that they lead and that He will guide them as they write books and resources.

**Fridays**

**Florence House, Peterborough** –

Manager: Philip Smith

**Framland, Wantage** –

Manager: Beth Kneale

**For the Engagement Team**

and Sylvia Clovey (Marketing and Communications manager) – as they reach out to our supporters, churches, people at seminars, conferences and exhibitions, and in support of our volunteers who serve faithfully.

**For people using “Brain and Soul Boosting”**

fellowship group resources, and our other resources, that people will find friendship with others and come to know the Lord Jesus.

**Saturdays**

**Royd Court, Mirfield** –

Manager: Vicki Miller

**Pilgrim Care, Mirfield** –

Manager: Georgina Lansdell

**Shottermill House, Haslemere** –

Managers Bernadette O'Rourke and Mike Beere.

**For people you know living with dementia**

and their carers.

**For people you know leading worship**

in care home settings.

**For church fellowships**

that we have trained, the Lord will expand their work and bless them.

**For our Renewal Programme** –

prayerfully considering the best way forward in updating our Homes/ Schemes where needed.

**That God would work mightily**

through older people for His glory.

# Framland leads the way in 'growing its own' carers

**Our Manager, Beth Kneale, was recently invited by the Health & Social Care Group of King Alfred School in Wantage to talk about our local care home, Framland.**

to two days per week, and eventually to 3 days per week.

The presentation went very well, with lots of attentive listeners, but no-one really showing any real interest in a career in care. However, a 15-year-old young lady, Sarah (not her real name) had already approached the school about doing work experience at Framland as she felt drawn to care work.

Sarah is not academically-minded and struggles with some lessons, but she has a real gift for caring – she is full of energy and enthusiasm and is much loved by the residents and staff alike. This has led to Sarah being given a full apprenticeship to continue her training at Framland, where she will eventually acquire a certificate in Health & Social Care which, when she turns 16, will allow her to work as a carer.

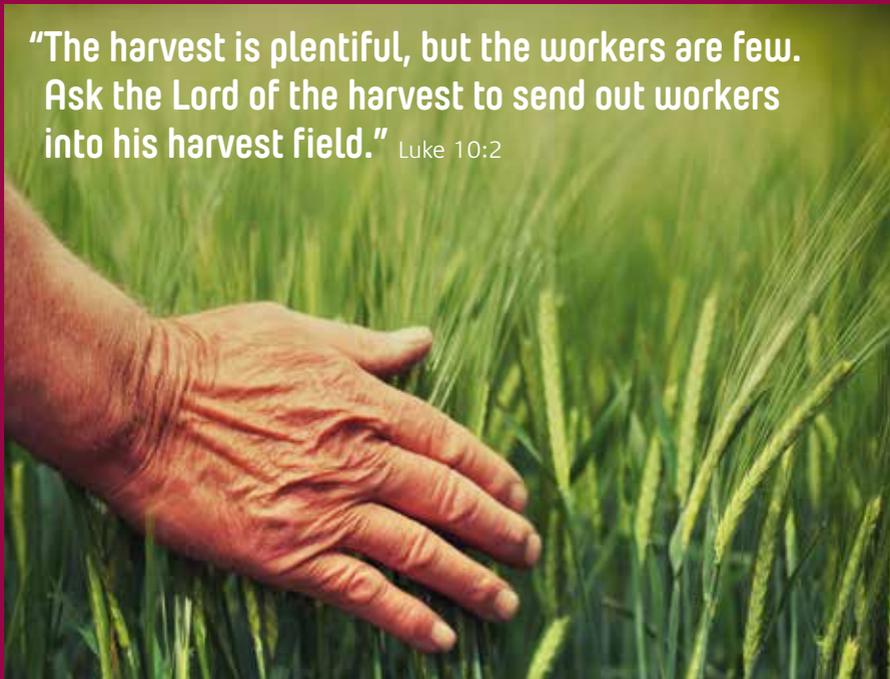
Sarah eventually came in for one day a week shadowing experienced carers. As is normal practice, the school rang to find out how she was doing and asked for a reference from one of the carers who was working with her; the report was so good that the teacher asked if she could continue, increasing her time

'Framland' has not only gained a new work colleague and friend, but Sarah recommended the home to her sister, who has also started working as a carer and helping with the cooking on Sundays.

Apprenticeships can be very resource-intensive and time-consuming, but Beth is confident that 'growing your own' carers in this way can reap great rewards for the future, particularly at a time when carers are in high demand and short supply. It is also hoped that by being in a Christian environment and experiencing God's love at Framland, both Sarah and her sister will come to know the Lord.



**“The harvest is plentiful, but the workers are few. Ask the Lord of the harvest to send out workers into his harvest field.”** Luke 10:2



# Churchgoers live longer than others – but it's not what researchers think

BY LOUISE MORSE

**More studies are showing that people who go to church tend to live significantly longer than those who don't.** And, according to the lead scientist who led one of the studies, it isn't simply because churchgoers have more social support, but because worshippers are flexing spiritual muscles.

A study in two American States led by Professor Marino Bruce, a social and behavioural scientist at Vanderbilt University in Nashville, Tennessee, and Keith Norris, professor of medicine at the David Geffen School of Medicine at University of California Los Angeles surveyed 5,449 people, 64 per cent of whom were regular worshippers. They found that men and women aged 40 to 65 years old, who attended church reduced their risk of dying by 55 per cent. The effects remained after education, poverty, health insurance and social support status were all taken into account.

Professor Bruce said. "We found that they go to church for factors beyond social support. That's where we begin to think about this idea of compassionate thinking, that we're trying to improve the lives of others as well as being connected to a body larger than ourselves." He added that, 'being in a place where individuals could flex those spiritual muscles is actually beneficial for your health.'

But church is not a spiritual gymnasium, and the connection is not just with fellow worshippers but also with the One who drew them in the first place.

Selwyn Hughes, founder of Crusade for World Revival, and author of the popular 'Every Day with Jesus' series, summed it up when he wrote,

'How do we get the framework, the sense of structure we need to be able to move effectively from one day to another, in a world where everything that seemed to be nailed down is coming apart? It is to be found in our worship of God. We enter into the presence of the Lord and lo, His unity becomes our unity.'

**'church is a connection not just with fellow worshippers but also with the One who drew them in the first place.'**

# Does Dementia Damage the Soul?

BY LOUISE MORSE

**A BBC programme researcher telephoned to ask if I would be happy to talk about the effect that dementia has on the person's soul.**

My first response was surprise that the BBC had a programme that could contain such an item, but the researcher said that he was working on a 'Heart and Soul' documentary for the World Service looking at faith and dementia and had read 'Dementia from the Inside: a doctor's personal journey of hope', the book I wrote with Dr Jennifer Bute. He thought that Jennifer's story had a lot to say about that and was interested in my reaction to writing it. I said it wasn't the first book I'd written about dementia, but the first I'd written with another person. The title of my first book was 'Could it be Dementia? Losing your mind doesn't mean losing your soul,' I told him, and he asked whether dementia could damage the soul.

The Cambridge English dictionary defines 'soul' as 'the spiritual part of a person that some people believe continues to exist in some form after their body has died, or the part of a person that is not physical and experiences deep feelings and emotions.'

The Bible makes it clear that we are, indeed, spirit beings in earthly tents (2 Corinthians 5:1, 1 Thessalonians 4:13).

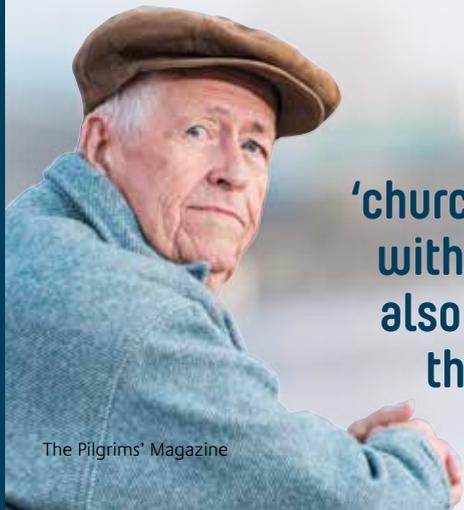
Jesus made it clear that a person's soul is more important to them than gaining the whole world (Mark 8:36). Your soul is the essence of you.

More than any other illness, dementia shows that we are more than simply the sum of our physical parts, and that the soul is alive and well, even if hidden from others by the symptoms. There are extraordinary instances of 'reverting', when the person with dementia regains lucidity for a short while, communicating as they always did, sometimes when the disease is quite advanced. It's clear that *the person remains*. In the book Jennifer describes how each one can be reached.

Each case of dementia is unique, a mixture of the pathology (the disease) and the individual's personality. Listening to Jennifer's life story as we worked on the book, I was struck by how her character had been influenced from childhood by her trust in God and her love for Him, and how that in turn has shaped her reactions to her experiences. Now here she is, coping with dementia with the strength and compassion she's allowed Him to form in her. She is, as the old hymn says, 'strong in the strength that God supplies' ('Soldiers of Christ Arise').

Rather than dementia damaging the soul, it seems that the soul can mitigate dementia.

**'...dementia shows that we are more than simply the sum of our physical parts...'**



# Pilgrims' Progress

**Ruth Ranger began working as the first Pilgrims' Friend Society Community Engagement Officer in September, based in the Chippenham area where we have our Leonora care home, which we plan to replace with a purpose-built home by April 2021. We asked her to tell us about all that she has been doing.**

The first time that I had heard of Pilgrim Friends' Society (PFS) before my father moved into the Leonora care home 18 months ago, was when I was ordering our stock of Christian Christmas cards that were sold in aid of PFS, for the Christian Bookshop where I worked. People from our church had worked in the Leonora home over the years but I didn't know who ran it. Yet, we were so grateful for the home when Dad needed Care, and he has settled wonderfully well there.

Having got to know PFS, I then found out a Community Engagement Officer role was being created, as part of the PFS vision around the new home that was being planned in Chippenham. The vision for the role was around sharing all that PFS has to offer, to churches in the community, as well sharing about its care home provision, and this vision excited me and I was interested in the opportunities it could provide for helping churches to serve, empower and reach out to the elderly.

I was successful in applying for the role and started by approaching church leaders in Chippenham first – nearest to our current Leonora home, so that I could introduce them to all that PFS did (if they weren't aware), including our care homes. In such meetings, I would show the church leader samples of PFS books



Ruth with her Dad Jack



Ruth with Alan at Melksham Baptist

and materials, explain about our website, speakers, conferences and training, as well as introducing them to the *Faith in Later Life* website with its resources hub and activities directory. And I would talk to them about Leonora, and our new planned care home; and our vision for Chippenham. We would then discuss each church's particular ministry to the elderly, and their activities, challenges and plans; and any way that PFS might be able to provide support for them.

Since starting I have met with almost 40 church leaders covering over 90 churches and it's been a joy to be able to share about the work of PFS and how we can support churches, as well as sharing about our homes. I have met wonderful people and it's been fascinating finding out what is happening in these churches and local communities.

Having started first in Chippenham, I have also met people in all of the surrounding villages and am now

working in the smaller surrounding towns, listening and thinking about how PFS can serve Christians in the region – and sharing our plans for the future, and current progress.

And as I build relationships with churches who are "new" to PFS, and also continue working with the churches who already know and faithfully support us in a variety of ways, it is exciting and rewarding knowing that through PFS, churches can be encouraged and resourced in their ministries with older people. We currently have our first church training conference planned for Chippenham and I'm sure it is the first of many.

Our prayer is that as we support and equip churches in their ministries, many older Christians would be encouraged, and older non-believers would come to know Jesus as Lord. And as the new planned Chippenham home becomes a reality, as we currently do at Leonora, we will continue to care for elderly Christians, but we will also provide a place in the heart of Chippenham for churches to connect with their local community, sharing the love of God and advancing the Christian faith.



Jackie (business manager at Leonora home) and Ruth

# Walls of Blessings at Florence House

BY PHILIP SMITH, MANAGER AT FLORENCE HOUSE, PETERBOROUGH

**At the beginning of this year Florence House welcomed a new “family member” (resident).** Jean came for respite and felt so at home she decided to stay with us permanently. Jean has been a real blessing and encouragement to us all at Florence House. Jean had been active in her local church in Surrey for many years; however, after a recent illness she decided that it would be beneficial to move nearer to her daughter in Peterborough.

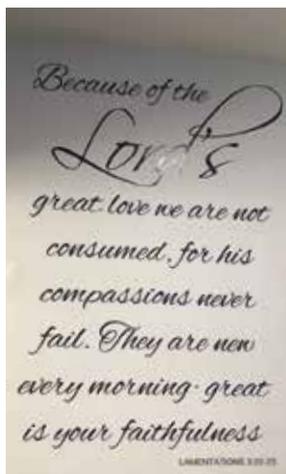
It was important for Jean that she found a home that would support her in her faith and encourage her spiritually. Since moving in she says she has been ‘blessed by the Christian love shown

here’, and she really enjoys the daily devotional times.

Florence House is striving to bring more spiritual support and pastoral care into the home and recently purchased some amazing ‘Scripture Wall Art’ to display around the home. One of the scriptures in the communal areas says this: “Because of the Lord’s great love, we are not consumed, for His compassions never fail, they are new every morning, great is your faithfulness” Lamentations 3:22-23

Jean says she has found the wall art a real blessing, and remarks on how wonderful it is to be reminded of the scriptures whilst walking about the home. Philip, the manager, said he has had lots of positive feedback about the Wall Art and they have prompted some great conversations with family members, their friends and relatives, as well as visitors and volunteers.

We are so blessed as a Christian home to have the freedom to be able to share our faith so openly with each other. We pray that the Lord will continue to use these scriptures to speak to people’s hearts and we look forward to seeing the spiritual fruit for the Kingdom here at Florence House.



Jean

# Chat and Natter Tables



**Manchester is in the lead when it comes to innovative ideas for older people.** It comes up with new ideas and events all the time. Its strategy is to keep older people active in their communities, and make life as enjoyable as possible for them, and everyone involved.

One of its latest ideas is the Chat and Natter Table, a table in every eating place throughout the country that is clearly marked ‘Chat Natter’; so people who sit there know the intent is to talk and listen to others.

The Manchester website makes it clear that ‘A Chatter & Natter table is where customers can sit if they are happy to talk to other customers. Its website says, adding, ‘We are looking for supermarket cafes, community cafes, large and small cafes to get involved so that just maybe we can make the Chatter and Natter table a part of everyday café culture.

‘A Chatter & Natter table brings people together and everyone is invited! If you’re on your own, in a couple, with a

friend, if you’re a carer why not sit there with who you care for, mums and babies, Dads and babies, grandparents and babies, young people, older people and anyone in between!

‘When you are deciding where to sit, look for the Chatter and Natter table and sit there! Stay for five minutes while you have your drink or longer. It’s not about making friends, just having good old fashioned human interaction!’

Isn’t that a brilliant idea? It could work all over the world. Owners could advertise ‘a Chat and Natter Table Inside’ and it would draw shoppers, mums, workers popping out for lunch, all sorts of people!

The concept of drawing people together in this way is already running at Royd Court, our retirement complex in Yorkshire. A ‘friendship’ day sees people coming in from the community to share with residents.

Perhaps you could put the idea out to cafes you know?

# Compassion and human tragedy as social care struggles

BY LOUISE MORSE

## No-one watching the Panorama programme on the crisis in social care in Somerset recently could fail to be deeply moved.

At a preview screening, the economist Sir Andrew Dilnot, author of the Dilnet Report on Social Care, said he wept. The programme on May 30 was the first of two on the care crisis in local authorities.

Most Councils are under huge financial pressure, with some on the verge of bankruptcy, struggling to meet the needs of a small percentage of their population after years of government under-funding of social care. The Kings Fund, an English health care charity said, "This is the national picture on social care funding – when you account for inflation we're spending £700m less than in 2010/11." Yet in that same period care needs have doubled largely due to an ageing population.

**'This is the national picture on social care funding – when you account for inflation we're spending £700m less than in 2010/11'**

In opening its doors to a film crew for 10 months Somerset County Council showed the human tragedies behind the statistics – the daughter caring for her mother with severe dementia, desperate for the smallest respite after the only Day Centre that would take her mother closed: the profoundly disabled man saying how grateful he was for the care he is being given but that the only way to ease the burden on his wife because his care is 'too expensive' was to take his own life, the mother of three so crippled that she needs 24 hour care whose husband is so exhausted that social workers fear he may collapse, and others whose care needs could only be met in part.

Meeting the care needs of 6,500 people in Somerset takes 42% of the Council's budget of £320 million. Adding children's services consumes a total of 60%. These are statutory obligations, so other services must be cut – such as libraries, Citizens Advice and road gritting. The care budget must also be cut. Last winter, the government gave Somerset an extra £10m for potholes and only £2 million for care. During a Council meeting we saw Steve Chandler, the Director of Social Services leave the room to take a call from Westminster, only to return shaking his head and saying that there would be no more money.

We saw Steve Chandler almost in tears as he described the stress he and his team work under as care needs increase, but their budget is cut, yet again. This



We thank God for enabling us to care for frail, older people in our housing and care homes.

year it has to be slashed by another £4 million.

## MPs not bothered

In a BBC interview before the programme, Sir Andrew Dilnot was asked why, in the face of such a growing human crisis, successive Governments have not provided adequate funding. He said that it was because MPs 'don't have it in their postboxes'. In other words, there has been no protest. Sir Andrew recommends an increase in tax, which includes older people to fund a proper level of social care. But Governments shy from increasing income tax in case it sways voters against them.

This is not the way a civilized society should treat its most vulnerable. In an interview on Premier Radio I was asked what churches could do. I said that as Christians we are told to bear one another's burdens. We are also called to be a voice for the helpless. We can support and befriend caregivers, like those we saw on Panorama. We can be there for them in a multitude of little things – when they need to have the grass cut, or shopping done, or whatever is needed. *And we can all email or write to our MPs asking for them to raise these matters in Parliament. And of course we can pray.*

## Training the brain, or renewing the mind?

**Twice a week, around 30 residents go to the big lounge in Sandford Station Retirement Village in North Somerset.** For an hour or so they take part in Japanese Memory Groups (JMGs), sitting in groups around tables. The JMGs are a version of a rehabilitation programme for people with dementia devised by Japanese neurologist Professor Kawashima. They are run by Dr Jennifer Bute, who lives at the village herself. Jennifer was diagnosed with dementia 10 years ago, though she had recognised the symptoms five years previously. During his talk in London Professor Kawashima showed a video with such astounding results that Jennifer adapted the Japanese materials for British adults. She has produced well over a hundred leaflets. The JMGs improve cognitive function, that is, they help you think and reason better. An old phrase is that they 'sharpen your mind.' People who function well even with advanced dementia are said to have good 'cognitive reserve'.

There are also computer based programmes brain training programmes that train in specific activities, such as spatial awareness, arithmetic and so on. A group of Australian scientists found that most brain training only makes you better at the exercises themselves, and don't carry those gains over to your real-world concentration, productivity, or mental acuity, unlike the JMGs.

**Embracing what God does for you is the best thing you can do for him.**

The 'renewing of the mind' that the Bible speaks of is different altogether. We are told not to become so well-adjusted to our culture that we fit into it without thinking, but fix our attention on God so we become changed from the inside out. The Message puts it well: 'So here's what I want you to do, God helping you: Take your everyday, ordinary life – your sleeping, eating, going-to-work, and walking-around life – and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.'

Improving cognitive function, and brain training programmes help your mental processes – oiling and strengthening the wheels, so to speak. Renewing our minds in the scriptural way changes the content of our thoughts, so, as John Piper writes, 'we develop a spontaneous godliness where we apply the word of God [instinctively] to complex moral circumstances.'

## Safe in the arms of Jesus

BY PHIL WAINWRIGHT, DIRECTOR OF HR

**Former Chief Executive, Trevor Dennett, went to be with the Lord on Thursday 25th April 2019 at the age of 85.**



Trevor was my first boss at what was then Pilgrim Homes. He joined the Society in 1985 and retired in 1996, some 3 years after I joined, but he and his wife Evelyn continued to support the work of the Society in their retirement. I and others still remember Trevor with much affection. Some in Pilgrim Homes saw Trevor as the "hard-nosed businessman," coming from a local authority background and having to deal with financial deficits in the Society's operations. But with his leadership and God's provision, Pilgrim Homes continued to provide support for many elderly pilgrims, as it still does today.

Those who knew Trevor knew him to be a kind-hearted, spiritually minded man, with a love and concern for residents and staff alike. Home managers (or "Matrons" as we used to call them) from that time remember his weekly phone calls to see how things were going and address any concerns. This poem (from our former Bristol home) perhaps

reflects what so many people thought of him:

**The folks at Bristol are excited  
Hoping you will come and stay;  
For we have a room now vacant  
You can move in any day  
The staff are waiting,  
arms stretched open  
All so keen to care for you  
Trevor darling we all love you  
And we love dear Evelyn too!**

Trevor's love of his Lord and Saviour shone through as he neared the gates of Heaven. He told his daughter, when she last saw him, that she was not to worry about him, because he was "safe in the arms of Jesus". As soon as she told me that, I recognised it as the Trevor we all knew and loved. He is now safe in Jesus' care and we are all a little bit richer for having known him.

# Dates for your Diary

## June

**Saturday 29th June** 2:00pm – 5:00pm

**Faith in Dementia** (with Stephen Hammersley, Janet Jacob and Louise Morse)  
Ladyfield Evangelical Church, Hungerford Lane, Chippenham

## July

**Saturday 13th July**

**Dementia Conference** (with Dr Jennifer Bute, Revd Roger Hitchings and Louise Morse)  
St. Leonard's Seaford, 18A Church Street, Seaford BN25 1HG

**Saturday 13th July**

**Royd Court Events Saturday**

10:00am-12:00noon: Summer Event, open morning. Including Cake Stall, Craft Stall, Card Stalls and others. Kids Corner, crafts, colouring, outdoor games

Starting at 3:00pm: 'Puttin on the Ritz'. Afternoon Tea along with Entertainment from Karen Clegg, previously treading the boards of the West End. Sittings for afternoon tea 3:00pm and 4:15pm with entertainment previous or post tea.

Tickets £7.95 to be booked via Royd Court Housing Team on 0300 303 1480 or roydcourt@pilgrimsfriend.org.uk

**Saturday 13th July**

**Dementia: Helping to Put the Pieces Together**

(with Louise Morse, Dr Jennifer Bute and Revd Roger Hitchings)  
St. Leonard's, Seaford

**3rd Wednesday in the Month** 2:30pm to 3:30pm

**Friendship Café** – Time for coffee, cake and chat. Enter in the quiz if you wish. All Welcome.

**Friday 26th July 2019** 10:00am – 12:00noon

**Coffee Morning and Cake Stall**

Hailsham Baptist Church, Market Street, Hailsham BN27 2AG

**Saturday 27th – Friday 2nd August** (Wednesday, week One)

**New Wine Gathering**

Faith in Later Life (Louise Morse & Carl Knightly)  
East of England Showground, Peterborough

## August

**Sunday 4th – Saturday 10th August** (Friday, Week Two)

**New Wine Gathering**

How elders can change the world (Louise Morse)  
East of England Showground, Peterborough

**Saturday 17th August** 3:00pm – 5:00pm

**Cream Tea** – and various stalls selling cakes and preserves etc.  
Halland Chapel, Lewes Road, Halland BN8 6PL

**Saturday 31st August**

**Church Blessing those with Dementia** (Dr Jennifer Bute, Janet Jacob, Louise Morse)  
United Reform Church, 87 Lent Rise Road, Taplow, Burnham, Slough SL1 7NZ

## October

**Tuesday 15th – Thursday 17th October**

**Christian Resources Exhibition** Esher, Surrey

PFS exhibiting and Louise Morse speaking on 'How we can really tackle loneliness' –  
Wednesday 16th October at 11:00am.

## November

**Saturday 9th November** commencing 10:00am

**Leonora Home – Annual Coffee Morning and Gift Day**

The Charter School, Wood Lane, Chippenham SN15 3EA

**Saturday 16th November** 11:00am – 2:00pm

**Ploughman's Lunch & Sale** 3 course lunch and many different stalls selling cakes, toiletries, calendars, children's toys, stationery and other items  
Reid Hall, Boreham Street, Near Herstmonceux BN27 4SD

**Saturday 30th November**

**Church Conference: "What's Age Got To Do With It?"**

(with Louise Morse, Revd Roger Hitchings and Janet Jacob)  
Holy Trinity Church, Stalybridge, Manchester

# Strathclyde House joins PFS



**We are delighted to welcome to the PFS family, Strathclyde House, a well-established 58 apartment retirement facility, set in the beautiful coastal setting of Wemyss Bay, about 40 minutes west of Glasgow.**

We are really pleased that this adds another high-quality housing scheme to our portfolio and we trust that this will strengthen our housing offer, particularly for Christians North of the Border and those who might want to move to (or back to) Scotland, and who want to live somewhere where Jesus is Lord.

In addition to our existing five dedicated housing schemes (and 3 more attached to care homes), we feel blessed to be able to provide places where Christians can live fruitful and fulfilled lives in the company of other Christians, as well as share in fellowship and worship as part of their daily routine. Whether retired Ministers or missionaries, or “regular” older Christians, our hope is that Strathclyde House, will be a lovely home for the pilgrims who choose to live there.

Details of all our care homes and retirement schemes are on the inside back cover of this magazine and can also be found on our website. Our managers would be delighted to hear from you for a chat about their home/scheme, or to arrange a visit.

# Response Slip

**Thank you for reading this magazine. PLEASE DO SUPPORT US as we have ambitious plans to improve our Homes and equip individuals and churches to help older people.**

**Yes!** I would like to help.

- I would like to pray regularly for PFS. Please add me to the email list to receive the PFS Family News.
- I would like to make a donation.  
*[Please complete details overleaf, and don't forget to GiftAid it, if eligible].*
- I would like to encourage more people to read this magazine and to pray. Please send me ..... extra copies of Pilgrims Magazine, Free of charge.
- I would like more information about volunteering in a PFS Home near me.
- I am interested in hearing more about PFS training and conferences
- I would like to be the contact to receive information from PFS for my Church
- I would like to hear more about leaving a legacy to PFS
- I would like more information about PFS care homes and housing schemes

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Name of Church (if applicable): \_\_\_\_\_

\_\_\_\_\_

**Please return this completed form, together with the completed Gift Aid slip overleaf in the pre-paid envelope supplied.**



# Your details:

**Yes I would like to support this ministry to older people:**

## STANDING ORDER FORM

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Bank Address: \_\_\_\_\_

Sort code: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Account number: 

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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): \_\_\_\_\_

commencing (date) \_\_\_\_\_ Year: \_\_\_\_\_

and thereafter every month/quarter/year (delete as appropriate) until further notice

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

I cannot take out a standing order at this time. Please accept the enclosed cheque made payable to "Pilgrims' Friends Society". Please charge my credit/debit card with a one-off gift:

VISA  Mastercard  Switch With a single payment of £ \_\_\_\_\_

Amount in words: \_\_\_\_\_

Card number: \_\_\_\_\_

Expiry date: \_\_\_\_\_

Name on the card: \_\_\_\_\_

## GIFT AID DECLARATION

I want to Gift Aid my donation of £ \_\_\_\_\_ and any donations I make in *giftaid it* the future or have made in the past 4 years to Pilgrims' Friend Society.

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

Signed \_\_\_\_\_ Date \_\_\_\_\_

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

Full name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

**Please notify the charity if you change address or no longer pay sufficient tax on income and/or capital gains.**



# Contact details



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CHRISTIANS FOR OLDER PEOPLE

[www.pilgrimsfriend.org.uk](http://www.pilgrimsfriend.org.uk)

# CHRISTIAN RESOURCES



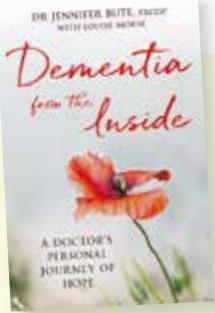
CHRISTIANS FOR OLDER PEOPLE

## For the Wellbeing Of Older People

### Dementia from the Inside

Dr Bute explores what can be done to slow the progress of dementia, and to help people living with it. Adopting the principles of neuroscientist Professor Kawashima, whose work has produced significant cognitive recovery in dementia patients, Dr Bute runs Japanese Memory Groups in the dementia-inclusive village where she now lives. Using simple case studies, she shows how to communicate with people with dementia, even in advanced cases.

**£9.00** (p&p free)



### Dementia Information Pack

20 loose leaflets on different aspects of dementia, including diagnosis, caring, managing challenging behaviour and caring for the caregiver – among others.

**£8.00** (p&p free)

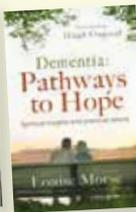
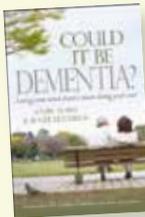
Download FREE the individual fact sheets from this pack at:

[www.pilgrimsfriend.org.uk/fact-sheets](http://www.pilgrimsfriend.org.uk/fact-sheets)



### Books

**£8.50** each (p&p free)



**£8.50** (p&p free)



**£7.00** (p&p free)

### Booklets

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- Visiting People with Dementia
- God's Purpose for our Senior Years
- What Matters in the End
- Six Steps to making a Dementia Friendly Church



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[www.pilgrimsfriend.org.uk/pfs-booklets](http://www.pilgrimsfriend.org.uk/pfs-booklets)

### Brain & Soul Boosting Workbook



**£20.00**  
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Order these resources online at [www.pilgrimsfriend.org.uk/shop](http://www.pilgrimsfriend.org.uk/shop) or call us for more information and to order by telephone: **0300 303 1400**